

# REFERRING IS AS EASY AS 1, 2, 3

1

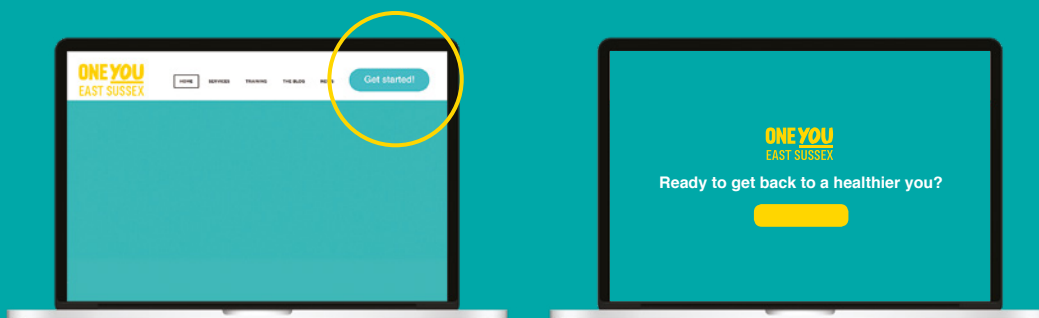
Would you or your client like help with:

- Becoming smokefree
- Drinking less
- Eating well
- Losing weight
- Moving more

2

Visit the website at [oneyoueastsussex.org.uk](http://oneyoueastsussex.org.uk) and click the 'Get Started' button

Then fill in the referral form by clicking the 'Let's Go' button.



3

Press send and a member of One You East Sussex will be in touch shortly

\*For health care professionals, don't forget you can refer using the auto-populated forms on EMIS and System One.