|  |  |  |  |
| --- | --- | --- | --- |
|  | **Tier 1** | **Tier 2** | **Tier 3** |
|  | **NHS Better Health – NHS Weight Loss Plan** | **Lifestyle Advisors****(PCN based)** | **Digital Weight Management Programme** | **National Diabetes Prevention Programme (NDPP)** **– Healthier You** | **Specialist Weight Management Services- WAHT** |
| **Eligibility**  | Any pt wanting to start healthier eating habits and be more active | Those wanting lifestyle and behaviour change support for * Weight Management
* Smoking (***not*** *supply of NRT)*
* Alcohol consumption
* Increasing physical activity
* Mental health and wellbeing
 | BMI 30+ (or 27.5+ for people from BAME groups) **AND** have diabetes **AND/OR** high blood pressure. | Pre-diabetes – HbA1c42-47 mmol/mol within the last 12 months  | BMI 40+ **OR**BMI 35+ **AND** comorbidities(high blood pressure **OR** Type 2 diabetes **OR** idiopathic intracranial hypertension (IIH) **OR** obstructive sleep apnoea (OSA))Tier 2 support already received |
| **Exclusion criteria**  | None | None  | * Moderate or severe frailty
* Active eating disorder
* Bariatric surgery in the last two years
* Pregnancy
* If considered greater risk than harm benefit
 | * Diabetes diagnosis
 | Unstable mental health |
| **Delivery**  | App 12-week plan including goal setting, meal planning, activity tracking  | F2F or telephone (1:1 and/or group sessions)Approx. 6-8 appointments over a 6-month period – may vary with patient need | Virtual (online/phone) 12-week online behavioural and lifestyle programmeVarious programmes available - Patient chooses service provider | F2F sessions over 9 months (usually monthly)  | F2F/online – at least one appointment will be F2F |
| **Referral**  | None – patient to download the app | PCN specific referral process (self-referral in some areas)[Lifestyle Advisor service](https://www.worcestershire.gov.uk/info/20325/health_and_wellbeing/2386/lifestyle_advisor_service) | GP referral EMIS template via ERX | GP or self-referralEMIS Template [LWTC patient link](https://www.lwtcsupport.co.uk/about) | GP referral only EMIS Template |