

# Get help and support to manage your Type 2 diabetes

The NHS Type 2 Diabetes Path to Remission programme puts you in control of your health by offering personalised support led by a team of healthcare professionals.

## The free programme can help you to:

- ✓ Lose weight using a total diet replacement approach
- ✓ Improve your blood sugar levels
- ✓ Reduce your diabetes-related medication
- ✓ Potentially achieve diabetes remission
- ✓ Build habits to lead a healthier, happier lifestyle



## How do I know if I'm eligible for the programme?

- ✓ Aged between 18–65 years old
- ✓ Minimum BMI of 27kg/m<sup>2</sup> (25kg/m<sup>2</sup> in people of ethnic minority origin)
- ✓ Type 2 Diabetes diagnosis within the last 6 years
- ✓ HbA1c eligibility (measured within 12 months) Medication: HbA1c 43–87 mmol/mol, no medication: HbA1c 48–87 mmol/mol
- ✓ Motivated to participate in 12 month programme

Please speak to your GP to see if you might be eligible for a referral.

For more information visit: [oviva.com/uk/en/t2dr](https://oviva.com/uk/en/t2dr) or scan the QR code.

