

REFERRALS INTO ONE YOU RBKC & WESTMINSTER SERVICE

Online Sign-Up Form

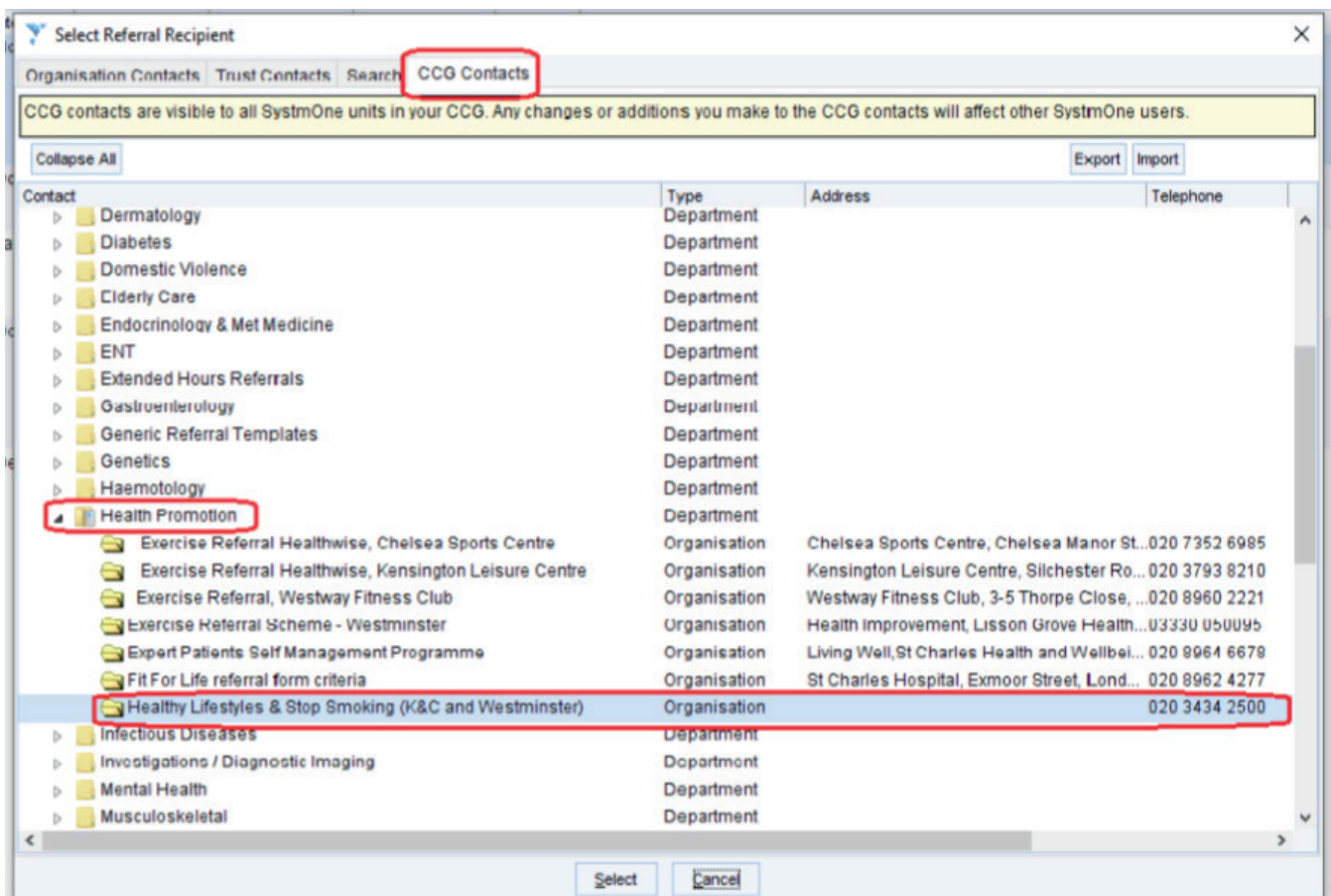
Access our quick and easy online referral form: <https://bit.ly/SignUptoONEYOU>

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

nhsnwlccg.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 YOU Healthy Life Style Services	
Medical/Long Term Conditions (any one of the following)	
Pre – Diabetes	BMI 30+
Diabetes	Chronic Kidney
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 then 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 YOU stop smoking services	
Tobacco Smoker	
Shisha Smoker	

Our Services



Remote or face to face 1:1 appointments with our advisors



Access to our virtual gym



Online and F2F group weight management classes



'Move more' physical activity sessions



Access to FREE stop smoking medication.