

Get your own personal Health Coach to help manage your Type 2 Diabetes!

Do you need a helping hand in managing your Type 2 Diabetes? Are you struggling to make lifestyle changes to support your condition?

If so, Liva Healthcare offer a free, personal Health Coach to support you every step of your journey.

Sign up by visiting www.liva-start.com/BW, emailing support@livahealthcare.com or by calling **07407 851240**, Monday to Friday 09:00 - 17:00.

Sign up today and receive:



Your own **personal Health Coach** for 6 months

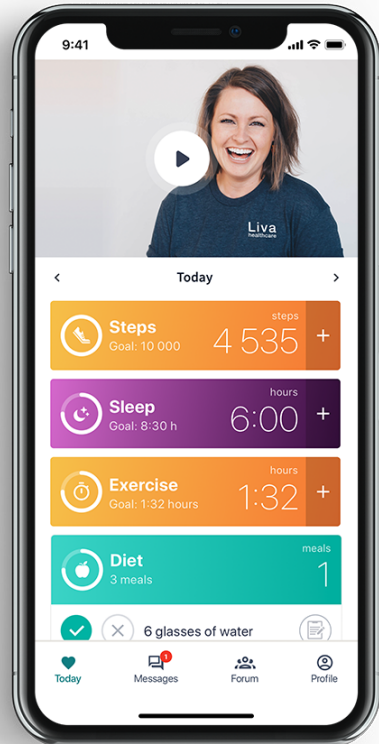
A **lifestyle plan** tailored to you and your goals

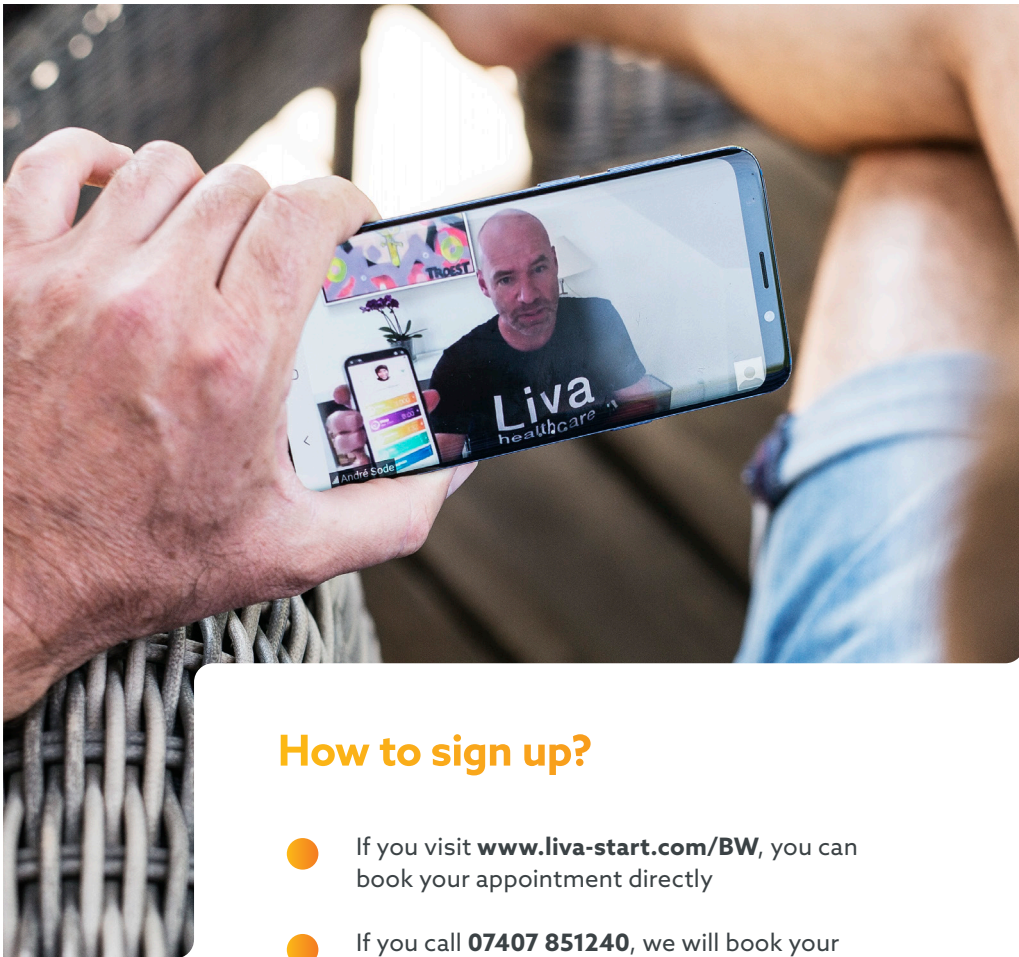
Ongoing support via video and message through our app

Track your **personal development** and success

Free health **guides and tools**

Peer to Peer support where you can share experience with other patients





How to sign up?

- If you visit **www.liva-start.com/BW**, you can book your appointment directly
- If you call **07407 851240**, we will book your appointment through the phone
- If you email **support@livahealthcare.com**, we will respond within 2 working days with instructions
- If you have any questions, please don't hesitate to get in touch!