

Dear SWL resident

The NHS is gradually making new weight loss medications (such as *tirzepatide*, also known as *Mounjaro*) available to a small group of patients who meet strict national criteria.

**Please do not contact your GP practice about this: if you are eligible, you will be contacted directly.**

Please also note that GP's cannot prescribe this medication outside of national guidance and have no discretion to make exceptions.

### Who is eligible?

At this stage, the medication is available only to patients who:

- Have a Body Mass Index (BMI)\* over 40, and
- At least four weight-related health conditions (e.g. type 2 diabetes, high blood pressure, high cholesterol, sleep apnoea, or cardiovascular disease).

Tirzepatide medications (also called Mounjaro or a GLP-1 analogue) support people to achieve a healthier weight. Roll-out of the new medications is happening in a phased way to ensure fair and safe access across South West London\*\* (SWL) and the rest of England.

This rollout is happening in phases to ensure fair and safe access across South West London and the rest of the country. Eligibility will be reviewed annually, and any updates will be published here:

[www.southwestlondon.icb.nhs.uk/weight-loss-meds](http://www.southwestlondon.icb.nhs.uk/weight-loss-meds)

### Other support available now:

There are a range of local weight management services across SWL, including:

- Local weight loss groups
- Healthy eating support
- Physical activity programmes.

You can explore these options via the same webpage above.

Maintaining a healthy weight lowers your risk of serious illness, and we encourage everyone to access the support already available.

Thank you for your understanding,

Yours sincerely

South West London NHS

\*BMI – Body Mass Index which is a measurement of your weight in kg divided by your height in meter squared. If you do not know your BMI, you can work it out by using a free online NHS calculator at: [www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/](http://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/)

\*\*South West London includes the following 6 boroughs: Merton, Croydon, Wandsworth, Sutton, Kingston and Richmond