**Warrington weight management services**

Refer to Diabetes prevention programme for those non-diabetic hyperglycaemia.

[Healthier You | Diabetes Prevention (reedwellbeing.com)](https://healthieryou.reedwellbeing.com/)

No

Does the patient, have diabetes or hypertensions?

Yes

Is the patient female?

Yes

No

Self-referral to ABL 12 week programme via email: abl.warrington@nhs.net for women, over 18yrs with a BMI ≥ 25-39.9 adjusted to 23kg for people of Black African, African-Caribbean and Asian Origin. Virtual programme so access to internet via smartphone, tablet or PC is required.

Or the traditional lifestyles weight management 1:1 support offer for women with a BMI 30 + or 28 with co – morbidities email: lifestyles@livewirewarrington.org

Is the patient non-diabetic hyperglycaemic?

Yes

Self referral to fit to tackle 12 week programme for men via email: **livewire.lifestyles@nhs.net**Over 18yrs, men with BMI 30 +. Face to face group delivery.

Or the traditional lifestyles 1:1 support service offer.

No

Patients with diabetes and/or hypertension should be referred to the NHS Digital weight management service [via e-referral](https://www.england.nhs.uk/digital-weight-management/general-practice-resources/)

BMI greater than 30 or 27.5 for ethnic minority groups.

Need to be over 18yrs and have access to internet via smartphone, tablet or PC

  

**Patients need to engage with the above tier 2 weight management services before being referred by their GP for bariatric surgery. Bariatric referral’s made via email to the tier 3 specialist weight management service:** **livewire.lifestyles@nhs.net**