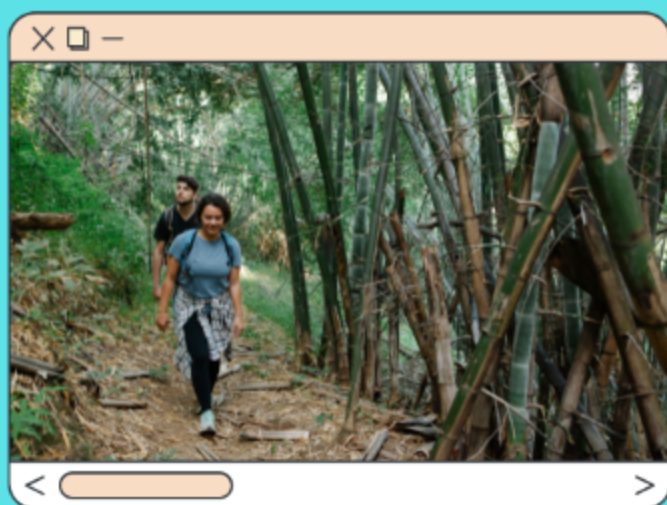


HEALTH AND WELLBEING COACH

FULL HEALTH CHECKS FOR

- DIABETES PREVENTION
- WEIGHT MANAGEMENT,
- CHOLESTEROL REDUCTION,
- ADVICE ON EXERCISE
- ONLINE AND
- COMMUNITY SUPPORT INFORMATION



IF CRITERIA MET, CAN OFFER
REFERRALS FOR

- DIABETES PREVENTION
- EXERCISE
- WEIGHT MANAGEMENT
- SOCIAL PRESCRIBER

PROVIDE HELP WITH

- GOAL SETTING,
- ACTION PLANS
- GUIDANCE AND SUPPORT



ADDITIONALLY INFO ON

- SLEEP HYGIENE,
- STRESS MANAGEMENT
- PAIN MANAGEMENT
- RELAXATION
TECHNIQUES
- AND MUCH MORE...