

### **GLP-1 Weight Management Medication**

You may have heard that some GP practices are prescribing GLP-1 medications, such as tirzepatide (Mounjaro), for weight management.

At Loughton Surgery, we are currently following guidance from the local NHS Integrated Care Board (ICB). The ICB is in the process of identifying a suitable provider to deliver this service. Once a provider is in place, we will be able to start referring eligible patients.

In the meantime, if you believe you may qualify, please email us at [loughtonsurgery@nhs.net](mailto:loughtonsurgery@nhs.net). We will check your eligibility against the criteria and, if appropriate, add your name to our waiting list for referral once the service becomes available.

#### **Am I eligible for a referral?**

You may be eligible if both of the following apply:

1. Your BMI is:

- 40 kg/m<sup>2</sup> or above,

OR

- 37.5 kg/m<sup>2</sup> or above if you are from a South Asian, Chinese, other Asian, Middle Eastern, Black African, or African-Caribbean background.

AND

2. You have been diagnosed with at least four of the following conditions:

- Type 2 diabetes
- High blood pressure requiring medication
- Heart or blood vessel disease (e.g. previous heart attack, stroke, or narrowed arteries)
- Obstructive sleep apnoea (requiring treatment, such as a CPAP machine)
- High cholesterol or other blood fat disorders requiring treatment