

Update on weight loss injections

We are aware that practices are **already getting enquiries from the public** and are likely to receive more enquiries once national communications go-live on **23 June**.

The North East and North Cumbria Integrated Care Board (ICB) has developed the following information for the public about access to weight loss medication for GP practices to use, and share, on their website and social media channels to help update patients on the availability of Tirzepatide (Mounjaro) through primary care services.

As outlined in previous information webinars, the ICB has been working with guidance from NHSE to develop a service specification to support primary care to provide the assessment, prescription and monitoring of Tirzepatide (Mounjaro), along with referring patients to the national wraparound care for eligible patients.

The finalised specification will be shared with primary care shortly. We appreciate your patience.

Background

From **Monday 23 June 2025**, Tirzepatide (Mounjaro®), a weight management medication, will begin to be made available in **primary care settings nationally**, as part of a **national phased rollout** led by NHS England and supported by updated NICE guidance (TA1026).

This marks a significant expansion in access to pharmacological weight management support outside of specialist services. The treatment will only be available to a **strictly defined cohort of patients** and must be prescribed **alongside structured behavioural and lifestyle support**.

Obesity is a major contributor to poor health and inequalities. NICE estimates over **3 million adults nationally** may be eligible for Tirzepatide over time.

The rollout of this new treatment is a clinically prioritised process to manage demand and ensure safe delivery in primary care.



Reminder of key facts for GPs and PCNs

Who is eligible now?

From 23 June, access is limited to **Cohort 1**:

BMI \geq 40 (adjusted for ethnicity)

At least four of the following:

- Type 2 diabetes
- Hypertension
- Cardiovascular disease
- Obstructive sleep apnoea
- Dyslipidaemia

Wraparound support

Tirzepatide must only be prescribed alongside referral to the national **wraparound care model**, including:

- Lifestyle and behaviour change support (patients must be referred to and access the national wrap around care to be eligible for continued prescribing of Tirzepatide (Mounjaro))
- Regular clinical reviews, monitoring, and medication review
- Ongoing patient engagement with diet and activity plans

How will patients access it?

In some areas, prescribing may be managed by **specialist community providers** rather than individual GP practices. Local models may vary.

What should practices do now?

- Update websites with copy provided in this toolkit
- Familiarise teams with eligibility criteria and public messaging
- Ensure reception and front-line staff are briefed (**see FAQs Q9**)
- Refrain from prescribing outside the national guidance or ahead of formal inclusion in local pathways

Read the NHSE interim commissioning guidance here: [NHS England » Interim commissioning guidance: implementation of the NICE technology appraisal TA1026 and the NICE funding variation for tirzepatide \(Mounjaro®\) for the management of obesity](#)

Public messaging and communications

North East and North Cumbria ICB will start to post **public awareness messaging** from 23 June. Messaging will be clear that:

- Not all patients will be eligible
- A full clinical assessment is required
- This is part of a phased, NHS-controlled rollout
- Asking people to be patient

Support and queries

These are contacts for primary care only, NOT for the public.

For questions about clinical eligibility, prescribing support, please contact: necsu.healthyweight@nhs.net or for communications nencicb.comms@nhs.net

Toolkit for GP surgeries - content

- Website information for GP surgery websites
- Social media messaging
- FAQs for GPs

Website copy

New NHS Weight Loss Treatment – Tirzepatide (Mounjaro)

You may have seen in the media that from 23 June 2025, some GP practices can begin offering a new NHS treatment called Tirzepatide (Mounjaro).

Tirzepatide (Mounjaro) is to help people with obesity lose weight and help with weight related health problems.

This does not mean the medicine will be prescribed straight away or available immediately. This treatment is also only available to people who have certain medical conditions.

We are experiencing a lot of enquiries about this. Please be patient with us while the NHS rolls out this treatment safely and fairly.

You can find lots of useful information about Tirzepatide (Mounjaro) here **[ICB advice and support weight loss drugs information for patients](#)**. This includes details about who is eligible and other options to support you with weight loss.

If you need advice about your weight, you can book a routine appointment with a GP or healthcare professional to talk about your options. This may include whether Tirzepatide (Mounjaro) is suitable for you.

Who can get this treatment?

Tirzepatide will only be offered to people who have the highest clinical need, this means those whose health is most affected by obesity and who are likely to benefit the most.

To be considered for this treatment, you must:

- Have a Body Mass Index (BMI) of 40 or more, and
- Have at least four of the following health conditions:
 - High blood pressure
 - High cholesterol or high fat levels in the blood
 - Sleep apnoea (trouble breathing while asleep)
 - Heart disease
 - Type 2 diabetes

Important things to know

- You will need a full clinical assessment.
- Tirzepatide (Mounjaro) will only be given as part of a full NHS care plan. This includes referral to wrap around care programme to support with healthy eating and lifestyle changes.
- Other NHS weight management services are still available and may be more suitable for you.

You can read more in the [official NHS weight loss treatment guidance](#).

Please do not call NHS North East and North Cumbria Integrated Care Board (ICB) about this medicine – they are not able to give any further information.

Social media messaging

Please tag us in your social media posts

Facebook – NorthEastandNorthCumbriaNHS

X – @NENC_NHS

Instagram – nenc_nhs

TikTok - @NENC_ICB

Weight loss injections update

1. New NHS weight loss treatment UPDATE!

A new weight loss treatment called **Tirzepatide (Mounjaro)** will start being used by the NHS from **23 June**. But it won't be offered in all GP practices or available straight away.

Only people who meet certain **medical conditions** will be able to get it.

Please be patient while the NHS rolls out this treatment safely and fairly.

Want to know if it could help you?
Find out more at [👉 ICB advice and support weight loss drugs information for patients](#)

Or talk to your GP about your weight loss options at a routine appointment.



Mounjaro (tirzepatide) FAQs for GPs

These FAQs are based on national NHS materials about the Mounjaro rollout and are designed to help your frontline GP practice teams confidently respond to patient enquiries about **Mounjaro (tirzepatide)**:

Q1: What is Mounjaro (tirzepatide)?

A: Mounjaro is a new NHS-approved treatment for people living with obesity and related health conditions. It's a weekly injection that works by mimicking hormones in the gut that help control appetite and blood sugar. It is now being made available in primary care under NHS guidance.

Q2: Is this the same as Wegovy or Ozempic?

A: Mounjaro is similar in that it supports weight loss and blood sugar control, but it contains a different medicine (tirzepatide) that acts on two gut hormone receptors rather than one. Like Wegovy (semaglutide), it is part of the GLP-1 class of drugs.

Q3: Can patients now get this from their GP?

A: Possibly, but **only certain patients** will be eligible right now. From 23 June 2025, Mounjaro will be offered to a limited group of patients with very high clinical need, based on strict NHS criteria. A clinical assessment is required, and not all patients will qualify.

Q4: Who is eligible under the current NHS rollout?

A: To be eligible in Year 1, patients must have:

- A **BMI of 40 or more** (adjusted for ethnicity), **and**
- **At least 4** of the following conditions:
 - Type 2 diabetes
 - High blood pressure
 - Heart disease
 - Obstructive sleep apnoea
 - Abnormal blood fats (dyslipidaemia)

Q5: Will everyone eventually be able to access it?

A: Not necessarily. The NHS is using a **phased approach** to manage demand, train clinicians, and make sure appropriate support is in place. Access may expand in future, but it will continue to be based on clinical priority and eligibility.

Q6: What if patients ask for it because they've seen it online or in the news?

A: You can reassure them that while this treatment may be suitable for some, it's **not appropriate or available for everyone**, and strict NHS guidelines apply. They are welcome to speak to a clinician to understand what support is right for them.

Q7: What else is available to support patients with weight loss?

A: Patients may be eligible for:

- The **NHS Digital Weight Management Programme**
- The **Diabetes Path to Remission Programme**
- Local lifestyle and behavioural support services

Mounjaro is just one option, not the only one, and other support may be more suitable.

Q8: Can patients be referred directly into this treatment?

A: No. Eligibility must be assessed by a healthcare professional. If the patient meets criteria and local services are in place, referral or prescribing options will be discussed as part of that assessment.

Q9: What should reception or admin teams say if asked?

A: Use the following script:

“Mounjaro is being introduced gradually across the NHS. It’s only available to certain patients at the moment and requires a clinical assessment. If you’d like to discuss it further, we recommend speaking to one of our clinicians.”

Helpful NHS pages with more information:

- [NHS England » Obesity](#)
- [NHS England » Medicines for obesity](#)
- [NHS England » Tirzepatide](#)
- [NHS England » Digital Weight Management Programme](#)