

Most people would like to be a little bit healthier. Reed Momenta is delivering City LivingWise. We provide evidence-based information and support to help people make important, lasting changes to their lifestyle.

Refer participants to **City LivingWise** for free healthy lifestyle support.

To use our service, participants must be:

- Be aged 18 +
- Be a City Resident or City Worker

I would like to refer my patient to receive support to (please tick):

- Maintain a healthier weight
- Be more physically active
- Have an NHS Health Check

All of our services have their own eligibility criteria - we will talk patients through this when we first contact them. Depending on the patient's circumstances and service selection, we may require the patient to be referred by their GP.

THEIR NAME:			
TELEPHONE:		POST CODE:	
EMAIL:			
GENDER:		DATE OF BIRTH:	
NHS NUMBER:		DATE:	

I  medically clear this patient to participate.

**Patient:** Please read the following statements and tick the ones you agree with

- I have been fully informed about the referral being made
- I agree and consent to the referral and sharing this information with Reed Momenta and I understand that my information will be stored on an electronic database (personal information can be removed on request)
- The programme is delivered by Reed Momenta, with ToHealth and the Neaman Practice, and my data will be shared securely between the organisations for the purposes of delivering the programme effectively
- I consent to my health professional obtaining the status of my referral and results
- My data will be treated as confidential and held, shared and disposed of in line with legal requirements (including the Data Protection Act)

**Participant signature:**

**Please return this form:** **FAX:** 0208 401 5091 **EMAIL:** [city@livingwise.org.uk](mailto:city@livingwise.org.uk)

**POST:** City LivingWise HQ, Graeme House, East Wing, Liverpool L2 7ZH

**OR** at [livingwise.org.uk/city](http://livingwise.org.uk/city) or by calling **0207 616 2338**