**The NHS Digital Weight Management Programme is available to refer into now from all General Practices**

Obesity is a serious health concern which increases the risk of many other health conditions. For example, 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 more severe outcomes associated with COVID-19.

The NHS Digital Weight Management Programme offers free, online access to weight management services for those who have a BMI greater than 30 and who *also* have diabetes or high blood pressure, or both. The BMI threshold will be lower at 27.5 for people from Black, Asian and ethnic minority backgrounds, as we know people from these ethnic backgrounds are at an increased risk of conditions such as Type 2 diabetes at a lower BMI.

The programme offers three different levels of support for individuals who may be less likely to complete a behavioural and lifestyle change programme, with the aim of reducing health inequalities. These groups include younger (working) age, people from Black, Asian and ethnic minority backgrounds, men, and people living in more deprived communities.

The programme is only available to people with a smartphone or computer with internet access.

**How to Refer**

To make a referral via e-referral (e-RS), you will need the NHS Digital Weight Management Programme referral templates. These templates are available for all three GP IT systems and do not need to be printed and re-scanned in. Please use the templates electronically only.

You will find all the materials (clinical templates for IT systems, instructions on how to identify the programme in the e-referral system and guidance for practice staff and patients) available to download from the [Digital Weight Management GP template site](https://templates.wmp.nhs.uk/)(you’ll need your practice ODS code for access).

If your General Practice uses Ardens Healthcare, the NHS Digital Weight Management Programme e-referral templates have been uploaded on your EMIS and SystmOne IT systems and are ready to use.

Attached to this newsletter is the General Practice Toolkit for more information as well as a patient leaflet and practice poster.

**Contact us**

If you have any other general questions about the programme, please email: [england.wmp-prevention@nhs.net](mailto:england.wmp-prevention@nhs.net)