

**Supplementary document 1: Letter to women who had BMIs>25 and over at booking**



Supporting **W**omen with postnatal weight **mAnagement**

**Looking after your health after having a baby**

Dear

We would like to invite you to take part in a study at St Thomas' Hospital which aims to find out how best to support women when they have had their babies to look after their health, including managing their weight.

Taking part in the study will involve meeting with our study Research Midwives when you are around 36 weeks pregnant. They can meet you when you attend for a routine antenatal appointment at the hospital or community clinic.

If you do decide to take part in the study you would also be invited to meet with one of the Research Midwives when your baby is 6 months and a year old. We will offer you a £10 shopping voucher at each time as a 'thank you' for your time and refund your travel expenses if required.

If you are interested in taking part in this study or if you have any queries please email us on [REDACTED]

We will contact you over the next couple of weeks to discuss the study further. If you are **not** interested in being contacted please do let us know so we can remove your details from our systems.

Thank you very much for taking time to read this letter.

Best Wishes

[REDACTED]

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