

# Be Healthy Bucks



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

Be Healthy Bucks is a free health and wellbeing service that focuses on long-lasting behaviour change. The services we offer can make a real difference to your patient's quality of life and include:

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

Refer a patient today.



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



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Buckinghamshire Council



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