

## Long Term Conditions Prevention Programme

### Patient information sheet

The Healthier You: Long Term Conditions Prevention Programme is designed to support individuals with high blood pressure to reduce their risk of developing serious health problems.

Through tailored guidance and encouragement, we'll help you make small, realistic changes that fit your lifestyle and improve your health for the long term.

### Healthy changes, lasting results



#### Nutrition

Supporting you to make balanced food choices for healthy blood pressure, weight and overall wellbeing.



#### Physical Activity

Discover how physical activity can help you stay healthy and find ways to stay active that work for you.



#### Psychological Support

Build confidence and gain practical tools to take control of your health – now and for the future.

### How to join

To be eligible for this programme, you need to be:

- Aged 18-80
- Diagnosed with hypertension (this could be high blood pressure now, or blood pressure in the normal range because it is controlled with medication)
- Registered with an eligible GP practice

If you're not sure if you have hypertension or if are eligible, please ask your GP practice. A full list of eligible GP practices and how to join the programme can be found here: <https://xylaservices.com/LTC>



**For further information,  
please contact us at:**

[xylaservices.com/LTC](https://xylaservices.com/LTC)

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