



NHS

We are  
safe and  
healthy



NHS  
DIGITAL WEIGHT  
MANAGEMENT

# Digital Weight Management Programme(DWMP)



# Digital Weight Management Programme(DWMP) continues to be open for referrals

## About the programme

- The programme consists of a 12-week behavioural and lifestyle intervention with the aim of supporting people to manage their weight and improve their health.
- Three levels of support and a choice of providers over 12 weeks
  - Level 1: Digital content only
  - Level 2: Digital content with personal coaching
  - Level 3: Digital content with tailored personal coaching

## Eligibility Criteria:

- are over the age of 18
- have a body mass index (BMI) of 30 or more (adjusted to  $\geq 27.5$  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

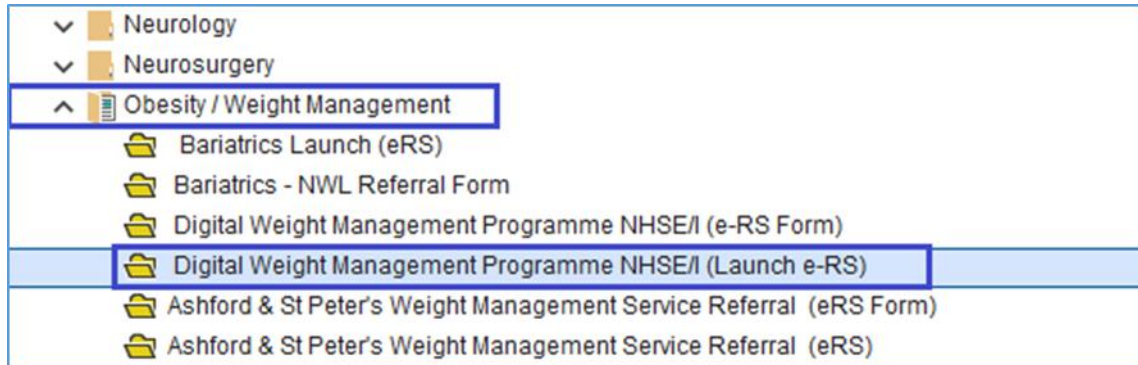
- recorded as having moderate or severe frailty
- is pregnant
- has an active eating disorder
- has had bariatric surgery in the last two years
- people for whom a weight management programme is considered to pose greater risk of harm than benefit.

# How to refer to DWMP

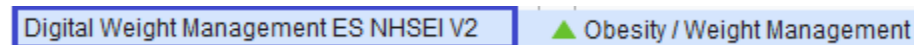
Currently, general practices and community pharmacies can refer members of the public to the NHS Digital Weight Management Programme. Primary care can make a referral via EMIS or SystmOne.

## SystmOne

### Referral Wizard:

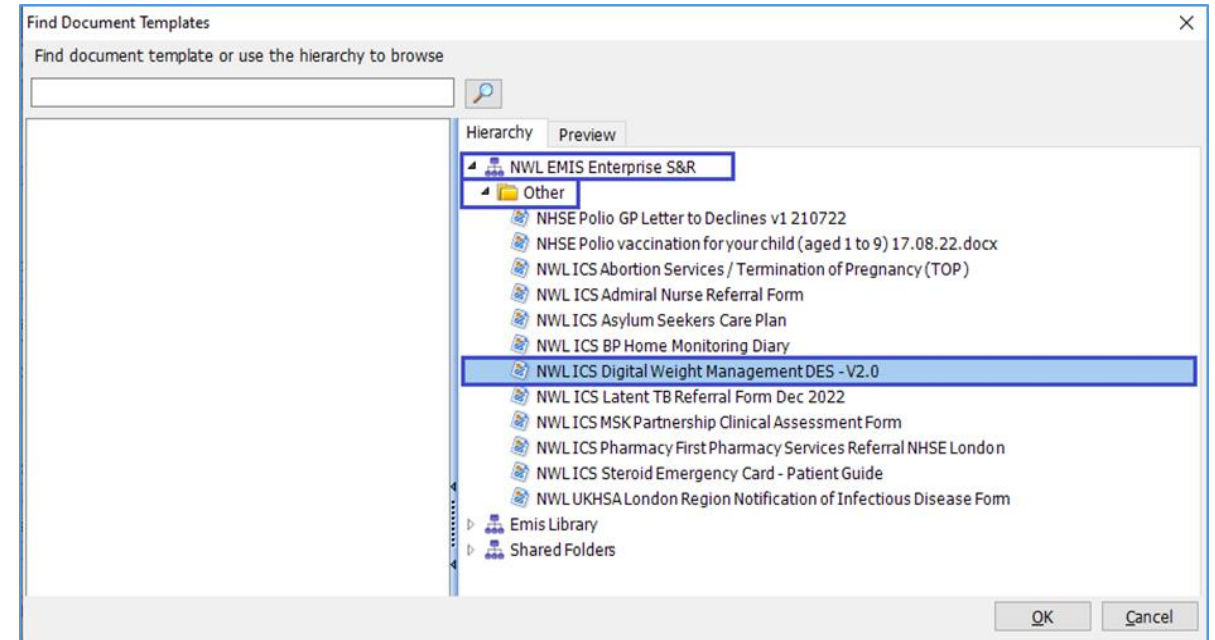


### Referral Form:



## EMIS

### Referral Form:



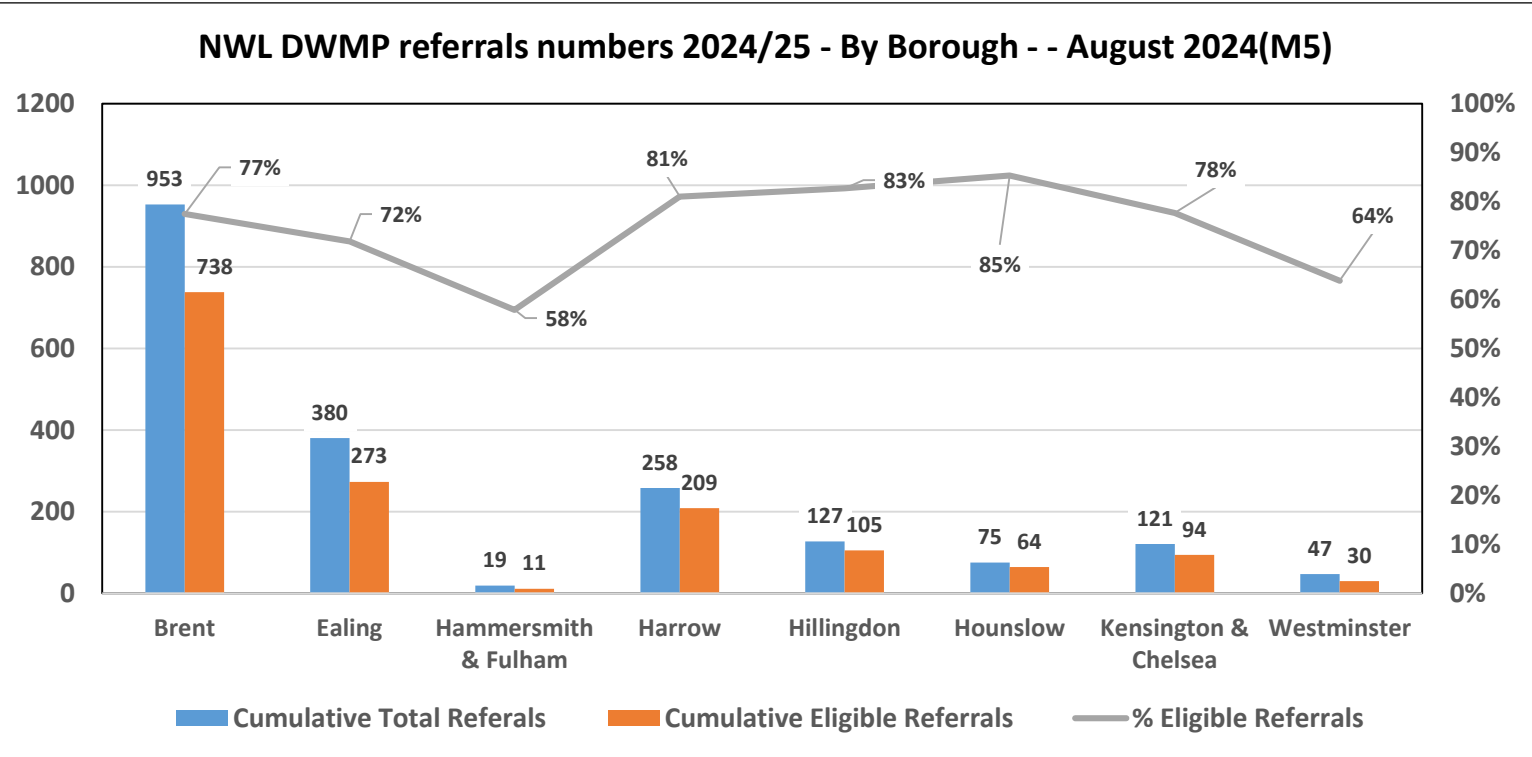
# Digital Weight Management Programme(DWMP)

The DWMP is under utilised in NW London.

Eligible Referrals made for 2024/25(Month 5/ August 24) represent 26% of expected.

**NWL DWMP Annual Referral Data 2024/25 - August 2024(M5)**

Target Total Referrals (Eligible)	% of Target met	Cumulative Total Referrals	Cumulative Eligible Referrals	% Eligible Referrals
5,980	26%	1,987	1,531	77%



# Digital Weight Management Programme(DWMP)

Practices will be entitled to £11.50 for referrals made for one patient up to the limit of their referral allocation. One referral is funded per person for either DWMP, Local Authority funder Tier 2 wm services, NDPP, T2DR or Tier 3 & 4.



## Online support for a healthy lifestyle

If you are living with obesity and have diabetes or high blood pressure, or both, you could benefit from the 12-week NHS Digital Weight Management Programme.



It can be hard to keep healthy and active but this free programme can help you develop healthier eating habits, be more active and lose weight - available on your smartphone, tablet or computer.

Speak to us today and find out how the programme can benefit you.



## 7. Payment and Validation

- 7.1. To maximise referrals while ensuring expenditure stays within the £7.2m funding envelope for 2024/25, a referral allocation mechanism will apply.
- 7.2. Each practice that signs up to this ES will be notified of its referral allocation based on the practice Obesity Register at 31 March 2023. This referral allocation will, at a minimum, be 12% of the number of patients on the practice's Obesity Register at 31 March 2023.
- 7.3. Practices will be entitled to £11.50 per referral to one of the services listed at 6.10, up to the limit of their referral allocation. Only one referral per patient may be claimed under this ES.

Link to NHSE ES: <https://www.england.nhs.uk/publication/enhanced-service-specification-weight-management-2024-25/>

Link to professionals toolkit inc patient poster:  
<https://www.england.nhs.uk/publication/the-nhs-digital-weight-management-programme-healthcare-professional-toolkit/>