

# Diabetes REWIND Programme

## (Reducing Weight with Intensive Dietary Support)

### HCP information sheet

If your patient has had Type 2 diabetes for less than 12 years and meets the inclusion criteria below then they may be eligible for our new one-year REWIND service. This free service aims to support your patient in leading a healthier lifestyle, reduce their diabetes medicines and even achieve diabetes remission.

### How does it work?

The unique one year programme combines regular telephone contacts with online learning to support individuals in achieving their health goals. If eligible for the service, individuals will be fully supported by a team that includes GPs, practice nurses, health coaches, specialist dietitians and exercise specialists. Research shows that changing diet and lifestyle can benefit the management of Type 2 diabetes, therefore our programme includes education and coaching on nutrition, movement and health behaviour change. After the initial assessment, there are two options:



#### Total diet replacement

12 weeks of very low-calorie diet of shakes and soups, followed by 12 weeks of gently reintroducing food, and then 6-months maintaining a new healthy eating lifestyle. The cost of this is approximately £2 per day, and replaces all food, so may make shopping bills lower! This option is only available to those eligible, and this is explained in the how to refer section later in this information sheet.



#### The low carb choice

If your patient is ineligible for total diet replacement, your patient can choose the low carb option. This is 12 weeks of learning a new low carbohydrate diet followed by 12 weeks of incorporating learnings into every day life and is completed with a 6-month maintenance phase. This option is available to anyone who is eligible for the programme.

### The 12 month service will include:

**10**  
group  
sessions

**10**  
1:1 phone calls  
with a health  
coach

**26**  
online support  
modules

HCP review  
at 1, 2, 4 and  
8 weeks and 3, 6  
and 12 months



## Empowering people to live healthier lives for longer

### Features

- Three-staged programme focused on helping individuals achieve their health goals that may help to put diabetes into remission
- Health coach support throughout the programme
- Online programme resources which are accessible 24/7 (printed handouts available to those who don't have internet access)
- Free group sessions, coaching support and resources throughout the year

### How to refer

This unique programme is being exclusively offered to patients across North West London.

### Who's eligible?

- Aged 18 years or over
- Diabetes duration <12 years (in phase 1)
- On DPP-4, SGLT-2 or GLP-1

### Exclusions:

- HbA1c > 85mmol/mol (unless within six months of diagnosis)
- Current insulin use (at least in phase 1)
- Pregnant or planning to become pregnant during next six months. Defer those breastfeeding until lactation ceases
- Severe renal impairment (eGFR <30)
- Health professional assessment that the person is unlikely to understand or meet the demands of the treatment programme and/or monitoring requirements (e.g. active psychotic illness)
- Unwilling to provide blood samples
- Unwilling to allow sharing of clinical information to allow tracking of progress and payment against outcomes

**\*For further exclusion criteria, please visit [xylahealthandwellbeing.com/rewind-hcp/](https://xylahealthandwellbeing.com/rewind-hcp/)**

### Healthcare professional requirements

#### Refer:

After discussing the REWIND service with your patient and confirming eligibility for the two pathways please complete the referral form which is embedded into your clinical system and send it to:  
NHS email: [scwcsu.rewind@nhs.net](mailto:scwcsu.rewind@nhs.net)

#### Ongoing support:

Once your patient has been enrolled onto the REWIND service you are required to contact the patient, issue a glucometer and stop repeat medication on your patient clinical system according to guidelines and arrange initial reviews at weeks one and two and at one, two and three months.

For further information and primary care protocols, please visit our website:  
**[xylahealthandwellbeing.com](https://xylahealthandwellbeing.com)**