



# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## YOUR REMOTE JOURNEY

Service provided by

**Reed** Wellbeing  
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# 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 Remote version of our programme, using online video sessions.

Here we provide more information 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

Over the next nine months you'll attend 13 free group sessions with us.

A trained Health Coach will help you make a number of simple and sustainable changes to your lifestyle to reduce your chances of developing Type 2 diabetes.

The programme lasts for **nine months**. The first four sessions are **fortnightly**, then **monthly** from then on.

**START**

1

## Session 1

You will meet your Health Coach and group.

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

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## Sessions 2 to 4

You will be starting to feel healthier already.

With your Health Coach, 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.

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## Sessions 5 to 13

You will learn to sustain your new lifestyle.

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

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13

**FINISH**

# 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 **Zoom**.



**R N I B**

Tried and Tested



## Hearing Impaired Participants

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

Sessions will be hosted on **Clarion's Video Platform** with BSL interpreters.



Clarion UK



## Bangladeshi/Pakistani Participants

Your sessions will feature cultural adaptations, with support provided by Language Line interpreters.

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



LanguageLine Solutions®



## Women with Previous Gestational Diabetes

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

Sessions will be hosted on **Zoom**.



# FREQUENTLY ASKED QUESTIONS

## How do I join the sessions?

You will be given instructions on accessing our online video calls. If you ever have any problems you can email your Health Coach or contact us on **0800 092 1191**.

## What if I cannot attend my session?

You will need to get in touch with our team and let us know. Call **0800 092 1191** and we will be able to help. You will be able to join another the same session with another group.

## Why does the programme last so long?

It is really important that you get the chance to learn everything the programme can teach you - and incorporate this into your lifestyle. Doing this over a nine month period, gives you the best chance of success and reducing your risk of Type 2 diabetes.

## 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.

## 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.

## Will I need to bring anything with me to the sessions?

No - all the course resources are free and provided to you.



Luis first heard about Healthier You when his GP recommended it, after a blood test showed his blood sugar levels were high.

## LUIS' STORY

“ I’ve taken part in the programme because I can see what diabetes has done to my dad. He used to be quite a big guy, really strong, and he’s become very frail. Also, I’ve just turned 40 and I have two boys aged nine and 11, so I have to take care of myself.”

“ The changes we’re making are really sustainable. It’s not about dieting and eating less, it’s about healthy alternatives and small lifestyle changes.

“ I’m definitely more energetic since starting Healthier You. You are given very useful advice and tips on how to be more active and stay healthy.

“ I really look forward to the programme – it’s local, the coach is very friendly and helpful, and the materials we are given are very easy to use and understand.

“ But my favourite thing is seeing what my weight is – I’ve lost seven kilos so far, which I’m really happy about.”

“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. My group and trainer were welcoming – we got on really well!”

**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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