

# DO YOU HAVE QUESTIONS ABOUT YOUR KIDS' HEALTH HABITS?



Share your strengths and challenges around maintaining a healthy household in a supportive and non-judgemental environment by registering for our personalised service, BeeZee Lite.

BeeZee Lite brings BeeZee Bodies' tried and tested programmes squeezed into a 1 hour, one-to-one, appointment with one of our dedicated Wellbeing Co-ordinators.

At the end of your appointment you will come away with an Action Plan detailing your identified goals. You'll be offered a follow-up appointment a month later to see how you've been getting on.

## HOW DOES IT WORK?

- Clients who have been referred, or have completed a self-referral form for BeeZee Lite, are contacted by one of our admin staff, to complete their initial assessment.
- Several days later, the client is contacted by one of the Wellbeing Coordinator's (WC's) to book them in for their BZ Lite session.
- The client then chooses how they'd like to have the session, either on Zoom, WhatsApp video call, FaceTime or a normal phone call.
- One week before the appointment, the designated WC sends the client an email indicating the date and time originally booked, including a Zoom link (if the client requested a Zoom call) and a pre-questionnaire about their health and wellbeing.
- The client is finally sent a text message to remind them of their appointment a few hours beforehand.

## WHO'S IT FOR?

BeeZee Lite is for families in Hertfordshire with children aged 5 to 15 years old. To be eligible for our free service your family will need to:

- Live in or go to a school/GP in Hertfordshire
- Have one child (or more) who is above their ideal weight based on the BMI centile chart

(We can help you work this out if you are unsure)

You can come to your appointment by yourself or with your child, which ever you think is best for your family.



## SIGN UP FOR YOUR FREE SESSION TODAY!



[beezeebodies.com/signup](https://beezeebodies.com/signup)



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Hertfordshire

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