

Weight Management Support for Adults aged 18+

Lots of people have asked us about weight loss injections. This document explains what's available on the NHS to help with weight, organised by tier, and how to get help.

The NHS recommends a BMI of 18.5–24.9 for most adults. This range carries the lowest risk of problems like type 2 diabetes, heart disease, stroke, and some cancers.

Not sure of your BMI? [Check it using the NHS BMI calculator.](#)

We check our patient records regularly to find people who may benefit from extra support

This could mean an offer of the Digital Weight Management Programme, Healthy Cornwall, or Tirzepatide (weight loss injections).

If you are eligible, we will contact you.

Please avoid contacting us specifically to ask about eligibility for weight loss injections, as the information here is the most up-to-date we have.

You are welcome to self-refer to any open-access service today, or use the triage form for anything that needs a referral from us.

Tier 1: Universal support

No referral and no appointment needed for any of these.

Programme / option	Who it's for	How to access it
NHS Better Health A free 12-week weight loss plan and app	Open to everyone	Click here: The NHS Better Health website
NHS Couch to 5K A free 9-week plan to build up to running 5km	Open to everyone	Click here: The NHS Couch to 5K website
NHS Eatwell Guide Guidance on healthy, balanced eating	Open to everyone	Click here: The NHS Eatwell website
Healthy Cornwall Various current programmes	Open to everyone	Click here: The Healthy Cornwall website
Health Hub drop-in Speak to our social prescribing and wellbeing team	Open to everyone	Thursday mornings, no appointment needed @ Launceston Health Hub

† Lower BMI threshold applies if you're of South Asian, Chinese, other Asian, Middle Eastern, Black African, or African-Caribbean background.

This document was last updated in June 2026 and is reviewed every year. NHS weight management criteria and services can change at any time, and we can't guarantee that what's written here will stay the same.

Tier 2: Community lifestyle programmes

Programme / option	Who it's for	How to access it
Healthy Cornwall: Digital Adult Healthy Weight Programme Free 4 x 45-minute sessions	Open to everyone	Click here: Self-refer at the Healthy Cornwall website Or call 0800 324200.
Healthier You Free 9-month pre-diabetes programme	Recent blood test suggesting pre-diabetes	Click here: Self-refer at the Healthier You website
NHS Digital Weight Management Programme Free 12-week online course	BMI 30 or more† Diabetes and/or high blood pressure	Ask via the triage form. Tell us your BMI and that you have one or both conditions.
Orlistat 60mg (Alli®)* weight-loss tablet	BMI 28+	Buy from any pharmacy. The pharmacist will check it's suitable for you.
Orlistat 120mg (Xenical®)* weight-loss tablet	BMI 30+ or 28+ with a weight-related condition (e.g. type 2 diabetes, high blood pressure, high cholesterol)	Ask via the triage form. Tell us your BMI and which condition applies.
Dietetics advice appointment	A one-off appointment with a dietician - a next step after completing a Tier 2 programme	Ask via the triage form. Tell us your BMI and which Tier 2 programme you have completed.
Counterweight Programme Free meal replacement programme	BMI 27+ and diagnosed with diabetes in the last 6 years†	Ask via the triage form. Tell us your BMI.

**Full details on orlistat, including who shouldn't take it and possible side effects:*
nhs.uk/medicines/orlistat

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Tier 3: Specialist medical weight management

This tier covers weight-loss medicine for obesity (not diabetes), alongside ongoing support to help you build new habits. Many people put weight back on after stopping these medicines, which is why the support programme matters as much as the medicine itself.

Programme/option	Who it's for	How to access it
Semaglutide (Wegovy®) / Liraglutide (Saxenda®)	Not available via GP for weight loss	Not available in general practice
Tirzepatide (Mounjaro®)	BMI 35 or more†, and at least 4 of: - high blood pressure - abnormal blood fats - sleep apnoea - heart or blood vessel disease - type 2 diabetes.	We check records regularly and we will contact you if eligible.
Bariatric surgery	BMI over 40†. Requires commitment to yearly follow-up appointments for life.	Ask via the triage form. Tell us your BMI.
Oviva NHS-funded online weight-loss service	BMI 40+ (or 35+ with one weight-related condition)†. Must have completed Tier 2. Click here for referral criteria	Ask via the triage form. Tell us your BMI, any qualifying condition, and which Tier 2 programme you have completed.

Already being treated for diabetes? If you're already prescribed a GLP-1 medicine (such as semaglutide, dulaglutide or tirzepatide) for type 2 diabetes, continue this as normal in line with your diabetes care plan - the above is about new prescribing for weight loss specifically.

Considering a private prescription?

You don't need a referral from us to access private weight loss injection services. We don't recommend any particular provider. If you start treatment privately, the prescribing service becomes responsible for your ongoing care, monitoring and any side effects - we're not able to take over prescribing for medication started privately.

How to get in touch

For any query about weight management not covered above, please use our online triage form - this gets your query to the right person fastest. If you're not able to use the online form, phone reception and we'll help you complete it.

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