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Health

X-PERT Programmes can help you: -  
reduce your blood glucose levels, and  
potentially to put your prediabetes or  
Type 2 diabetes into remission. - improve

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your blood pressure and the ratio of fats  
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X-PERT Diabetes Digital - Apps on  
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The X-PERT Programme seeks to  
develop the knowledge, skills and  
confidence in diabetes treatment for health-

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care professionals and diabetes self-management. The programme trains health-care professionals to deliver the six-week structured patient education programme to people with diabetes.

Structured patient education: the X-PERT Programme

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The X-PERT Diabetes Prevention & Management Handbook version 14, updated in August 2019, is an 161-page comprehensive summary of the X-PERT Diabetes & X-POD Programmes, together with care planning activities and additional information to promote diabetes self-management. This book

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X Pert Diabetes Prevention Management  
12

This handbook features care planning

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activities and additional information to promote diabetes self-management for anyone with type 2 diabetes. It will also provide you with guidance on Dietary Approaches, Recipes, Fat Awareness, Food Labels, Possible Complications and Stress & Sleep. The X-PERT Diabetes Handbook also covers:



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## X-PERT Diabetes Handbook - X-PERT Health

This set of 12 subtitled videos deliver the key messages of the X-PERT Health Diabetes Prevention & Management Education Programme. Subtitled videos are useful to support individuals who may

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be hearing impaired, for anyone who cannot or doesn't wish to attend group sessions, or for anyone who would like a recap of the programme.

Subtitled Videos X-PERT Diabetes  
Programme - X-PERT Health  
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intensive lifestyle programme aimed at reducing risk of developing type 2 diabetes for people at higher risk ; X-PERT Diabetes – for people with type 1 and type 2 diabetes, with an emphasis on lifestyle choices. X-PERT Insulin – for people with type 1 or type 2 diabetes and are treated with insulin. What do the

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diabetes X-PERT courses entail? The diabetes X-PERT courses are structured to provide as much diabetes and lifestyle information as possible.

X-PERT Diabetes Course

The X-PERT Diabetes Prevention &  
Management Handbook version 14,

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

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that the right education can achieve this.

Home - X-PERT Health

Hi there, I ' m Dr Trudi Deakin, chief executive of the charity X-PERT Health which develops, implements and evaluates structured education for the prevention and management of diabetes. We strive to

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keep abreast of the latest research so that healthcare professionals and patients obtain the most up-to-date lifestyle management information.

X-Pert Advice for Healthcare  
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X-PERT is one of the longest-standing diabetes education courses for people with type 2 diabetes. There are different X-PERT courses available: First steps (introduction to diabetes management one-off session) X-PERT diabetes prevention

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X-PERT | Know Diabetes

The X-PERT Diabetes Prevention & Management Handbook is a 161-page comprehensive summary of the X-PERT Diabetes Program, together with care planning activities and additional

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information to promote diabetes self-management.

X-PERT Diabetes Handbook — X-PERT  
Health

This is the only national structured education programme that is suitable for people with Type 1 or Type 2 diabetes.

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Attending the X-PERT Insulin programme will increase your knowledge, skills and understanding of your condition and help you to make lifestyle choices to manage your blood glucose levels more effectively when using insulin.

Group Programmes - X-PERT Health

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The X-PERT Diabetes Digital Programme is a great way to learn more about your Type 2 diabetes at a time and place that suits you. Our digital platform includes all six sessions from our award-winning X-PERT Health structured group education programme.

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