

### Eligibility criteria:

- Be 18 or over and registered with a Tower Hamlets GP.
- Meet one of the following BMI criteria:
  - Have a **BMI of 35 or over with a long term health condition**
    - Back pain;
    - Cancer;
    - CKD;
    - Cushing's disease;
    - Diabetes;
    - Hypercholesterolaemia;
    - Hypertension;
    - Hyperuricemia and gout;
    - Hypothyroid; Ischaemic Heart Disease;
    - Lipedema;
    - Liver disease including NAFLD, gallstones and biliary colic;
    - Obstructive sleep apnoea;
    - Osteoarthritis;
    - PCOS;
    - Peripheral Vascular Disease
  - Have a **BMI of 33 or over and of South Asian descent, with a long term health condition**, as listed above.
  - Have a **BMI of 40 or over without any other health conditions.**
- The patient must be motivated and committed to take part in the year long programme.**

### We cannot accept referrals for the following:

- Pregnancy or breastfeeding
- Uncontrolled hypertension/ heart condition/ medical condition preventing increase in activity level
- Patients with unstable or severe mental illness beyond the expertise of primary care
- Patients with active eating disorders
- Patients who have made suicide attempts within the last year
- Patients who have self harmed in the previous two weeks
- Patients who have made plans to end their life in the previous two weeks
- Only refer once stable:
  - Alcohol or drug abuse;
  - Hypothyroidism;
  - Cushing's syndrome

The Way to Wellness programme isn't designed for everyone who is affected by obesity. It is a specialist programme involving several healthcare professionals, specifically designed to support those affected by more complex and long-standing obesity.

**If you have a patient who is motivated to take part in a 12 month programme and meets our eligibility criteria, please complete the referral form on Emis and send it to us at [ovivauk.waytowellness.th@nhs.net](mailto:ovivauk.waytowellness.th@nhs.net).**