



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.

