**Second Nature** A digital programme designed to support people to create long term healthy habits to improve their overall health

 **Staff Wellbeing Referral Form**

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| **Personal Details:**Preferred prefix: Mr/Mrs/Miss/Ms/Dr/Prof/OtherFull name: |
| Date of birth \_ \_ /\_ \_ /\_ \_ \_ |
| Gender: Male 🞏 Female 🞏 Prefer not to say 🞏Please indicate which pronouns you prefer: He/Him 🞏 She/Her 🞏 They/Them 🞏 |
| Address:  |
| Contact telephone number: | Can we leave a voicemail? Yes 🞏 No 🞏 |
| Email address: |
| Weight: | Height: |

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| **In your own words please tell us why you would like support?** |
| **Please tell us about any additional support you may need to help you get the best care** **e.g. an interpreter, digital skills support, smart device or wifi access challenges** |

**Additional Information**

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| Date of referral**: Click here to enter a date.****Shift worker?** Yes 🞏 No 🞏(ie. works out with regular working pattern, eg. Mon- Fri 9-5 or similar ) **Professional Group: (please choose from drop down list)** Choose an item.**Area of work: (please choose from drop down list)**Choose an item.**Ethnicity:** **Asian, Scottish Asian or British Asian** Choose an item.**African, Scottish African or British African:**  🞏 **Caribbean or Black:** 🞏 **Mixed or multiple ethnic group:** 🞏 **White** Choose an item.**Other ethnic group:** Choose an item.**Would you consider yourself to have a disability?** Yes 🞏 No 🞏 Prefer not to say 🞏 |

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| **Consent** Do you consent to this referral to the Weight Management & Prevention of Type 2 Diabetes team? Yes 🞏 No 🞏**PLEASE NOTE: referrals collected for Second Nature from NHS Lothian staff members, will NOT be added to Trakcare, to maintain confidentiality.** Please contact us if you do not agree to data sharing.The NHS Lothian Data Privacy Policy can be found at: <https://policyonline.nhslothian.scot/Policies/ClinicalPolicy/Data%20Protection%20Policy.pdf>  |

Please email the completed referral form to weight.management@nhslothian.scot.nhs.uk

**OR**

Post to: Weight Management Service

Ground Floor, Woodlands House

Astley Ainslie Hospital

Canaan Lane

 Edinburgh EH9 2TB

 For enquiries please telephone: 0131 537 9169