



**Level 3 Specialist Multi-Disciplinary Assessment  
and Weight Management service  
Information for General Practitioners and Practice  
Managers**

Dear Colleagues,

Powys Teaching Health Board is now offering a multidisciplinary weight management service for people with complex and severe obesity (Level 3).

The inclusion/exclusion criteria can be found below:

Inclusion criteria	Exclusion criteria
BMI > 40	Eating disorder (Inc. Binge eating disorder, Bulimia)
BMI > 35 if they have two or more related health conditions	Active substance/alcohol misuse
Desire to reduce weight	Active psychotic illness
Willingness to attend at least one contact per week	Pregnant
Over 18 years old	Unwilling to engage
	Bariatric surgery within previous 24 months

Before referral is made the following blood tests need to be completed (max 6 weeks prior to referral) and the results included with the referral. Referrals received without this information will be returned.

- Full blood count
- Urea and electrolytes (U&Es)
- BMI
- Blood pressure
- Fasting lipid profile
- HbA1C
- Thyroid function test including TSH
- Liver function test – including alanine transaminase (ALT)

Referrals can only be made by General Practitioners and should be made via the Welsh

Clinical Communications Gateway (WCCG). Choose: "Weight Management Service Level 3 (Adults)"

Participation in the Level 3 service is a prerequisite for people who wish to be considered for bariatric surgery.

**Contact Details**

Powys Living Well Service  
Level 3 Weight  
Management Service  
Ty Cloc  
Bronllys Hospital  
Brecon  
LD3 0LU

Phone: 01874 442 910  
E-mail: [plws@wales.nhs.uk](mailto:plws@wales.nhs.uk)

Service information and updates can be found at:  
Eng: <https://pthb.nhs.wales/find/level-3-weight-management/>  
Cy: <https://biap.gig.cymru/yma/rheoli-pwysau-lefel-3>

Those requiring less comprehensive weight management support or who do not meet the BMI criteria for this service can be referred to the existing Level 2 service which includes the Foodwise for Life programme.