

<<date>>

Dear <<fullname>>

Helping YOU to prevent diabetes - book your place on the Leeds Healthier You programme now

As you may be aware, your recent blood test results showed that you are currently at high risk of developing Type 2 diabetes (i.e. you do NOT have diabetes, but you are at risk of developing it). Diabetes is a serious condition that can increase your risk of heart attacks, stroke, kidney disease and blindness. The good news is that there are many things that you can do to reduce your risk of getting diabetes.

In Leeds we have a programme that is dedicated to helping people reduce their chances of getting diabetes – it is called **Healthier You: Diabetes Prevention Programme**. The programme is totally FREE and provides personalised support including advice on healthy eating and lifestyle, help to manage/lose weight and get more physically active.

Spaces are limited but sessions are held at various locations across Leeds with times to suit you, including during the day, evenings and weekends.

If you would like to attend please reply to the text we have sent, call us on 0113 393 0119 or tear off the slip below and return it by post or hand it to the receptionist at the GP practice. Once you have been referred you will receive a call from our **Healthier You: Diabetes Prevention Team** to book you a place on the programme.

We have enclosed a leaflet or if you prefer you can speak to the practice for more information.

Healthier You: National Diabetes Prevention Programme

<fullName>> Date of Birth: _____, Address:

I have read the leaflet sent and I would like my Doctor to refer me to the NHS Diabetes Prevention Programme.

Signed: _____

Date: _____

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

Thousands of people across the UK have attended the Healthier You programme and have successfully reduced their risk of diabetes. We hope that you will decide to join the Healthier You programme, and take your first steps towards lowering your risk of developing diabetes.

Yours sincerely,

Alwoodley Medical Centre