

Date: 29<sup>th</sup> September 2025

Dear **Cheshire and Merseyside resident**

**Re: Prescribing of Tirzepatide (Mounjaro) for weight loss**

The NHS across England is gradually making the weight loss medication Tirzepatide (also known as Mounjaro) available to a small group of patients who meet strict nationally set criteria.

Information about this roll out is published on the ICB website [click here](#) including a number of frequently asked questions (FAQ).

**Who is eligible?**

NHS England working with NICE have agreed to the phased rollout of prescribing Tirzepatide to support weight loss. NHS England have [published information](#) describing this roll out.

At this stage, the medication is available **only to patients** who have a **Body Mass Index (BMI) of 40\*** or more, and have **at least four of the five stated weight related health conditions below**:

- **Type 2 diabetes**
- **High blood pressure (hypertension)** — requiring treatment with medication •
- **Heart and blood vessel disease (cardiovascular disease)** — such as ischaemic heart disease, stroke, heart failure, or peripheral vascular disease. (This does not include conditions such as atrial fibrillation or valvular heart disease.)
- **Obstructive sleep apnoea (OSA)** — confirmed by a sleep study and requiring treatment, such as CPAP.
- **High cholesterol** — usually based on blood test results or if you take medication like statins.

*\* If you are from a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean ethnic backgrounds your BMI should be 37.5 or more.*

Please note that GPs **cannot** prescribe this medication directly, nor refer you to services who can, outside of this national criteria and have no discretion to make exceptions.

However, if you are **not** eligible under this national criteria there are a range of support options available to you now please see the [FAQ 7.1](#) where information is provided.

For people who do meet this criteria and are prescribed Tirzepatide for weight loss, it is also mandatory to participate in a [life style support programme providing practical, non-judgemental support promoting healthy and sustainable lifestyle changes](#). This service has been nationally commissioned by NHS England who have allocated a limited number of places this year for residents of Cheshire and Merseyside. This means that

when the places are filled, we will have to delay starting further new eligible patients on prescriptions of Tirzepatide for weight loss until April 2026 when further places become available.

If you are being prescribed Tirzepatide (or similar drugs) because you have type 2 diabetes, rather than for weight loss, you will need to meet the [NICE criteria](#). For most people this includes trying at least three oral medications to control your diabetes and having a BMI above 35.

We hope this information is useful to you, as described above further information can be found on our website, including all the links, contained in this letter. To find this information please access the website page below.

[www.cheshireandmerseyside.nhs.uk/your-health/prescribing/statements/mounjaro-tirzepatide/](http://www.cheshireandmerseyside.nhs.uk/your-health/prescribing/statements/mounjaro-tirzepatide/)

Yours sincerely

**NHS Cheshire and Merseyside ICB**