



# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## PROGRAMME OVERVIEW

Service provided by



## 1) REFERRAL PATHWAY

- A) Inbound: Participant responds to GP letter and calls Reed Wellbeing
- B) Outbound: GP referral sent into Reed Wellbeing

## 2) REGISTRATION CALL

Who	Format	Time
Health and Wellbeing Advisers in Programme Support Team	Phone	15 mins

## 3) INDIVIDUAL ASSESSMENT

(Either at the same point as above, or at a separate agreed point in time)

Who	Format	Time
Health and Wellbeing Advisers in Programme Support Team	Phone	15 – 20 mins 30 mins max if including the Registration Call

## 4) FACE-TO-FACE PROGRAMME

Who	Format	Time
Reed Wellbeing Coaches	Face-to-face in community venues Groups of 20 max	13 x 1.5 hour sessions: Sessions 1-4: fortnightly Sessions 5-13: monthly

## OR: 4) DIGITAL PROGRAMME

Only offered after suitability and eligibility has been assessed by the provider.  
Not to be offered directly to or discussed in detail with patients.

Who	Format	Time
OurPath	9 month online programme – minimum fortnightly contact	Must have access to internet/smart device and the ability to use them

### Your Reed Contacts and Numbers

Health & Wellbeing Manager

Name: .....

Phone Number: .....

Email address: .....

### Programme Support Services Team

Phone Number: 0800 092 1191

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