

Have You Had Gestational Diabetes?

Speak to your GP for a referral to the
Programme

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

The 9 month FREE programme facilitated by Healthier You coaches supports participants in managing your health and making positive changes to your diet, weight (where appropriate) and increase the amount of physical activity you do. This will support with reducing your risk of developing Type 2 Diabetes.

INCLUDING :

- Weekly workshops & Peer support
- Access to WW's 5* rated App
- 24/7 access to coaches
- 2000+ recipes and much more

TO QUALIFY FOR THIS PROGRAMME YOU NEED TO :

- Be 18 years or over
- Previously been diagnosed with Gestational Diabetes
- Women must not be pregnant