



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



Your Remote 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 Remote version of our programme, using online video sessions.

Here we provide more information on your journey with us.

Service provided by

Reed Wellbeing



NHS approved 40
week support



Trained Health
Coaches



Simple lifestyle
changes

Session Frequency

● Fortnightly sessions

● Monthly sessions

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.

Start

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

Finish

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



SCAN ME

Find out more about prediabetes at healthieryou.reedwellbeing.com

Four priority groups

Our programme has been developed to support access for four priority groups:



Visually impaired participants

Your sessions will be in maximum groups of eight, with support provided by RNIB.

Sessions will be hosted on **Teams**.



Hearing impaired participants

Your sessions will be in maximum groups of eight, with support provided by Clarion.

Sessions will be hosted on **Teams** with BSL interpreters.



Bangladeshi/Pakistani participants

Your sessions will feature cultural adaptations, provided by Health Coaches who speak community languages.

Sessions will be hosted on **Teams** and available in Urdu, Punjabi, Bengali, Pashto and Gujarati.



Women with previous gestational diabetes

Your sessions will be adapted to incorporate appropriate recipes and exercise.

Sessions will be hosted on **Teams**.

R N I B

Tried and
Tested



Clarion UK

Find out more about prediabetes at
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