Identify individual eligible for PHB and then randomise using the unique ID number. In each PHBE documentation pack, the consent form and baseline questionnaire has a unique ID. For example, for the each participant you will receive 2 packs: one for the PHB group and one for the comparison group. For example:

ID 125001 – initial 1 indicates the person has been randomised in to the PHB Group; 25 – indicates which PCT; 001 indicates the first participant

ID 225001 - initial 2 indicates the person has been randomised in to the Comparison Group; 25 – indicates which PCT; 001 indicates the first participant

You will need to randomise on the last 5 digits of the unique ID. For example, ID number 25001

If person is allocated into the PHB Group use the pack with the unique ID 125001

If person is allocated into the Comparison Group use the pack with the unique ID 225001