

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

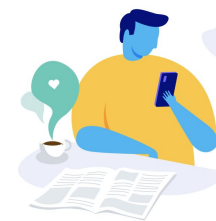


Reduced workload: 10% reductions in primary care attendance for diabetes

### 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:**  
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[www.oviva.com](http://www.oviva.com)

# My Diabetes Healthcare pathway



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