

BE ACTIVE.... Live Well Structure

Exclusion Criteria:

- Unstable angina
- Unstable Diabetes
- Resting heart rate 100bpm +
- Resting BP 180/100mmHg+
- Unstable or acute heart failure
- Febrile illness
- New or uncontrolled arrhythmias
- Symptomatic hypotension
- Critical aortic stenosis

Active Start:

- Type I or II Diabetes
- Hypertension
- Following Cancer rehab (following treatment)
- Obesity (BMI 30+)
- Following pulmonary rehabilitation (respiratory disease/COPD)
- Severe Anxiety or higher mental health support needs

Balance Active:

- Referrals from falls prevention/following better balance
- Musculoskeletal (e.g. back pain, osteoarthritis)
- Neurodegenerative disease (dementia, Alzheimer's, Parkinson's)

Cardiac Active:

- CR Phase III graduates
- Those with existing Cardiac condition who are physically inactive, inclusive but not exclusive to:
 - Left Ventricle Hypertrophy
 - Atherosclerotic disease i.e. peripheral vascular disease
 - Coronary artery bypass graft surgery
 - Following arrhythmias and implantable device interventions
 - Myocardial infarction
 - Stable angina
 - Stable heart failure (including chronic heart failure and cardiomyopathy)
 - Valve replacement
 - Undergone a percutaneous coronary intervention
- Stroke Recovery / currently inactive with Stroke History

Stay Active:

- Graduates of Active Start, Cardiac Active & Balance Active
- Pre-diabetic
- CVD risk of % or higher
- Anxiety and/or Depression and/or other mental health conditions
- Cancer history
- Mental Health
- Chronic Pain lower-level support needs

Refer On/ Signpost:

- Physically inactive but no LTC or risk of identified
- Currently engaging in physical activity levels / intensity above that of Live Well Sessions

Suitable for Referral:
No exclusion criteria other than contraindication to exercise (see criteria)

Preventative and Proactive Care Pathway - internally triaged into three supervised options
Programme: Active Start (12wks)
Cost: Free at point of access (Closed Membership & Class)

- Active Start (main channel): Those following other criteria*
- Balance Active: Those with recent falls history / high risk of falls*
- Cardiac Active: Those identified with cardiac history / stroke history / very high risk*

Stay Active: Self-referral or via other professional
Cost: £4 per session or £15 per month (max 3 months)
See Criteria's

'Active Start' Programme Start:
Initial Consultation: 45 minutes

- Meet instructor
- Questionnaires: IPAQ + MWB + goal setting, participant charter
- Biometric measurements (Fitness test, blood pressure, resting heart rate, waist, weight, height and BMI)
- Programme Card (revised Cardiac Active timetable provided)

'Stay Active' Programme Start:
Initial consultation: 30 minutes

- Meet instructor
- Participant Charter, SMART goal questionnaire
- Gym induction + Programme card

Completion:
Final Consultation: 45 minutes

- Questionnaires: IPAQ + MWB + goal setting, participant charter
- Retake: Biometric measurements (Fitness test, blood pressure, resting heart rate, waist, weight, height and BMI)
- Continuation Discussion: Membership options + optional gym induction

Completion:
Telephone follow up: 15 minutes

- Goal review + Feedback
- Membership discussion

Proposed Stay Active Concession Membership DD (TBC) ~£25

(No initial consultation needed)

Suggested Referral Routes/Pathways:

Live Well Programme Triage

