



Want
to be
healthier?



Wellwatch can help you
Call 0333 240 0586

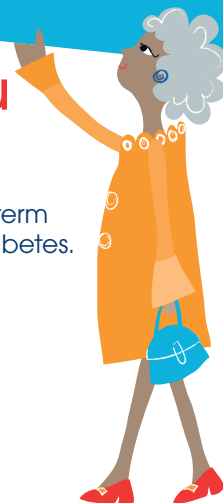
Wellwatch gives free advice to NHS patients with long term health conditions such as heart disease, asthma and diabetes. Ask your GP for details or call 0333 240 0586.



Wellwatch

Central London Healthcare

Wellwatch@NHS.net





Want to be healthier?

Wellwatch gives free advice to NHS patients with long term conditions such as diabetes, high blood pressure, asthma, depression, heart failure and heart disease.

Wellwatch offers you a free health assessment with a Wellwatch nurse and:

- Diet & exercise support
 - Exercise programs
 - Weight loss programs
 - Counselling services
- Housing support for environmental, mobility or social care issues
- Services that are available to provide support and information about any long term medical condition you may have

Wellwatch can help you
Call Wellwatch 0333 240 0586

Ask your GP for details or call 0333 240 0586



Wellwatch

Central London Healthcare

Wellwatch@NHS.net

