

Xyla Health & Wellbeing

Service offerings

**Empowering people
to live longer,
healthier lives**

About Xyla Health & Wellbeing

Xyla Health and Wellbeing is a dynamic organisation dedicated to making communities healthier. We have a proven track record in designing, delivering and evaluating personalised, evidence-based digital and traditional health and wellbeing solutions, at scale, for local authorities, the NHS and employers.

Being part of Acacium Group means we benefit from the infrastructure of a large and robust organisation with over 10 years' experience in the healthcare industry. Our people are highly capable specialists in their field who follow a proven insight-based approach.

"Xyla Health & Wellbeing is a valued member of our London delivery group, working together to improve the delivery of the programme and equity of access in London. Xyla Health & Wellbeing is flexible and responsive, working quickly to solve issues and problems. They listen and respond to the needs of the population such as putting on a cultural awareness training day for staff and partners."

Elizabeth Pang,
London Diabetes Clinical Network



Tailored to your needs

Our services can be built around your needs. You can select individual elements of our outcome-focused services and we will tailor our content and approach to suit your requirements. We offer a range of high-quality, cost-effective services designed to address the key health issues through encouraging and enabling sustained behaviour change. We provide clinically-proven, caring, compassionate health and wellbeing services which empower people to make positive, sustained changes to their health.

We successfully tailor our programmes towards the needs of individuals, for example age, gender, ethnicity, religion and location. We achieve this through using face-to-face, digital and hybrid approaches which maximise engagement and uptake, delivering measurable and lasting changes for thousands of people in their workplaces and their home communities.



Diabetes specialist services

We are one of the UK's leading specialists in diabetes prevention, remission and structured education, and we are pleased to offer specialist services which have made great strides towards tackling this long-term condition which causes 325,000 lost working years annually and costs the NHS more than £22 billion every year.

Prevention is better than cure: Our National Diabetes Prevention Programme (NDPP)

We successfully deliver the NDPP, our structured nine-month intervention, to pre-diabetic adult patients in over 100 CCG areas. Our qualified health coaches deliver a structured, engaging person-centred programme that improves diet, embeds knowledge and encourages physical activity, which are key to preventing Type 2 diabetes.

We offer our programme as a face-to-face, digital or a hybrid approach. Our NDPP service is nationally accredited and has won a Quality in Care award for its successful outcomes.

Half-day workshop: A timely brief intervention

We understand that everyone's circumstances and time commitments are different, so we deliver a half-day group workshop targeting those who are at risk of developing Type 2 diabetes. This workshop instils the skills and confidence to enable patients to increase their physical activity and improve their diet.

Our one-off evidence-based intervention informs and empowers individuals to better manage their risk of developing Type 2 diabetes and to identify the changes they need to make to remain healthy and free from diabetes.

Remission programme:

Innovation, as one of our core values, has been key in developing our pioneering 52-week diabetes remission programme which aims to reverse the effects of Type 2 diabetes. Our programme provides a structured plan of: assessments; measurements and ongoing blood glucose testing; dietary replacement products and guidance; nutrition education; food re-introduction; self-monitoring; physical activity and six and nine month reviews.

Our caring, motivated dietitians provide ongoing support and encouragement for patients throughout the programme, together with a final review with further signposting.

**Structured education:
Type 2 and GDM**

Our effective, engaging six-week diabetes awareness programme comprises of informative, interactive tuition on how to minimise your risk of developing diabetes. Our course delivers realistic, achievable advice and guidance for patients to reduce and manage their risk of diabetes, including diet plans, recipes and low-carb meal plans. This can be delivered in face-to-face sessions or remotely via apps and phone calls.

We also provide licensed diabetes management programmes which include delivery resources and staff training.

“I have literally changed my lifestyle and diet and am feeling the benefits of this with my overall health.”

Sylvia Merrigan,
Service-user

97%

of service-users would recommend our service

86%

of service-users with a BMI>25 lost weight

75%

of service-users achieving <42 HbA1c

processed over
130,000
referrals from over
3,000
GP surgeries

provide
NDPP in over
100
CCGs

Weight management services

Obesity is one of the top five factors that causes premature death in the UK. Nearly two-thirds of adults in the UK are obese or overweight, and one-third of children leaving primary school are overweight or obese, consuming, on average, up to 500 extra calories per day. We use effective, clinically-reviewed programmes, delivered through age-appropriate and engaging channels and methods to explain, explore and reduce obesity in adults and children.

Tier 2 adult weight management:

We deliver six, one-hour group sessions (on alternate weeks), providing guidance and information, enhanced with ongoing digital support. During these interactive sessions we guide participants through nutrition, food groups, healthy meal plans, portion control, and how to incorporate physical activity into their lifestyle. Our sensitive approach enables us to provide realistic, achievable dietary advice to people with vegetarian, Kosher, Halal and other dietary requirements.

Tier 3 specialist weight management:

Xyla Health & Wellbeing provide a tier 3 specialist weight management service for adults delivered by a multi-disciplinary team (MDT) including a clinical lead endocrinologist, specialist dietitian, registered nurse, clinical psychologist and exercise therapist. The service focuses on a range of non-surgical weight management options to support individuals to develop sustainable lifestyle changes in order to lose and manage weight, reduce morbidity and improve quality of life.

Family weight management and child weight management programmes:

Our child and family weight management programmes are tailored to meet the needs of children, who are above a healthy weight, and their families. Our programmes are suitable for ages 5-17, with separate programmes for children and teens.

We also provide licensed child weight management programmes which include delivery resources, staff training and ongoing support.



Integrated healthy lifestyles

We provide integrated health and wellbeing services, resourced by our professional, highly- motivated coaches who are trained in engaging, assessing and motivating people to change their health-related behaviours using a non-judgemental and compassionate approach. These wellbeing hubs provide clinically-proven behaviour-change interventions, accessed via a freephone number and a user-friendly, intuitive website.

Our coach will assess a service-user’s eligibility and requirements, either in person, online or over the phone and guide them to the most relevant support channels to address their needs. Services include:

- Weight management
- Physical activity
- Smoking cessation
- Mental wellbeing
- Alcohol and substance misuse.

Our coaches are also trained in providing access to relevant services addressing the wider determinants of health such as employment, debt and housing.

“I enjoyed all the sessions as each is like a piece of a jigsaw puzzle and together they all make sense. The changes I made are now second nature to me and have become my habit.”

Service User
Hertfordshire

89%

of our workplace health service users lost weight

5.6^{kg}

average weight loss

Workplace wellbeing

It is estimated that employee ill-health costs the UK economy £9.7 billion each year, but a healthy and well-motivated workforce will have a positive impact on the productivity and effectiveness of any business.

We deliver effective, cost-efficient, drop-in workplace wellbeing programmes which optimise the time and physical resources available and minimise employee downtime.

Our comprehensive and innovative programme consists of a bespoke blend of services, specific to employee needs, ranging from health-checks, weight management, physical activity, smoking cessation, alcohol and substance misuse along with mental health awareness training for managers.

Smoking cessation

Smokers see their GP a third more often than non-smokers, and smoking is linked to nearly half-a-million hospital admissions each year. We are proactive in our efforts to empower the first smoke-free generation, and to achieve this we deliver clinically-proven smoking-cessation programmes which use a combination of behaviour change techniques, Nicotine Replacement Therapy and medication to help people to quit smoking using a method of support which works for them.

We provide specialist programmes with tailored content and delivery methods for pregnant women, young people, manual and routine workers, and patients with Chronic Obstructive Pulmonary Disease (COPD), Coronary Heart Disease (CHD) and mental health issues.

64%

quit rate

All services can be adapted to meet your specific requirements.

For more information or a personalised quote please contact us today at **louise.omahony@xylahealth.com**

xylahealthandwellbeing.com

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