

Integrated Free Health Service

You

You can sign up directly or be referred by one of the following:

- GP
- Health Care Professionals,
- Statutory Groups & Communities

Or: livingwise.org.uk/city
020 7616 2338
city@livingwise.org.uk

1 Weight management

12 week supervised weight management programme

2 NHS Health Check

NHS Health Checks to lower your risk of developing heart disease, diabetes, kidney disease or stroke

3 Exercise on Referral

12 week support in achieving physical activity goals

4 Healthy Lifestyle Events

Delivered to residents, community groups & workers to raise awareness of local health and physical activities

Eligibility Criteria

For City residents & low paid / high risk workers (those in service and manual roles)

Weight Management:
BMI over 25 (or BMI 23.5 if BAME groups)

NHS Health Check:
For people aged 40-74 years-old

Exercise on referral:
GP referral required
Exclusion criteria: Individuals requiring specialist rehabilitation, such as stroke or cardiac rehabilitation