

# NHS Diabetes Prevention Programme – digital stream

## Pilot Project Information for GP Practices

### Pilot Overview

The NHS England web link below briefly explains about the Pilot Project. The Providers chosen for Somerset are Oviva and Buddi.

NHS England Pilot Overview: <https://www.england.nhs.uk/diabetes/digital-innovations-to-support-diabetes-outcomes/nhs-diabetes-prevention-programme-digital-stream/>

### Digital Providers

1. **Buddi** provides an activity-sensitive wristband and smartphone application (collectively known as nujjer) that allows the individual to make lifestyle changes through tailored and personalised feedback in response to their individual data.

The wristband records activity (walking, sleeping, and eating) and enables the app to send personalised motivational messages to help create new habits and increase activity levels. The individual can set their own goals and record achievements and access learning modules that focus on diet, exercise and mental resilience.

2. **Oviva** is a personalised nutrition and lifestyle coaching programme via a combination of access to a qualified dietician and the use of digital tools.

The programme consists of an initial telephone call with a dietician to create a personalised action plan, followed by 8 weeks of intensive lifestyle coaching to help individuals achieve their goals and increase confidence in self-management. A range of tools are used including the Oviva app, online learning platform and video resources.

**Eligible patients will be asked to register with one of the Digital Providers.**

**All patients registering will be followed up for a period of 12 months post registration.**

## Pilot Numbers

In Somerset, we have been allocated a total of:

- **825 places for the NDH cohort** (self-referral and GP referral pathway with standardised invitation letters) **and**
- **495 places for the obese cohort** for patients with a BMI between 30 - 34.9 kg/m<sup>2</sup> who are not within the NDH category (opportunistic referral for this group).

**NB. It is important that on boarding practices are able to invite patients quickly as the clock is already ticking in terms of the Pilot recruitment period.**

## GP Practice Payments

Funding is available for the Digital Pilot Project as follows:

1. £300 (one off payment)
  - a. for searching and identifying eligible patients;
  - b. standardising the Non-Diabetic Hyperglycaemia (NDH) register in the Practice and coding patients as per the national read codes for Diabetes Prevention (you will be provided with these);
  - c. Performing baseline, 6 month and 12 month recordings of weight and BMI;
2. £5 for each eligible patient who completes registration with one of the Digital Providers;
3. £10 (funded by NHS England) for each eligible patient who completes registration with one of the Digital Providers and requires a baseline HbA1c and subsequent 6 month and 12 month follow up HbA1c;

## Eligibility Criteria

| NDH Cohort   | Obese Cohort  |
|--|---|
| <ul style="list-style-type: none"> <li>• Over 18;</li> <li>• Not pregnant;</li> <li>• Not diagnosed with diabetes;</li> <li>• Individuals with 'non-diabetic hyperglycaemia' (NDH) defined as *HbA1c between 42 and 47 mmol/mol within the preceding 12 months;</li> </ul> | <ul style="list-style-type: none"> <li>• Over 18;</li> <li>• Not pregnant;</li> <li>• Not diagnosed with diabetes;</li> <li>• BMI equal to or greater than 30 - 34.9 kg/m<sup>2</sup>;</li> </ul> |

\*Those meeting the 12 month criteria need to have a current HbA1c and weight recorded - i.e. within the preceding 3 months. Patients outside of the 3 month rule will need to have repeat HbA1c and weight prior to referral.

## What Next?

If you would like to be involved in the Pilot, there are a number of steps that we ask you to complete as summarised below:

1. Complete and return the Expression of Interest to Tina Clark, Project Manager at NHS Somerset Clinical Commissioning Group (attached);
2. Receive face-to-face meeting in the Practice with each of the Digital Providers (Oviva and Buddi);
3. Receive marketing materials from each of the Digital Providers (provided during your onsite training session);
4. Sign and return the Information Sharing Agreements for both Digital Providers (provided during your onsite training session);
5. Practice to communicate Pilot details with all relevant staff;
6. Have a Practice register of NDH (pre-diabetic) patients (CCG have a search tool that you may wish to use);
7. Download invitation letters and referral template to EMIS;
8. Send invitations to patients as soon as possible;

On receipt of the Expression of Interest Form, contact details provided on the form will be forwarded to the Digital Providers Buddi and Oviva. They will independently make contact with you to arrange your onsite training sessions.

A Digital Diabetes Prevention Pack (zipped file) will be sent to you once the Digital Providers have arranged a mutually convenient date for your onsite training. This pack will contain Referral Guidance, a search tool and details of where you can access and import EMIS templates and patient pathways.

**Tina Clark - Project Manager, Diabetes Prevention Programme**  
**NHS Somerset Clinical Commissioning Group**  
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