

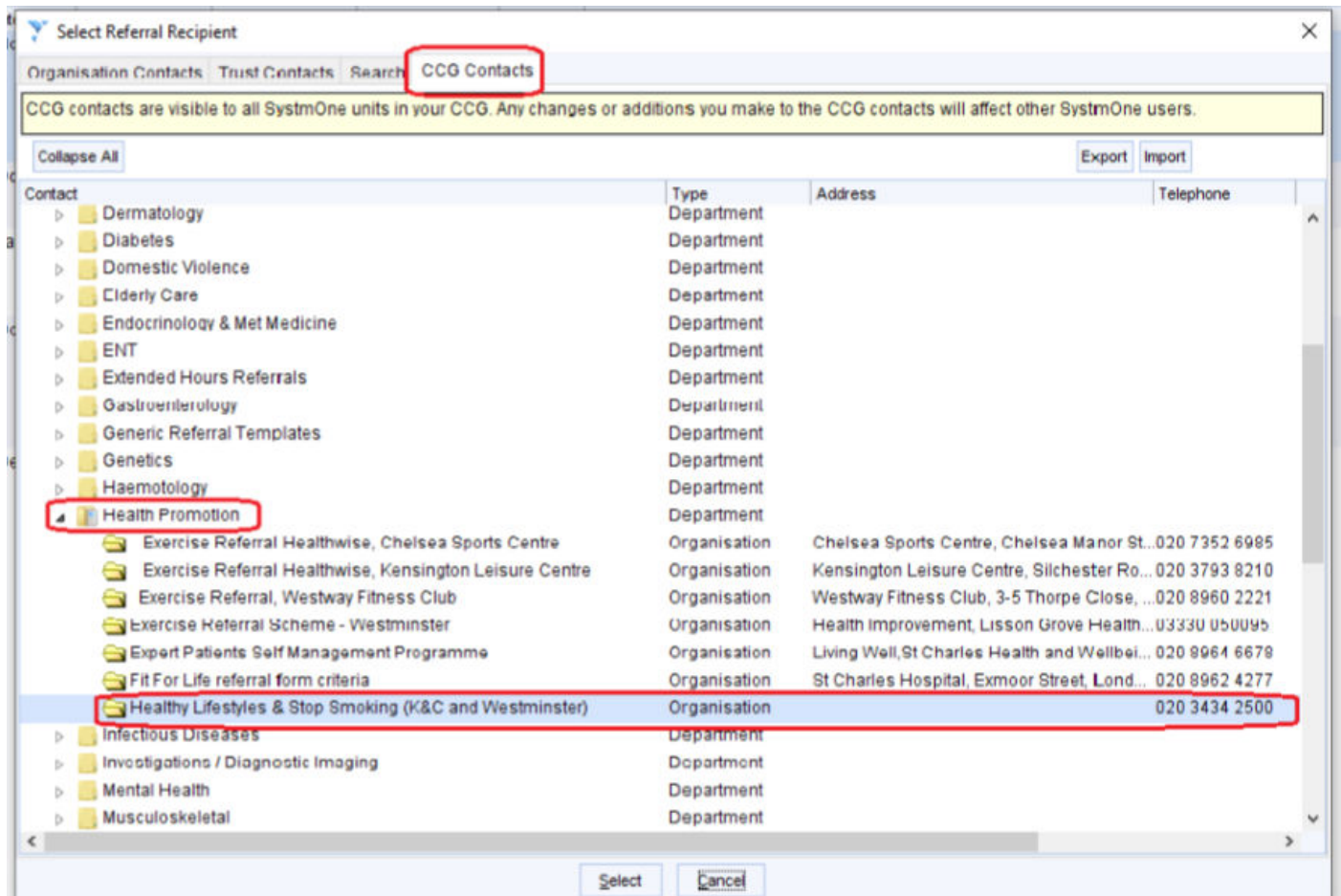
Referrals into **ONE YOU** RBKC & Westminster Service

Online Sign-Up Form

Access our quick and easy online referral form: <https://bit.ly/SignUptoONEYOU>

Or refer via System 1 through these steps

- 1) In **patient's record**, select **Referrals**, and then **Referrals Out**.
- 2) In the pop-up window select the third tab titled "**CCG Contacts**"
- 3) Select the folder **Health Promotion**
- 4) Our referral form is found as "**Healthy Lifestyles & Stop Smoking (KC and Westminster)**"
- 5) Once form is completed it should be emailed from an nhs.net email to
nhsnwlcg.cvdprevention@nhs.net
- 6) Our support team will then contact and triage the patient and book them into their first health assessment, with our Health Advisor



Eligibility Criteria

Eligibility ONE <u>YOU</u> Healthy Life Style Services	
Medical/Long Term Conditions (any one of the following)	
Pre – Diabetes	BMI 30+
Diabetes	Chronic Kidney Disease
Transient Ischaemic Attack	Peripheral Vascular Disease
HIV	Erectile Dysfunction
High Blood Pressure/Hypertension	Rheumatoid Arthritis
Current Smoker	Identified QRisk > 10%
Estimated QRisk Healthy Heart age is 10 years greater than their actual age	
Risk Factors (Combination of any tWO of the following)	
Dietary Concerns	High levels of Stress/Anxiety
Lack of Physical Activity	High Alcohol Intake
Family History of CVD	
Eligibility ONE <u>YOU</u> Stop Smoking Services	
Tobacco Smoker	

Our Services



Remote 1:1 appointments with our advisors



Virtual Gym



Virtual Cook and Eat Classes: Recipes and tips how to eat healthy on a budget



Access to FREE Stop Smoking medication



Virtual support, via blogs and online community through facebook groups



Weight Managment classes, and Healthy Living Workshops