

# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



Service provided by

**Reed** Wellbeing

## About the Healthier You programme



**Easy  
Read**

# Easy Read



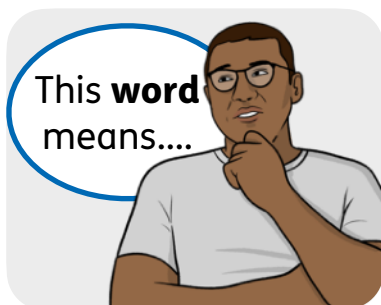
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



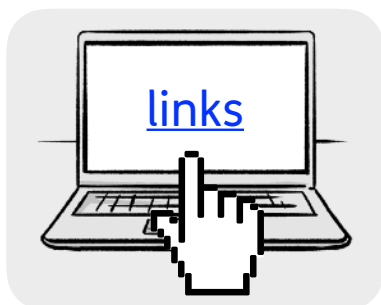
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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

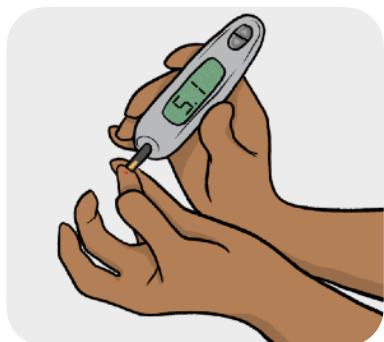


Sometimes if a bold word is hard to understand, we will explain what it means.



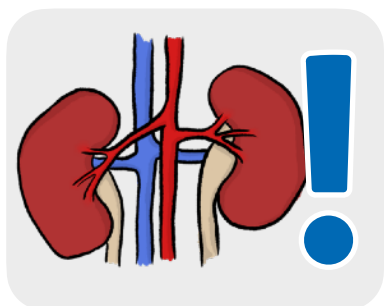
Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

# About Healthier You



Healthier You is a programme to help stop people from getting **diabetes**.

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



Diabetes can cause serious health problems like losing your eyesight and kidney failure.

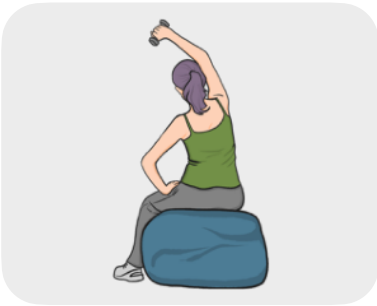


A health professional has said that you might be at risk of getting diabetes.



People who join the Healthier You programme say they feel healthier and have more energy.

Joining the programme will help you to:



- Take control of your health.



- Make good changes in your life.



The programme is free if your doctor (GP) says you need it.

You can take part in the programme in 3 different ways:



1. **Face-to-face** - this is 13 friendly group sessions which happen over 9 months. They are led by a health coach.



2. **Digital** - this is by using an app on your phone. You will also work with a health coach.



3. **Remote** - these are sessions for people who have additional needs and cannot do the face-to-face or digital programme.

# Find out more



You can find out more about diabetes on our website:

[www.healthieryou.reedwellbeing.com](http://www.healthieryou.reedwellbeing.com)



Or you can scan this QR code with the camera on your phone.