



Enhanced Service  
Specification  
Weight Management  
2022/23

A Guidance Document for Practices

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# Introduction

Introduction	Guidance
<ul style="list-style-type: none"><li>● This enhanced service (ES) is subject to amendments from time to time. It is a national specification that cannot be varied locally.</li><li>● This ES is offered by the Commissioner to all General Medical Services, Personal Medical Services and Alternative Provider Medical Services contract holders.</li><li>● An ES is designed to cover and/or support enhanced aspects of clinical care, all of which are beyond the scope of essential and additional services. No part of this ES specification by commission, omission or implication defines or redefines essential or additional services.</li><li>● All GP practices are offered the opportunity to sign up to this ES provided they meet the requirements of this specification. By signing up to deliver this ES, a GP practice agrees to a variation of its primary medical services contract to incorporate the provisions of this ES. The provisions of this ES are therefore deemed a part of the GP practice's primary medical services contract.</li></ul>	<p><a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a></p>

# Commonly Used Terms

Commonly Used Terms	Guidance
<ul style="list-style-type: none"> <li>• This specification is referred to as this “ES.”</li> <li>• In this ES:</li> </ul> <p>*the “Commissioner” refers to the organisation with responsibility for contract managing these ES arrangements, which is NHS England</p> <p>*a “GP practice” refers to a provider of essential primary medical services to a registered list of Patients under a General Medical Services contract, Personal Medical Services agreement or Alternative Provider Medical Services contract who has agreed with the Commissioner to deliver this ES</p> <p>*a GP practice’s “Obesity Register” is its register of patients aged 18 years or over with a BMI <math>\geq 30</math> in the preceding 12 months which the GP practice establishes and maintains under the Quality and Outcomes Framework.</p> <p>**“Weight management services” are the services listed in paragraph 6.11 on <b>page 10</b> of the document within the guidance link on the right; and</p> <p>**“Referral allocation” is the capped number of referrals to weight management services allocated to each GP practice that attract a referral payment under this ES.</p> <p>*In this ES words importing the singular include the plural and vice versa.</p>	<p style="text-align: center;"> <a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a> </p>

# Background

Guidance	Guidance
<ul style="list-style-type: none"><li>• In 2018/19 the majority of adults in England (63%) were living with excess weight with 26% of men and 29% of women living with obesity or severe obesity (<a href="#">NHS Digital, 2020</a>).</li></ul> <p>The COVID-19 pandemic has highlighted the importance of weight management. Living with excess weight puts people at greater risk of serious illness or death from COVID-19, with risk growing substantially as body mass index (BMI) increases.</p>	<a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a>
<p>*For further information on the background to weight management, please go to page 4 of the guidance link, above right.</p>	

# Process

Process	Guidance
<ul style="list-style-type: none"> <li>● This ES begins on 1 April 2022 and shall continue until 31 March 2023 unless it is terminated in accordance with the below.</li> <li>● This ES may be terminated on any of the following events:               <ul style="list-style-type: none"> <li>*The Commissioner is entitled to require that the GP practice withdraws from this ES as set out in this ES;</li> <li>*The Commissioner is entitled to terminate this ES where the GP practice has failed to comply with any reasonable request for information from the Commissioner relating to the provision of the services pursuant to this ES; or</li> <li>*The GP practice terminates this ES.</li> </ul> </li> <li>● The Commissioner must invite all GP practices to participate in this ES by 14 April 2022. GP practices must sign up to participate in this ES on or before 30 April 2022 unless the Commissioner agrees otherwise. GP practices must record their agreement to participate in this ES in writing to the Commissioner.</li> <li>● Payment under this ES is conditional on GP practices:               <ul style="list-style-type: none"> <li>*Entering into this ES, including any variations and updates; and</li> <li>*Complying with the requirements of this ES, including development of a supportive environment and patient support (including dialogue with the patient) and referral.</li> </ul> </li> <li>● A GP practice's participation in this ES shall only continue for so long as it is in compliance with its terms and if it does not do so the Commissioner will be entitled to require that the GP practice withdraws from the ES.</li> </ul>	<p style="text-align: center;"> <a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a> </p>

# General Requirements

General Requirements	Guidance
<ul style="list-style-type: none"> <li>● Each GP practice participating in this ES will:</li> <li>*Comply with any reasonable request for information from the Commissioner relating to the provision of the services pursuant to this ES;</li> <li>*Have regard to all relevant guidance published by the Commissioner or referenced within this ES;</li> <li>*Take reasonable steps to provide information to patients about the services pursuant to this ES, including information on how to access the services and any changes to them;</li> <li>*Ensure that it has in place suitable arrangements to enable the lawful sharing of data, including patient records, to support the delivery of the services, business administration and analysis activities under this ES in line with data protection legislation; and</li> <li>*Ensure that any sub-contracting arrangements related to the provision of services under the ES, comply with the requirements set out in the statutory regulations or directions that underpin its primary medical services contracts in relation to sub-contracting, which will also apply to any arrangements to sub-contract services under the ES.</li> </ul>	<p style="text-align: center;"> <a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a> </p>

# Service Delivery Specification

Service Delivery Specification	Guidance
<ul style="list-style-type: none"> <li>● Despite obesity being a recognised risk factor for the development of several long-term conditions and serious illness with COVID-19, and despite prevalence of obesity remaining high, there is evidence that the numbers of people identified by general practice as living with obesity have fallen during the pandemic.</li> <li>● The aims of this ES are:               <ul style="list-style-type: none"> <li>*To support practices to develop and implement a proactive approach to the identification of patients living with obesity; to work with wider system partners on developing pathways which incorporate multi-modal access options including online, telephone and face to face and to empower patients to actively provide and update their practice with this information online.. For the purpose of this enhanced service obesity is defined as a BMI <math>\geq 30</math> or <math>\geq 27.5</math> for those of Black, Asian, and other minority ethnic groups; and</li> <li>*To support practices to engage with individual patients living with obesity and, following a conversation with the patient, to refer patients who are ready to make behavioural changes to appropriate weight management programmes.</li> </ul> </li> </ul>	<p style="text-align: center;"><a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a></p>

**\*For further information on the service delivery specification, please go to pages 6 to 11 of the guidance link, above right.**

# Payment and Validation

Payment and Validation	Guidance
<ul style="list-style-type: none"><li>● To maximise referrals while ensuring expenditure stays within the <b>£11.5m funding</b> envelope for 2022/23, a referral allocation mechanism will apply.</li><li>● Each practice that signs up to this ES will be notified of its referral allocation based on the practice Obesity Register at 31 March 2020. This referral allocation will, at a minimum, be 20% of the number of patients on the practice's Obesity Register at 31 March 2020.</li><li>● Practices will be entitled to <b>£11.50 per referral</b> to one of the services listed on page 10 of the guidance in the link on the right, up to the limit of their referral allocation. Only one referral per patient may be claimed under this ES.</li><li>● Practices must make a manual claim to their commissioner for payment.</li></ul>	<p><a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a></p>

\*For further information on payment and validation, please go to pages 11 and 12 of the guidance link, above right.

# Annex A

Annex A	Guidance
<ul style="list-style-type: none"><li>Annex A details provisions relating to GP practices that terminate or withdraw from this ES (subject to the provisions within Annex A for termination attributable to a GP practice formation or merger) and New GP practices.</li></ul>	<a href="#">Enhanced service specification Weight management 2022/23 31 March 2022</a>

\*For further information on Annex A, please go to pages 13 and 14 of the guidance link, above right.



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