

# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

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## YOUR JOURNEY

**DEVELOPING TYPE 2 DIABETES ISN'T INEVITABLE.**

We're here to help you make lasting, positive change.

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### **What happens next?**

We will call you to book you onto the local programme that suits you best.

### **What happens if I can't get to the first session?**

We will arrange for you to go to another programme where possible.

### **What do I wear?**

Whatever you feel comfortable in – there is no activity in the sessions.

### **Will I need to buy anything in your sessions?**

No, all our resources are free.

### **Where are the group sessions?**

We use a range of convenient community venues.

### **For more information:**

**Visit:** [reedwellbeing.org.uk/healthieryou](http://reedwellbeing.org.uk/healthieryou)

**Call:** 0800 092 1191

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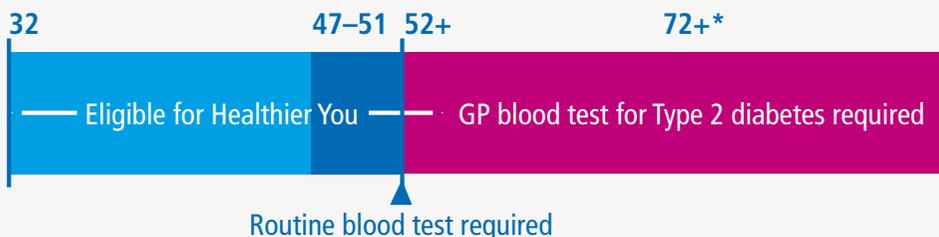
**REED**  
*Wellbeing*  
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# YOUR JOURNEY STARTS HERE

Welcome to Healthier You: the NHS Diabetes Prevention Programme. This is the first step towards taking control of your prediabetes.

## Making sense of your assessment

Glycolated Haemoglobin (A1c) / Mmol/mol



\*Results above 72 mmol/mol in the absence of any symptoms of Type 2 diabetes are likely due to the presence of haemoglobin variants or a medical condition

Over the next nine months you'll attend 13 free group sessions with us. Trained coaches will help you make a number of small but sustainable changes to your lifestyle to reduce your chances of developing Type 2 diabetes. We will support you every step of the way.



NHS approved 40 week support



Group sessions



Ongoing support



Trained coaches



Simple lifestyle changes



Nutrition and activity guidance

## THE HEALTHIER YOU PROGRAMME

### WHAT TO EXPECT

#### SESSION FREQUENCY

- FORTNIGHTLY SESSIONS
- MONTHLY SESSIONS

### Getting Started

During your first session, you will meet your Health and Wellbeing Coach and your group, who will remain with you throughout the programme.

Fun and interactive support and advice sessions will help you to start your journey with us.

### Sustaining Change

You should already be starting to feel healthier!

You will find out how to make your new lifestyle changes become part of your everyday life - now and in the future.

### Moving Forwards

We finish by preparing you to continue your healthy, active lifestyle once you have completed the programme.

You will return to your GP to have another blood test and look for an improvement in your risk of developing Type 2 diabetes.

START

FINISH

