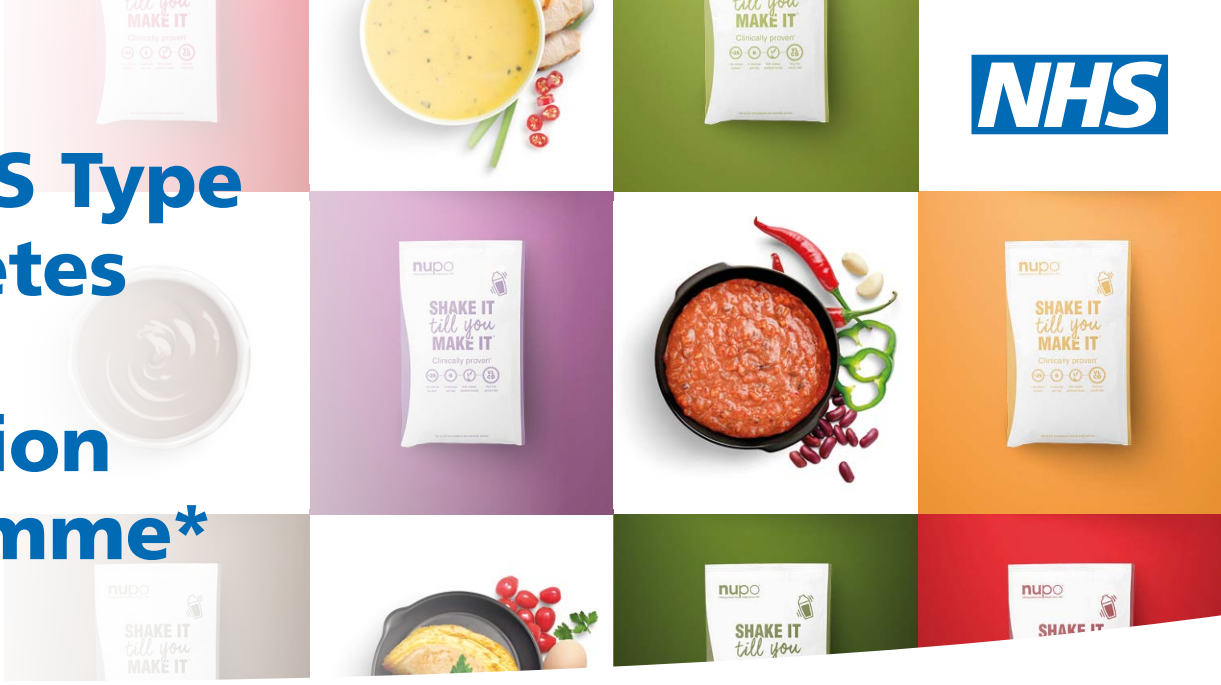
The NHS Type 2 Diabetes Path to Remission Programme*



A **FREE** one year programme to support you to:

Worth approx. **£1,200****

- Lose weight - approx. 2 stone / 14kg on average in 3 months
- Stop or reduce your diabetes medications on Day 1 of the programme
- Feel fitter, healthier and happier
- Potentially put your diabetes into remission.

Type 2 diabetes remission

This means your blood sugar levels are no longer in the range for diabetes and you don't need to take any diabetes medications! Some people call this reversing but we prefer the term remission because your diabetes can come back so you still need regular reviews.

Research tells us that you're more likely to achieve remission if you:

- Have been recently diagnosed
- Take fewer or no diabetes medications
- Lose more weight and keep it off

Although not everyone can achieve remission there are many other health benefits to losing weight and adopting an active and healthy lifestyle.

Am I eligible?

You need to be:

- ☑ Registered with a GP practice in Greater Manchester
- ☑ Aged 18-65
- ☑ Diagnosed with Type 2 diabetes within the last 6 years
- ☑ Above a healthy weight
- ☑ Able to commit to a 12-month programme
- ☑ Willing to be coached individually either in-person appointments or using an app
- ☑ Comfortable with just soups and shakes for the first 12 weeks.

You also need to meet various other eligibility criteria, including:

Not on insulin, not pregnant / planning pregnancy in the next 12 months, and not had bariatric surgery.

If you're eligible and interested ask your GP practice for more details.

*Formerly known as the NHS Low Calorie Diet or 'soups and shakes' programme
**Based on DiRECT research, including sessions and ALL required meal replacement products.

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What is the programme?

The NHS Type 2 Diabetes Path to Remission has three-phases over one year – all at no cost to you:

1. You'll follow a low calorie diet for 12 weeks – your choice of soups, shakes and meals totalling 800-900 calories per day
2. You'll gradually replace these products with healthy, tasty meals over 6 weeks
3. You'll receive ongoing support for the next 8 months to help you maintain your weight loss.

Our trained Coaches will support you with easy-to-use tools and techniques to lose weight and keep it off. Each of the 22 in-person or app-based 'sessions' focuses on a new topic about nutrition, physical activity or lifestyle change.

You'll be given the meal replacement products and a range of high-quality resources including Workbooks, a Lifestyle logbook, recipes and a pedometer - **ALL FREE.** If you choose the digital service you'll also get access to our app.

How will it help me?

Participants have told us how they've lost weight and reduced their diabetes and blood pressure medications. Some have even put their Type 2 diabetes into remission.

Many participants have become fitter, healthier and happier, seeing improvements in their mental and physical health and a range of other conditions.

"Overall, my quality of life has improved so much" Waqas, 36

"I'm caring more for myself and feel more energetic. It's changed my life" Joanna, 60

"If I was feeling low or demotivated, I came out of the meetings feeling positive" Michelle, 49

"At last, I've been offered something to help me" Justin, 46

Visit **momentanewcastle.com/case-studies** for participant videos and for more detailed stories.

What next?

The NHS has only funded limited places on the NHS Type 2 Diabetes Path to Remission Programme. If you're interested don't delay as places are limited. You can find out more here:

momentanewcastle.com/t2dr-gm

If you decide this is the right programme for you then you'll need to be referred by your practice. This will include getting advice about any medications you might be taking, potential side-effects and ongoing monitoring.

Ask your GP practice for more details.

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