



# NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME



**It can be tough to make changes but with our support you can take control of your weight and improve your health.**

You can find more information about the programme on the NHS website: [www.england.nhs.uk/digital-weight-management](http://www.england.nhs.uk/digital-weight-management)

Your privacy is important to us. This privacy policy covers what we collect and how we use, disclose, transfer and store your information: [www.nhs.uk/our-policies/privacy-policy](http://www.nhs.uk/our-policies/privacy-policy)



We are  
**safe** and  
**healthy**

## Why obesity matters

Obesity is a serious health concern that increases the risk of many other health conditions, including type 2 diabetes, cardiovascular disease, joint problems, mental health problems, and some cancers. There is also evidence to suggest that people living with obesity are at higher risk of the more severe outcomes associated with COVID-19.

The NHS Digital Weight Management Programme gives free, online access to weight management plans if you have a BMI over 30 and have diabetes or high blood pressure or both. The BMI threshold is 27.5 for people from black, Asian and ethnic minority backgrounds as we know that people from these ethnic backgrounds are at an increased risk of conditions such as type 2 diabetes at a lower BMI.

You will only be able to access the NHS Digital Weight Management Programme if you have a smartphone or computer with internet access.

### How long is the programme?

The programme takes 12 weeks to complete.

### What does the programme involve?

You will choose a weight management plan to help you develop healthier eating habits, be more active and lose weight.

Each plan provides recipes and nutrition advice, wellbeing support and tips to boost your activity levels. As an online plan, it can be completed anywhere in your own time.

### How much does it cost?

It is free.



## What happens next?

**Step 1:** After your referral, you will receive a text message within two working days from 'NHS WMP'. The text message contains a link to a website.

**Step 2:** Click on the link to the website to confirm your date of birth, ethnicity, and some other information to get started.

**Step 3:** Read about the different 12-week weight management plans on offer to help you. Choose the plan you think will work best for you. If you do not choose your plan after six weeks, your referral is sent back to the referring healthcare professional.

**Step 4:** Your chosen weight management plan provider will contact you within five working days.

You will then start your 12-week weight management plan! If you do not start your plan after six weeks, your referral will close.

