

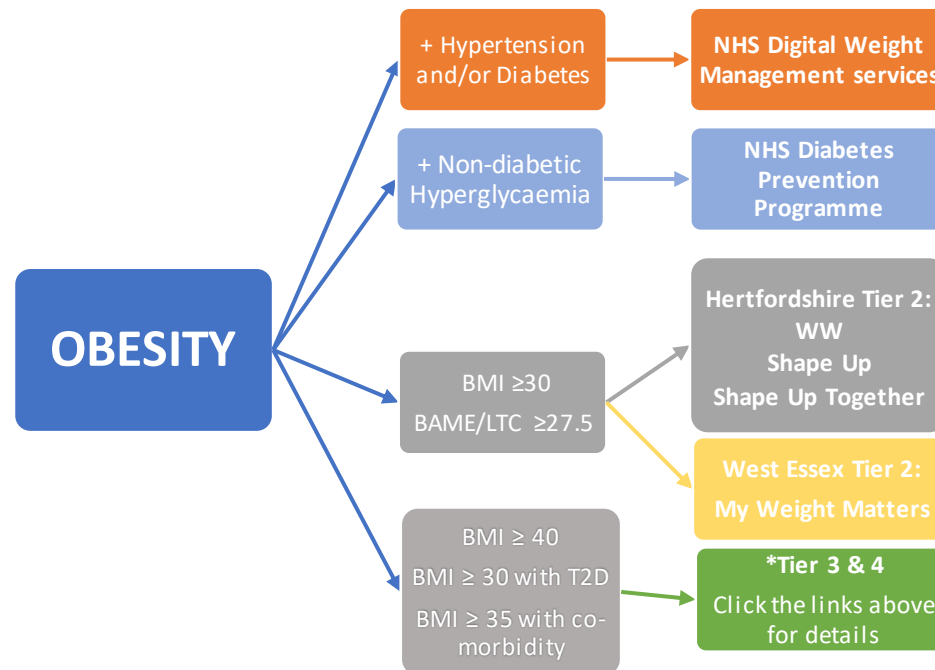
ENHANCED SERVICE: ADULT WEIGHT MANAGEMENT AGED 18-79 YEARS OLD

EAST & NORTH HERTS CCG, HERTS VALLEY CCG & WEST ESSEX CCG REFERRAL OPTIONS FOR **NON-PREGNANT** PATIENTS LIVING WITH OBESITY

General Practice Enhanced Service Specification for Weight Management crib sheet Patient Support and Referral:

For individual patients recorded on the QOF Obesity Register as of 31 March 2021 and those identified as living with obesity during the service period, the GP practice should:

- Assess patient readiness to engage, gain patient consent to share details and record outcome in patient's record to include recent BMI
- All referrals must be made by suitably trained and competent healthcare professional
- Refer to most clinically appropriate service, recognising patients with additional risk factors may be eligible for more specialist services
- *For an up-to-date policy on Tier 3 and Tier 4 Weight Management Services in Hertfordshire [CLICK HERE](#), for West Essex [Tier 3](#) and [Tier 4](#)



Payment and Validation:

Practices will be entitled to £11.50 per patient coded using the SNOMED code in the period of this ES per referral to one of the services listed below:

Referral to weight management service 132620100000101

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SERVICE	INCLUSION	EXCLUSION	REFERRAL	SERVICE FORMAT
<p>NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME</p> <p>HERTFORDSHIRE & WEST ESSEX</p>	<ul style="list-style-type: none"> Aged ≥ 18-years old BMI ≥ 30 BAME ≥ 27.5 Type 1/Type 2 Diabetes or Hypertension OR both Smartphone, tablet or laptop with internet access 	<ul style="list-style-type: none"> Moderate/severe frailty Pregnant Active eating disorder Where weight management programme is considered to pose greater risk of harm than benefit Has had bariatric surgery in the last 2-years. No personal e-mail address 	<p>Referrals can only be made via e-referral using the referral template available to download from https://templates.wmp.nhs.uk</p> <p>GPs using Ardens Healthcare, e-referral templates are available on EMIS and SystmOne</p> <p>Herts Valleys GPs: e-referral template available through DXS</p> <p>GP Toolkit available from: The-NHS-Digital-Weight-Management-Programme-General-Practice-Toolkit.pdf (england.nhs.uk)</p> <p>Brief guide to effective referral of patients infographic</p> <p>N.B. Registered pharmacists can also now make a referral using this online template</p>	<p>Single point of access for referral</p> <p>Supported choice of provider</p> <p>Duration: 12-weeks</p> <p>Referral Hub triages service users to the intervention level where most likely to complete the programme:</p> <ol style="list-style-type: none"> Digital content only Digital content plus minimum 50-minutes human coaching Digital content plus 100-minutes with tailored personal coaching and more intensive human support
<p>Xyla Health NHS DIABETES PREVENTION PROGRAMME</p> <p>HERTFORDSHIRE & WEST ESSEX</p>	<ul style="list-style-type: none"> Aged ≥ 18-years old Non-diabetic hyperglycaemia HbA1c 42-47mmol/mol (6.0-6.4%) History of GDM 	<ul style="list-style-type: none"> Diagnosed with Type 2 Diabetes 	<p>GPs using Ardens Healthcare, e-referral templates are available on EMIS and SystmOne</p> <p>Herts Valleys GPs: e-referral template available through DXS (automatically codes as 1025321000000109)</p> <p>NHS number</p>	<p>Duration: 9-months</p> <p>Initial 1-2-1 assessment</p> <ul style="list-style-type: none"> Group sessions – 6 x fortnightly and then 7 x monthly OR Digital 1-2-1 sessions (self-learning) <p>Various topics include nutrition guidance and support, physical</p>

For people aged over 80 years, the referrer will need to confirm on the referral form that a weight management programme is considered likely to pose greater benefit than harm
 FINAL version V3.2 (Feb 2022)

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			<p>Patient information leaflets available in various languages: Hertfordshire & West Essex Diabetes Prevention Programme (preventing-diabetes.co.uk)</p>	<p>activity advice and individual strategies to empower long-term progress.</p>
<p>WW (Formerly Weight Watchers) HERTFORDSHIRE TIER 2</p>	<ul style="list-style-type: none"> • Aged ≥ 18-years old • BMI ≥ 30 • Hertfordshire Resident or registered with a Hertfordshire GP 	<ul style="list-style-type: none"> • BMI ≤ 30 • Previously self-funded in the last 3-months • Previously referred by GP and attended in the last 18-months • Diagnosed with a current eating disorder 	<p>Website: WW (Weight Watchers UK): Weight Loss & Wellness Help</p> <p>Referral forms are available on GPs system and DXS along with the patient information leaflet</p> <p>Patients can also self-refer if they meet the *eligibility criteria. *N.B.: This referral route DOES NOT attract the enhanced payment</p>	<p>Duration: 12-weeks</p> <ul style="list-style-type: none"> • Digital – self guided app with personalised action plan, progress report and tracking tools • Digital 360 – as above plus support from a Coach, access to cooking demos, nutrition classes, workouts, and podcasts • Workshops – face-to-face or virtual groups plus access to Digital 360
<p>Watford FC Community Sport & Education Trust SHAPE UP HERTFORDSHIRE TIER 2</p>	<ul style="list-style-type: none"> • Aged 18 to 65-years old • BMI ≥ 30 • BAME or LTC ≥ 27.5 • Male only sessions • Female only sessions • Hertfordshire Resident or registered with a Hertfordshire GP 	<ul style="list-style-type: none"> • Under 18 or over 65 years old 	<p>To register: Shape Up Hertfordshire-Free Mens Weight Loss (shapeupherts.com)</p> <p>Herts Valleys GPs: e-referral template available through DXS</p> <p>Email: Rhys.Ratcliffe@watfordfc.com</p>	<p>Duration: 12-weeks, 90mins Exercise-based group programme for men</p> <p>30-minutes of education (nutrition and behaviour change) followed by 60-minutes full body workout including team games.</p> <p>Shape Up App – 12-weeks of workouts, healthy lifestyle features, recipes, and progress tracking</p>

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SERVICE	INCLUSION	EXCLUSION	REFERRAL	SERVICE FORMAT
Watford FC Community Sport & Education Trust SHAPE UP: TOGETHER HERTFORDSHIRE TIER 2	<ul style="list-style-type: none"> Aged 18-65 years old BMI ≥ 30 BAME ≥ 27.5 SMI, Learning Disability and/or Physical Disability Hertfordshire Resident or registered with a Hertfordshire GP 	<ul style="list-style-type: none"> Under 18 or over 65 years old Not diagnosed with a SMI, Learning Disability and/or Physical Disability 	To register: TOGETHER shape-up (shapeupherts.com) Email: sadie.walden@watfordfc.com	Duration: 12-weeks, 90mins Sessions split between learning, coaching and physical activity. Bespoke weight management opportunities for people from BAME communities, people with Learning or Physical Disabilities and people with Severe Mental Illness
Provide CIC MY WEIGHT MATTERS WEST ESSEX TIER 2	<ul style="list-style-type: none"> BMI ≥ 25 West Essex Resident or registered with a West Essex GP 	<ul style="list-style-type: none"> Southend & Thurrock residents 	Online registration: My Weight Matters : Home (provide-my-weight-matters.org.uk) Email: acecic.weightmanagement-adults@nhs.net Tel: 0300 303 9988	Duration: 12-weeks, 6 structured sessions plus 6 sessions tailored to individual needs Individuals can follow the online programme at their own pace and download resources from the website.

N.B.: The flowchart shows Local Authority commissioned services and therefore Tiers 3 & 4 are NOT included in the diagram below

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Local Authority commissioned Tier 2 Services:

