

Patient information sheet

The 9-month **Healthier You: NHS Behavioural Support for Obesity Prescribing** programme is designed to work hand-in-hand with your tirzepatide (Mounjaro®) prescription. It offers personalised, compassionate support to help you build healthy habits that last.

Through tailored guidance and encouragement, we'll help you to make small, realistic changes that support both your physical and mental wellbeing.



Path to a Healthier You



Eating Well

Support you to eat nourishing foods and achieve a healthy weight.



Moving More

Discover how physical activity supports weight loss and find ways to stay active that work for you.



Taking Charge

Build confidence and gain practical tools to take control of your health - now and for the future.

How to join

To be eligible for this programme, you need to be prescribed tirzepatide (Mounjaro®) for weight management. Please speak to your prescriber to check if you are eligible and to ask them to refer you.

For further information, please contact us at:

xylaservices.com/bsop

BSOPenquiries@xylaservices.com

0333 577 3010

Scan here to
find out more

