**NHS Digital Weight Management Programme**

**Information pack / How to guide for N&W GP Practices** (v1.0)

**About the programme**

The programme offers online access to weight management services to people living with obesity who also have a diagnosis of either diabetes, hypertension, or both.

With three levels of support and a choice of providers, it is designed to offer service users a personalised level of support to help them manage their weight and improve longer term health outcomes. This is a 12 week digital programme and access to a smartphone or computer with internet access is required.

**Who can be referred?**

Referrals to the programme are only for people that meet the following criteria:

* are over the age of 18
* have a body mass index (BMI) of 30 or more (adjusted to ≥27.5 for people from black, Asian and ethnic minority backgrounds)
* have a diagnosis of diabetes (type 1 or type 2), hypertension or both.

**Who cannot be referred?**

Any person that meets any of the following exclusion criteria should not be referred to the programme:

* recorded as having moderate or severe frailty
* is pregnant
* has an active eating disorder
* has had bariatric surgery in the last two years
* people for whom a weight management programme is considered to pose greater risk of harm than benefit.

For people aged over 80 years old, the referrer will need to confirm on the referral form that a weight management programme is considered likely to pose greater benefit than harm.

**Benefits of referral**

As well as the benefits to your eligible population, there may be a number of benefits for you and local systems:

* Improved health and wellbeing of patients leading to reduced healthcare demand.
* Potential improvements in blood pressure and glycaemic control for participants through weight loss.
* Reductions in prescribing costs for conditions improved through weight loss.
* Standard referral form available via Ardens/SystmOne/eRS.
* After referral, NHSE will manage the process incl. comms, triage, delivery, provide PDF discharge report.
* Enhanced Service payment of £11.50 for each new patient referred (up to your practice allocation.

**How to refer from general practice**

Any healthcare professional working in a general practice who has access to the e-referral system can refer patients living with obesity who also have a diagnosis of diabetes, hypertension or both.

You can only make a referral via your EMIS, SystmOne or Vision e-referral (e-RS) system. Please see below for more information on where to find the referral form how to run a report to search for eligible patients as well as how to make a referral.

If your general practice uses Ardens Healthcare, DXS Systems or Primary Care IT, the NHS Digital Weight Management Programme e-referral templates have been uploaded onto your EMIS and SystmOne IT systems and are ready to use. Please speak to your Ardens, DXS or Primary Care IT contact if you are having difficulty locating them.

Read the [general practice toolkit](https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-general-practice-toolkit/) for more information about the programme.

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| **Quick Reference Guide** | |
| **Run a report to find eligible patients** | **SystmOne Report**: [Ardens SystmOne Report for DWMP Eligible Patients.docx](https://nhs.sharepoint.com/:w:/r/sites/msteams_2fcb33-ZDrivePlannedCare/Shared%20Documents/Record%20Library/CVD-R%20Clinical%20Programme/03.%20Workplan/Secondary%20Prevention/P3-DWMP/GP%20Practice%20Information%20Pack/Ardens%20SystmOne%20Report%20for%20DWMP%20Eligible%20Patients.docx?d=w485a3e92cff6438d8e016ba91ed8cd1d&csf=1&web=1&e=Rfe6lW) (screenshot included at the end of this document)  **EMIS Report**: Reports can be found in folder 4.12 similar to that as SystmOne reporting above.  **PCIT Report**: search folder **"017 Weight ES"** PCIT havealso provided the following link as a guide: [https://support.primarycareit.co.uk/portal/en-gb/kb/articles/017-weight-es](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsupport.primarycareit.co.uk%2Fportal%2Fen-gb%2Fkb%2Farticles%2F017-weight-es&data=05%7C02%7Cdonna.abrahams%40nhs.net%7Cf3f1c47481e64b7ca7e308dd72a94f7f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638792793693250413%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=c4lX6sv7zKm0h8Mee9pcKvOtVPwFsWI1KJSrTagTc20%3D&reserved=0)  Practices often run their own reports based on the eligibility and exclusion criteria as described above in the main text.  Please ensure you review the patient list for suitability before sending out invites for referral i.e. if you are aware of any circumstances such as just had a major operation. Ideally have a conversation with the patient about the referral. |
| **How to make a referral** | **Referral forms** will be loaded onto your IT system and is auto populated.    **N.B** to avoid rejected referrals, ensure all boxes are complete including being coded as having hypertension or diabetes or both as well as up to date weight and height measurements ideally in the last 6-12 months but no longer than 24 months. Do not make any changes to the form.  [Digital Weight Management Programme - Referrals in SystmOne - YouTube](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DCh8SsnxowCU%26list%3DPLOTRzLLVq3PR5WP07k6QrPFu6GB4uesuI%26index%3D2&data=05%7C02%7Cdonna.abrahams%40nhs.net%7Cabb942cf39ae45fe072e08dd574a5882%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638762698991452323%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=GzzsLeCuKZcG3%2BxIL8B8bBQCXnrMw4Uk%2FmszjEi2xh0%3D&reserved=0)  [Digital Weight Management Programme - Referrals in EMIS Web](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DATlljiqiKyQ%26list%3DPLOTRzLLVq3PR5WP07k6QrPFu6GB4uesuI%26index%3D4&data=05%7C02%7Cdonna.abrahams%40nhs.net%7Cabb942cf39ae45fe072e08dd574a5882%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638762698991470654%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=eryCn65RRacrXxsRU9J3ZJoGf9NLUluAisVZtDU3C98%3D&reserved=0)  **Submitting the completed referral** form via National e- referral system (e-RS)  Locate the service in e-RS using the following referral name/pathway: *NHS Digital Weight Management Programme –NHS England Version 2” using****ST4 4LX****postcode search.  You will need to search within ‘Specialty – Dietetics; Clinic Type – Weight Management’’* |
| **Coding** | **SNOMED code is 1402911000000108** – Referral to NHS Digital Weight Management Programme (Read Code Y3d4f) |
| **SMS suggested template** | "You are being contacted because you may benefit from the NHS Digital Weight Management Programme. This free online service helps you take control of your weight and improve your health. Please contact \*\*\*\*\* if you would like more information or for a referral” You can attach a copy of the patient leaflet [patient leaflet](https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-patient-leaflets/) or link to the NHS website [NHS England » The NHS Digital Weight Management Programme](https://www.england.nhs.uk/digital-weight-management/) this includes a short video for patients. |
| **Patient Leaflet** | The programme [patient leaflet](https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-patient-leaflets/) ideally should be used at point of referral. For GP info following referral:   1. Once referred, the Service User will be given access within 2 working days via a text to the NHS DWMP Platform Referral Hub (a single point for triage) through an automated process that will allow them to select a service. 2. Once in the Referral Hub, the service user will be asked to verify their date of birth and ethnicity to support their triage to the appropriate level of intervention. 3. Once triaged, the service user will select their preferred programme from a choice of providers. 4. The chosen provider will then contact the service user within 10 working days to start their programme. |
| **Promotional material** | You may wish to download this [poster](https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-patient-poster/) and [screensaver](https://www.england.nhs.uk/publication/nhs-digital-weight-management-programme-pharmacy-screensaver/) to use in your general practice. |
| **E-Learning for healthcare** | [Healthy Weight Coach - elearning for healthcare](https://www.e-lfh.org.uk/programmes/healthy-weight-coach/)  [Making Every Contact Count - elearning for healthcare](https://www.e-lfh.org.uk/programmes/making-every-contact-count/) |
| **ES Spec 25/26** | National Enhanced Service Specification 25/26 for weight management referrals £11.50 incentive payments will continue up to your own practice allocation (based on a percentage of your obesity register). <https://www.england.nhs.uk/publication/enhanced-service-specification-weight-management-programme-2025-26/> |
| **FAQs** | [NHS Digital Weight Management Programme FAQs\_.pdf](https://nhs.sharepoint.com/:b:/s/msteams_2fcb33-ZDrivePlannedCare/EZs9CVUF2qxCgkyJopPqpVUBQw4GI62CLvomgrA-skqB5w?e=DinpSQ) |
| **Rejected Referrals** | If you have a **referral rejected** and would like further information from DWMP please contact them on [mlcsu.digitalweightmanagementprogramme@nhs.net](mailto:mlcsu.digitalweightmanagementprogramme@nhs.net)  or you can phone them on 01772 660010 between Monday to Friday, 8am - 6pm.  If a **patient** would like further contact details for DWMP please use the following:  If you are a participant of the programme and have a query, please contact the selected programme provider directly.  If you have any other general questions about the programme, please email us at [england.wmp-prevention@nhs.net](mailto:england.wmp-prevention@nhs.net). **Please do not send through any patient data.** |
| **Re-Referral** | The DWMP does allow for patients to be re-referred into the service once they have completed the programme. The conditions for re-referral are for the patient to have completed the programme 24 weeks ago. If a patient was referred but did not start the programme  If your patients meet these criteria, then please use the standard referral form on your e-RS system.  If your patients do not meet these criteria, there may be local services available that you could refer the patient to for further support if you think this would be beneficial. Alternatively, the Better Health website has lots of free material for people to use to support their weight management journey: [https://www.nhs.uk/better-health/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fbetter-health%2F&data=05%7C02%7Cdonna.abrahams%40nhs.net%7C930b342e7a6e49b497b408dd5003a693%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638754698779470472%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Rf4eMSxH1VxFtYo%2FBL9Nb0nsQvoS9aCgZiAV38Btppw%3D&reserved=0) |

This pack was created in April 2025. If you find any errors or omissions, please contact [Nwicb.nctt@nhs.net](mailto:Nwicb.nctt@nhs.net)

**Ardens SystmOne Report – see screenshot below.**

Please see our support article [here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsupport.ardens.org.uk%2Fsupport%2Fsolutions%2Farticles%2F31000161588-weight-management&data=05%7C02%7Cdonna.abrahams%40nhs.net%7C9501484375254d38466a08dd45d91815%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638743520896251097%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=VqPVyTgc2E5Gv91rbnUA0rJCFq75EY8bus4ZlnDhOCM%3D&reserved=0), which explains the process and eligible criteria for each service.

A screenshot of a computer

Description automatically generated