



# Healthy Weight in Pregnancy Programme

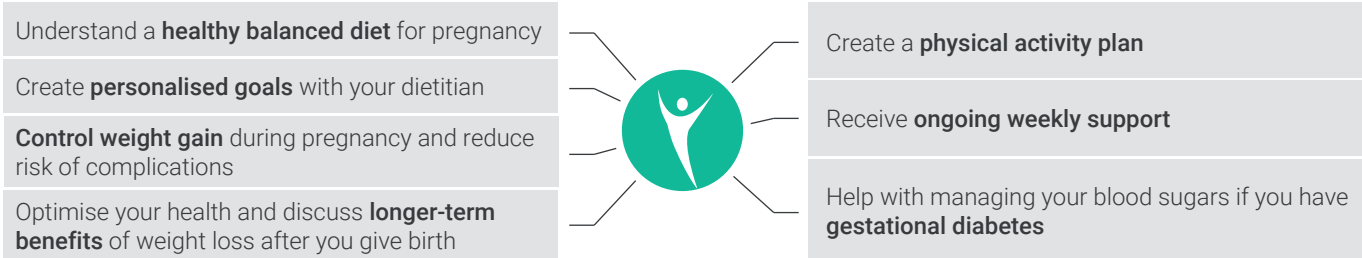
If you would like to join the service or would like more information, please **Speak with your midwife** or call: **0345 602 7068** and quote **'WWR096'**.

THE SERVICE IS PROVIDED BY **OVIVA** ON BEHALF OF **WEIGHT WATCHERS**.

Personalised advice and coaching to help pregnant women optimise their health during pregnancy under the guidance of a Registered Dietitian

## Why do the programme?

Maintaining a healthy weight and avoiding excessive weight gain during pregnancy can mean a healthy lower risk pregnancy and labour, as well as improved longterm health.



## How does it work?

You will have an initial telephone appointment with a dietitian where you will discuss all these topics in detail. This is then followed by 12 weeks of one-to-one coaching with the dietitian.

You can also join Weight Watchers for a free 12-week course after your post-natal examination if you meet the eligibility criteria. For more information visit: <https://www.weightwatchers.com/uk/hampshire>

To join the Healthy Weight in Pregnancy service you must be over 18; live or be registered with a GP practice in Hampshire (excluding Southampton and Portsmouth), and be overweight (BMI  $\geq 25$ kg/m<sup>2</sup>)