

## 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 SEL

- **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?

Those with a body mass index (BMI) greater than or equal to 40kg/m<sup>2</sup> \* **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

Those with a body mass index (BMI) greater than or equal to 35kg/m<sup>2</sup> \* **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/m<sup>2</sup>) 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?

- GPs can refer **eligible people who meet the criteria above** 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 access to weight management medicines in **primary care by summer 2025** for people who are eligible in line with the NHS England Interim Commissioning Guidance. We will update this policy as soon as this is available. At present prescribing of Wegovy® or Mounjaro® for weight management will be undertaken by specialist weight management services only.
- People 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](#) )**

<b>Qualifying co-morbidities</b>	<b>Definition</b>
Atherosclerotic cardiovascular disease (ASCVD)	Established atherosclerotic CVD (ischaemic heart disease, cerebrovascular disease, peripheral vascular disease, heart failure)
Hypertension	Established diagnosis of hypertension <b>and</b> requiring blood pressure lowering therapy
Dyslipidaemia	Treated with lipid-lowering therapy, <b>or</b> with low-density lipoprotein (LDL) equal-to-or-greater than 4.1 mmol/L, <b>or</b> high-density lipoprotein (HDL) less than 1.0mmol/L for men or less than 1.3mmol/L for women <b>or</b> 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

**Approved by NHS South East London ICB Executive Committee 30 April 2025**

