

Oviva

At Oviva, we'll empower you to take full control over your health. Our method is simple: make small, effective changes and stick to them. You don't have to turn your life upside down to lose weight and improve your health.

Our programme is flexible, remote and personalised, so you can fit it easily into your life.

Over the 12 weeks, you will get regular support from our expert coaching team via the Oviva App, who will help you to set achievable goals, share advice tailored to you and motivate you to stay on track.

Alongside this, there are a range of tools in our easy-to-use app to help you succeed:

- videos, podcasts, recipes and quizzes
- simple weight, food and activity logging to track progress.
- motivational peer group chats

Personalisation is at the heart of what we do, so you will receive learn articles selected just for you, recipes inspired by your preferred cuisine, and tailored feedback on the meals you track in the app.

App accessibility is ensured through the use of accessible fonts and sizes (that can be adjusted), transcripts of all audio and compatibility with screen readers.

Take control of your health - choose Oviva today!

App and Web based platforms

Web based can be accessed via the following major browsers;

- Google Chrome
- Safari
- Microsoft Edge
- Mozilla Firefox

Apple compatibility requires iOS 13 or later, earliest functional iPhone 6s/iPhone SE 1st gen (2015/2016).

Android compatibility requires OS 6.0 Marshmallow or later, earliest function handset Samsung Galaxy S5 or Nexus 5 (2014).