

Hampshire NHS Health Checks Programme Training Requirements

Version control		
Version 1	October 2025	

In order to support high quality checks the Hampshire NHS Health Check Service Specifications 2026-3033 puts a renewed emphasis on training. The identified training is based on national programme requirements and insights as well as local insights from provider visits and feedback. This is a requirement of the Primary Care Commissioned Services (NHS Health Checks Programme) contract April 2026 - March 2031.

Audience: This training is applicable for anyone who is delivering the NHS Health Check programme to service users.

Scope: This covers training for practitioners to deliver an NHS Health Check in Hampshire; it does **not** cover training for phlebotomy, point of care testing, or other clinical procedures e.g. blood pressure testing, which will need to be arranged by the provider and signed off as per the learner and assessor workbook.

What are the training requirements?

Training	Repeat	Options to Complete
Must be completed prior to delivering NHS Health Checks		
1. Foundation training specified by the commissioner	2 years	<p>Online Eggu NHS Health Check mentor</p> <p>Availability: Online modular training, self-paced. Accessed via the online portal.</p> <p>Access: Practitioners must register online for access. Please contact HCC at HCC.hampshirehealthchecks@nhs.net to obtain the registration instructions and unique access code.</p>
2. Behavioural Risk factor training (smoking, alcohol, weight/healthy eating and physical activity)	2 years	<p>Practitioners must be trained in all of these risk factors. Please enquire of the commissioner if there is training you are aware of which is not on the below list, and we can review if it covers the requirements.</p> <p>The local training is preferred compared to national online e-learning, however where e-learning is used the practitioner must ensure familiarity with the local services and pathways available.</p> <p>a. Very Brief Advice on Smoking (VBA) Local training delivered by Smokefree Hampshire* AND/OR NCSCT training</p> <p>b. Alcohol IBA (Identification and Brief Advice)</p>

		<p>Local training delivered by Inclusion Alcohol and Drug Service* AND/OR Alcohol: applying All Our Health - GOV.UK and Alcohol Identification and Brief Advice - elearning for healthcare module</p> <p>c. Weight and healthy eating Local training delivered by Glojii Hampshire* AND/OR e-Learning for Health: Healthy Weight Coach NHS and awareness of NICE guidance and local Tier 2 and allied pathways (e.g. NHS digital weight management, NDPP etc)</p> <p>d. Physical activity Local training delivered by Energise Me* AND/OR Physical Activity Clinical Champions Training, which can be found here: Health conversations - Talking About Physical Activity - Energise Me AND/OR e-learning for health: Introduction to Physical Activity and Promoting Physical Activity in Primary Care</p> <p>*NHS Health Check Bitesize Training arranged by the commissioner on these topics covers the requirements.</p>
3. Completed learner and assessor workbook for the NHS Health Checks competency framework, signed off by clinical supervisor	Reviewed a minimum of annually	The learner and assessor workbook for the NHS Health Checks competency framework is available here: NHS Health Check - National guidance
Within 6 months of starting and then every 2 years		
4. Bespoke motivational interviewing and communication of risk	2 years	<p>Half-day face-to-face (or where required might consider virtual) training including motivational interviewing and communication of risk.</p> <p>Providers will be contacted with further information when available.</p>