

Refer your adult type 2 diabetes patients on Rybelsus® ▼ (semaglutide tablets) to digital health coaching

Patients who have been prescribed Rybelsus® can be referred to the Liva programme for type 2 diabetes management

Rybelsus® is indicated for the treatment of adults with insufficiently controlled type 2 diabetes mellitus to improve glycaemic control as an adjunct to diet and exercise

- as monotherapy when metformin is considered inappropriate due to intolerance or contraindications
- in combination with other medicinal products for the treatment of diabetes.

This information has been shared with you electronically.

Click here for Rybelsus® ▼ Prescribing Information

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Novo Nordisk Limited. (Telephone Novo Nordisk Customer Care Centre 0845 6005055). Calls may be monitored for training purposes.

About the Liva T2DM programme

Through the app-based programme, patients who have been prescribed Rybelsus® have access to a personal health coach. The highly skilled health coaches have degree-level backgrounds as qualified or registered dietitians and nutritionists. The health coaches provide asynchronous support and professional guidance through video and text, enabling patients to build long-lasting behaviour changes. Patients can track their progress real-time via the Liva app, and engage with a support group of peers to keep them motivated. The Liva T2DM programme is an online tool dedicated to help patients manage their condition through personalised digital support and education.





How do you refer patients to the Liva T2DM programme?

Option 1

- Go to **www.liva-start.com/novonordisk** and enter the access code: **nnliva**
- press the **'Refer patient'** tab in the top menu
- Fill in the patient's email address and make sure that the patient has consented to receive information about the T2DM programme through email
- The patient will now receive information through email to read more about the programme and learn how to sign up

Option 2

- Hand out the programme leaflet physically to the patient
- The patient enters **www.liva-start.com/novonordisk** and enter the access code: **nnliva**
- Here, the patient can read more and sign up for the programme

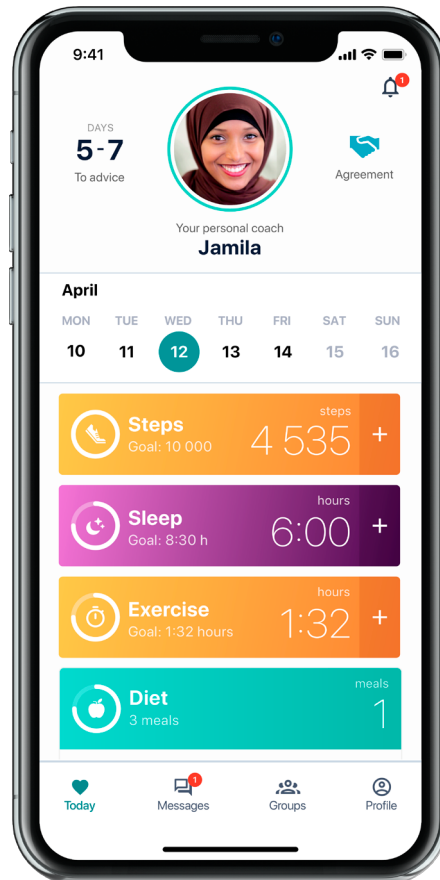
The Liva T2DM programme is designed to have minimal impact on your usual workflow. After you refer the patient to the programme, we handle the communication and ensure that the patient gets off to a good start in the process. When the patient signs up, he or she selects a personal health coach and book a time slot for an initial video consultation. At this consultation, the coach will tell the patient that all questions related to their medication must be addressed to their doctor. The coach will not give any medical advice and is solely responsible for guiding positive lifestyle changes.

At the initial video consultation, the patient gets to know the coach and together they build a tailor-made lifestyle plan and set up a number of realistic goals for the intervention. All goals are lifestyle-related and include, amongst other things, diet, exercise, steps and weight. The goal-setting function gives the patient a foundation to work from, and it allows both the patient and the coach to monitor and track the personal development of the patient through graphs and visual tools in the programme.

Liva T2DM programme: Personal health coaching in the pocket of your patients

What does the patients get?

- Digital access to a personal health coach
- A personalised lifestyle plan tailored to the needs of the patient
- Ongoing guidance and support through video and text
- Access to tracking of personal progress
- Health guides and tips
- Access to groups where T2D patients can share experiences with each other



Clinical accreditation

In addition to QISMET accreditation, the Liva T2DM programme fully meets the requirements of:

- GDPR
- ISO 27001
- CE

The Liva T2DM programme is used as part of the nationwide Healthier You: NHS Diabetes Prevention programme, and in a number of research projects in collaboration with the Research Unit for General Practice at the University of Southern Denmark, Queen Mary University of London, University of Newcastle and Steno Diabetes Center, Copenhagen.

The programme has been proven to work efficiently across all socio-economic backgrounds and is capable of engaging groups normally hard to reach.



Novo Nordisk has sponsored the cost of the license fee for each patient accessing the Liva programme. Novo Nordisk has had no influence over the coaching sessions or content of the Liva programme.

**Programme information to
Healthcare Professionals**

support-uk@livahealthcare.com
+44 (0)203 8580767

