

NHS Low Calorie Diet (LCD) Programme

The NHS LCD programme is a group-based programme.

Please see a summary below of the main programme features:

1. We receive your referral from your GP and will ask you to book a telephone Initial Assessment (IA) with our Health Coach.
2. Your Health Coach will call you at your chosen date and time to confirm your eligibility, learn more about the programme, and agree upon a start date.
3. Next you'll get set up for your start date:
 - You'll order your Total Diet Replacement (TDR) products with the unique code provided by your Health Coach – these are free of charge.
 - You'll download our Liva app to a smartphone or tablet, which you will use to register to continue onto the next stage of the group programme and book in for your Initial Consultation (IC).
 - You'll receive your equipment – a set of bluetooth scales, blood glucose monitor & test strips, and blood pressure monitor.
4. On your programme start date, you'll attend an IC with your Health Coach to run through any last questions you may have, record your baseline biometrics (weight, blood glucose and blood pressure), set your personalised goals and discuss what you hope to achieve over the course of the next 12 months.
5. As your programme is group-based and delivered remotely, you'll have your first live group session to meet your fellow group members within the week of your start date. This will be through the Liva smartphone app or through your web browser.
6. Whilst you're settling into the programme, these live group sessions will be weekly, and after the initial few weeks, live group sessions are conducted less often. Committing to attending at least one every two-three weeks will be important for your programme participation.
7. You'll receive regular text and video message check-ins from your Health Coach through the Liva app in between group sessions to make sure you're feeling supported, as well as a one-to-one video call help you in transition into each new phase of the programme.
8. You'll also be able to stay connected with your group members throughout in a closed group chat, and be able to track all your goals in-app.
9. We'll also need you to continually track your measurements throughout your programme, for safe participation. We'll keep your doctor in the loop if any of your biometrics could do with a follow-up from them.

NHS Low Calorie Diet Programme

Delivered by Liva Healthcare



About the NHS Low Calorie Diet Programme

The NHS is delivering a new programme which provides a low calorie diet treatment for people who are overweight and living with type 2 diabetes.

The programme is based on two large studies which showed that, as a result of this treatment, people living with type 2 diabetes who were overweight could improve their diabetes control, reduce diabetes-related medication and even achieve remission (no longer have diabetes.)

The NHS and its partner Diabetes UK are now testing different models of providing the treatment and associated support, with this area's service being a group-based, remotely delivered programme.

The service will be delivered by Liva Healthcare.



Eligibility

- Aged • 18-65 years
- Diagnosed • with Type 2 diabetes within the last 6 years
- A • BMI of 27kg/m² or higher (adjusted to 25kg/m² or higher in people of Black, Asian and Minority Ethnic (BAME) ethnic origin).
- A • HbA1c measurement taken within the last 12 months (with values of 43 to 87 for those on diabetes medication or 48 to 87 for those not on diabetes medication)
- Have • attended a monitoring and diabetes review in the last 12 months, and are committed to continue attending annual reviews

The Programme Overview

Your 12-month NHS Low Calorie Diet (LCD) programme, has three main phases:

1

Total Diet Replacement (TDR) Phase

This is the total diet replacement stage, where all food will be replaced with 4 daily soups or shakes of up to 900 calories, for 12 weeks. You will be supported by your group members and Health Coach throughout this key stage.

2

Food Reintroduction Phase

In this phase, we'll work alongside you to gradually re-introduce food over a period of 6 weeks. Here, you'll start developing lifestyle changes that will support you for the long term. No need to feel nervous in this stage – your Health Coach, group and programme of evidence-based learning will support you with the knowledge and tools needed, to re-introduce food in a way that sustains the health changes you have made.

3

Maintenance Phase

In this stage, it's all about continuing to sustain the healthy habits you are developing. You'll work with your group and your Health Coach to embed your lifestyle changes and continue to strategise around what realistically works for your unique lifestyle. You may continue to lose weight during this stage, or you may look to maintain it. Your coach will support you with a personalised plan that works for you on an individualised level.

We look forward to speaking with you more about the NHS LCD programme, where we will answer all of your questions.