 

 **Momenta Adult Weight Management Self-Referral** The weight management programme is for;

* People over 18 years’ old
* People who are overweight and have Body mass index more than BMI 25 ([www.nhs.uk](http://www.nhs.uk) BMI Healthy Weight calculator)
* People who are motivated to adopt healthier lifestyle
* People who live in South Eastern Trust
* Consult a GP before starting if you have a medical condition.

**If you meet the criteria or need more information?** Please email completed form to adultweightmanagementservice@setrust.hscni.net or telephone 07890 022 499 (please leave a voicemail if unanswered and your call will be returned ASAP)

1.Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Age\_\_\_\_\_\_\_­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4. Post Code \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

5.Phone No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_6. Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7.Weight (kg if possible) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_8. Height\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_9. BMI (if known) \_\_\_\_\_\_ \_\_

10.Do you require adjustments for reasons related to a disability/language/other? Yes/No –please circle If Yes please provide details\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11.Where did you hear about the programme? GP/Health Professional/poster/social media/friend/other? \_\_ \_

12.GP surgery/health centre name/address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***By completing this form, you give permission to be contacted, agree to follow the programme and advice including providing your weight confidentially.***