

Digital technologies for delivering multidisciplinary weight-management services

Information for the public

Published: 26 October 2023

Last updated: 6 March 2024

www.nice.org.uk

When the technologies are used to prescribe and monitor weight-management medicine

NICE has said that 7 digital weight-management technologies can be used in the NHS to prescribe and monitor weight-management medicine and deliver multidisciplinary weight-management services for managing overweight and obesity in adults. The technologies are:

- CheqUp
- Gro Health W8Buddy
- Juniper
- Liva
- Oviva
- Roczen
- Second Nature.

When the technologies are not used to prescribe and monitor weight-management medicine

NICE has also said that 9 digital weight-management technologies can be used in the NHS to deliver multidisciplinary weight-management services for managing overweight and obesity in adults, when they are not used to prescribe and monitor weight-management medicine. The technologies are:

- CheqUp
- Counterweight
- Gro Health W8Buddy
- Juniper
- Liva
- Oviva
- Roczen
- Second Nature
- Weight Loss Clinic.

These technologies provide multidisciplinary programmes to increase physical activity levels and improve eating behaviour and diet. The programmes will include a multidisciplinary team that includes staff from different health and care professions. This could include a doctor, specialist nurse, dietitian, psychologist and physiotherapist.

All of the technologies listed can be offered in the NHS once they have appropriate regulatory approval, including Digital Technology Assessment Criteria (DTAC) approval from NHS England.

The NHS is collecting more evidence for these technologies. You might be asked if details of your treatment can be collected as evidence. You can ask your healthcare professional for more information about being involved and how your information will be stored and used.

Digital weight-management technologies deliver multidisciplinary weight-management services online or through an app. They provide weight-management programmes, and some can prescribe or monitor treatment with weight-management medicine. A team of qualified healthcare professionals will support you, online or through the app. The technologies will mean that more people can be offered a multidisciplinary weight-management programme and access treatment with weight-management medicine. The technologies may also help to reduce waiting lists and increase access to face-to-face weight-management services.

NICE has also said that more research is needed for 3 digital weight-management technologies, before they can be used in the NHS. The technologies are:

- Gloji
- Habitual
- Wellbeing Way.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?
- How will my information be used, if it is collected?

Information and support

The [NHS webpage on obesity](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Obesity UK](#), ken.clare@obesityuk.org.uk
- [All About Obesity](#), admin@allaboutobesity.org

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

ISBN: 978-1-4731-7719-2