

One You East Sussex is the county's holistic healthy lifestyle service. Commissioned by East Sussex County Council, all services are free, are not means-tested and open to all residents for East Sussex (excluding Brighton and Hove)

One You East Sussex has over 90 clinics a week across the county. Our Health Coaches support clients to make long-term, sustained behaviour change across the areas of:

- Stop smoking
- Lose weight
- Move more
- Eat well
- Drink less

In addition, all Health Coaches can deliver NHS Health Checks to assess clients' risk of a cardiac event in the next 10 years.

### **Stop Smoking**

Over 12 sessions with a Health Coach, clients discuss the products available to help with their quit attempt. Clients receive advice, tips and hints to quit the cigarettes for good.

Over 1,000 people have been supported to quit in the first year of the contract. Clients are 4x more likely to stop smoking with the support of one of our specialist stop smoking advisors.

### **NHS Health Checks**

Cholesterol, blood-pressure and (if applicable) blood sugar levels are checked during an NHS Health Check. Clients are given their Heart Age and advice about lifestyle changes that may be appropriate.

Everybody aged 40-74 who is not already on medication for high blood pressure, diabetes or high cholesterol is eligible for an NHS Health Check every five years (additional criteria may apply.)

If you have a patient with the signs and symptoms of undiagnosed type 2 diabetes, or you suspect has increased cholesterol, suggest they make an appointment for an NHS Health Check.

### **Behaviour Change Support**

Working with our specialist Health Coaches clients receive support to reach health goals such as moving more, drinking less or eating well – including reducing sugar intake. Working 1-1 with a Health Coach, clients set SMART goals to achieve their targets.

**For promotional materials please call: 01323 404 600**

**For patients to self-refer use: [www.oneyoueastsussex.org.uk](http://www.oneyoueastsussex.org.uk) or telephone 01323 404 600**

**Email: [hello@oneyoueastsussex.org.uk](mailto:hello@oneyoueastsussex.org.uk)**

A teal rectangular banner with the text "READY FOR A NEW YOU?" in white and yellow capital letters. The word "YOU" is in yellow and has a yellow underline.