

# THE HEALTHIER YOU: NHS DIABETES PREVENTION PROGRAMME

is provided by Living Well Taking Control and Liva Healthcare in your area

Free nine-month evidence-based lifestyle change programme to lower the risk of developing type 2 diabetes and associated health complications.

The programme is available both as a face-to-face group service and as a digital service, and patients can choose their preferred option. Coaching is provided by specialists in person at group meetings by Living Well Taking Control and digitally via the Liva app.

Both programmes provide personalised support to help patients manage their weight, eat more healthily and be more active, which together can reduce a person's risk of developing type 2 diabetes.



## Providing Patients with a Choice of Programme

### 1. Group-based face-to-face programme

The face-to-face group programme is delivered by Living Well Taking Control at a community venue near the patient's home or GP surgery. 13 interactive, informative sessions are delivered over 9 months by a dedicated Health Coach who provides patients with all the resources, advice and support they need to make positive lifestyle changes and see lasting results. With their coach, participants learn to set goals, celebrate achievements, and gain support from other people on a similar health journey. Each patient receives a programme handbook and free access to the Liva health tracking app to support their journey.



At the end of the programme, each participant will have an assessment with their coach, who will help them set achievable post-programme goals to maintain the positive changes they have made.

Sessions are held at various locations and times of the day, including during the day, evenings, and weekends.

The programme also supports non-English speakers. Patients can even bring someone along for extra support.

### 2. Personal health coaching via a free app

The Liva programme offers one-to-one, personalised health coaching through a free app on the patient's smartphone or tablet (PCs are not supported). Tailored guidance is delivered by a dedicated specialist health coach who provides support based on a patient's activity levels and goal achievements.

The programme starts with a 45-minute one-to-one video call where a patient meets their coach, tells their story, builds a customised lifestyle-change plan and sets realistic goals. Throughout the programme, the patient receives regular personalised video and text messages from their coach, who analyses their progress, motivates them and provides tailored advice based on their needs, including nutrition advice, recipes, exercise routines, learning materials and interactive activities. Alongside personal coaching, each person is paired with a peer support group of people on the same journey.

The programme also supports non-English speakers.



## How to Refer

**Eligibility criteria** for The Healthier You: NHS Diabetes Prevention Programme:

- Aged over 18
- Not pregnant
- HbA1c reading of between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose reading of between 5.5-6.9 mmol/l (taken within the last 12 months)\*
- If the patient has a history of Gestational Diabetes (GDM), then they are eligible with an HbA1c reading lower than 42 mmol/mol or FPG reading lower than 5.5 mmol/l (taken within the last 12 months)

\* Excludes individuals with a previous diagnosis of Type 2 diabetes from any time in the past, regardless of whether their latest blood reading is within the non-diabetic hyperglycaemic range

You can refer to the programme by completing the referral form embedded in your clinical system and emailing it to the email address on the form. For any queries, please contact [info@lwtcsupport.co.uk](mailto:info@lwtcsupport.co.uk)

Once we receive a referral, a member of the Living Well Taking Control team will get in touch with the patient\*\* to provide a more detailed overview of the programme and support patients to choose the service that best meets their needs.

\*\* Places on the programme are limited, and we encourage patients to accept the invitation as soon as they are contacted

## The Healthier You: NHS Diabetes Prevention Programme

This programme aims to help people reduce the risk of progressing to Type 2 Diabetes or developing complications associated with Type 2 Diabetes; it will improve a patient's knowledge, ability, and confidence to make better lifestyle choices, helping them achieve:

- A healthier diet
- Better exercise
- Emotional wellbeing and ways to manage stress
- Weight management

