**Implementation of the NICE funding variation for Tirzepatide (Mounjaro®) in the management of overweight and obesity**

**Briefing for primary care healthcare professionals**

We have now received further information, from NHS England and The National Institute of Health and Care Excellence (NICE), on how, and when, **Tirzepatide (Mounjaro®)** will be available for patients.

The following provides information about this for professionals working in primary care.

**Who can get Tirzepatide (Mounjaro®)?**

NHS England and NICE have set rules about who can get Tirzepatide (Mounjaro®).

There will be a phased approach for the rollout within primary care and initially Tirzepatide (Mounjaro®) will only be available on the NHS to people with the most serious health needs.

This approach will ensure the service is delivered safely and the NHS is able to plan for an increase in the number of people eligible for assessment for Tirzepatide (Mounjaro®), whilst building skills and knowledge within the workforce.

NICE will complete a review after three years about who else will be able to access the medication. After that, more information will be provided about the next groups of people.

We are writing to set out the criteria for **phase 1 which will be available from primary care from the 23 June 2025** and provide some additional information on the service we are commissioning to provide this medicine to patients.

In specialist weight management services, we are working to make it available with immediate effect.

You can read the full 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](https://www.england.nhs.uk/publication/interim-commissioning-guidance-implementation-of-the-nice-technology-appraisal-ta1026-and-the-nice-funding-variation-for-tirzepatide-mounjaro-for-the-management-of-obesity/)

Eligibility will be based on Body Mass Index (BMI) and the number and type of other obesity related health conditions a person has.

To be prescribed Tirzepatide (Mounjaro®) people must:

* Have a BMI of 40 or more, and
* Have at least four or more of the following health conditions:
* Hypertension
* Dyslipidaemia
* Obstructive sleep apnoea
* Cardiovascular disease
* Type 2 diabetes mellitus

**Definitions**

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| **Comorbidities** | **Definition for Initial Assessment** |
| 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) ≥ 4.1 mmol/L, or high-density lipoprotein (HDL) <1.0 mmol/L for men or HDL<1.3 mmol/L for women, or fasting (where possible) triglycerides ≥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 |

**Wraparound care provision and access**

NHSE is centrally commissioning wraparound care, and more details of this are expected to be announced in late May 2025.

**Prescribing rules**  
Tirzepatide will be added to the North East and North Cumbria list of approved medicines (formulary) as a **‘green’ medicine**. This means it can be prescribed in primary care, but **only for overweight and obesity as part of a commissioned NHS service**.

GPs **should not prescribe** Tirzepatide (Mounjaro®) **for weight** **loss** outside of this programme.

**How to refer patients**  
From **23 June** **2025**, patients who qualify can be referred by their GP to a local NHS commissioned service. Until then, **please advise patients to wait**. Details on how to refer will be released nearer the time.

**Other options for patients who don’t qualify for Tirzepatide (Mounjaro®)**  
If a patient is not eligible, please consider the following NHS and community services:

**NHS health checks** –including weight management advice and checks for other health conditions.

**Diet and exercise advice** –lifestyle changes to help manage weight.

* [NHS Weight Loss Plan App](https://www.nhs.uk/better-health/lose-weight/)
* [NHS Couch to 5K](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhnyhub.app.humberandnorthyorkshire.org.uk%2F%3Fpage_id%3D94&data=05%7C02%7Cmelissa.graham%40nhs.net%7C1da5b3b50ab34cf1fbcf08dd6ae5eace%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638784257893600397%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=gdu67x%2FP3G3zazX3P0OVDtAFFstlsLDmvCqXNLTE6AE%3D&reserved=0)
* [NHS Active 10 Walking Tracker](https://hnyhub.app.humberandnorthyorkshire.org.uk/?page_id=122)
* [NHS Food Scanner](https://hnyhub.app.humberandnorthyorkshire.org.uk/?page_id=129)
* Local Council-run weight programmes (if available)

**Support services** –referring to NHS programmes that focus on maintaining a healthy weight.

* **NHS Digital Weight Management Programme** - for adults with **BMI over 30 and diabetes (Type 1 or 2) and/or high blood pressure -**  GPs or healthcare professionals can refer patients - [NHS England » The NHS Digital Weight Management Programme](https://www.england.nhs.uk/digital-weight-management/) for more information on the programme, how to refer on the clinical system and what the patient can expect go to [Boost | Learning Academy](https://academy.boost.org.uk/programmes/healthy-weight-obesity/catalogue?category=digital-weight-management-programme)
* **Diabetes Prevention Programme** - – for adults **18+** with **no diabetes yet** and a blood test in the last year showing **pre-diabetes** <https://healthieryou.reedwellbeing.com/>
* **DESMOND Type II diabetes programme** - <https://www.desmond.nhs.uk/programmes>
* Path to Type 2 Diabetes Remission – where available
* **NHS Specialist Weight Management Services\* -** Suitable for patients with:
  + a BMI of 35 – 39.9 with at least 1 co-morbidity; or
  + a BMI of 40 or above

*\*Services available in North Cumbria, Northumbria, North Tyneside, Newcastle, Durham, Darlington, South Tees and North Tees. Where services are currently unavailable, we are working to commission them in the near future. Patients can access services based on the following referral criteria (*[*tier-3-weight-management-services-commissioning-statement.pdf*](https://northeastnorthcumbria.nhs.uk/media/uojh5y30/tier-3-weight-management-services-commissioning-statement.pdf)*)*

**Information for patients**

North East and North Cumbria Integrated Care Board (NENC ICB) is commissioning a primary care-based service to provide this medicine to patients, which is anticipated to go-live from the 23June 2025.

As you may be aware we invited patients to register their interest with us about Tirzepatide (Mounjaro®) via an online portal. Now that this guidance has been published, the self-referral portal has been closed. All links to the portal, on the ICB website, have been removed. **Action for practices:** **Could all practices please remove any links or information guiding patients to the online self-referral portal from their websites.**

Patients who had previously registered will get a message, via the portal, explaining this new guidance and what to do next. We will share a copy of this in due course.

**You may wish to include information on your website. Some suggested wording is below.**

Information for patients on new eligibility criteria for Tirzepatide (Mounjaro®) weight loss injections is available on the NHS England website. [NHS England » Medicines for obesity](https://www.england.nhs.uk/ourwork/prevention/obesity/medicines-for-obesity/) and North East and North Cumbria ICB website [Advice and support weight-loss drugs information for patients](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.northeastnorthcumbria.nhs.uk%2Fhere-to-help-you%2Fhealth-advice-and-support%2Fweight-loss-drugs-information-for-patients%2F&data=05%7C02%7Candrea.jones2%40nhs.net%7C7a1d97bbe02044c5020a08dd6ddf3cc9%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638787527735445030%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=5AAw%2BLgOSk305K4lJADrrQ1RkL35dGMziSGts6vxtO8%3D&reserved=0).

(Please note: The ICB patient information page will be updated Monday 7 April).

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