



Do You Want To Lose Weight And Achieve Remission From Type 2 Diabetes?

What is the NHS Path to Remission Programme?

It is a free 12-month programme designed to provide you with all the tools you need to help you lose weight, control your blood sugar, reduce your medication and potentially put your diabetes in remission. In your area, the programme is currently being provided by Counterweight.

How does it work?

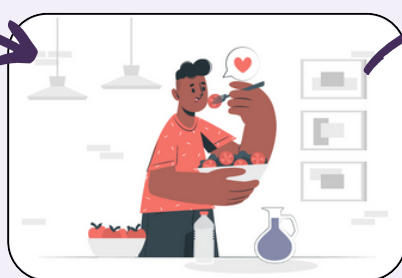
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Weeks 1-12
TOTAL DIET REPLACEMENT

Nutritionally-complete meal replacements (soups, porridge, shakes) will replace your meals to help you lose a significant amount of weight

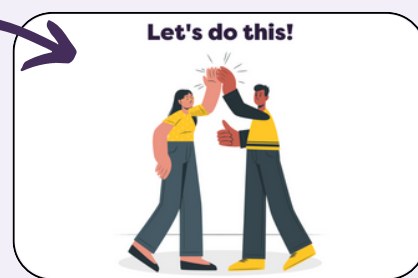
2



Weeks 13-18
FOOD REINTRODUCTION

A coach will guide you to reintroduce food back into your diet in a gradual, controlled way

3



Weeks 19-52
WEIGHT LOSS MAINTENANCE

The final phase will provide you with the knowledge and tools to maintain your weight loss, health and wellbeing goals

How is it delivered?



- ➔ One-to-one support from a dietitian or qualified nutritionist
- ➔ In-person or remotely via video call or phone call
- ➔ Using the Counterweight app or hardcopy workbook
- ➔ With a choice of language (English, Urdu, Polish, Punjabi, Arabic, Tamil and Gujarati)
- ➔ Using a variety of resources: goal setting, habit & progress tracking, recipes, workouts, and lots more!

What are the benefits?



Potential remission from diabetes, which means your body can maintain normal levels of sugar in your blood without medication



Reduced blood pressure



Reduced risk of diabetic related complications such as heart disease



Improved sleep, mood and energy levels



Significant weight loss ~10kg



Reduction in medication



Scan the QR code for more information

What are the potential side effects?

Dehydration, fatigue, headaches and constipation, but your coach is there throughout your journey to help you manage and prevent them.

If you are between 18-65 years old, confirmed type 2 diabetes within the last 6 years with a BMI of over 27 kg/m² (White ethnic groups) or over 25 kg/m² (Black, Asian and other ethnic groups) then contact your GP practice to join the programme today!