



**This pathway is Not applicable where:
 BMI < 30 and non-smoker, Urgent or for investigation
 See exclusions list attached for more detail**

Health Optimisation Period (HOP)

GP and/or HOP referral Administrator to discuss with Patient
 Referral to Weight Management programme and / or stop Smoking services
 HOP Leaflet Discussed
 Set individualised goals, including other lifestyle factors e.g. alcohol consumption
 Set review Date -1 month prior to time period (5 months / 11 months)

Completion Conditions

HOP completed if;

Stops Smoking for 4 weeks (Tested) And BMI now < 30
 And /or 10 % reduction in Weight Loss and/ or
 6 Months completed – Smoking
 12 months -Weight Mgt

Completion recorded and HOP referral Administrator notified by provider

Post HOP Completion

1 Month Prior to HOP Clock Ending

HOP Referral coordinator contacts patient to clarify:

1. Does not want surgery anymore – Discharged (letter sent to GP to inform GP secretary to "Discharge")
2. Symptoms still same and wishes to be referred back ("To reactivate referral for Acute secondary care review ")
3. Would like to discuss options further with GP regarding (Referred back to GP for appointment)

Note: All Patients who complete the HOP to be marked on system regardless of outcome, inclusive of date of completion