

## HealthWise Referral Criteria

HealthWise is a lifestyle change programme, providing **Exercise Referral** and **Weight Management** interventions.

Clients can access a tailored programme of support in order to improve their lifestyle. Although weight management is a key element of HealthWise, a specialist exercise intervention is available for those not needing to lose weight.

### **Interventions available:**

Upon completion of health screening, clients will be advised on a suitable programme for their specific needs. Intensive one to one support, through both specialist weight management and exercise sessions, is available to clients who fit more specific criteria.

Sessions are available at various sites.

- **Supervised gyms**

Referred clients receive a tailored and structured gym based exercise programme where HealthWise officers are on hand to offer guidance and ensure clients progress safely and effectively through their exercise programme.

- **Aqua Mobility**

A water based session, suitable for any level and ability, specifically beneficial for those with musculoskeletal conditions or who require non weight bearing activity.

- **Backbuilders**

A circuit based class with emphasis on improving core muscles, posture and balance with the aim to improve any back condition.

- **Adapted Tai Chi**

A low level session suitable for all abilities; the class is predominantly seated with some elements standing and working on improving balance.

- **Weight Management Courses**

The weight management programme runs over the course of 12 weeks. Clients will gain knowledge on various aspects of diet, nutrition and physical activity which will in turn give them the skills and knowledge to be able to make healthy food choices and improve their lifestyle without a restrictive diet plan.

- **Ante/Post Natal and Early Years**

Activity sessions are available for both ante and post natal women. During pregnancy women can access aqua natal or a studio based gentle exercise session.

Post natal sessions include an exercise session incorporating the buggy and also outdoor push and tone sessions.

For toddlers up to the age of 4 years, a hall based mini mover's activity session is available, which encourages both child and parent to be active together.

## Specialist Sessions

Delivered as part of a specialist weight management intervention; the following are more intensive interventions which clients undertake with the intention of accessing sessions mentioned above.

In order to access the following interventions clients must meet set criteria, numbers accessing the specialist sessions are restricted due to the capacity of the team.

- **Weight Management one to one appointments** - Clients must initially attend a HealthWise consultation before they can be assessed on suitability.
- **Dietetic intervention (Specialist Weight Management Service)** – Clients must initially access HealthWise before they can be assessed on their suitability for a Dietetic referral and access to pharmacotherapy/bariatric/psychological interventions.
- **Clients presenting with restricted mobility due to obesity and co morbidities have the opportunity to access the following:**
  - Home Exercise Programme
  - Water Based one to one exercise
  - Hall based one to one exercise

Once referred into specialist sessions clients can move between interventions to ensure they receive a tailored programme to suit their requirements.

