

Long Term Conditions Prevention Programme

Referrer information sheet

Who's eligible?

- Age 18–80
- Diagnosed with hypertension
- Do not have a current or historical diagnosis of type 2 diabetes, non-diabetic hyperglycaemia or gestational diabetes
- Registered with an eligible GP practice (for a full list please visit <https://xylaservices.com/LTC>

*Patients with non-diabetic hyperglycaemia or a history of gestational diabetes may be able to be referred to the NHS Diabetes Prevention Programme. Patients with type 2 diabetes may be able to be referred to the NHS Type 2 Diabetes Remission programme.

What is covered in the Healthier You: Long Term Conditions Prevention Programme?

Key areas include:

- Understanding hypertension and the importance of lifestyle changes for long-term health and, where appropriate, weight management.
- Nutrition guidance for balanced eating, heart-healthy choices, and sustainable meal planning.
- Physical activity support, tailored to personal preferences and abilities.
- Sleep and stress management to overcome barriers to health and blood pressure control.
- Goal setting with behaviour-based goals and a holistic view of progress.

Skills developed

Throughout the programme, patients will build practical skills to support long-term lifestyle change, including:

- Making enjoyable, sustainable changes to their diet without restrictive eating. Developing healthy habits that are realistic and maintainable.
- Managing stress to reduce its impact on physical and emotional health.
- Improving sleep quality to support energy, mood, blood pressure control, and overall wellness.
- Finding and maintaining physical activity that suits their preferences and physical abilities.
- Building confidence and autonomy in managing their health beyond the programme.

How to refer

To refer an individual to the Healthier You: Long Term Conditions Prevention Programme, please ensure they meet the eligibility criteria, then advise them that they are eligible to take part and that they can sign up here: <https://xylaservices.com/LTC> or by calling 0333 577 3011.

For any questions or further assistance, feel free to contact us on scwcsu.ltc@nhs.net or visit <https://xylaservices.com/Ltc-referrer-information>

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