Organisation Name

GP/ Nurse Name

Practice Name

Practice Code

Practice Address

Practice Telephone Number

Short date letter merged

Title Initial Last Name

Home Full Address

Dear Title Initial Last Name,

**Healthier You - NHS National Diabetes Prevention Programme**

Your GP having reviewed your record has found that you had Gestational Diabetes (GDM) in the past. This means that you are more likely to develop Type 2 diabetes compared with other people, even if your blood readings have returned to normal after the birth.

We want you to attend the FREE Healthier You Programme. This stops many people going on to have diabetes. Healthier You is run by Reed Wellbeing on behalf of the NHS.

For more information and to sign-up to the programme visit healthieryou.reedwellbeing.com/gestational-diabetes or scan the QR code below:

A qr code on a white background

Description automatically generated

**SCAN ME**

Alternatively, you can call the Reed Wellbeing booking team on 0800 092 1191.The team are available Monday to Friday 9am – 6pm.

When registering you will need to have your NHS number to hand:

* Your NHS number: NHS Number

We hope you enjoy the programme and we look forward to hearing how you get on at your next appointment with us.

GP/ Nurse Name

Practice Name