

Interim Policy Statement:

Prescribing Wegovy® and Mounjaro® for Weight Management on the NHS in South East London

This interim policy statement outlines South East London's (SEL) criteria for access to National Institute of Health and Care Excellence (NICE) approved weight management medications [semaglutide \(brand name: Wegovy®\)](#) and [tirzepatide \(brand name: Mounjaro®\)](#) on the NHS. It has been produced in line with [NHS England Interim Commissioning Guidance](#) working alongside our clinical experts and weight management services in South East London.

Principles for Prescribing Wegovy® and Mounjaro® for Weight Management in South East London

- **Equal Access:** People who are living with obesity who are eligible for weight loss medications in line with South East London policy should have equitable access to these
- **Proactive Care:** Prescribers should adopt a *case-finding approach* to identify people living with obesity who are eligible for medication in line with this policy, enabling access for people with the highest clinical need first
- **Financial Stewardship:** We have a duty to live within our financial means, so prescribing and service costs must be managed within allocated budgets

Who is Eligible for Wegovy® or Mounjaro® on the NHS in South East London?

NHS England cohort 1:

Those with a body mass index (BMI) greater than or equal to 40kg/m² * **and** 4 or more qualifying co-morbidities.

- Qualifying co-morbidities (see [details of definitions](#) and overleaf) are
 - Cardiovascular disease
 - Hypertension
 - Dyslipidaemia
 - Obstructive sleep apnoea
 - Type 2 diabetes mellitus

South East London urgent access (legacy) criteria (via specialist weight management services only):

Those with a body mass index (BMI) greater than or equal to 35kg/m² * **and** 1 weight related co-morbidity (not restricted to qualifying co-morbidities) **and** one of the below criteria:

- Active malignancy and need for urgent weight loss for planned therapy e.g. radiotherapy or surgery
- Urgent weight loss needed for organ transplant
- Idiopathic intracranial hypertension (IIH), needing frequent lumbar punctures and/or visual compromise
- Undergoing planned **time-sensitive** surgery for **life-limiting conditions**, where a high BMI is the main barrier to surgery
- Under the care of NHS fertility service and weight loss is needed for assisted conception
- Obesity hypoventilation syndrome (OHS)

* A lower body mass index threshold should be used (usually reduced by 2.5 kg/m²) for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean ethnic background

How can eligible people access Wegovy® or Mounjaro® on the NHS in South East London?

- In Lambeth, Southwark and Lewisham boroughs, those who meet the NHS England cohort 1 eligibility criteria will have access to Mounjaro® via a dedicated pilot primary care pathway. This will be via a community hub model, not through the individual's usual GP practice. There is no need to refer to this pathway as individuals will be identified through a case-finding approach and invited to attend an appointment for assessment and to discuss the most appropriate treatment options.
- In Bexley, Bromley and Greenwich boroughs a case finding approach is in development for those who meet the NHS England cohort 1 eligibility criteria. GP practices can refer eligible individuals to specialist weight management services to access weight management medicines.
- For those who meet the South East London urgent access (legacy) criteria, GP practices can refer individuals to specialist weight management services to access weight management medicines.



- All weight management services providing access to weight management medicines on the NHS to patients registered with a GP in South East London are asked to comply with these eligibility criteria for medicines.
- We are working to develop further access to weight management medicines in **primary care across the whole South East London footprint** for those who are eligible in the year 2 roll out of weight management medicines in line with the NHS England Interim Commissioning Guidance. We will update this policy as soon as this is available.
- Those who are not yet eligible for weight management medicines on the NHS can access a wide range of other weight management services for support. We know there will be many people who do not qualify for the weight loss medications which may cause disappointment and / or exacerbate new and existing mental health and wellbeing issues. People may find [NHS talking therapies](#) a helpful source of support. For more information please see: [Obesity - Treatment - NHS](#).

Qualifying co-morbidities (see [details of definitions](#))

Qualifying co-morbidities	Definition
Atherosclerotic cardiovascular disease (ASCVD)	Established atherosclerotic CVD (ischaemic heart disease, cerebrovascular disease, peripheral vascular disease, heart failure)
Hypertension	Established diagnosis of hypertension and requiring blood pressure lowering therapy
Dyslipidaemia	Treated with lipid-lowering therapy, or with low-density lipoprotein (LDL) equal-to-or-greater than 4.1 mmol/L, or high-density lipoprotein (HDL) less than 1.0mmol/L for men or less than 1.3mmol/L for women or fasting (where possible) triglycerides equal-to-or-greater-than 1.7 mmol/L
Obstructive Sleep Apnoea (OSA)	Established diagnosis of OSA (sleep clinic confirmation via sleep study) and treatment indicated i.e. meets criteria for continuous positive airway pressure (CPAP) or equivalent
Type 2 diabetes mellitus	Established type 2 diabetes mellitus*

*People with type 2 diabetes can be prescribed tirzepatide (Mounjaro®) for obesity in line with this policy statement **or** for glycaemic management in type 2 diabetes if they meet the criteria set out in South East London glucagon-like peptide (GLP-1) analogue pathway for adults aged 18 years and over with Type 2 Diabetes Mellitus (T2DM) and Tirzepatide (Mounjaro®) for treating type 2 diabetes (NICE TA924)

Approved by South East London ICB Executive Committee 30 April 2025

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