Diabetes constitutes a major burden on public health. Most patients are initially referred to a group-based structured education programme, but such face-to-face interventions are not always accessible or cost-effective at scale. New approaches are needed in a flexible and accessible format to enable all people with Type 2 diabetes to successfully manage their condition.

## How Oviva can help

Oviva is a digital behaviour change provider. Our team of specialist healthcare professionals combined with our unique digital tools support patients to improve their health and better self-manage their conditions.

My Diabetes Healthcare is a 100% remote behaviour change programme aiming to help those living with Type 2 diabetes to improve their blood glucose levels, better manage their weight and reduce their risk of diabetes-related complications.

Help your patients improve their confidence in self-management by referring them to My Diabetes Healthcare:

12.8 mmol/mol HbA1c reduction

4.3kg average weight loss

24% diabetes remission rate

77% completion rate

## Benefits for primary care



Transformative healthcare: New lifestyle-led health management rather than a medication first approach



Unlock efficiency savings: Reduce diabetes-related medication needs; three treatment targets for QOF & medicines savings for QIPP



Reduced workload: 10% reductions in primary care attendance for diabetes

## **Benefits for patients**



Expert-led care tailored to individual needs delivered by Oviva's multilingual coaches



100% remote delivery with flexible appointments for intensive and convenient coaching



Free unique digital tools & resources for self-led learning to support behaviour change

If you have any further questions, please contact: XXX@oviva.com www.oviva.com





## My Diabetes Healthcare pathway

Enrolment	Start	Change	Sustain	12 month follow-up
Oviva receives and processes referral from primary care and contacts programme participant.	Participant completes an Initial Assessment to assess their needs and provide them with a personalised healthcare plan. They will be matched with either a personal health coach or a health coach led community group to support their journey.	Participant receives personalised support over 12 weeks to achieve meaningful and manageable changes to their diet and lifestyle, as well as a focus on improving blood glucose levels. New content on Oviva Learn is released weekly to read, watch and listen. This will provide the information needed to understand how best to manage their diabetes.	After the programme the participant will continue to build confidence in maintaining their new behaviour long term. They will continue to self-track their activities in the Oviva app and grow their knowledge using their lifetime access to Learn resources in order to further embed their new habits.	An annual invitation to rejoin the programme and access another 12-weeks of behaviour change support, per NICE guidelines.

Lifelong access to the learning resources and Oviva app to support healthier behaviours