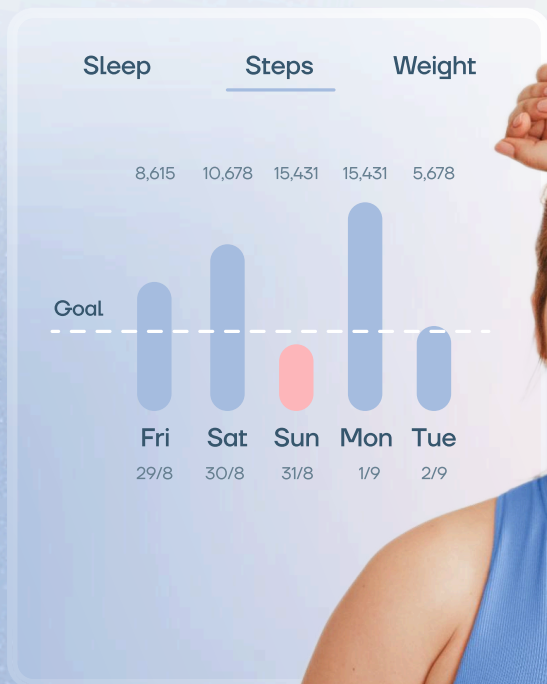


SECOND
NATURE

Expert support to lose weight for good

Everything you need to talk to your GP and get referred to Second Nature's free NHS weight management programme.



Grace Preston
Nutritionist, RNutr

Hi Sarah, how are you feeling today?
Are you experiencing any side effects
from your medication?

Why Second Nature?

- ✓ Funded by the NHS
- ✓ Lose up to 18.1kg* of your body weight
- ✓ Medication prescribed and delivered to your door every month, where clinically appropriate
- ✓ Daily lifestyle support and clinical care for up to 2 years
- ✓ Fortnightly guided exercise classes to help you get active

*(Richards et al., JMIR Formative 2025)



Am I eligible?

Please note that eligibility varies dependent on where you live.

You may be eligible for Second Nature if:

✓ You're **18 or over**

✓ You **live in England**

✓ You have a body mass index **(BMI) of 40 or above**

You have at least **four health conditions** linked to your weight, such as type 2
✓ diabetes, high blood pressure, high cholesterol, sleep apnoea, or cardiovascular disease

Some areas have slightly different criteria. To find out if you're eligible, book a GP appointment and take this guide with you.



How to talk to your GP

Before your appointment

- ☐ Note what you've tried before and how it went
- ☐ Note any weight-related health conditions (e.g., high blood pressure or type 2 diabetes)
- ☐ Think about why you need support now and how your weight affects your life
- ☐ Write down questions to ask

During your appointment

-  Explain how your weight affects you and your motivation to change
-  Ask for a referral to Second Nature, a specialist weight management service
- ☒ Ask them to check your eligibility (criteria vary by area). They can find criteria and the referral form at tier3.secondnature.io/refer

“

What to say to your GP

I'd like support with managing my weight. Can we talk about a referral to the Second Nature specialist weight management service and check whether I am eligible?

”

What if there is a waiting list?

Some areas may have a short wait to join the Second Nature specialist weight management programme, but your GP can still refer you now.

A referral gets you in the queue, so you are ready to start as soon as a space opens up.

What happens next?



We'll email to confirm your referral and invite you to join



A friendly call with your clinical team to discuss your care plan



Prescribed medication delivered to your door with full support (if clinically appropriate)



Track progress and explore resources in the Second Nature app



Your team is with you every step of the way, at times that suit you

For GPs

Refer via NHSmail

Visit tier3.secondnature.io/refer, select your ICB from the dropdown and **download form**. Complete form in full and send to secondnature.referrals@nhs.net

Refer via e-RS

- 1 Visit tier3.secondnature.io/refer and select your ICB from the dropdown and **download form**
- 2 Check your patient meets the local eligibility criteria and complete the referral form in full
- 3 Access e-RS directly or through your clinical system
- 4 Select **Referral** and **Routine**
- 5 Under Speciality select **Health Promotion**, under Clinic type select **Weight Management**
- 6 Click **Add more search detail** and leave the location field blank
- 7 Under Search for a service provider organisation, type **Second Nature** and click **Search**. Select **Second Nature Health** from the results (not Ltd or Ltd.) and click **Search**
- 8 Select the **Second Nature service** from the results then click **Selection Action > Book/Send for Triage**

