



DO YOU HAVE TYPE 2 DIABETES?

BEATdiabetes is a new, exciting and free NHS service to provide quality diabetes support wherever you are and whenever you want

Ask your GP for more information or sign up using the website



It's free

It's run by the NHS

It can transform your wellbeing

It may even reverse your diabetes

www.beatdiabetes.org.uk

BEATdiabetes

A **FREE NEW NHS** service to provide quality diabetes support wherever you are and whenever you want!

If you have **TYPE 2 DIABETES**, then this online service can help you.

Choose one, two or all three online web programmes to help you **BEAT** your diabetes.

1 **Second Nature**

A 3 month lifestyle change programme with expert nutritional advice and peer support

2 **SilverCloud**

Online modules that enable you to take control and feel more confident about managing your diabetes

3 **Commit to Change**

Commit to personal health goals and benefit from the support of others

With the right lifestyle interventions your type 2 diabetes may be totally reversible so sign up and start seeing the benefits.



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