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Tier 3 Weight Management Service Information for Patients

What is the Tier 3 Weight Management Service?

- We are a team of specialists in weight loss and lifestyle change
- We offer free sessions to support you to lose weight and improve your health

Who is in our Team?

- Psychologists
- Psychotherapists
- Consultant Physicians
- Weight Management Advisers
- Dietitians

Who can refer me to Tier 3 Weight Management?

- GP
- Practice Nurse
- Consultant Physician

About your referral

- Your GP surgery needs to be in Derbyshire or Derby City
- You need to be overweight - Body Mass Index (BMI) of 35 or above
- You need to have certain health conditions
- You need to be 18 years or older
- If you are thinking about weight loss surgery you will need to be referred to Tier 3

What will happen if I am referred to Tier 3 Weight Management?

- We will send you information by post
- You will then be able to contact us and book an assessment appointment

About your assessment

- This appointment will last about 1 hour
- You will see a psychologist or psychotherapist

What will I talk about during my assessment?

- You will talk about you, your health and your weight
- You will discuss options which may help you with weight loss
- You will have chance to ask questions
- You will be able to discuss how best to weigh yourself regularly
- We will discuss how often you need to attend appointments
- We will discuss what types of appointment suit you best
- If Tier 3 is right for you, you will be booked in to see a Weight Management Adviser

About Tier 3 Weight Management appointments

- You will need to have regular appointments
- We have clinics all over Derbyshire
- Appointments are one to one
- We offer face to face, telephone and video appointments
- Appointments are in office hours 9am to 5pm, Monday to Friday

About long term lifestyle change and Tier 3 Weight Management

- Often our eating habits are related to feelings and thoughts, so you may need to talk about these in the appointments
- You need to be ready to make lifestyle changes to benefit from the service
- You will need to make permanent (forever) changes to bring about long term weight loss
- You will work with us for 6 months, sometimes more.

For more information contact Tier 3 Weight Management

- Call: 01246 515166
- Email: dchst.swm@nhs.net
www.dchs.nhs.uk

Tier 3 Weight Management Service,
The Lodge, Walton Hospital,
Whitecotes Lane,
Chesterfield,
S40 3HW

Need information in other ways?

- Large print
- Braille
- Audio
- Other languages
- Call: 01246 515224
- dchst.communications@nhs.net

Tell us what you think

- Need to make a complaint?
- Tell us what we do well?
- Like to talk to us?
- Call: 01773 525119
- DCHST.PatientExperienceTeam@nhs.net

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