

**PARK GRANGE MEDICAL CENTRE**

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Dear Patient,

# Register for Healthier You NHS Diabetes Prevention Programme and improve your life

Your most recent blood test shows that your blood sugar is higher than normal. This means that although you don’t have type 2 diabetes now, you are at higher risk of developing it in the future. Type 2 diabetes is a serious condition, which can lead to long-term health problems.

Research shows Type 2 diabetes is largely preventable. That’s why we are offering you a **free** place on Healthier You. Healthier You can support you to improve your health and wellbeing and reduce your chance of developing type 2 diabetes.

# Don’t delay – register today by contacting Reed Wellbeing Telephone 0800 0921191

**Go to** https://bit.ly/HealthierYouWY

**Scan** the QR code with your smartphone 

When you register, you need to give your NHS number and blood results. Please contact a member of the reception team for these details.

Reed Wellbeing is an established organisation working with the NHS to offer Healthier You either face to face in a local venue, using a digital app or on Zoom for some participants. For more information, go to healthieryou.reedwellbeing.com or telephone 0800 0921191.

I hope you make a positive choice towards a healthier you and register for a place today.

Dr Junaid Azam

Park Grange Medical Centre