

BMI 25+	NHS Choices Weight Loss Programme (12 weeks)	Self referral or GP referral to Get Healthy Rotherham Provision of a programme of exercise & weight management Face to face monthly review to monitor progress 12 week “free” support 14 week subsidised support. Referral: BMI 25+ Get Healthy Rotherham Professional Referrers Get Healthy Rotherham PIL
BMI 27+ (25+ BAME)	Diabetes	Type 2 Diabetes Remission Course run by Dietitians at TRFT.* Aim to lose up to 15kg over a 12 weeks period with guidance on nutritional intake. Eligibility criteria: Diagnosis of type 2 Diabetes within past 6 years and BMI of 27 to 45kg/m2 and taking Metformin or diet alone to treat their diabetes 01709 426384 or Email rg-h-tr.dsd@nhs.net .Pts with higher BMI and on >1 medication/Insulin and diagnosed for more than 6 years can also be referred to the BETTY Course (Better Eating For Type Two and You)
BMI 30 – 34.9 (27.5+ BAME)	Diabetes and/or Hypertension	Low Calorie Diet* 12-month Total Diet Replacement (TDR) for people diagnosed with T2 diabetes within 6 years. All appointments with a Diabetes Specialist Dietitian are currently delivered virtually SYB LCD Flowchart -Primary Care v2.pdf (rotherhamccg.nhs.uk) The Referral Form is embedded into your clinical system NHS Digital Weight Management Programme* - Free Behavioural & lifestyle interventions delivered over 12 weeks. Delivered across 3 levels. The system triages service users to most appropriate level. Inclusion criteria: Service Users must have access to computer or smartphone and the internet to participate. Exclusion: Pregnancy. Referral: via the existing established e-referral System (e-RS) Clinical templates via https://www.england.nhs.uk/digital-weight-management/
Pre-Diabetes HbA1c between 42-47 mmol/mol (6.0-6.4%)	NHS Diabetes Prevention Programme* - Eligibility Checklist: HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmol/l within the last 24 months • If patient has a history of Gestational Diabetes (GDM) then patient is eligible with HbA1c < 42 mmol/mol or FPG < 5.5mmol/l. • Not pregnant • Able to take part in light/moderate physical activity. Referral form is embedded into your clinical system – email to healthieryou.syandb@nhs.net	
BMI 30 – 34.9 (27.5+ BAME)	Recent onset Type 2 Diabetes	Tier 3 Pathway* GP Assessment for fitness for exercise. Refer to Get Healthy Rotherham parkwood.gethealthyrotherham@nhs.net . Assessment at 6 months by Get Healthy Rotherham. If patient has >5% weight loss can be referred to CCG GPwSI Tier 3 Referral template
BMI 35 to 40 (32.5+ BAME)	Diabetes and/or Hypertension	Tier 3 Pathway* GP Assessment for fitness for exercise. Refer to Get Healthy Rotherham parkwood.gethealthyrotherham@nhs.net . Assessment at 6 months by Get Healthy Rotherham. If patient has >5% weight loss can be referred to CCG GPwSI Tier 3 Referral template
BMI 40 to 49	No co-morbidities	Tier 3 Pathway* GP Assessment for fitness for exercise. Refer to Get Healthy Rotherham parkwood.gethealthyrotherham@nhs.net . Assessment at 6 months by Get Healthy Rotherham. If patient has >5% weight loss can be referred to CCG GPwSI Tier 3 Referral template
BMI 50+	Tier 3 Pathway* Refer to GPwSI for consideration of weight loss surgery Tier 3 Referral template If supported patient will be referred for specialist dietetics and get Healthy Coach. Assessment by MDT and referral for surgery as appropriate	

*Referral to this service attracts the ES payment of £11.50