

Patient Information Sheet

Our **Healthier You: NHS Behavioural Support for Obesity Prescribing** programme works alongside your Mounjaro® prescription giving you tailored support that's easy to follow, encouraging, and enjoyable

**Create**

Sustainable eating habits

**Improve**

Your sleep quality

**Support**

Your mental wellbeing

**Understand**

Food labels & portion sizes

**Learn**

How to change habits

**Feel**

Your best with confidence

**Discover**

Activities that suit you

**Connect**

With like-minded people

**Make**

Healthy changes for life



Ways To Take Part

Remote Service

Join 13 group sessions online over 9 months, with the option to dial in by telephone if preferred

Digital Service

Receive one-to-one support using your smartphone or tablet over 9 months

In-Person

Attend 13 group sessions delivered over 9 months in local venues*

**these are our diabetes prevention sessions which bring together a mix of participants from both programmes*



Next Steps

After your prescriber refers you to us, your designated health coach will get in touch to welcome you to the programme and help you choose the pathway that best supports your health goals

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SCAN ME

