

Weight loss referrals & services

For patients who wish to discuss weight loss injections with our clinicians, who are **NOT diabetic** will need to seek a private opinion. Please note the practice will not support bloods tests/weight monitoring if you choose to access a private clinic for weight loss injections. Any patient accessing a private weight loss clinic are responsible of informing the clinic of their medical history and current medicines.

Interactions with oral contraception patient leaflet [Patient-information-GLP-1-agonists-and-contraception.pdf](#)

Cheshire and Mersey ICB have information on their website around what is available locally for patients to access via NHS (*please carefully note criteria for each service*) [Home - NHS Cheshire and Merseyside](#)

HRT & weight loss injections

If you're using tirzepatide (Mounjaro®) and taking hormone replacement therapy (HRT), you should consider using patches which are absorbed through the skin, or changing to a hormone coil. This is because your body may not absorb the HRT whilst using tirzepatide (Mounjaro®). For more information about taking tirzepatide (Mounjaro®) and HRT, speak to your doctor.

<https://www.england.nhs.uk/ourwork/prevention/obesity/medicines-for-obesity/weight-management-injections/>

Healthy Weight Programme

[Home - Active Lifestyles Sefton](#)

NHS Digital Weight Management Programme

www.england.nhs.uk/digital-weight-management/

12-week online lifestyle programme accessed via smartphone or computer. Eligibility - BMI of 30 or more (27.5 or more for people from black, Asian, and ethnic minority groups) with diabetes (Type 1 or 2) or hypertension, or both. Support is through digital content or personal coaching.

Additionally most of our Local Authority Public Health Teams commission local support programmes.

Healthier You NHS Diabetes Prevention Programme

Updated with <https://www.england.nhs.uk/ourwork/prevention/obesity/medicines-for-obesity/weight-management-injections/> link June 2025

[Healthier You | Diabetes Prevention \(reedwellbeing.com\)](https://reedwellbeing.com)

Held face-to-face at locations in C&M or digital online group sessions. Designed to help prevent diabetes through healthier eating, physical activity, problem-solving, stress reduction and coping skills.

NHS Type 2 Diabetes Remission Pathway

[Resources for referrers to the NHS Type 2 Diabetes Path to Remission Programme](#)

NHS Better Health Programme

www.nhs.uk/better-health/lose-weight/

Information and links to healthier eating habits, getting more active and losing weight. Includes access to the NHS Weight Loss Plan, a 12-week plan supporting individuals to set weight loss goals, plan meals, make healthier food choices, be more active and record activity/progress (available on the App Store or Google Play).

Specialist Weight Management Service

[Weight Management - Liverpool University Hospitals NHS Foundation Trust](#)

- GP referrals via Electronic Referral System (ERS).
- Referrals from other health care professionals via a clinical letter.
- All referrals must include a recent height, weight, BMI and past medical history.

Referral criteria

- BMI >40 or BMI 35-40 with obesity related co-morbidities.

Any patients who wish to complain about local services must contact the ICB directly

[Complaints - NHS Cheshire and Merseyside](#)