

A behaviour change programme that supports participants to build healthy habits, improve wellbeing, and manage obesity alongside prescribed weightloss medication.

Developed by experts and underpinned by a decade of research into community-based diabetes prevention.

The programme is fully funded for patients who have been prescribed tirzepatide (Mounjaro)® and referred directly to the programme by their Health Care professional.

Programme structure



Three options for participation:

Tailored Remote Programme	Format Group sizes of up to 20. Delivered via Microsoft Teams. Structured group activities and learning. 13 sessions over 9 months.
Digital Programme	Format Delivered via Second Nature app supportive of busy lifestyles. Patients utilise a health coach and a peer support group. Patients receive scales, handbook and resources. 40 weeks programme with two phases.
Face-to-Face Programme	Format Groups of up to 20 in community venues. Face-to-face bookings will be for the core Healthier You: NHS Diabetes Prevention Programme. While the core content is consistent, these sessions include additional guidance tailored to diabetes prevention. Patients will, therefore, receive digital BSOP content to supplement their learning. 13 sessions over 9 months.

How to refer a patient

GPs or Health Care practitioners can refer patients who have been prescribed tirzepitide into the Healthier You: Behavioural Support for Obesity Prescribing Programme provided by Reed Wellbeing by completing our electronic referral form through the Primary Care System.

To be eligible for this programme, patients will need to be 18 years of age and over and have been prescribed (Mounjaro)® by their primary care provider. The GP/Prescriber will have confirmed that the patient has at least four of the following comorbidities before prescribing:

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

Our aims:

- Build healthy habits that boost energy, wellbeing, and overall health.
- Eat in a way that keeps patients fuller for longer and supports your goals.
- Learn practical tools for food, movement, and self-care.
- Understand how nutrition supports muscle, metabolism, and body composition.
- Get realistic, tailored support for the complex nature of weight management.
- Feel confident through positive, non-judgmental health discussions.
- Access practical support that fits into everyday life alongside weightloss medication.

Our impact:

- **99%** of service users say they will be able to use the skills we have taught them to reduce their chances of developing Type 2 diabetes.
- **96%** of service users say Healthier You has helped them improve their diet and eating habits.
- **100%** of service users say their Healthier You coach was supportive and knowledgeable.

Find out more at:

healthieryou.reedwellbeing.com/behaviouralsupport-for-obesity-prescribing/ or call 0800 092 1191.

Service provided by

Reed Wellbeing

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