

# Do you have type 2 diabetes?

**"My diagnosis came out of the blue - it was a big shock and a big wake up call"**

**Sean, Oviva Diabetes Support participant**



**The Oviva Diabetes Support Service for Leicester, Leicestershire and Rutland is a free programme to help people in your area with type 2 diabetes to transform their health and improve their diabetes management.**

**Contact your GP practice for a referral.**

### A healthcare plan just for you.

When you join, we will talk about your preferences and offer you your own personalised healthcare plan that makes sense for you.



### Support at your fingertips.

Access handy resources on the go, including store cupboard recipes, at-home exercise ideas and stress management advice.



### Convenient healthcare.

Complete the programme from the comfort of your own home, either through one-to-one coaching, group support or an NHS-approved app.



### What could you achieve?

Lose weight, improve your blood glucose and blood pressure, and reduce your risk of diabetes complications with expert support every step of the way.



**If you are interested in joining the Oviva Diabetes Support Service for Leicester, Leicestershire and Rutland, please contact your GP practice for a referral.**