

A behaviour change programme that supports participants to live a healthy lifestyle and reduce their risk of developing Type 2 diabetes.

Developed by experts and underpinned by a decade of research into community-based diabetes prevention.

The programme is free, does not increase living costs through healthier eating and is tailored to ethnic groups via cultural Eat Well guides.

## Programme structure



## Three options for participation

<b>Face-to-Face Programme</b>	<b>Format</b>	<b>Time</b>
	Groups of up to 20 in community venues Structured activities to change behaviour Individual goal setting and private weigh-in	Nine month duration 13 x 90 minute sessions
<b>Digital Programme</b>	<b>Format</b>	<b>Time</b>
	App/online guided programme and activities accessed through mobile phone Personal weekly support from a coach	Nine month duration
<b>Remote Programme</b>	<b>Format</b>	<b>Time</b>
	Video call delivery with adapted programme access for: Visually or hearing impaired participants / Bangladeshi and Pakistani participants / Women with previous Gestational Diabetes	Nine month duration 13 x 90 minute sessions

## How to refer a patient

To be eligible for the programme, the person must be:

- 1 Adult 18+
- 2 Have an HbA1c of 42-47 mmol/ml (6.0-6.4%) or an FPG of 5.5-6.9 mmol/l tested in the last 12 months
- 3 Not have been diagnosed with Type 2 Diabetes
- 4 Not be pregnant at the time of referral
- 5 Be able to participate in NHS Diabetes Prevention Programme
- 6 If Previous Diagnosis of GDM – They are eligible with a HbA1c < 42 mmol/mol or FPG < 5.5mmol/l tested within the last 12 months
- 7 Where the patient is over 80 years – provide written confirmation, that you consider the benefits of the programme to outweigh any potential risks associated with weight loss for the individual.

Refer someone securely by:

- Sending eligible patients a letter suggesting they call us; OR
- Completing our **electronic referral form** through the Primary Care System; OR
- Calling **0800 092 1191**

## Our impact

Over **70,000** people have used Reed Wellbeing's delivery of Healthier You. **The average weight loss for a completer is 4kg.**

- **99%** of participants say they will be able to use the skills we have taught them to reduce their chances of developing Type 2 diabetes.
- **96%** of participants say Healthier You has helped them improve their diet and eating habits.
- **100%** of participants say their Healthier You coach was supportive and knowledgeable.

Find out more at:  
[healthieryou.reedwellbeing.com](http://healthieryou.reedwellbeing.com)

Service provided by

**Reed Wellbeing**