

Behavioural Support for Obesity Prescribing (BSOP)

Service offer

1:1 Appointment



Eating Well Taking Charge sessions



Moving More sessions



Session	Week	Content
Initial Assessment	0	- One-to-one review (collection of baseline data) - Understand motivations, perceived obstacles and readiness to change - Identify individual preferences and needs, establish weight management goals and set appropriate targets
Getting started	1	- Introductions & motivations group activity - Understand weight loss medication and the importance of making behavioural changes for long-term success - Explore the health risks of carrying excess weight and the benefits of weight loss - Highlight factors contributing to overweight/obesity - An introduction to portion sizes - Identifying your why for lifestyle changes
Habits, problem solving and understanding energy balance	3	- Understand our habits, the habit loop, and how to change habits - Explore the problem-solving cycle - Consider a range of dietary approaches and find which suits your needs - Outline energy balance and how this can change with medication
What is a healthy diet?	5	- Explore the fuelling formula and steps to ensure nutritional quality of meals - Overview of fats, proteins, dairy and fruits and vegetables, highlighting the importance, benefits and examples of protein sources
Functional fitness	7	- Identify and explore the components of fitness & the importance of maintaining each (emphasis on resistance) - Understand the weekly guidelines for physical activity - Explore the benefits of keeping active & reducing sedentary time - Outline guidance for exercising safely and recommended adaptations for health conditions
Stress management and smart snacking	9	- Discuss what is stress, the Fight or Flight response and stress management techniques - Understand the difference between emotional and physical hunger - Explore building a positive relationship with food - Consider perceptions around snacking and ideas for healthy snacks
Thoughts and community support	11	- The power of thoughts and how to change them - Self-compassion - Visualisation - Signposting for local services
The impact of meal planning & understanding food labels	15	- Understand the benefits of and guidance for meal planning & batch cooking - Explore top tips for shopping and budgeting - Understand food labels - Consider how healthy swaps can improve the nutritional quality of a favourite meal

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Lifestyle planning and the impact of sleep	19	- Explore the impact of sleep quality and quantity - Highlight the link between sleep quality and appetite regulation/weight gain - Tips for improving sleep - Cognitive behavioural therapy for insomnia - Health checks - How to monitor your health
Standing strong	23	- Highlight the importance of maintaining muscular strength/endurance through resistance activities - Explore the differences between muscle and body fat - Understand personal motivations for undertaking PA and using this to increase activity levels - Recognise and take opportunities to progress weekly PA plans & daily lifestyle routines
Exploring mindfulness, salt, sugar and alcohol	27	- Exploring mindfulness and mindful eating - Managing eating and drinking out and celebrations - Understanding sugars and sweeteners - Sugar content awareness quiz - Exploring fluid and the importance of hydration - Salt and tips on reducing salt - Alcohol guidelines and benefits of reducing intake
Self-care and taking ownership of your health	31	- Exploring strategies to prioritise your own health - Consider communication styles and assertiveness - Discuss social and cultural influences on food - Finding reliable nutrition info - Myth busting quiz
Staying on track with movement	35	- Guidance for creating a regular activity routine that fits your schedule and health needs - Consider how to manage movement on “good” and “bad” health days - Explore options for tracking movement and physical activity levels - Gain strategies for continued PA participations following completion of the programme
Maintaining change and managing setbacks	39	10 steps to maintain change - Managing setbacks - Sharing programme highs and lows activity - What’s next?
End of programme review	40	- Review health plan and achievements (collection of all completion data) - Identify follow-up support options/provide local-national activity information to aid sustainability - Assessment of goal achievement/celebrate successes - Request feedback



Behavioural Support for Obesity Prescribing (BSOP) Service offer - digital programme

The Behavioural Support for Obesity Prescribing (BSOP) programme, provided by Oviva, is a 9-month digital programme offering behavioural nutrition and lifestyle support alongside your weight-loss medication prescription.

Coaching support: Specialist and personalised 1:1 dietary support from a health coach over 9 months, with optional peer support. Coaching is provided via Oviva's NHS Digital-approved app. Entirely remote with no need to travel, so you can access support wherever you are.

Self-tracking and learning in the app: The app supports you in self-reflection and learning, allowing you to track your habits, receive instant nutritional feedback, and access weekly Learning materials. Access to the app is ongoing, and will continue after your 9 month programme finishes, helping you to keep up your lifestyle changes in the long term.

The 9-month digital behaviour change programme has 3 stages:

- **Start:** Tell us about yourself, your health and wellbeing, your motivations and goals, and your barriers to change. Our coaching team will work with you to co-produce a personal action plan to complement and maximise the effects of your weight loss medication and help get you started on the Oviva app and Learn!
- **Change (the first 12 weeks):** The first 12 weeks focus on intensive behaviour change to work towards your personal health goal, and give you the foundations to make long lasting changes. Regular coach support, self-monitoring and feedback in the app, and Oviva learn will help you get there!
- **Sustain (week 12 and beyond):** Build confidence in maintaining your new healthier behaviour long term. Continue to self-track your activities and grow your knowledge using the weekly online resources in Oviva Learn, to help keep up your new habits.

The programme follows the Oviva method, which incorporates 3 key areas to drive behaviour change and help you reach your health goals; (1) understanding your behaviour, (2) providing actionable advice, and (3) providing support from a caring team. Our approach to weight management focuses on the following pillars; a healthy balanced diet (nutrition), increasing physical activity (movement), improving mental wellbeing (mind) and medication.