

## Xyla Health & Wellbeing - Healthy Futures

Session	Week	Content	Resources
Initial Assessment	0	<ul style="list-style-type: none"> <li>• One-to-one review (collection of baseline data)</li> <li>• Understand motivations, perceived obstacles and readiness to change</li> <li>• Identify individual preferences and needs, establish weight management goals and set appropriate targets</li> </ul>	Wellbeing Way App – access provided post initial assessment.
1. Understanding diabetes and getting started	1	<ul style="list-style-type: none"> <li>• Developing an understanding of prediabetes risk factors and complications including:               <ul style="list-style-type: none"> <li>○ Those who are overweight</li> <li>○ Those of a healthy weight</li> <li>○ Genetics</li> <li>○ Psychological wellbeing</li> <li>○ Gestational diabetes</li> </ul> </li> <li>• Nutrition top tips and initial actions for getting started including. options for further reading</li> <li>• Programme outcomes and testimonials</li> <li>• Meet your group social activity</li> <li>• Introduction to values and values activity</li> <li>• Motivation, rewards, and goal setting</li> <li>• Self-monitoring – how and why?</li> </ul>	Personalised Action Plan (provided at this session)
2. Habits including social and cultural influences on food	3	<ul style="list-style-type: none"> <li>• Habits</li> <li>• Social and cultural influences about food</li> <li>• Energy balance and introduction to portions.</li> <li>• Meal patterns &amp; introduction to hunger and fullness.</li> <li>• Breaking down the portion plate</li> <li>• Food habits activity</li> </ul>	Personalised Action Plan & Eating Well Handbook (provided at this session)
3. Movement for medicine	5	<ul style="list-style-type: none"> <li>• Identify the different types of exercise and physical activity (PA)</li> <li>• Sports and lifestyle activities</li> <li>• Understand government recommendations regarding exercise frequency, intensity, time, type</li> <li>• Implement strategies to overcome personal barriers to PA to lead a more active lifestyle</li> </ul>	Personalised Action Plan, Moving More Handbook (provided at this session) & Physical Activity Video

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4. What is a healthy diet and addressing barriers	7	<ul style="list-style-type: none"> <li>• What is a healthy diet? Overview of fats and proteins with a full breakdown of carbohydrates, including the importance of fibre and impact of glycaemic index</li> <li>• Personal dietary analysis alongside the EW plate</li> <li>• Problem solving, barriers and the circle of control</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook (provided at this session)
5. Stress and snacking	9	<ul style="list-style-type: none"> <li>• Stress/Fight Flight</li> <li>• Comfort Eating</li> <li>• Snacks</li> <li>• Programme testimonials</li> <li>• Body scan/breathing activity</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook. Recipe Book (provided at this session)
6. Thoughts and community support	11	<ul style="list-style-type: none"> <li>• Thoughts &amp; self-compassion/self esteem</li> <li>• Mindful eating</li> <li>• Signposting for local services</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook
7. The impact of meal planning & understanding food labels	15	<ul style="list-style-type: none"> <li>• Top Tips for meal planning and shopping.</li> <li>• Food labels</li> <li>• Food labels Activity</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook
8. Lifestyle planning and the impact of sleep	19	<ul style="list-style-type: none"> <li>• Planning a healthy lifestyle, including case study review</li> <li>• Sleep quality and quantity</li> <li>• Food and sleep, cravings</li> <li>• Health checks</li> <li>• Self-monitoring</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook
9. Motivation and physical activity	23	<ul style="list-style-type: none"> <li>• Understand personal motivations for undertaking PA and using this to increase activity levels</li> <li>• Recognise and take opportunities to progress weekly PA plans &amp; daily lifestyle routines</li> </ul>	Personalised Action Plan, Moving More Handbook & Physical Activity Video
10. Mindfulness, tips for eating out and home cooking.	27	<ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Eating out</li> <li>• Cooking from scratch, added sugars and fluid intake</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook
11. Asserting yourself and taking ownership of your health	31	<ul style="list-style-type: none"> <li>• Assertiveness</li> <li>• Finding reliable nutrition info</li> <li>• Lifestyle quiz</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook

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12. Continuing your Physical Activity	35	<ul style="list-style-type: none"> <li>• Gain strategies for continued PA participations following completion of the NDPP</li> </ul>	Personalised Action Plan, Moving More Handbook & Physical Activity Video
13. Maintaining change and managing setbacks	39	<ul style="list-style-type: none"> <li>• 10 Steps to maintain change</li> <li>• Managing setbacks</li> <li>• Outcomes and successes</li> <li>• Sharing programme highs and lows activity</li> </ul>	Personalised Action Plan, Eating Well & Taking Charge Handbook
End of programme review	40	<ul style="list-style-type: none"> <li>• Review health plan and achievements (collection of all completion data)</li> <li>• Identify follow-up support options/provide local-national activity information to aid sustainability</li> <li>• Assessment of goal achievement/celebrate successes</li> <li>• Request feedback</li> </ul>	Personalised Action Plan

Key:  1:1 appointment  Eating Well Taking Charge Sessions  Moving More Sessions

[www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)



# Oviva

## Diabetes Prevent (Digital Service)

### One-to-one digital

Specialist and personalised dietary support from a coach over 9 months available via one-to-one or peer support.

Coaching and ongoing support provided via Oviva's NHS Digital-approved app. Entirely remote with no need to travel, so you can access support wherever you are, including evenings or at weekends.

Life-time access to psychological and nutritional advice on our app, to help you gain confidence and keep up positive lifestyle changes long term.

Those who start the programme lose on average 4.5kg and 97% would recommend the programme to family and friends.

The digital behaviour change programme has 3 stages:

- **Start:** You'll tell us a little more about yourself, your health and well being and we'll match you with the right healthcare plan that makes sense for you. After downloading the Oviva app, your coach sets you up with one-to-one or peer support and you can get started with tracking your goals, meals, activity and weight.
- **Change:** The first 12 weeks focus on intensive behaviour change to work towards your personal health goal with the support from your health coach or peers. This will help you in this early stage of making long term changes to your lifestyle.
- **Sustain:** For the remainder of the programme you will continue to build confidence in maintaining your new healthier behaviour long term, helped with monthly support. You will continue to self-track your activities and grow your knowledge using the weekly online resources, to help keep up your new habits.

