

## Tirzepatide (Mounjaro) – Key messages for Primary Care

- From 23 June 2025, a patient who meets the NHS priority cohort qualifying criteria (**a BMI of at least 40 and four or more of the weight related comorbidities**) should be able to access a prescribing pathway in a primary care setting, if both patient and clinician agree it is the most appropriate treatment option.
- Full qualifying criteria is a BMI (Body Mass Index) of 40 or greater and four or more of the following diagnosed health conditions:
  - ✓type 2 diabetes
  - ✓Hypertension
  - ✓Cardiovascular disease
  - ✓Obstructive sleep apnoea
  - ✓Dyslipidaemia
- Access to the medication goes hand in hand with **behavioural support and wraparound care**. Those who gain access to tirzepatide (Mounjaro®) on the NHS must also be referred onto a diet and exercise support programme. The structured wraparound care support focuses on good nutrition to support health and increasing physical activity. This support is designed specifically for people receiving tirzepatide (Mounjaro®) to help them get the most out of their treatment and enhance their ability to achieve and maintain healthy weight loss.
- Building an access pathway for primary care with the accompanying wraparound care, needs careful development and management. As this is a locally commissioned service, different systems will have different approaches to support access to the drug in line with local service provision and development.
- Some ICBs and primary care settings may be further ahead with local readiness than others. Access will depend on local readiness, patient assessment protocols, professional healthcare training and pathway development, to ensure clinical appropriateness and patient safety.
- Access via primary care will not necessarily be via the patients GP. The ICB may choose to use a community-based programme, or other non-GP primary care providers, to deliver access. In some areas these models are being developed to relieve current pressures on GP practices and ensure weight management services are delivered holistically. It reflects a broader approach, where services may be delivered outside a patient's registered GP practice, but still within the primary care setting.
- It's important to note that access from 23 June doesn't necessarily mean doctors and healthcare professionals will begin prescribing from that date. It marks the date by which access to tirzepatide (Mounjaro®) will be made available for eligible patients in primary care, under the NICE TA guidance and NHS England's phased rollout.
- Whilst there is growing interest in the NHS to expand access through community pharmacy, pharmacists do not currently have access to the patient's full care record, which is a minimum requirement for prescribing these medicines safely.



Ambition



Compassion



Optimism



Focus