

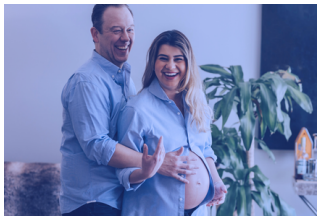
# Hertfordshire's new, dedicated adult weight management service.



Welcome to My Healthy Weight, Hertfordshire's new dedicated adult weight management service. We're here to support, educate, and encourage you on your journey towards weight wellness.



At My Healthy Weight, we tailor your journey to your unique needs, whether it's our 14-week healthy lifestyle programme, or the one-year My Healthy Weight Plus+ specialist programme.



We are also here to support women with a BMI of 40 kg/m<sup>2</sup> and above, who want to achieve and maintain a healthy weight during and post-pregnancy.



Your journey is personalised. After joining, you'll partner with your health advisor to find the best path for your needs and develop a treatment plan that fits one of our evidence-based programmes.



## My healthy weight

This will include:



Your own personal health advisor



Insightful, psychologically-led behaviour change



Advice on healthy eating and nutrition



Support on getting more active



Regular weight check-ins located in your area



Digital portal for ongoing support

## We are flexible to you

Our services are available in various formats and locations to ensure accessibility for everyone. Join a group or opt for one-on-one support, either face-to-face or digitally. We offer sessions via MS Teams, WhatsApp, telephone, and e-learning to help you achieve your weight loss goals.

## Next steps

Ready to join us? Ask your GP to refer you or complete the self-referral form at [www.tbchealthcare.co.uk](http://www.tbchealthcare.co.uk). For a chat, call us at 01707 242188, and our team will guide you through the process. We're here to support you.

Email: [hertfordshire@tbchealthcare.co.uk](mailto:hertfordshire@tbchealthcare.co.uk)

Funded by Hertfordshire County Council's Public Health team and the Hertfordshire and West Essex ICB.

