

# The NHS Type 2 Diabetes Path to Remission Programme

## What is it?

A free programme designed to help you reduce your diabetes medications, lose weight, improve your health, and potentially put your type 2 diabetes into remission.

You will be offered low calorie, total diet replacement products (typically soups, shakes and porridges) totalling 800-900 kilocalories per day, to replace all normal meals for 12 weeks.

You will receive support and monitoring for 12 months, including help to re-introduce food after the initial 12-week period.

We understand that everyone has their own preferences, and we provide two options for accessing the service to best suit your needs. This will be either;

- One-to-one in person support; or
- One-to-one digital support

Coaching sessions are delivered by one of our qualified diabetes practitioners, along with online learning and resources including meal plans and recipes

This support will provide you with the help and advice you need throughout every phase of the programme. Your GP practice will be kept informed of your progress and if any medication changes might be needed.



## How does it work?

The NHS Type 2 Diabetes Path to Remission programme is 12 months long and is split into 3 key stages:



## Features



Three-stages programme focused on helping you achieve your health goals



Reduce blood glucose levels and potentially achieve remission (*blood glucose levels no longer in the diabetes range without using diabetes medication*)



Use of the exclusive Wellbeing Way app; Includes e-learning, supportive resources, community forum and health tracking tools



Free sessions, diabetes practitioner support and resources throughout the year



Supported health monitoring throughout the programme



Free total diet replacement products, typically porridge, shakes and soups

## Frequently asked questions

### Will I put my diabetes into remission?

Remission of type 2 diabetes means that blood sugar levels are no longer in the range for diabetes, without needing to take any diabetes medication. Some people call this reversing type 2 diabetes, but we prefer the term remission because your blood sugar levels can rise again. Research tells us that remission is most likely to be achieved closer to your diagnoses- and is strongly linked to weight loss. Although research suggests that not everyone will reach remission, there are many other benefits directly linked to losing excess weight.

### How do I access the programme?

To be eligible you must;

- Be aged 18-65 years
- Have had type 2 diabetes first diagnosed within the last 6 years
- Have a BMI of 27kg/m<sup>2</sup> or higher if you're from a white ethnic background (or 25kg/m<sup>2</sup> or higher if you're from any other ethnic group)

You also need to meet various other eligibility criteria and be willing to commit to the 12 month programme to be referred to the service.

If you think you might be eligible for the programme, please discuss this with your GP practice at your next planned diabetes review



Scan the QR code or visit us at  
<https://xylahealthandwellbeing.com/T2DR-patient>  
for more information. Take the first step on the NHS Type 2 Diabetes Path to Remission programme