Weight loss injection

**Tirzepatide (Mounjaro)**

**Cohort 1 - 23/06/2025 – 31/03/2026**

The NHS will be providing a service for a specific cohort of patients in relation to the prescribing and monitoring of Tirzepatide (Mounjaro).

To qualify for NHS treatment the guidelines specify that the patient must fall into the following categories:

* Have a BMI (Body Mass Index) of more than 40, or a BMI of more than 37.5 if from a Black, Asian or other minority ethnic background.

[Calculate your body mass index (BMI) - NHS - NHS](https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/)

**PLUS**

* Have 4 or more of the following diagnosed in their medical records:
* Hypertension
* Dyslipidaemia (abnormally high cholesterol)
* Obstructive sleep apnoea
* Cardiovascular disease
* Type 2 diabetes mellitus

If you feel you are eligible and would like to proceed to the next stage, please submit a patient triage form.

[Contact us about your request - Accurx Patient Portal](https://accurx.nhs.uk/patient-initiated/a82018)

Unfortunately information only came out to us on the evening of Friday 20th June 2025 about how we have to provide this service. There are some steps we need to complete before we can go live. The practice is currently working out how this service will be delivered as there is a requirement for staff training, planning patient consultations including initiation of the medication, strict monitoring of weight throughout the duration of the service, an annual review and a consultation in relation to discontinuation of the medication. There may be some group sessions held in relation to the initiation of medication. The detail is being worked out currently.

We will be assessing eligibility from your medical records and if you have submitted your interest in being prescribed this medication and are eligible according to the categories above, you will be contacted with next steps as soon as we have a plan in place.

We will keep you updated of progress on this service via our website so please do check back here.

Support is available if you’re looking for help managing your weight – <https://www.nhs.uk/better-health/lose-weight/>

[Weight loss drugs - information for patients](https://northeastnorthcumbria.nhs.uk/here-to-help-you/health-advice-and-support/weight-loss-drugs-information-for-patients/)