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|  | **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 – HbA1c  42-47 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 programme  Various 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-referral  EMIS Template  [LWTC patient link](https://www.lwtcsupport.co.uk/about) | GP referral only  EMIS Template |