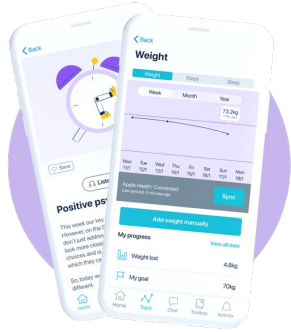


SECOND NATURE

A digital programme designed to support you to create long term healthy habits to improve your overall health



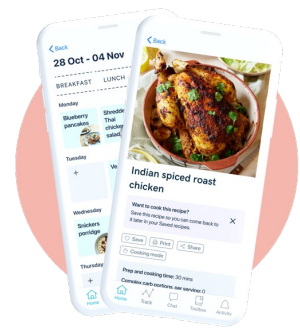
Track

Monitor your progress by tracking your weight and daily steps



Support

1-1 support from a dietitian or nutritionist and a support group of similar peers



Learn

Through interactive content on nutrition, exercise, sleep, stress and mental wellbeing

Week 0

Sign up, get to know your coach and peer group

Week 1-12

Make small incremental lifestyle changes to get healthier

Week 13+

Access new recipes and our wider community of completers



FAQs

● I have limited mobility...

The programme has been designed to be flexible and all exercise recommendations can be adjusted to your ability. You'll start off by focusing on a simple step count based on what's achievable and realistic for you.

● Do I have to start right away?...

No! When you complete the sign-up process, you can select a start date up to one month in advance.

● Do I have to count calories?...

No! We don't count calories, sins or points. Our programme focuses on keeping you fuller for longer.

● Is there a specific time to use the app?...

There is no set time to log into the app. The private chat and support group is in the form of chat messenger (similar to a What's app chat') and you can check in whenever you have the time.

● I'm not tech savvy...

If you need any help getting signed up or navigating the app, call 020 3488 0769. The Second Nature Customer support team can walk you through the app or answer any questions you might have.

For more information, contact:

**Adult Weight Management and
Type 2 Diabetes Prevention Service**

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