



**Health
Solutions™**

Health Solutions Referral Form

Hampshire C C (pregnancy)

GP Code: (please ensure this is included)

NHS Number: (please ensure this is included)

Height:

Eligibility (for the health care professional)

Please check the patient is eligible for referral. The patient should:

- Be aged 25 years or over
- Be identified as obese with BMI 30+ / or 28+ for BAME groups
- Be identified as overweight with a BMI >28 AND with a co-morbidity that is adversely affected by their weight. E.g. Hypertension, musculo skeletal, CVD risk, asthma, high blood glucose
- Have **not** previously attended self-funded sessions (with a multi-component weight management provider) in the last 3 months prior to referral

Making your decision (for the patient)

Below are brief details of the WW programme.

- The programme is free-you will be entitled to 12 sessions of weekly WW Studios and full access to all the digital tools including the APP. After that you will have to fund yourself.
- Please call the telephone number below to access WW for free
- You will be asked some questions when you call and you will need this form to answer them. These are to help you find a convenient local WW Studio and to verify your eligibility
- If you are still unsure or nervous after speaking to our team your local Wellness Coach can be asked to contact you to tell you more about WW before joining your first studio.

WW is now even more FLEXIBLE!

With our proven SmartPoints® system at its core, WWFreestyle® makes deciding what to eat easy. Combined with our fantastic app, over 200 delicious and satisfying ZeroPoint™ foods, inspiring community and 24/7 support from our expert Wellness Coaches, we have everything you need. Those following WW were 7x more likely to reach a 5% weight loss at 6 months than those who tried to lose weight on their own. The programme is designed to help you lose weight at a healthy rate of up to 2lbs a week (creating a personalised, safe energy deficit for a healthy rate of weight loss), whilst encouraging healthier, more satisfying food choices. This enables flexibility to learn skills for sustaining weight loss and integrating physical activity. WW Studios are welcoming, motivating, supportive, friendly and great fun! They are run by Wellness Coaches who themselves have successfully lost weight and got healthier with WW. They have learnt how to deal with the challenges of improving their lifestyles and are about supporting others to do the same. Every week in your Studio which lasts about an hour, different topics are discussed, ideas and practical solutions shared on how to build healthy habits and manage your weight. You will have individual, confidential support at your weekly Wellness check-in to help you achieve your goals. In addition, you'll have access to all the digital and mobile app tools for 16 weeks. This digital support includes a personalised assessment when you join, food and activity tracking, thousands of foods and recipes to inspire you, fun ways to get active and ways to take care of yourself and de-stress.

Call now to complete the next step or to be given further information

0345 602 7068 quoting WWRS096

Monday – Friday 8.00am – 10.00am / Saturday – Sunday 9.00am – 5.00pm

0345 numbers from a landline will be charged at your local rate

Call charges from your mobile will vary according to your provider

Friendly staff will talk you through the process and give you everything you need to get started.

For more information about WW visit www.ww.com/uk