

## **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 on to 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 - you won't do any actual exercise 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.

### **What happens to my blood test results?**

We send them to your GP / referrer.

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### **For more information:**

**Visit:** [reedmomenta.co.uk/healthieryou](http://reedmomenta.co.uk/healthieryou)

**Call:** 0800 092 1191

 @HealthierYouRM

 /HealthierYouRM



# **HEALTHIER YOU**

NHS DIABETES PREVENTION PROGRAMME

## **YOUR JOURNEY**

Service provided by







## YOUR JOURNEY TOWARDS A HEALTHIER YOU STARTS HERE

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

The programme includes 18 free group sessions over the next nine months, held at convenient local venues. Healthier You is not a fad diet or exercise class; instead, trained coaches will work with you to help you make a number of small but

sustainable changes to your lifestyle to reduce your chances of getting Type 2 diabetes.

Your local Health and Wellbeing Coach will help equip you with the knowledge, skills and tools to make lasting and positive change to what you eat, how active you are and your overall health. 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

#### 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.

Eight fun and interactive support and advice sessions will help you to really hit the ground running.

#### Embedding Change

You should already be starting to feel healthier!

The next four sessions are all about embedding those lifestyle changes you've learnt so that they become part of your everyday life - now and in the future.

#### Moving Forwards

We'll ask you for a blood test at the beginning and end of this phase so that we can closely monitor the progress you've made throughout the programme.

The final six sessions are aimed at preventing future relapses and preparing you to continue your healthy, active lifestyle once you have completed the programme.

### SESSION FREQUENCY

- WEEKLY SESSIONS
- FORTNIGHTLY SESSIONS
- MONTHLY SESSIONS

Month 1

Month 9

