

**Adult** **Weight Management in Pregnancy Referral Form**

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| **GP Code:** (Please ensure this is included. Either use the drop-down list or write in the J-code by hand)  Click here to enter the Practice J Code |
| **Eligibility** (for the health care professional)  Please check the person is eligible for referral. She should:   * Be aged 18 or over * Be resident in the administrative county of Hampshire or registered with a Hampshire GP (excluding Southampton or Portsmouth) * Not have a known eating disorder * Be pregnant – overweight / gestational diabetes in pregnancy |
| **Programme overview (for the participant)**  Below are brief details of the programme you are being offered:   * This service has been established to help you manage your weight and prevent excess weight gain in pregnancy. The service is provided by Oviva, on behalf of Weight Watchers. * You will receive the help and support of a dietician (by telephone or online). * This support will consist of an initial 40 minute consultation to help you create an action plan that includes healthy eating and physical activity. * You will be supported over 12 weeks to achieve the goals you have set in your action plan. This individualised support will either be provided by app, or provided via bi-weekly phone calls. * You will be contacted by telephone 6 and 12 months after the end of the course. This is so that we can find out whether the service helped you to achieve your goals. * You can join Weight Watchers meetings after your post-natal examination, for a free 12-week course. * The dieticians are highly experienced in weight management in pregnancy. * By participating in this service you agree for (anonymised) data about your participation in this programme to be shared between Oviva (the provider of this service), Weight Watchers, NHS and the Commissioner of this service. |
| **Call Weight Watchers now to complete the next step or to find out more**  **0345 602 7068 quoting WWRS096**  **Monday – Sunday 8.00 am – 8.00 pm** *0345 numbers from a landline will be charged at your local rate.  Call charges from your mobile will vary according to your provider.*  Friendly staff will talk you through the process and give you everything you need to get started..  **For more information about Weight Watchers visit** [**www.weightwatchers.co.uk**](http://www.weightwatchers.co.uk) |