# Important Update: Mounjaro (Tirzepatide) for Weight Loss

You may have seen reports that GPs can now prescribe Mounjaro (tirzepatide) for weight loss.

While some areas of the country may have different local arrangements, GPs in Hertfordshire **cannot prescribe Mounjaro for weight loss.** Instead, access is only through a **dedicated NHS service** for people with the **highest clinical need.**

**Who is eligible?**

**To be considered for referral,** **you must meet the following:**

1. Body Mass Index (BMI) of:  
 - ≥40, or  
 - ≥37.5 if you are from a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean background

**AND**

2. **At least four** of the following five conditions:  
 - **Type 2 diabetes**  
 - **High blood pressure** (treated with medication)  
 - **Cardiovascular disease** – such as heart disease, stroke, heart failure, or peripheral vascular disease  
 (This does not include atrial fibrillation or valve disease)  
 - **Obstructive sleep apnoea** – confirmed by a sleep study and on treatment (e.g. CPAP)  
 - **High cholesterol or triglycerides** – diagnosed by blood test or currently treated with medication

**What should I do?**

- **Please only contact the practice if you meet the full criteria above for an eligibility review**.

- You can check your medical history via the NHS App.

- If you’re unsure or would like help with weight loss or lifestyle changes, please do book an appointment with a clinician.

**Other Support Available**

If you are not eligible for Mounjaro, the NHS offers several free weight management programmes to support healthy lifestyle changes.

* [NHS Better Health – Lose Weight](https://www.nhs.uk/better-health/lose-weight/)– a free online resource offering evidence-based tips, meal plans, food swap ideas, and a 12-week weight loss app to help you make healthier choices and lose weight sustainably.
* [**Healthier You NHS Diabetes Prevention Programme**](https://www.lwtcsupport.co.uk/) – a 9-month face-to-face group programme, or digital 1:1 support to make healthy lifestyle changes. Aims to reduce your risk of Type 2 diabetes and support weight loss if needed. Delivered by Living Well Taking Control.
* [**NHS National Digital Weight Management Programme**](https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/) – a 12-week online programme for people living with obesity who also have diabetes and/or high blood pressure. Offers personalised digital support to improve lifestyle and health.
* [**My Healthy Weight Programme**](https://tbchealthcare.co.uk/) – a 14-week weight loss programme for Hertfordshire residents living with obesity, who have not recently attended a free 12-week programme. Patients can self-refer directly via the TBC Healthcare website.
* **Shape Up Programme** – a free 12-week programme delivered by Watford Football Club for men aged 18–65 in Hertfordshire or surrounding areas who are overweight. Focuses on exercise, nutrition, and healthy habits.
* [**Specialist Weight Management Services – My Healthy Weight Plus+**](https://tbchealthcare.co.uk/) – a 12-month intensive service for Hertfordshire residents delivered by TBC Healthcare. Includes specialist input from dietitians, physical activity experts, and psychologists. Referral required.

Thank you for your understanding.