Please complete all sections of this form. Fields marked with a \* are mandatory.

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| **Patient Information** |
| **Patient Name\*: (Mrs/Miss/Ms)** |
| **Date of Birth\*:** |
| **E-mail Address:** |
| **Home Telephone\*:** |
| **Mobile Telephone:** |

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| **Referral and GP Practice Information** |
| **Name of Referring Healthcare Professional\*:** |

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| --- |
| **Reason for Referral** |
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| **Clinical Information** |
| **Weight (kg)\*:** |
| **Height (cm)\*:** |
| **BMI (kg/m2)\*:** |
| **HbA1c, if Gestational Diabetes (mol/mmol):** |
| **Pregnancy Due Date\*:** |
| **Weeks Pregnant:** |

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| **Past Medical History / Co-morbidities\*** |
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| --- |
| **Current Medications\*** |
|  |

Once complete please send this form via e-mail to [weightwatchers.awms@nhs.net](mailto:weightwatchers.awms@nhs.net) . If you are unsure how to do this or have any other questions, please contact Weight Watchers on 01628 415287.

**Programme overview (for the participant)**

**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

**Below are brief details of the programme you’re offering:**

* 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.