

The NHS England Type 2 Diabetes Path to Remission Programme

We are writing to you because you have been identified as someone that could join the NHS T2DR Programme.

The programme helps people with Type 2 diabetes using a total diet replacement approach, with the aim of helping you lose over 10kg in weight, improving your blood sugar levels, reducing the need for diabetes-related medication and even putting your Type 2 diabetes into remission.

How it works

You will be offered total diet replacement products including soups and shakes consisting of up to 900 calories a day for up to 12 weeks. During this time, you will be expected to replace all normal meals with these products.

After this, you'll get help to re-introduce healthy food and support to keep your weight down. Altogether, the programme lasts 12 months.

The programme will be delivered remotely via group video calls.

This support will provide you with the help and advice you need throughout every phase of the programme. **The whole programme, including the products, is funded by the NHS and completely free of charge to you.**

In our area, the service is provided by Liva Healthcare.

Find out more

Please review the enclosed information to learn a little more about the programme. If you would like to find out more about taking part, please contact us at the practice so we can discuss whether the programme is suitable for you and get you started.