

Healthier You NHS Diabetes Prevention Programme

The programme to help you take control of your health and reduce your risk of Type 2 diabetes



Service provided by

xyla health & wellbeing
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Your local Healthier You service will help you take control of your health, supporting you to make changes to your diet, weight and the amount of exercise you do. Taking this kind of action now is very important as it can reduce your risk of, or even stop you, developing Type 2 diabetes.

- Highly skilled health and wellbeing coaches trained to guide and encourage you
- Mixture of one-to-one and group sessions
- Join the programme in a way that suits you i.e. face-to-face, digitally via app coaching or even remotely for specialist groups
- Access to a national programme that uses the latest research evidence
- Solve problems that get in the way of making healthy changes
- Learn how healthy eating and physical activity can help reduce your risk of Type 2 diabetes
- Free attendance

How to join:

If you have been told you are at risk of developing Type 2 diabetes and haven't already been referred to our service, ask your GP, nurse or NHS Health Check professional to refer you to your local Healthier You service or self-refer on our website or by contacting us:

info@preventing-diabetes.co.uk

0333 577 3010

preventing-diabetes.co.uk

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