

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



Your Face-to-Face 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 Face-to-Face version of our programme, attending sessions in local community venues.

Here we provide more information on your journey with us.

Service provided by

Reed Wellbeing
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NHS approved 40 week support



Trained Health Coaches



Simple lifestyle changes

Session Frequency

- Fortnightly sessions
- Monthly sessions

Start

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13

- Understanding prediabetes
- Know how to eat well
- Make everyday active
- Carbs, carbs, carbs...
- Fats under the spotlight
- Sugars and snacks under the spotlight
- Know your triggers
- Exploring regular eating
- Fitter, healthier, happier
- Feeling fuller for longer
- Shopping, cooking and eating out
- Mind matters
- Moving forwards

Finish

What you will discover in your sessions

How you eat

How you exercise

How you sleep

How you manage stress

Self-appraisal

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.

Fun and interactive support and advice sessions will help you to start your journey with us.

Sustaining change

You should already be starting to feel healthier!

You will find out how to make your new lifestyle changes become part of your everyday life - now and in the future.

Moving forwards

We finish by preparing you to continue on your healthy journey.

You can return to your GP to have another blood test and look for an improvement in your risk of developing Type 2 diabetes.



SCAN ME

Find out more about prediabetes at healthieryou.reedwellbeing.com