

# Oviva Diabetes Support

## Sign up for free care today



- ✓ NHS-funded
- ✓ Improve your diet
- ✓ Take control of your Type 2 diabetes
- ✓ Build long-lasting healthy habits
- ✓ Take part at a time & place that suits you
- ✓ Track your progress with the Oviva App



Studies have shown that people who monitor their weight, diet, and lifestyle are twice as likely to achieve their health goals.

**Sign up today to transform your health!**

Oviva 

# What to expect

## Take control of your health.

Our programme is designed to give you the tools and knowledge to take control of your diabetes, improve your diet, and build healthy habits. You'll be guided through the programme with expert nutrition advice, exercise tips, and valuable information on Type 2 diabetes.




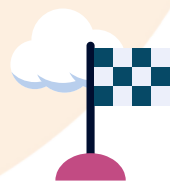
## The Oviva app and Oviva Learn.

Evidence shows that people who track their weight and lifestyle are twice as likely to reach their weight loss goal. The Oviva app allows you to track your daily activity, access helpful resources on the go and monitor your progress so you can achieve the results you want.



## What could you achieve?

The aim of the programme is to help people build new habits to lead a healthier, happier lifestyle. People who take part lose on average 4kg, and **1 in 4 put their Type 2 diabetes into remission!**



The Oviva Diabetes Support programme is **100% remote.**

So you can take part at a time or place that suits you, with no need to travel.



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Scan the QR code to find out more and sign-up today!