

PATIENT INFORMATION

Tirzepatide (Mounjaro®) Weight Management Medication in Primary Care



Have you heard the media say that you can get Mounjaro prescribed by your GP?

This is misleading as there is a specific criteria that has been set nationally for the safe roll out of this medication.

Here's an explanation of how it is being prescribed in Primary Care in Cambridgeshire & Peterborough.

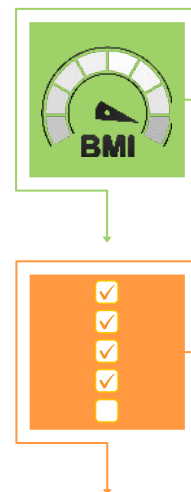
NHS England and NICE have approved the use of Tirzepatide, which you may also know as Mounjaro® or 'the weight loss drug', from primary care. You may well hear that Tirzepatide is available from primary care from 23rd June 2025. However, in the first two years entry criteria have been set by [NHS England](#) to a very small number of people. This is to allow safe entry of this repurposed medicine into the health system.

Please only contact your GP Practice if you have:

BMI of 40kg/m² or above (or 37.5 kg/m² for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean ethnic backgrounds)

AND at least FOUR out of the following five health conditions which have already been diagnosed by your GP or other health professional:

- **Established Type 2 diabetes**
- **High blood pressure** (hypertension requiring blood pressure lowering therapy)
- **Narrowed arteries** (atherosclerotic cardiovascular disease)
- **Sleep disorder where breathing stops and starts** (obstructive sleep apnoea that requires treatment i.e. CPAP)
- **Abnormal levels of fats in the blood** (dyslipidaemia requiring treatment)



If you meet the above criteria, the service will not be provided by GP Practices

GP Practices can refer you for assessment to the 'Healthy You' service - the provider which has been commissioned locally to manage this service.

If 'Healthy You' decide you can be prescribed Tirzepatide, the ongoing responsibility of the prescribing and monitoring remains with 'Healthy You'. More information can be found on the Healthy You website, links provided below:

<https://healthyyou.org.uk/healthy-you-tier-3-weight-management-programmes-summary/>

<https://healthyyou.org.uk/specialist-weight-loss-injections-tirzepatide-mounjaro-in-cambridgeshire-and-peterborough/>



Other useful information

Cambridgeshire & Peterborough ICB has published an information page on their [website](#), with additional resources being added in due course.

Cambs LMC