



Help your patients to reduce their risk of diabetes whilst also providing social engagement and wellbeing support during times of social isolation

At ICS Health & Wellbeing, our priority is to support our communities to reduce their risk of developing Type 2 diabetes and the complications it brings. That's why we have developed our service to continue to support people remotely during these times where we know that, social isolation is a significant challenge, mental wellbeing is being tested and physical health is perhaps being neglected.

Our service is now being delivered through remote means and therefore referring into the NHS DPP now will provide the opportunity for your patients to access:

- Interactive and informative resources
- Dedicated support via our Health & Wellbeing Coaches
- Peer interaction through the facilitation of our remote group sessions

This will help your patients in their journey to use this time to implement daily structure, new healthy habits and much needed motivation to live a healthy and happy life at home. Patients will also have the choice to revert over to our face-to-face sessions once it is safe for the service to offer this.



"I now have something to focus on whilst on lockdown"

"Well done ICS for organising calls in place of our meetings - I thoroughly enjoyed mine this morning"

"So pleased that we can still all 'meet up' with all this disruption, it's nice to be able to talk to someone, and hear what changes everyone is making."

"Much easier to be able to commit over the phone to attending the sessions, it's so nice to hear the support over the phone, and keep us on the right track."



NHS Diabetes Prevention Programme outcomes



80% of those with a BMI above 25 reduce their weight



70% of service user's HbA1c reduces to the healthy range

Top tips for referring your patients

1

Complete the invitation letter to invite patients onto the programme. The letter has all the relevant information the patient needs to make the decision to enrol onto the programme. The letter requires the HbA1c reading from your current data. This can be done by utilising your existing pre-diabetic at risk register. If you would like support with this to ensure the right message in this current climate, please [contact us](#) and we will be happy to help.

2

Guide your patients to the [self-referral pathway here](#).

3

Consider sending text messages to your eligible patients – we have a range of text examples available so please [contact us here](#) if you would like support with this.

4

Use the free and CPD-accredited NHS Diabetes Prevention Programme e-learning module, developed by NHSE and the Royal College of General Practitioners, for tools and information to support you with motivational interviewing and guidance to make quality referrals onto the programme.

[Access online module here](#)

You can find out more about the NHS Diabetes Prevention Programme via the button below.

[Visit our website](#)

We are available to support you with any help you require to generate referrals, so please do not hesitate to contact us with any questions you have.

Kind regards



Connect with us



[UNSUBSCRIBE](#) | [PRIVACY POLICY](#)

ICS Health & Wellbeing is a trading name of Pulse Healthcare Ltd. Registered office Caledonia House, 223 Pentonville Road, London, N1 9NG. Registered in England and Wales. Company registration number 3156103.