


# Do you want the opportunity to put your type 2 diabetes into remission?

If you have been diagnosed with type 2 diabetes within the last 6 years and you meet the criteria below, the [NHS Type 2 Diabetes Path to Remission programme](#) could be ideal for you.

## **This programme is designed for people:**

- Aged 18 to 65 years
- Are not pregnant
- Have been diagnosed with type 2 diabetes within the last six years. This is because the evidence shows that remission is more likely the closer you are to your diagnosis
- Have a BMI of at least 27kg/m<sup>2</sup> or 25kg/m<sup>2</sup> if you're from an ethnic minority group
- Have had an HbA1c measurement taken within the last 12 months and the results were 43-87 mmol/mol if on diabetes medication, or 48-87 mmol/mol if not on diabetes medication
- Are motivated to change their lifestyle and can commit to the 12 month programme
- Live in the Humber and North Yorkshire area



Speak to your  
GP if you're  
interested in  
joining the  
programme

If you would like more information about this programme please check out our webpage-

<https://oviva.com/uk/en/programmes/t2dr/> or watch our information video- <https://oviva.com/uk/en/programmes/t2dr/#video>

*I have lost 10% of my body weight which was the goal and feel great for it. Being lighter has also really improved my running, and running more means the weight keeps reducing, stays off and my blood glucose goes down so no need for medication!*

*I feel my future is more positive and I can actually do things I've always wanted to.*

*The support is fantastic, my coach is outstanding, she's kind, thoughtful and is full of knowledge!*

*The programme has massively changed my lifestyle. I have lost over 13kg, no longer on blood pressure medication and lowered my HbA1c from 48 mmol/mol to 42 mmol/mol.*