

SCO NHS LOT Weight Management Service – Protocol 2b LOSS

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.uk.net

WEIGHT READING REMINDER DAY 4 @ 19:00

Good Evening, remember you'll need to feedback your weight tomorrow in kilograms when you receive the message prompt around 10am. Take care Flo

WEEKLY SUPPORT REMINDER @ 11:00

If additional support would be helpful, call 0131 537 9169 to discuss an additional appointment with Specialist Dietitian, Flo

WELCOME MESSAGE DAY 0 @ 08:00
Flo will help support the Lothian Weight management Team to help you lose weight, take care

WEIGHT READING EVERY SATURDAY @ 10:00

Morning! Please let me know your weight today in kilograms, reply to this message with WT followed by your weight e.g. WT 85.6 Any problems call 0131 537 9169

24 HOURS LATER IF NO REPLY

I've noticed you haven't sent in your weight today in kilograms, please reply to this message with WT followed by your weight e.g. WT 85.6

WEIGHT WITHIN DESIRABLE RANGE

Great news, you are really making progress - well done! Think about how this has made you feel, Flo

WEIGHT ABOVE DESIRABLE RANGE

Keep focused, take a look back at your food diary to understand your eating habits and target areas and keep going, small changes can make a big impact, Flo

ALERT TRIGGERED - DECREASE OF 0KG OVER 7 DAYS

Your weight loss is really improving. Think about the changes you made and keep going. Call 0131 537 9169 if it helps, Flo

STARTING WEIGHT READING, DAY 1 @ 10:00

Ready to start?
Please weigh yourself on your own scales & send back initial weight in Kg (Key is to always weigh same day & time) e.g. WT 78.9

CONFIRMATION MESSAGE

Thanks, this will be your starting point with Flo.

EVALUATION QUESTION REMINDER DAY 86 @ 19:00

Hi, shortly I'll ask a question to understand how you felt about Flo and help us to improve. Your answer will either be #1 if you agree or #2 if you disagree.

Q1

How did you like using Flo? If you liked using Flo please reply with #1 or if you didn't like using Flo reply with #2

Q2

Thank you, please reply with #1 if you felt you received the right amount of messages on a weekly basis or #2 if you didn't

Q3

Thanks. Please reply with #1 if you would recommend using Flo for additional support when on Weight Management programme or reply with #2 if you would not

THANK YOU MESSAGE
Thank you for giving us your views. These will help us improve the service.