

Digital Tier 3 Specialist Weight Management Programmes Information for Patients

Who are Semapen?

A specialist weight management service. Our team of doctors, nurses, dieticians and psychologists have more than 20 years' experience in delivering NHS-commissioned obesity and bariatric care.

Who can be referred to Semapen?

Any NHS patient who lives in England. As an accredited 'Any Qualified Provider' of NHS weight management services you or your GP have a legal right to request treatment from us as part of the Patient Choice scheme. However, certain programmes such as those using weight loss (GLP1a) pens require stringent local acceptance criteria to be met before we can accept the referral.

Where are Semapen based?

We offer our services across the UK and are able to do this because we developed advanced digital technology that give our patients access to weight loss experts and continuous clinical monitoring using cloud-linked devices supplied to each NHS patient as part of the programme. We've done away with the need for you to attend hospital or community clinics and support you remotely in your own home, wherever that is in the UK.

How does it work?

Once enrolled on our programmes, we'll send your medication to you every month by courier and give you a set of cloud-linked digital scales that link with our systems over the internet. You'll also have access to a unique app we've designed that lets you monitor your progress, report any concerns, complete fun yet educational lifestyle training modules, and get support from other patients. There's even free access to a personalised 10-month physio programme to get you moving. You can communicate with our experts any time you like through the Semapen app, so you are never more than a WhatsApp away. Clinical video consultations are also scheduled at regular milestones throughout your journey.

Programmes we offer:

- The SemaPen Programme: A comprehensive 2-year weight loss pen (Mounjaro/Wegovy) programme that guides you through the process of gradually increasing the dose required whilst keeping any side effects to a minimum. Delivered and monitored by weight loss experts, this programme also includes regular blood monitoring for deficiencies and an online exercise programme.
- The SemaHealth Programme: Similar in concept to our SemaPen programme, but the 12-month SemaHealth Programme utilises more traditional Total Diet Replacement products (meal sachets) instead of weight loss pens.