

June 2025

Tirzepatide Prescribing

From 23 June 2025, people living with obesity and four or more diagnosed health conditions will begin to have the opportunity to access tirzepatide (Mounjaro®) for weight loss support through their GP /Primary Care services. This process will be managed through the practice directly contacting people who are eligible, this does not mean that prescriptions will be given out immediately. Practices will be contacting people who have been identified as eligible over the coming weeks.

Access to the medication goes hand in hand with support to help with eating habits and start/improve physical activity as part of a national wrap around service. Access to prescribed weight loss medication will be predicated on a patients engagement with this service.

At NHS Sussex, we are committed to helping people live healthier lives. We understand how difficult it can be for many people living with obesity to access the support they need. That is why we are working closely with partners across Sussex to provide services that help people make long-term, sustainable changes to improve their wellbeing.

Obesity is a complex health condition and one of the leading contributors to serious illnesses such as cardiovascular disease, type 2 diabetes and some forms of cancer. It also places a significant strain on health services, [costing the NHS around £6.5 billion each year](#).

Full qualifying criteria is a BMI (Body Mass Index) of 40 or greater and four or more of the following diagnosed health conditions:

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

We understand that some people may feel frustrated or disappointed if they are not eligible for medication-based treatments at this stage. Living with obesity can be emotionally and physically challenging, and it is completely normal to experience a range of feelings when seeking support for your health. If you are finding things difficult, NHS Talking Therapies offers free and confidential help for people who may be struggling with low mood, anxiety or other emotional pressures.

[To find out more about obesity treatment and the support available on the NHS Sussex](#)

[website](#). You can also learn more about local by speaking to your GP or healthcare team.

You can also read the following for more information:

- [NHS England » Weight management injections](#)

[NHS England has published a set of FAQs in relation to Mounjaro.](#)

On behalf of NHS Sussex