

# REFERRING INTO **ONE YOU** LINCOLNSHIRE IS EASY AS **1,2,3**

**ONE YOU**  
LINCOLNSHIRE



@oneyoulincolnshire

- 1** Would your patient like help with...
  - Being Smokefree
  - Losing Weight and Eating Well
  - Drinking Less
  - Moving Move
- 2** Visit our website, [oneyoulincolnshire.org.uk/referral](http://oneyoulincolnshire.org.uk/referral) where you'll be directed to our short health care professional referral form.



- 3** Complete the brief form on behalf of your patient and a member of the **ONE YOU Lincolnshire** team will contact your patient.

# WHO IS ELIGIBLE FOR SUPPORT WITH ONE YOU LINCOLNSHIRE?

Lincolnshire residents  
(or people registered with a  
Lincolnshire GP) who are:

- Living with one or more diagnosed Long Term Health Condition/s
- Currently a Smoker, or a smoker who has been abstinent for less than 2 weeks
- Deemed as 'at risk' following an NHS Health Check (Q Risk score of 10% or greater)
- Awaiting surgery under the NHS Optimisation Policy (policy under development)
- Working for Lincolnshire County Council
- A carer, registered with the Lincolnshire Carers Service

## CRITERIA FOR ACCESSING PROGRAMMES

All clients accessing the service will complete a short assessment (phone or online) which will help determine which programmes will be suitable.

**ONE YOU**  
LINCOLNSHIRE



### **STOP SMOKING**

- Current smoker
- Aged 12+
- Under 16's require parent/ guardian consent



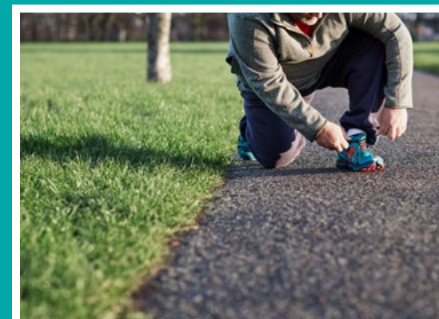
### **LOSE WEIGHT & EAT WELL**

- Aged 18+
- BMI of 30 or above or 27.5 or above if from a BME group



### **DRINK LESS**

- Aged 18+
- Drinking more than 14 units of alcohol per week



### **MOVE MORE**

- Aged 18+
- Undertaking less than 150 minutes of physical activity per week