

**Healthy Living for people with type 2 diabetes**

**Referral Form**

## Overview

Healthy Living for people with type 2 diabetes is a QISMET accredited digital structured education programme. It is accessed online and provides information about type 2 diabetes and its treatments, alongside support with adopting and maintaining healthy behaviours and psychological wellbeing. It is based on HeLP Diabetes developed by University College London, with randomised controlled trial evidence for improvements in HbA1c and reductions in diabetes-related distress. It is available free-of-charge for all adults with type 2 diabetes in England.

Please use this form if making a referral for a person with type 2 diabetes.

If a carer or family member would like to access the programme but does not have type 2 diabetes, they can self-enrol at <https://healthyliving.nhs.uk>

Please ensure that all the fields below are completed (the form should autopopulate on most systems) as this information is required for the referral to be accepted.

## Consent

Consent should be obtained prior to sending a referral. The person referred should be made aware that the information on this form will be shared with Changing Health, the Healthy Living provider on behalf of NHS England.

If the referred person consents for Changing Health to share information about their structured education attendance, the programme will share commencement and completion data securely with their GP practice.

Their data will be treated as confidential and held, shared and disposed of in line with all legal requirements (including the Data Protection Act) and NHS guidance (which includes the Caldicott Guidelines)

## Referral details (All mandatory)

|  |  |  |  |
| --- | --- | --- | --- |
| First name |  | Date of Birth |  |
| Surname |  | Gender |  |
| Mobile number |  | NHS number |  |
| Postcode |  | Date of referral |  |

## Referral details (Optional)

|  |  |
| --- | --- |
| Email address (if known) |  |

## GP Practice details (All mandatory)

|  |  |  |  |
| --- | --- | --- | --- |
| GP practice name |  | Practice code |  |

* Email completed referral forms to [england.referralhealthyliving@nhs.net](mailto:england.referralhealthyliving@nhs.net)
* Include a subject line on your email, such as Healthy Living Referral

END OF REFERRAL FORM