

# Liverpool Health Trainers

*Referral pad*

HIP Partnerships Sample

## *Your referral guide*

# *When to use Liverpool Health Trainers*

**When referring to a Health Trainer, please ensure the patient is:**

- at least 19 years old
- living within Liverpool or registered with a local GP
- ready to improve their health
- happy to receive additional support
- more likely to benefit from a lifestyle change than clinical intervention

### **Waiting times**

Because Health Trainers work on a one-to-one basis, waiting times for first appointments can vary.

For full details contact your local Health Trainer office.