

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



www.healthieryou.org.uk



0333 047 9999



hello@healthieryou.org.uk

Contact your GP Practice to request the following information:

Blood Test Result

(either your HbA1c or FPG reading)



Date of Blood Test

(must be within the past 12 months)



NHS Number



Scan to sign up

