



Easy  
Read

# The Second Nature programme

How it can help you



# Easy Read



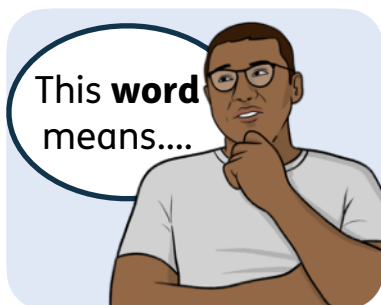
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



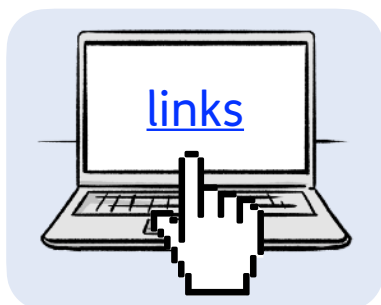
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



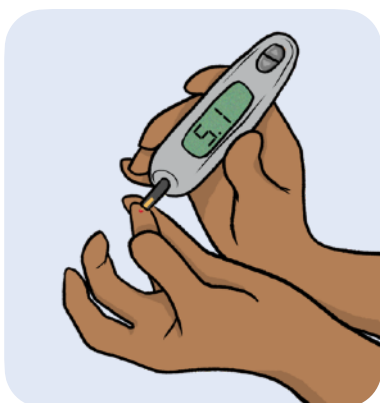
[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

# About the Second Nature programme

The Second Nature programme helps you to make changes in your life so you can:



- Lower your blood sugar levels and be healthier.



- Lower the chance of getting Type 2 **diabetes**.

**Diabetes** is a disease that means your body has trouble controlling how much sugar there is in your blood.



The programme is 9 months long.

The programme helps you to:



- Learn about diabetes.



- Eat healthy meals.



- Get support from a health coach.



- Be more active and move your body.



- Improve your sleep.

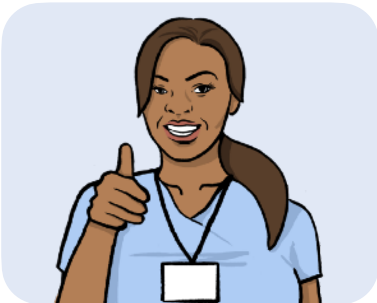
The Second Nature programme has a mobile phone app that helps you to:



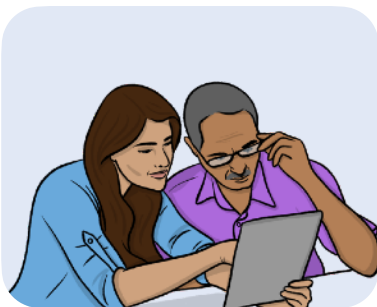
- Record the good changes you make.



- Record when you lose weight.



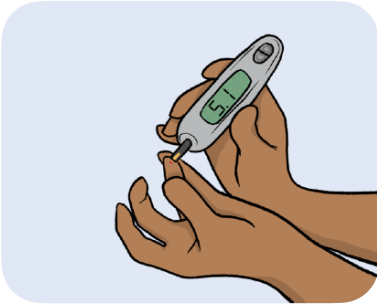
- Get support from health professionals to help you with your diet and eating the right food.



- Learn more about living a healthy life.

# What to expect

When you start the Second Nature programme you will learn about:



- Blood sugar levels.



- How the programme will help you.



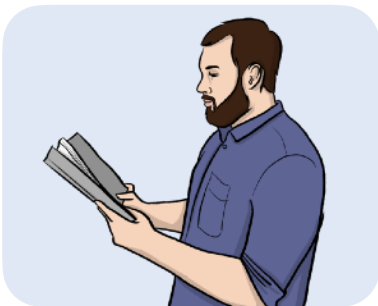
You will get ready to meet your group and health coach.

## In months 1 to 3

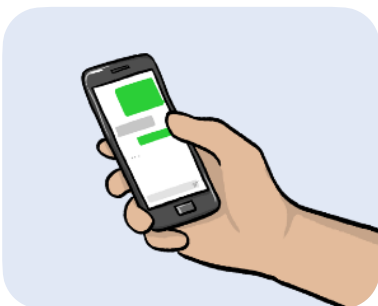
In the first 3 months of the programme, you will:



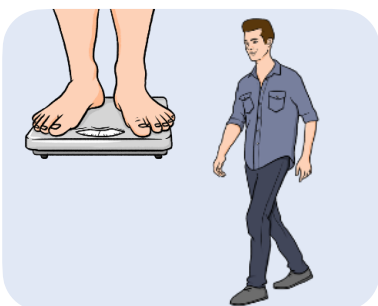
- Look at the programme using our mobile phone app.



- Read or listen to information about being healthy every day.



- Get advice from your health coach by messaging them through the app.



- Record your weight and how many steps you are doing every day.

## In months 4 to 9

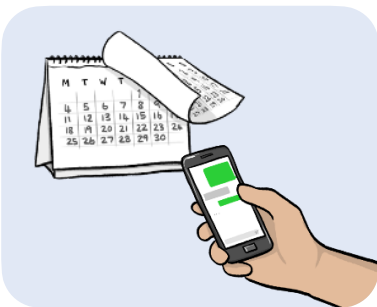
You will then:



- Keep getting support from your health coach and your group for the whole 9 months.



- Learn more information by taking part in our short courses.



- Be able to use the app for as long as you want. You can carry on using the app after the programme finishes.