

**Free NHS
health
checks!**



HOLISTIC CARE MANAGEMENT FOR ONGOING HEALTH CONDITIONS

**Access to obesity
services?**

**New Service Now
Available!**



*Diabetic
management?*

HEALTH AND

**Need some
motivation or
someone to
talk to?**

Anxiety?

WELLBEING

Stress?

COACHING

*Mental
Health?*



**Please go to our website for more information
& a Self Referral form**

<https://figgesmarshsurgery.nhs.uk/practice-information/health-and-wellbeing-coach/>



**Tailor made step by
step plan to help you
manage your health**

*Referrals and
screening if needed*