

A dark silhouette of a person's head and shoulders is centered in the background of the poster, facing forward. The person's hair is visible at the top, and their shoulders are at the bottom. The background is a solid teal color.

Do you know
what you can
do to reduce your
risk of getting
Type 2 diabetes?

Be in the know.

Do you know that you could delay or prevent Type 2 diabetes?

If you are at high risk of developing Type 2 diabetes, there are steps you can take to lower your risk and prevent diabetes. The Healthier You service is here to support you to take these steps.

Who is the service for?

The **Healthier You** service will provide **FREE support** to those who are at high risk of developing Type 2 diabetes.

You need to be:

- aged over 18 years
- registered with a GP practice
- have high glucose (blood sugar) levels
- not pregnant
- able to do light / moderate physical activity.

If you are unsure if you are at risk, please speak to your GP practice for more information.

What will you learn?

The service can support you to make changes to delay or prevent Type 2 diabetes. This will include help with:

- eating healthier and improving your diet
- losing weight
- increasing physical activity and exercise.

What will this service involve?

- a one-to-one assessment to understand your health, needs and goals
- the chance to join a local group programme which will include diet and physical activity support
- free support over a 9 month period
- a review of your progress at the end, to help make sure the changes are lasting and keeping you healthy.

How can I get help from the service?

Speak to your GP to find out if you are eligible for **FREE support** from the **Healthier You** service.