



# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## YOUR FACE-TO-FACE JOURNEY

Service provided by

**Reed** Wellbeing  
•••

# 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 Face-to-Face version of our programme, using sessions in local community venues.

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.

2

3

4

## 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.

5

6

7

8

9

10

## 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.

11

12

13

**FINISH**

# FREQUENTLY ASKED QUESTIONS

## **What if I cannot attend my session?**

You will need to get in touch with our team and let us know. Call **800 092 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.

## **What do I wear to the sessions?**

Whatever you feel comfortable in - there is no activity in the sessions.

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

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

## **Can a carer attend with me?**

Yes - absolutely.



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.”



Dorothy was told about the Healthier You programme by her GP practice, when a blood test showed that she was at risk of developing Type 2 diabetes.

## DOROTHY'S STORY

“It was a surprise. You don't think about these sorts of things, so it was quite a shock really. Since I've started, I make sure I go out a lot because I'm wearing my pedometer, and that makes me go a little bit more.

“I've lost about one stone and ten pounds, and I'm feeling fine.

“It's nice to go and meet other people and know that they feel the same as you. You meet big people and small people; lots of people think that diabetes only affects big people, but that's not the case.

“I'm looking forward to going to the next session and seeing if my blood sugar has gone down.

“I know for sure I will continue this lifestyle after the programme; it's being frightened of what could happen that makes me carry on.”

“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.

---

**For more information:**

**Visit:** [healthieryou.reedwellbeing.com](http://healthieryou.reedwellbeing.com)

**Call:** 0800 092 1191

Service provided by

**Reed** Wellbeing  
