

Usual GP Organisation Name
Usual GP Full Address (stacked)

Long date letter merged

Title Initial Last Name
Home Full Address (stacked)

Dear Given Name Surname

Our team has recently reviewed the results of your last blood tests and we are writing to you because they indicate you are at high risk of developing type 2 diabetes.

Diabetes can cause serious long-term health problems and, sadly, diabetes is found in nearly one third of people who die of COVID-19. But the risk of Type 2 Diabetes can be reduced by getting support to lose weight (where appropriate), getting more physically active and eating healthy food. The NHS Diabetes Prevention Programme called “Healthier You” is a support service for Camden patients who have this high risk and so we have reserved a place for you. “Healthier You” is a completely free service delivered in Camden by an organisation called ICS Health & Wellbeing.

The Diabetes Prevention Programme will help you take better control of your health. Taking action now is very important as it can reduce your risk of, or even stop you, developing Type 2 diabetes.

About the programme:

The Healthier You NHS Diabetes Prevention Programme provides guidance on eating healthily, managing weight and being more active. As part of a group, you will work with a trained health coach to learn the skills you need to make lasting lifestyle changes. Sessions are normally held at different times and locations throughout Camden, however due to COVID-19 this is currently being offered over telephone and group video conference, and online through apps and websites.

The nine month programme will help you to:

- Learn about nutrition and health in a way that’s culturally relevant to you
- Add physical activity into your lifestyle
- Gain life changing skills and knowledge for long term success

Your latest Hba1c or Fasting Blood Glucose test result is outlined in the box below and these are the details that you will need to provide when confirming your booking.

General Medical Practice Code	Usual GP Organisation National Practice Code
Your NHS Number	NHS Number
Latest HbA1c / Fasting Blood Glucose test result	Single Code Entry: HbA1c measurement (DCCT aligned)

What your test results mean

- HbA1c of 41 mmol/mol (5.9% and below) or Fasting Blood Glucose of 5.4mmols/l and below is considered normal.
- **HbA1c of 42 to 47 mmol/mol (6% to 6.4%) or Fasting Blood Glucose of 5.5 to 6.9 mmols/l means that you are in the high risk range of developing diabetes.**
- HbA1c of 48mmol/mol and above (6.5% and above) is the diabetic range, but a blood test would have to be repeated to confirm.

As you are at high risk of developing type 2 diabetes, it is important that you book your initial assessment promptly. Please call the service team on 0333 577 3010. You can also go to <https://preventing-diabetes.co.uk/north-central-london/> to find out more information.

Yours sincerely

Current User

For more information you can also visit: <https://preventing-diabetes.co.uk/>