Dear [patient name],

You have been referred to join the NHS Low Calorie Diet Programme provided by Oviva. I have attached some more information about the programme for you.

The programme helps people with Type 2 diabetes using a total diet replacement approach, with the aim of helping you lose over 10kg in weight, improving your blood sugar levels, reducing the need for diabetes-related medication and even putting your Type 2 diabetes into remission.

In our area, the service is provided by Oviva. Oviva is a digital behaviour change company. Their team of specialist healthcare professionals combined with their unique digital tools support people with Type 2 diabetes to improve their health and better self-manage their condition.

You will receive all the help and advice you need throughout every phase of the programme from your personal Diabetes Specialist Dietitian (DSD). Your dietitian will provide expert one-to-one healthcare wherever you need it, with tailored support over the 12-months of the programme. The whole programme, including the meal replacement products, is funded by the NHS and completely free-of-charge to you.

Oviva will contact you in the next 5 working days to book your Initial Assessment and to get you started on the programme.

We wish you the best of luck on the programme.

