

Practice Logo

[Insert Patient name & address]

[Insert date]

Dear [insert Forename] [insert Surname],

Our records show that you are at high risk of developing diabetes.

We would therefore like to offer you a place on Healthier You the NHS Diabetes Prevention Programme. This is a FREE lifestyle and weight management programme sponsored by NHS England which could potentially reduce your risk of developing diabetes.

In line with our continuing efforts to offer the best possible care for our patients, we are involved in this national programme aimed at preventing diabetes. **We know that for people at higher risk of developing diabetes such as yourself, this risk can be dramatically reduced through lifestyle changes.** It is important that you book onto Healthier You, as soon as possible, to ensure you don't miss out.

Information you need to book your appointment:

Call Healthier You South London on 0800 092 1191 and provide the following information when requested:

NHS number	[insert NHS number]	
HbA1c	[insert HbA1c value]	[insert HbA1c date]
General practice	[insert General medical practice code]	[insert Referrer code]

Yours sincerely

[insert name]



Please record the date and time of your first session here and place it in an obvious place in your home.

I am going to my first Healthier You session

on: ____/____/____ at ____am/pm

Venue: _____