

Way to Wellness Tower Hamlets



Oviva Way to Wellness is a free service to help people in Tower Hamlets lose weight.



Access helpful resources to use at home and track your progress, including our NHS-approved smartphone app, online portal, guidebook, recipes and podcasts.



Our expert team will support you every step of the way in making changes to your lifestyle, including diet, physical activity and mental health.



Join a group session to meet others on the programme or opt for one-to-one support. Women only groups available.

Want to join?

- You must be 18 or over and registered with a Tower Hamlets GP
- You must be motivated and fully committed to participating in the 12 month programme
- You must have either a BMI of 40 or over or a BMI of 35 or over with related health conditions
- You may be referred by your GP or healthcare professional or may self refer via our website oviva.com/towerhamlets
- Exclusions apply, please visit our website for more information

Nothing I tried before worked, I had no confidence in myself being able to lose weight. My dietitian Rosemary was amazing. As soon as I started changing my diet, the weight was just dropping off! Although I have physically changed, the biggest part has been the mental change – I am more positive and confident now and my biggest problem is that none of my clothes fit!

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Andy joined our programme in February 2018, and lost 30kg in weight.

Want to join?

Ask your GP practice to find out if you are eligible.