



# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## YOUR DIGITAL JOURNEY

Service provided by

**Reed** Wellbeing  
●●●

With

SECOND NATURE

# YOUR JOURNEY STARTS HERE

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

You have chosen to take part in the Digital version of our programme, using the **Second Nature** app.

Here we provide more information on your journey with us.



NHS approved  
support



Trained Health  
Coaches



Simple lifestyle  
changes

## WHAT YOU WILL DISCOVER

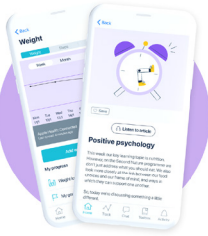
How you  
eat

How you  
exercise

How you  
sleep

How you  
manage stress

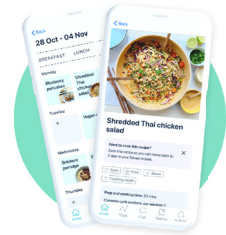
How you think  
about yourself



**TRACK**



**SUPPORT**



**LEARN**

**START**

## Getting Started

An Adviser from Second Nature will call you.

They will talk to you about the app, the support you will receive and answer any questions you have.

## Weeks 1-12

You will meet your Health Coach and support group through the app.

Together, you will set realistic goals and learn to build balanced meals, increase your activity levels, tackle negative thought patterns and setbacks.

These will be small, incremental changes to a healthier you.

## Weeks 13-40

You will learn to sustain your new lifestyle.

You will track your progress using the app and your scales.

When you complete the programme, you will have a final consultation to record your new BMI.

**FINISH**

# FREQUENTLY ASKED QUESTIONS

## **Do I have to start right away?**

No! When you complete the sign-up process, you can select a start date up to one month in advance. We recommend getting started soon, though.

## **I have limited mobility - do I need to do lots of exercise?**

The programme has been designed to be flexible and all exercise recommendations can be adjusted to your ability. You will start off by focusing on a simple step count based on what's achievable and realistic for you.

## **Do I have to count calories?**

No! We don't count calories, sins or points. Our programme focuses on keeping you fuller for longer.

## **Is there a specific time I must use the app?**

There is no set time to log into the app. You can check in to chat whenever you have the time.

## **I'm not good with technology. Will I get help?**

If you need any help getting signed up or navigating the app, call **020 3488 0769**. The Second Nature Customer support team can walk you through the app or answer any questions you might have.

## **What are the nutritional guidelines?**

We believe the key to long term weight loss is to lose weight without feeling hungry.

The nutrition recommendations are based on a lower-carbohydrate diet - but you won't be cutting out carbohydrates completely. We recommend avoiding ultra processed foods and items that have added sugar.



**“This is the key you need to unlock the happier you!”**

## **LATIFA’S STORY**

**“Week after week I lost something and at the end of the programme, I was a whopping 2.5 stone lighter, never in my wildest dreams did I think that would be possible.”**

“ I’ve learned a lot. I now have a much better understanding of how ‘lifestyle’, and not just the food we eat, affects our weight and self-esteem.

“For me the food part has been easier than expected, the exercise bit is sort of becoming routine, and I have recently started to focus on relaxation and stress-reducing techniques which I would not have attempted at all 6 months ago.”

“This plan is different from others as there is no calorie counting, no weight shaming - and you’re allowed cheese!

“So if you want to be equipped with healthy recipes, connected with others on a similar journey, and provided with daily articles on how to live a healthy lifestyle, then this programme is the key you need to unlock the happier you!”



Andrew was identified as prediabetic after having a blood test. In 11 weeks, Andrew has lost nearly 17kg and noticed some amazing changes to his health and wellbeing.

## ANDREW'S STORY

“Prior to joining the programme, I could easily eat a 200g bar of chocolate and a tube of Pringles each evening, with my weight increasing to 117kg as a result. I started to puff and pant, even when walking around.”

“The programme gave me structured approach to improving my health, and a few other bits as well. After all, it not only worked on my diet, but my mind, habits and exercise.

“Getting into a habit takes time, of course, so we mustn't get despondent in keeping reminding ourselves to do this, or do that.

“What amazed me was the flexible approach of the programme that allowed me

to enjoy carbs, enabling a variety of recipes and foods to be combined.

“So I started the programme at 111.3kg and currently my weight is 94.6kg. That means 16.7kg lost!

“This is an excellent programme to be engaged with. The support of the coach, the rest of the group, the app to guide you and the recipes to hand on your phone, all prove really useful.”

“This programme works around acquiring new habits towards food, that’s what it’s all about. I’ve found my way back to having a sense of wellbeing, I feel better and a bit more in control.”

**CLIVE**

“I’ve lost two and a half stone. I think the length of the programme helps you achieve longer term behaviour change.”

**SUSAN**

“I found it very, very helpful. I wanted to change my life around, which I did. I would definitely recommend the programme.”

**ANDREW**

## **DEVELOPING TYPE 2 DIABETES ISN'T INEVITABLE.**

We're here to help you make lasting, positive change.

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**For more information:**

**Visit:** [healthieryou.reedwellbeing.com](http://healthieryou.reedwellbeing.com)

**Call:** 0800 092 1191

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