

# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



Service provided by

Reed Wellbeing

## Your remote journey

About the Healthier You programme



Easy  
Read

# Easy Read



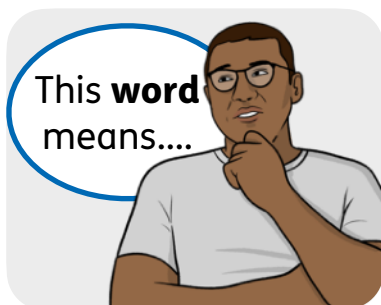
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



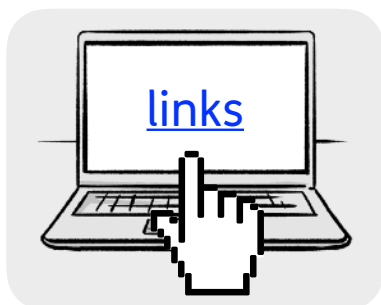
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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

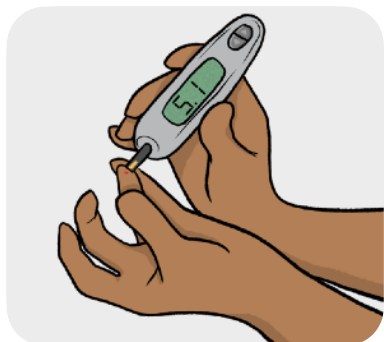


Sometimes if a bold word is hard to understand, we will explain what it means.



[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.



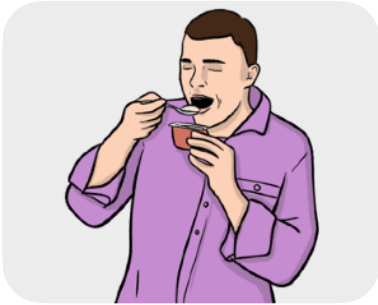
You have chosen to take part in the remote programme.



We will tell you more about what is involved in the Healthier You programme.

# What you will find out in the programme

You will find out more about:



- How you should eat.



- How you should exercise.



- How you should sleep.



- How to deal with stress.



- How to check how well you are doing.

# What to expect at the start



At your first session you will meet your Health and Wellbeing Coach and your group.



You will have the same coach and group until the end of the programme.



The sessions will be fun and have activities to take part in.

## Seeing changes in your health



After a short time on the programme, you should start to feel healthier.



You will find out how to make changes that you can keep doing every day and become part of your life.

## Finishing the programme



We will finish the programme by helping you to carry on your health journey.



You can go back to your doctor (GP) to have another blood test to find out if you have lowered your risk of getting diabetes.

# Who the remote programme is for



This programme has been made with 4 groups of people in mind.

These are:



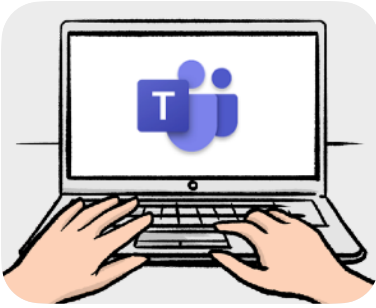
1. **People who have trouble seeing (visually-impaired people).**



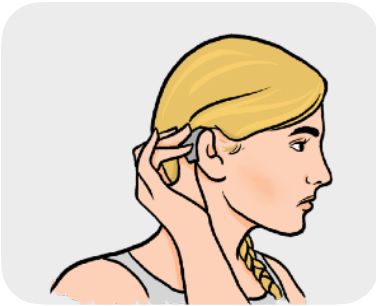
Your sessions will be in groups of no more than 8 people.



There will be support from the Royal National Institute of Blind People (RNIB).



Your sessions will be online using Microsoft Teams.



## 2. People who have trouble hearing (hearing-impaired people).



Your sessions will be in groups of no more than 8 people.



There will be support from **Clarion** - this is an organisation that provides sign language interpreters.

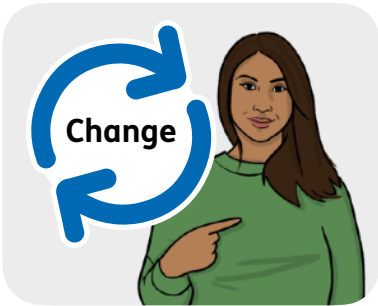


Your sessions will be online using Microsoft Teams with British Sign Language (BSL) interpreters.





### 3. Bangladeshi or Pakistani people



Your sessions will have changes to meet your needs.



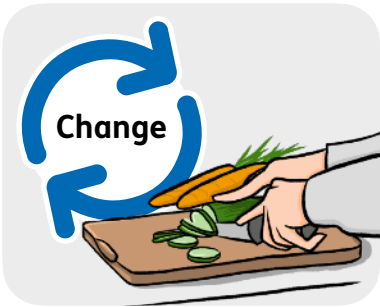
The coaches will be able to speak in your language.



Your sessions will be on Microsoft Teams and will be in Urdu, Punjabi, Bengali, Pashto or Gujarati.



**4. Women who have had a certain type of diabetes before, called gestational diabetes**



Your sessions will have changes to make sure the recipes and exercises are suitable for you.



Your sessions will be on Microsoft Teams.

# 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.

This Easy Read booklet was produced by [easy-read-online.co.uk](http://easy-read-online.co.uk)