

# Have you been diagnosed with type 2 diabetes in the last 6 years?

Are you...

- Living with obesity or overweight?
- Aged 18-65?

**You may be eligible to join the NHS Type 2 Diabetes Path to Remission Programme.**

The NHS Type 2 Diabetes Path to Remission Programme is a treatment available for some people living with type 2 diabetes and obesity, or overweight.

Research trials have shown that a programme including a 3-month specially formulated 'soup and shake' diet followed by healthy lifestyle support helped people living with type 2 diabetes and obesity, or overweight, to lose over 10kg in weight, improve their blood sugar levels, reduce diabetes-related medication and, in almost half of participants, put their type 2 diabetes into remission.

To access the service, please speak to your GP and ask to be referred

Service provided by

**Reed Wellbeing**  
..