

Liverpool Health Trainers

Referral pad

Your referral guide

When to use Liverpool Health Trainers

When referring to a Health Trainer, please ensure the patient is:

- at least 19 years old
- living within Liverpool or registered with a local GP
- ready to improve their health
- happy to receive additional support
- more likely to benefit from a lifestyle change than clinical intervention

Waiting times

Because Health Trainers work on a one-to-one basis, waiting times for first appointments can vary.

For full details contact your local Health Trainer office.