











Primary Care Low-Carb Resources		
Inclusion Criteria: Anyone who would benefit from weight loss or reduced sugar levels: <ul style="list-style-type: none"> • Prediabetes/Type 2 Diabetes • Obesity/Fatty Liver/PCOS 	Service: 	Referral Info: Self-referral www.newforestpcn.co.uk and click on Low-Carb Diet. Zoom group sessions available: www.newforestpcn.co.uk/groups
Exclusion Criteria: Caution with those on SGLT2i – should not completely exclude carbohydrates. Risk of hypoglycaemia for those on Insulin or Sulphonylureas. Can lower Blood Pressure.	Service: 	Referral Info: Self-referral www.lowcarbfreshwell.com Freshwell and Food Scanner Apps in App Store and Google Play Stores
Hampshire County Council (Tier 2)		
  Funded by Hampshire County Council	Gives access to three separate programmes: <ul style="list-style-type: none"> • Slimming World • Digital Support • Exercise Support Code “referral to weight management service” (£11.50 per referral)	
Inclusion Criteria: BMI 30 or over BMI 27.5 or over if from ethnic minority Age 18 and over (16 or 17 year olds can be referred by GP)	Exclusion Criteria: Pregnancy Eating Disorders Severe psychological morbidity	Referral Info: Self-referral: www.hampshire.gloji.org.uk BMI calculator on the site GP referral: Ardens: Ref – Gloji – Tier 2 Weight Loss
Exercise on Referral - Freedom Leisure (Tier 2)		
	Subsidised gym membership (Pennington or New Milton). £85 for 12 weeks usage or £11.90 for initial assessment and then pay as you go gym (£3.75), swim (£5), class (£4) per session. Code “referral to weight management service” (£11.50 per referral)	
Inclusion Criteria: BMI 30 and over Or other options include: Type 1 or Type 2 Diabetes Hypothyroidism High Blood Pressure High Cholesterol	Exclusion Criteria: Blood Pressure >180/100 Unstable or uncontrolled: Angina, Asthma, Diabetes, Epilepsy, Acute Pain or unexplained falls	Referral Info: Recent BP and BMI needed. Referral form on Ardens: Ref - HLN - Physical Activity Referral 2021 Form needs printing, signing and collecting by patient.
NHS Digital Weight Management Programme (Tier 2)		
	12 Week Online Programme. Need a diagnosis of Hypertension or Diabetes. Available to practice staff who do not have Hypertension or Diabetes. Code “referral to weight management service” (£11.50 per referral)	
Inclusion Criteria: Aged 18 and over BMI 30 (or 27.5 if from ethnic minority) or over with Diabetes or Hypertension BMI needed within 2 years.	Exclusion Criteria: Moderate or Severe frailty Pregnancy Eating Disorders Bariatric Surgery within 2 years	Referral Info: Referral form: Ardens: NHS+I Digital Weight Management Programme (DWMP) V2 Mar 2022 Attach to e-referral as per document instructions.

Tier 3 Weight Loss Services

The Weigh Ahead Specialist Weight Management Programme		
		
<p>Tier 3 service for potential access to bariatric surgery. No current access for GLP1 medication. Long waiting times. Code “referral to weight management service” (£11.50 per referral)</p>		
Inclusion Criteria:	Exclusion Criteria:	Referral Info:
<p>Patients need to have a BMI greater than 35 with an obesity-related co-morbidity (eg Hypertension, Type 2 Diabetes, high cholesterol, severe arthritis) or BMI greater than 40 without an obesity-related co-morbidity</p> <p>Patients need to have completed a Tier 2 service/intervention in the past two years. This could any of the following:</p> <ul style="list-style-type: none"> • a locally commissioned service (see page 1 for Tier 2 services) • prescribed Orlistat by GP • referred to an ‘exercise on referral’ scheme 	<ul style="list-style-type: none"> • Patients must not have been enrolled on or completed the Tier 3 programme previously • Any patient with serious uncontrolled disease, e.g. angina, asthma, COPD, heart failure, aortic stenosis • Recent complicated Myocardial infarction and/or awaiting further investigation • Uncontrolled arrhythmia that compromises cardiac function • Blood pressure at rest above 180mg Systolic, 120mg Diastolic • Clients with an unstable psychiatric disorder • Acute infection • Pregnancy 	<p>Bloods needed within 6 months:</p> <ul style="list-style-type: none"> • Thyroid • Lipids • U&E’s • Liver Function • Fasting Blood Glucose • HbA1c (if diabetic) <p>Referral form on Ardens: Ref – Spire – The Weigh Ahead TIER 3 Specialist Weight Management Programme</p> <p>Attach to e-referral under “Health Promotion”</p> <p>Code “referral to weight management service” (£11.50 per referral)</p>
Oviva – Right to Choose		
		
<p>Tier 3 Service for remote access to GLP1 injections. Code “referral to weight management service” (£11.50 per referral)</p>		
Inclusion Criteria:	Exclusion Criteria:	Referral Info:
<ul style="list-style-type: none"> • Confirmation that a Tier 2 weight management programme has been offered or completed in the past 2 years, unless not suitable/appropriate • The patient meets the BMI eligibility criteria for your local ICB, noting comorbidities and ethnicity (see Spire option above) • That you have assessed the patient is ready or motivated to change and that they are fully committed to participating in the Oviva Tier 3 programme • That the patient is medically stable and that they do not require further investigation for an existing or new health condition 	<ul style="list-style-type: none"> • Pregnant or breastfeeding • Uncontrolled hypertension / heart condition / medical condition preventing increased activity level • Active or suspected eating disorders, including binge eating disorder • Bariatric surgery in the past two years • Unstable or severe mental illness, including suicide attempts in the past 12 months. This may prevent engagement with the behaviour change programme • Unstable alcohol or drug use (can be referred if the patient has received support and been in recovery for 3 months) • Unstable hypothyroidism (can be referred if stable) • Unstable Cushing’s syndrome (can be referred if stable) 	<p>Referral form on website and on W&M EMIS: W_M Oviva Tier 3 Weight Management Referral Form Right to Choose</p> <p>Email to address on form. www.oviva.com/uk/en/</p> <p>Code “referral to weight management service” (£11.50 per referral)</p>

Prediabetes and Type 2 Diabetes Specific Services

NHS Diabetes Prevention Programme		
	<p>Virtual or Face to Face offer for patients at risk of Type 2 Diabetes. Code “referral to weight management service” (£11.50 per referral)</p>	
Inclusion Criteria:	Exclusion Criteria:	Referral Info:
<p>Prediabetes (HbA1c 42-47) or Fasting Glucose 5.5-6.9 within the last 12 months. Or History of Gestational Diabetes.</p>	<p>Diabetes Diagnosis (all types except Gestational)</p>	<p>Referral form on Ardens: Ref - NDPP - NHS Diabetes Prevention Programme Referral Email to address on form. Code “referral to weight management service” (£11.50 per referral)</p>
NHS Type 2 Diabetes Path to Remission Programme (Soups and Shakes Diet)		
	<p>One-to-one in person support; or One-to-one digital support</p> <p>The programme involves 12 weeks of a low-calorie diet (shakes and soups supplied) followed by the reintroduction of food, focusing on movement and maintaining a new healthy eating lifestyle.</p> <ul style="list-style-type: none"> An initial one-to-one assessment 20 sessions with a Health & Wellbeing diabetes practitioner 39 online support modules Final one-to-one assessment <p>Code “referral to weight management service” (£11.50 per referral)</p>	
Inclusion Criteria:	Exclusion Criteria:	Referral Info:
<ul style="list-style-type: none"> Aged 18–65 years Diagnosis of Type 2 diabetes within the last 6 years Have a BMI over 27 (or over 25 if you are of Black, Asian or minority ethnic origin) Also need to meet various other eligibility criteria (see referral form) and be willing to commit to the 12-month programme 	<ul style="list-style-type: none"> Current insulin user Someone who is pregnant or planning a pregnancy in the next 12 months Someone who has had bariatric surgery Someone who has completed the programme in the last 12 months 	<p>Needs GP assessment pre referral to check Diabetes and BP medications. HbA1c needed within 12 months. Referral form on Ardens: Ref – Xyla – Type 2 Diabetes Path to Remission Programme Form sent to email on form. Code “referral to weight management service” (£11.50 per referral)</p>