



We are  
**safe** and  
**healthy**

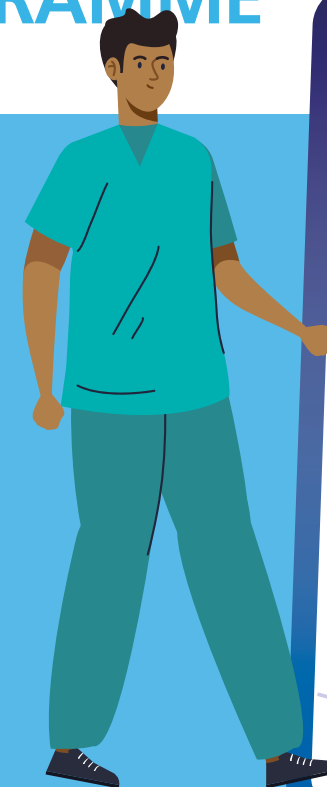
**NHS**

# NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME



Registration takes less than 10 minutes and you'll need your NHS work email address and a recent height and weight measurement to sign up.

For more information and to join today visit:  
[www.england.nhs.uk/supporting-our-nhs-people/support-now/digital-weight-management-programme-for-nhs-staff](http://www.england.nhs.uk/supporting-our-nhs-people/support-now/digital-weight-management-programme-for-nhs-staff)



## Offer for staff working in the NHS

Free, online access to a 12-week weight management programme. Personally tailored to support your journey to a healthier lifestyle.



Keeping healthy and active can be hard right now, but this digital programme can help you make those small changes, one step at a time. Once you're signed up to a programme, you will be guided through informative articles, nutrition and lifestyle advice as well as tips on incorporating regular, enjoyable physical activity and active travel into your life to help you achieve your goals.

As a digital programme, you can use it anywhere and anytime on your smartphone, tablet, or computer.



### You're eligible for the programme if:

- You are a member of staff working in the NHS (any role, including bank and temporary contracts) with a valid NHS work email address
- You are over 18 years of age
- You have a BMI of 30 or greater (27.5 or greater for staff from Black, Asian and other minority ethnic groups, as these groups are at an increased risk of conditions such as Type 2 diabetes at a lower BMI).

Don't know your BMI? Use the [NHS BMI calculator](#) (you will need your height and weight measurement).

### This programme will not be suitable for you if:

- you are pregnant
- you have an active eating disorder
- you have had bariatric surgery in the last two years.

