

You have been identified as at risk of developing Type 2 diabetes.

There is no cure for this chronic medical condition, which can lead to major health problems such as heart disease, blindness and even amputations.

Healthier You: the NHS Diabetes Prevention Programme offers free support to help you reduce your risk of developing Type 2 diabetes.

Taking action now is very important.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

We can help you reduce your risk of developing Type 2 diabetes.

Our expert-designed course is funded by the NHS and available free to you with a referral from your GP.

You can take our course either:

- **Face-to-Face:** In 13 friendly and supportive group sessions over nine months with a Health Coach
- **Digital:** On your phone or online using our app, plus regular contact from a Health Coach
- **Remote:** In 13 online video sessions with a Health Coach if you need additional support with access

We'll help you to make changes to your lifestyle that you can maintain and help you feel more energetic, healthier and more vibrant.

Contact us today to book your place and find your nearest programme.

Call: 0800 092 1191

Find out more about prediabetes at:
healthieryou.reedwellbeing.com

HEALTHIER YOU
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Service provided by

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