You may have heard about **Mounjaro® (tirzepatide)**, a new injectable medication that can support weight loss in people living with obesity. This letter explains **who is currently eligible** to receive this medication in **Wales**, based on national guidance and Welsh Government policy.

**🧑‍⚕️ What is Mounjaro®?**

* Mounjaro® is a weekly injection (tirzepatide) originally developed for type 2 diabetes.
* In December 2024, the **National Institute for Health and Care Excellence** (NICE) approved it as a treatment option for adults with

**obesity**, to be used alongside a reduced-calorie diet and increased physical activity.

**Important: GP Practices in Wales cannot start Mounjaro for weight loss**

* Currently, **GPs in Wales are not allowed to start new prescriptions** of Mounjaro® for weight loss. This is a **Welsh Government decision**.
* Only **hospital based, specialist weight management services** can currently prescribe it for obesity, under the **All‑Wales Weight Management Pathway (AWWMP).**

To be considered for Mounjaro® for weight loss, patients must do a self-referral to the **hospital specialist weight management service**, where a full team (including doctors, dietitians, and behavioural specialists) supports treatment. If you feel you meet the eligibility criteria (see below), you can self-refer to the weight management service, using the following details.

Weight management service - Hywel Dda University Health Board

<https://hduhb.nhs.wales/healthcare/services-and-teams/weight-management-service/>

**Who is eligible to receive Mounjaro® for weight loss?**

According to **NICE** and **Welsh Government guidance**, Mounjaro® can **only be prescribed** for weight loss if:

* You are **18 years or older**, and
* You have a **BMI of 35 or above** (or **32.5 or above** if you are from a South Asian, Black African, African-Caribbean or other higher-risk ethnic background), **and**
* You have **at least one weight-related health condition**, such as:
  + Type 2 diabetes
  + High blood pressure (hypertension)
  + High cholesterol (dyslipidaemia)
  + Obstructive sleep apnoea
  + Heart disease

**Can Mounjaro® be used for type 2 diabetes?**

Yes. Mounjaro® may be prescribed for some people with **type 2 diabetes** if other treatments have not worked. This decision will be based on your diabetes treatment history and current strict NHS guidance. Not all type 2 diabetes patients are eligible to receive Mounjaro®.

Below is an eligibility checklist we as the GP practice must follow to determine if you can be prescribed Mounjaro®. We are not permitted to prescribe Mounjaro® unless all of the criteria are met.

**📋 Eligibility Checklist (tick ✔ if yes):**

| **Criterion** | **Eligible?** |
| --- | --- |
| Adult (≥ 18 years) | ☐ |
| Type 2 diabetes diagnosis | ☐ |
| On metformin and 2 other oral diabetic medications agents (gliflozins, gliptins, gliclazide, pioglitazone), however diabetes remains inadequately controlled | ☐ |
| BMI ≥ 35 kg/m² with ≥ 1 obesity‑related problem | ☐ |
| Not currently on another GLP‑1RA (e.g. semaglutide) | ☐ |
| Recent retinal screening done and shows no contraindication | ☐ |
| Agreement to structured diet/exercise/behavioural programme | ☐ |
| Plan for HbA₁c monitoring and safety follow‑up | ☐ |

**Contraindication**

Mounjaro® cannot be prescribed to patients with the following conditions.

* Active retinopathy or maculopathy (eye disease)
* Past medical history of pancreatitis

**Summary**

| **Purpose** | **Available from GP?** | **Who prescribes it?** |
| --- | --- | --- |
| Weight loss (new starts) | ❌ No | Specialist only (hospital clinic) |
|  |  |  |
| Type 2 diabetes | ✅ Sometimes | GP or specialist (case-by-case) |