



**Your doctor has suggested that you enrol in a lifestyle modification program to help reduce your risk of developing type 2 diabetes.**

**Your doctor has given you a referral to a subsidised program in your local area.**

### **What is a subsidised lifestyle modification program?**

The program will teach you how to reduce the health risks that your doctor has told you may lead to type 2 diabetes.

It will help you to change your lifestyle in ways that can delay the onset of type 2 diabetes or prevent you getting it.

### **What happens after I finish the program?**

When you have completed the program, the facilitator or provider will send your doctor a written report.

It will include your progress on achieving your goals to improve your diet and physical activity, and give your weight and waist measurements.

You will also get the opportunity to make comments on the program on a feedback form.

#### **Lifestyle Modification Program Details**

Name of provider: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Website: \_\_\_\_\_

More information on risk factors for diabetes can be found at [www.healthinsite.com.au](http://www.healthinsite.com.au)

## **Subsidised Lifestyle Modification Programs**

to reduce the risk of Type 2 Diabetes

### **How much does the program cost?**

This program is subsidised by the Australian Government but you will be asked to make a one off payment of up to \$50 to the provider at the time of enrolment in the program.

However, if you have a health care card or a concession card, you won't be asked to pay anything.

### **What if I want more information about the program?**

You can get more information from the provider of the program listed on the back of this leaflet either before you enrol or at the time of enrolment. They will be happy to tell you about it.

### **What does a lifestyle modification program involve?**

It is a group program with no more than 15 people in each session, where you will learn more about:

- type 2 diabetes and its complications
- what you should eat and drink to stay healthy
- how physical activity can help
- how to make healthier lifestyle choices.

It may include supervised exercise.

The program will help you to keep up the lifestyle changes that can delay or prevent the onset of type 2 diabetes.

### **How much of my time will it take up?**

Each program must provide a minimum of 8 hours of contact for the participants.

Usually, the program will be six group sessions of about an hour and a half each.

### **Why is this program different from other lifestyle modification programs?**

Your program is designed specifically for those at risk of type 2 diabetes, and is accredited to ensure it is of the highest quality.