

If you are at risk of **TYPE 2 DIABETES**

You may receive a letter or message from your GP recommending you take part in the NHS Diabetes Prevention Programme - **FREE** support to reduce your risk.

Please do accept the referral.

Leaving Type 2 diabetes untreated can lead to long-term health problems.

"The programme isn't about frightening people. It's about empowering people to make a difference."

Kevin, Healthier You Diabetes Prevention Programme participant

For more information and to find out how you can be referred contact your surgery or call 0800 321 3150 (8am-8pm, Mon-Fri. 10am-2pm Sat).

www.ingeushealthieryou.co.uk
or search 'know your risk' online.



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME