

## Referral form

For details of where to return the forms to, please contact:

**NHS**  
South Central

*fit*together

## My Health Trainer appointment card

If you have any questions, phone  
the Health Trainer Secretary on:  
023 9268 4580

**NHS**  
South Central

*fit*together

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: \_\_\_\_\_