

ALTH & WELLBEING COACH

- Encourage and support patients to manage their health
- Provide advice and information to increase patient's health awareness
- Help people to set and achieve healthy life goals
- Create awareness about active lifestyle

HWBCS SUPPORT WITH FOLLOWING:

- Information around healthy eating
- Physical activity (Suggest different physical activities and exercise referral)
- Diabetic patients with general healthy eating and physical activity
- Hypertensive patient with healthy eating, physical activity and stress management
- High cholesterol patient with healthy eating and physical activity
- Weight management (Advise and support with NHS digital weight management)
- Support with uptake on screenings (Encourage patients for bowel and breast screenings, smear etc.)
- Encourage patients for immunization
- Encourage patients for checkups and blood tests when required
- General health and wellbeing enquiry (Patients with long term illnesses, SMIs, Cancer patients, LD patients)

We offer support to patients 18years and above