

# X-PERT Health Diabetes Digital

**X-PERT  
HEALTH**

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## Innovative Education

At X-PERT Health our aim is to provide members of the public and healthcare professionals with effective education that helps prevent or manage diabetes and other long-term medical conditions. We believe prevention is better than cure and that the right education can achieve this.

Our digital programme has been developed to extend the reach of diabetes education by improving accessibility for harder to engage groups and for those where group education is not preferable or suitable.

## X-PERT Diabetes Digital

After 15 years of delivering our award-winning X-PERT Health group education, we have created something truly innovative.

Our diabetes digital platform includes all six sessions from our diabetes education available on smart phone, tablet or computer.

Enabling users to understand more about their diabetes in visually engaging content delivered through animated videos, quizzes, games and interactive goal setting with in-built tracking devices and user forum. Users will be supported to set realistic and achievable goals and will have access to help from a trained health coach.

People attending X-PERT group programmes can also use this platform to track their health and wellbeing.



### BENEFITS OF DIABETES DIGITAL ARE:

- Highly interactive learning
- Increased physical activity through guidance videos
- Support from a personalised coach and other users
- Reduced stress through mindfulness
- Rewards for reaching milestones
- Reminders for self-care

X-PERT Diabetes Digital meets real needs at a time and place that suits you:

<b>24/7 SUPPORT</b> 	<b>MOOD TRACKING</b> 	<b>GOAL SETTING AND NOTIFICATIONS</b> 	<b>INDIVIDUALISED SUPPORT FROM A HEALTH COACH</b> 	<b>SLEEP TRACKING</b> 	<b>HEALTH RESULTS TRACKING</b> 	<b>DIET INFORMATION AND RECIPES</b> 	<b>PHYSICAL ACTIVITY LOGS</b> 
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For more information or if you have any questions about the programme we would love to hear from you:

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www.xperthealth.org.uk



# X-PERT Digital Programme

6 sessions with the same content as our group programme:



Goal setting and review



Tracking and check-ins



In-depth topic covered each session



Online forum for additional support



160 page free handbook included

Our 6 session structured programme gives the knowledge, skills and understanding to help self-manage blood glucose levels more efficiently.

<b>SESSION 01</b>	<b>WHAT IS PREDIABETES AND DIABETES?</b> Digestion, carbs and blood glucose control Insulin and insulin resistance The 7 Lifestyle Factors for optimal health Health results - what do they mean?
<b>SESSION 02</b>	<b>NUTRITION FOR HEALTH AND FAT AWARENESS</b> Limitations with "eat less, move more" Nutrition for Health - food groups and portions Dietary approaches - one size doesn't fit all Fat Awareness
<b>SESSION 03</b>	<b>CARBOHYDRATE AWARENESS</b> Carbohydrate and blood glucose levels Assessing the amount and type of carbohydrate Considering the type of carbohydrate How good am I at estimating carb content?
<b>SESSION 04</b>	<b>PSYCHOLOGY OF EATING, FOOD LABELS AND PHYSICAL ACTIVITY</b> Psychology of eating and causes of hunger Nutritional information on food packaging Physical activity - why, what, when and how?
<b>SESSION 05</b>	<b>POSSIBLE COMPLICATIONS</b> Low and high blood glucose levels Prevention of complications Work, driving, insurance, travel and illness Stress, meditation and sleep
<b>SESSION 06</b>	<b>RECAPPING AND THE WAY FORWARD</b> "Are you an X-PERT?" game Revisiting my health profile What's next? Maintaining benefits and recipes for different dietary approaches