



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Behavioural Support for Obesity Prescribing

Service Provided by

Reed Wellbeing
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Supporting participants prescribe Tirzepatide (Mounjaro)



Obesity is a complex health condition that affects people of all ages and backgrounds, influenced by biology, environment, and lifestyle—not just willpower. It raises the risk of numerous serious health conditions such as heart disease, Type 2 diabetes, and certain cancers.

Managing obesity isn't just about losing weight but building long-term habits around nutrition, movement, and self-care. With the right support, alongside a prescription of Mounjaro®, individuals can make informed choices to improve their overall health and avoid restrictive or outdated approaches to weight management.

**Over 29% of UK adults are living with obesity
which is a 13% rise over the last 20 years.**

National Institute for Health and Care Excellence



About the programme and how to get referred



GPs or Health Care practitioners will be able to refer patients into the Healthier You: Behavioural Support for Obesity Prescribing Programme provided by Reed Wellbeing. The programme is free to patients who have been prescribed tirzepatide (Mounjaro) and referred directly to the programme by their Health Care professional.

This service provides participants with 13 friendly and supportive group-based sessions over nine months with a trained health coach, focusing on topics such as nutrition, exercise and behavioural change support.

The sessions can be attended remotely via Microsoft Teams, our digital app or by attending in person at a local venue.

To be eligible for this programme, participants will need to be 18 years of age and over and have been prescribed Mounjaro® by their primary care provider and have at least four of the following comorbidities:

- High blood pressure
- Dyslipidaemia
- Obstructive sleep apnoea
- Heart disease
- Type 2 diabetes

For more information and to visit healthieryou.reedwellbeing.com/behavioural-support-for-obesity-prescribing/ or call **0800 092 1191**.



Aims of the service

We aim to support participants to achieve the following:

- Build lasting healthy habits that improve their overall health, energy levels, and wellbeing.
- Balanced eating that keeps people feeling fuller for longer, boosts energy, and moves beyond old-fashioned diet advice.
- Practical tools to make informed choices about food, movement, self-care, and mental wellbeing, no matter their background.
- An understanding of the role of nutrition in maintaining muscle, improving metabolism, and shaping body composition.
- To recognise that weight management is complex, influenced by biology, environment, and emotions, — offering realistic and tailored support.
- Encourage positive, non-judgmental discussions about health, helping people feel confident and informed about their choices.
- Providing an accessible, practical support alongside medication, focusing on real-life changes that fit into everyday routines.

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