



Dear Pharmacy Contractor,

The UK has an obesity crisis; 62% of the population is overweight or obese and the trend is continuing to rise.

Would you like to support your patients and community by providing access to a one-to-one Wellness Service?

Central Health have teamed up with Good Food Consultant and Fit Food Fit Life to provide clients with a **personalised plan** to support them to **feel better, lose weight** and **save money** on grocery bills.

The aim of our '**Wellness Programme**' is to take the emphasis off weight loss, and to encourage people to live a healthier lifestyle by making long term changes. The service is tailored to the individual and does not include public weigh in sessions. It is based on **NICE guidance** with an aim to support people to reduce weight by 5-10% and maintain or further reduce weight. It does not include meal replacement drinks or faddy diets and is suitable for people with medical conditions including diabetes.

What does the client get?

- A Wellness booklet describing the service, 12-week programme agreement to sign
- Weekly weigh in's at the pharmacy
- Skype/phone call/text messages/video call with a Wellness Consultant throughout time of programme
- Recipes
- Information on affordable, healthy food options
- A healthier lifestyle, for them and their family

What does the pharmacy do?

- Display a poster advertising the service (this will be provided to you)
- Recruit the client and pass their details to the Wellness Consultant
- Collect payment from the client
- Supply the client with their Wellness booklet (these will be provided to you)
- Provide weekly weigh-ins:
 - weight (at each session)
 - height (at beginning only)
 - waist circumference (at each session)
 - you may also want to provide BP checks if required
- Congratulate the client on their new look and healthier life

What does Good Food Consultant and Fit Food Fit Life do?

- Visit your pharmacy to talk through the service and deliver promotional material and resources
- Receive and act on referrals from your pharmacy
- Contact the client via client's preferred method
- Provide a Wellness Consultant who will work with the client to identify how they can live a healthier lifestyle
- Provide recipes, cook with the client via video call, support with shopping lists and choices

What will this cost the pharmacy

Just £20 for 10 clients!

For £20 we will provide you with 2 posters advertising the service and 10 Wellness booklets to sign up the first 10 clients. Additional booklets can be purchased at a cost of £20 for 10. We can also supply you with a pull-up banner at a cost of £45.

How much will the pharmacy be paid for this service

£51 per client that completes to the 12-week programme.

