

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

NHS

HEALTHIER YOU:

A **FREE**
service to
prevent
Type 2
diabetes



Service provided by

ingeus



In partnership with

Leicester Diabetes Centre

HEALTHIER YOU: NHS Diabetes Prevention Programme

Healthier You is a free service for people who are at high risk of developing **Type 2 diabetes**, delivered by Ingeus in partnership with Leicester Diabetes Centre.

Participants attend a series of group sessions where they are supported to make lifestyle changes that are proven to significantly reduce their chances of developing diabetes.





ELIGIBILITY

Your patient is eligible for this service if they meet the following criteria:

- Aged 18 years or over
- Not currently pregnant
- Have non diabetic hyperglycaemia – a HbA1c 42-47mmol/mol (6.0%-6.4%) or FPG 5.5-6.9mmol/l reading within the last 12 months

If the previous test is more than three months old then a repeat test to establish a baseline will be undertaken by our partner Lloyds Pharmacy.

SUPPORT AVAILABLE TO YOUR PATIENTS

Participants are invited to attend 13 education sessions lasting one to two hours. Personalised support includes:

- Up-to-date information about preventing Type 2 diabetes
- Practical advice on:
 - Healthy eating
 - Reducing their weight
 - Exercise
- Support with managing wellbeing

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HOW TO REFER

To refer your patient please visit
www.stopdiabetes.co.uk/professionals

CONTACT DETAILS

t: 0800 321 3150 or 0121 386 6971
w: www.stopdiabetes.co.uk

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