

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

Type 2 diabetes is a serious condition, which can lead to long-term health problems. It can cause sight loss, kidney failure and amputation if left untreated.

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

People who attend say they feel healthier and have more energy. With our support, you too can take control of your health and make positive changes.

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:** Tailored remote sessions available only for participants who may have visual or hearing impairments, language requirements or Gestational Diabetes Mellitus

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

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