

Client Commitment Agreement

As a Livewell client, it is essential that you have the level of commitment and dedication that is needed to achieve your goals. Please read and sign below to show you fully understand this.

Please speak to a Livewell advisor if you have any questions.



As with all our clients, we expect you to:

- attend the Livewell Service for the full 12 months
- be fully committed to changing your lifestyle habits
- do everything possible to achieve the goals set with your advisor, for example increasing physical activity levels, eating more healthily, losing weight and stopping smoking
- regularly participate in Livewell group activities
- attend reviews with your advisor at months 3, 6, 9 and 12
- take part in the Lose Weight Feel Great course
- respond to telephone calls, text messages and letters from the Livewell team
- inform your Livewell advisor if you are unable to attend, or are going to be late for an appointment. If cancelling, you must provide at least 24 hours notice. Missing three appointments will result in removal from the programme
- inform your advisor of any changes to your situation, health or contact information
- bring any medication that may be needed during a physical activity session, for example an inhaler for asthma, GTN spray for angina or rapid acting carbohydrate such as glucose tablets/fruit juice for diabetic hypoglycaemia
- only participate in physical activity that has been prescribed by your advisor or another member of the Livewell team
- inform your advisor if you no longer wish to participate in the Livewell service
- inform your GP and other significant health professionals involved in your care that you are participating in the Livewell service.

To give you the best chance of succeeding, the Livewell team will:

- provide 12 months of regular support and advice tailored to you
- deliver a range of group activities for you to attend
- allow you to bring a buddy to specific activities to support you in your journey
- support you and the rest of your family to change your behaviour
- provide resources and incentives that will help you to attain your goals
- abide by the Data Protection Law 1998 in terms of handling and processing your personal data

I understand and agree to the information above.

Client's name:

Client's signature:

Date:

This agreement is retained by the client