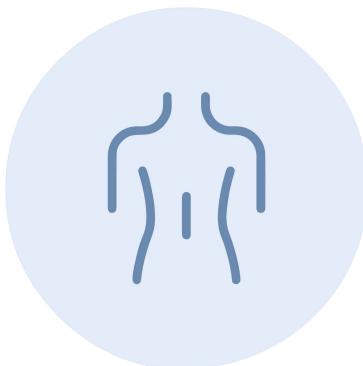




## DO YOU HAVE TYPE 2 DIABETES?

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](http://www.beatdiabetes.org.uk)**



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.



**[www.beatdiabetes.org.uk](http://www.beatdiabetes.org.uk)**