

healthy choices

small changes big difference





What is *Healthy Choices* ?

Healthy Choices is a joint initiative between the local NHS and commercial weight loss companies. Funded by Dorset Primary Care Trust, *Healthy Choices* offers practical support and guidance to help people attain and manage healthier lifestyles through local weight loss sessions.

How do I join *Healthy Choices* ?

Enrolment into *Healthy Choices* is by referral from your local health professional i.e. a GP or practice nurse. They will measure your height and weight, calculating your body mass index and discuss whether the programme will meet your individual needs. If *Healthy Choices* is right for you, your details will be passed to the administration team.

The key criteria for referral are to have a body mass index of 28 or over and be motivated and able to take part in this programme.

The *Healthy Choices* team will contact you via telephone to discuss your local options. You will then be sent a pack of 12 vouchers which entitle you to free membership of a local participating weight management group (e.g. either Weight Watchers or Slimming World) for a period of 12 weeks.

Simply present one voucher at each weekly meeting.

What is my commitment if I am referred onto *Healthy Choices* ?

To gain the maximum benefit from *Healthy Choices* you should attend each weekly session for 12 weeks. You will then be encouraged to return for a free 'weigh in' 3 months after the end of your programme to monitor your progress and discuss any issues.

How much does participation in *Healthy Choices* cost ?

Healthy Choices is a 12 week programme that is free on referral from your GP or other health professional.

Where can I find more information ?

Visit www.dorset-pct.nhs.uk and click on the Healthy Eating tab of the Healthy Living section.

