

# Join Oviva to lose weight and create healthier habits today



**Oviva's weight management programme in Croydon is available for Black African and Black Caribbean communities.**

The programme can help you to:

- ✓ Lose weight
- ✓ Improve the quality of your diet
- ✓ Increase your confidence
- ✓ Build habits to lead a healthier, happier lifestyle

Sign up today!

[oviva.com/uk/croydon](https://oviva.com/uk/croydon)



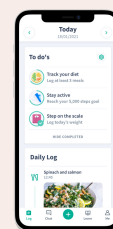
## A healthcare plan just for you

When you join, we will talk about your preferences and provide you with your own personalised healthcare plan, before matching you with one of our experienced health coaches.



## The Oviva app

Track your food, activity, mood, and message your Oviva community or health coach. You can also access helpful resources on the go and monitor your goals to help you achieve the results you want.



## Oviva Learn

Our educational platform, Oviva Learn, helps guide you through the programme. New learning modules and resources are unlocked on a weekly basis to help you learn about weight management and how to create healthy habits.



## Achieve your goals with personalised support

Coaching delivered in your preferred style including either remote delivery or in-person group sessions, to build confidence to promote behaviour change.



Sign up today!  
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 SCAN ME