

Do you know the simple changes you could make to help you live a healthy life?

Type 2 diabetes can be delayed or prevented. **Be in the know** about what small steps can help lower your risk.

Know if you are at risk

If you are unsure if you are at risk, you can:

- 1 Speak to your GP practice
- 2 Find out your risk score at www.diabetes.org.uk/risk

If you are **aged between 40-74**, you can receive a **free NHS Health Check** which helps check your risk of Type 2 diabetes.

Know the signs and symptoms

There may not always be signs or symptoms that someone has Type 2 diabetes. But here are a few things to look out for:

- needing to pee more than usual, especially during the night
- feeling thirsty all the time
- feeling very tired
- losing weight without trying
- cuts or wounds taking longer to heal
- blurred vision.

Speak to your GP if you are experiencing any of these signs or symptoms.

Know what changes you can make

There are some lifestyle changes that can help lower your risk and help live a healthy life, such as:

- managing your weight
- eating healthily
- increasing your physical activity
- reducing alcohol intake
- stopping smoking.

Speak to your GP practice for more information on this. Visit diabetes.org.uk and diabetes.co.uk for some ideas and support to help you make these changes, including healthy recipes to try.

Know what support there is to help you

Small changes can make a big difference.

We're here to help you take those steps, so if you are at high risk of developing Type 2 diabetes, **speak to your GP** to find out if you are eligible for **FREE support** from the **Healthier You** service.

This will 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
- a review of your progress at the end to help make sure the changes are lasting.

Remember you can ask friends, family and colleagues to help support you to make positive changes too.