

# Active NoW Referral Criteria

## 1: All referrals

For individuals to be referred to Active NoW, they must be 16 years and above and meet eligibility criteria by not falling under one or more exclusion criteria.

## 2a: Referrals for exercise referral

Individuals meeting the criteria outlined in 1 and satisfying one of the following conditions are eligible for referral. This includes those with controlled and stable health conditions, as determined by the referrer, which are deemed to benefit from exercise. Examples include:

- Hypertension stable between 140/90 and 179/109
- Diabetes (Type 1 or 2)
- High cholesterol levels
- Obesity/Overweight (BMI >25)
- Mild to moderate rheumatoid arthritis or osteoporosis
- Significant MSK pain
- Mild to moderate mental health conditions

## 2b: Referrals for falls and frailty

Individuals meeting the criteria detailed in 1 and also **meet both of the following conditions, should be referred.**

1. Has a condition that could be managed or improved by being more active.
2. Fall within the 3-5 range on the [Rockwood Frailty Scale](#).

## 2c: Referrals for Severe Mental Illness (SMI)

Individuals meeting the criteria detailed

in 1, and also **meet all of the following conditions, should be referred.**

1. Has a condition that could be managed or improved by being more active.
2. Be referred at point of SMI health check in primary care only.
3. Their SMI is deemed stable and they are not under secondary care services.

## 3: Those who cannot be referred to Active NoW

Anyone who meets one or more of the following criteria is **not suitable** for referral. Individuals with a condition which is not stable or controlled for 6 months. This refers to:

- A change in medication
- A hospital admission
- A significant change to symptoms
- Patient with a newly diagnosed cardiac or neurological condition within the last 6 months, unless Phase 4 rehabilitation has been completed
- Patients who, in the referrer's opinion are not medically fit to undertake an exercise programme
- Unstable mental health state
- Febrile illness (await recovery)
- Chronic muscle, joint or bone conditions that require intensive physiotherapist supervision/attendance to exercise
- Hypertension above 180/110
- Severe, or unstable respiratory or pulmonary condition

## Contact us

If you have any questions relating to the Active NoW programme, please contact us using the details below:  
T: **01603 430616** | E: [activenow@southnorfolkandbroadland.gov.uk](mailto:activenow@southnorfolkandbroadland.gov.uk)