



Give your patients a  
**nudge towards**  
a healthier lifestyle.

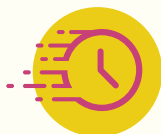
**Be Healthy Bucks is a free health and wellbeing service that can make a real difference to your patient's quality of life.**

Our tailored support focuses on creating long-lasting behaviour change by helping people make healthier lifestyle choices. We offer services for adults, children and young people across Buckinghamshire.

**The services we offer:**

- Adult weight management
- Child weight management
- Smoking cessation
- Support to reduce alcohol consumption
- Community-based NHS Health Checks

# Why refer to us?



Quick access to our expert health coaches and nutritionists

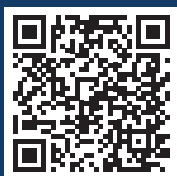


Simple referral and registration processes



Tailored support to suit the needs of your patients

Refer your patient today and we'll take it from there.



[bhb.maximusuk.co.uk](http://bhb.maximusuk.co.uk)



[behealthybucks@maximusuk.co.uk](mailto:behealthybucks@maximusuk.co.uk)

or get in touch



03332 300177