

Guidance for playing Joker 3: Mini Reset Plan on the NHS Type 2 Diabetes Path to Remission Programme

You can play *Joker 3: Mini Reset Plan* if your weight has increased by 2kg (4.5lbs) or more and you are in *Phase 3 Retune*. You can play this Joker once in *Phase 3* but only if you have not already played *Joker 4: Full Reset Plan*.

A Mini Reset Plan lasts four weeks and consists of:

- 4 weeks of 2 x TDR products and 1 meal a day; and then
- A return to eating only real food.

Before you start your Mini Reset Plan

You'll need to speak with your Coach or one of our Advisers to:

1. **Confirm eligibility** e.g. you can only start between Sessions 13-18 inclusive
2. **Confirm that any diabetes medications you're taking are safe** and that you can start without making any changes (see Medications section below for details)
3. **Agree a start and finish date for your Reset Plan**, ensuring that you can follow the plan for the full four weeks
4. **Agree to monitoring throughout the Reset Plan** by
 - a. **Recording and submitting weekly** weight and blood glucose measurements, and blood pressure measurements if you were or are taking blood pressure lowering medications
 - b. **Checking-in with Coach or Adviser** each week
5. We will then send you a **Voucher code to order 8 cartons (56 products) at [this weblink](#)** (or access through the main Momenta page on the Habitual website).

To prevent complications we advise you to

- Space your products / meals regularly throughout the day
- Drink at least 2 litres of additional fluid – and more if the weather is warm.
- If required, take a fibre supplement daily to prevent constipation.

Top tips for success on the Reset Plan

1. Plan ahead and keep focused on what you're trying to achieve. Refer to *Session 07* resources (*In-person Phases 1&2 Workbook p164-191, Digital on the App*). Include only healthy balanced meals to maximise weight-loss and prevent side-effects or complications. You'll find suitable recipes in our Momenta *Recipe Book 2* <https://discovermomenta.com/diabetes-remission-1>

2. Drink plenty of water and other low calorie fluids or try some of the drinks in your resources (*In-person P1&2 Workbook p24-30 or Digital on the App Session 00*)
3. Think about how you'll make best use of your Momenta *High performance toolkit* (*In-person Phases 1&2 Workbook p86-97, P1&2 Digital Activities Booklet p24-35*)
4. Talk to the Momenta team on your weekly check-ins – and/or your Coach in your programme sessions. Consider asking the Momenta *Facebook group* for support
5. Take time to learn from your experiences and consider what you need to do to sustain your weight loss by developing and adopting healthy lifestyle behaviours for the long term.

Medications (p19 of your TDR booklet)

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Important!

- If you're at all unsure about whether to make changes to any of your prescribed medications or if your prescribed medications have changed since referral check with your GP practice asap
- Do NOT make any changes to your medication until your first day of TDR products. Keep taking your medication as normal until then
- If you're taking any Sulfonylureas, Meglitinides and SGLT2 inhibitors (see table below for common brand names) you MUST STOP doing so on your first day of TDR products as taking these on a low calorie diet has higher risks than other medications
- Do NOT start total diet replacement (TDR) products if you're in any doubt.

Class of medication	Examples of drugs
Sulfonylureas	Gliclazide, Glibenclamide, Glimepiride
Meglitinides	Repaglinide, Nateglinide
SGLT2 inhibitors (-flozins)	Dapagliflozin, Canagliflozin, Empagliflozin, Ertugliflozin




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