

Referral form

Please return all forms to the
Health Trainer Secretary:

Beech House, 18 Park Road,
Prescot L34 3L
Tel: 0151 123 456 Fax: 0151 123 455

Liverpool 
Primary Care Trust

fitogether

My Health Trainer appointment card

If you have any questions, phone
the Health Trainer Secretary on:
0151 123 456

Liverpool 
Primary Care Trust

fitogether

Name: _____ DOB: _____

NHS No: _____

Address: _____

Postcode: _____ Tel No: _____

Ethnicity: _____

Employment Status: _____

GP Registered: Yes No

Do you consider yourself disabled: Yes No

Focus areas:

Weight Management Smoking Physical Activity

Alcohol Awareness Nutrition Other: _____

Details of current medical conditions: _____

Details of current medications: _____

Other Health/Social Services client currently involved with: _____

Any special requirements/additional information: _____

Sign: _____ Date: _____

My Health Trainer is:

My first appointment is:

I would like support to:

About Health Trainers

Health Trainers offer lifestyle
advice to help you live longer,
healthier lives.

They meet with you regularly,
and work to cover the areas you
want to improve.

With their help you can:

- Find activities you enjoy.
- Teach you how to shop healthy.
- Access smoking services.
- Manage chronic diseases.
- Improve your general wellbeing.

Sign: _____ Date: _____