



# NHS Right to Choose: GP Starter Pack

***Referring to Healios for specialist ND services:***  
*A simple, step-by-step guide for GPs and  
primary care teams in England.*



**Healios**  
Families feeling better

## What is NHS Right to Choose?

Under the NHS Constitution, patients in England have the legal right to choose who provides their specialist care, including ADHD and autism assessments. This is known as the Right to Choose (RTC).

If your patient (or their parent/carer) requests an assessment and asks to be referred to Healios, they are entitled to do so – provided:

- They are registered with an NHS GP in England
- The referral is for a first outpatient appointment
- The service is listed as an NHS-commissioned service (Healios is)

## Why Refer to Healios?

Healios has worked as a trusted NHS partner since 2013, providing virtual ADHD and autism assessments for both children and adults, alongside specialist mental health diagnostics and interventions.

We deliver:

- NICE-compliant assessments using validated tools and MDT review
- Online, accessible services via our secure Panacea clinical platform
- Timely feedback and full reporting to both patient and GP

Our service is fully digital – no travel, no delays, no paperwork.

## Key Notes

- You are not required to manage the full pathway, Healios will handle all booking and patient logistics.
- Patients do not need to be removed from any local NHS waiting list in order to be referred to Healios under RTC.
- Referrals are for assessment only. Post-assessment support or treatment remains within your usual local care pathways or can be privately arranged.

## Further Support & Resources

- GP FAQs and guides: [healiosrighttochoose.org.uk](https://healiosrighttochoose.org.uk)
- Referral form: Start a Referral on the homepage

### Contact our support team:

- [contract.support@healios.org.uk](mailto:contract.support@healios.org.uk)
- 0330 124 4222 (Mon–Fri, 8am–6pm)



## The 3-Step Referral Process

### Pathway (Flow or Modular Structure)



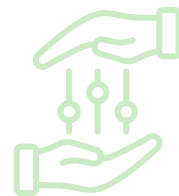
### Our Guiding Principles: Ask, Collaborate, Tailor



**Ask:**  
Understand patient needs and goals.



**Collaborate:**  
Work with NHS partners for clarity and value.



**Tailor**  
Deliver personalised, outcome-driven care.

