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Fitness Tracker Intervention

***Information for people
with Type 2 diabetes
and their support network***

What is this leaflet for?

This leaflet explains about our one-to-one consultations for adults with Type 2 diabetes and how these could help you.

Why is being active important?

Regular activity for all people, and particularly those diagnosed with Type 2 diabetes, has been shown to help improve health and wellbeing.

What is involved in the Fitness Tracker intervention?

We invite you to a one-to-one consultation carried out by a Health Psychologist. This usually lasts about 45 minutes.

During the consultation, we can discuss how much activity you are doing currently, how much activity you would like to do, and what gets in the way of you being more active.

We will use this information to help you set your own realistic goals for increasing your physical activity. We provide you with a Fitness Tracker (free of charge) so you can monitor your activity.

Your goals are written down during the consultation and you take them away with you.

Please note that this consultation **doesn't** involve any examinations or exercise. However, with your permission, we will access your medical records.

Where will the consultation take place?

Due to COVID-19, we don't have face-to-face appointments at the moment. Instead, all our appointments are delivered using the Near Me online system. You can use any camera device with access to the internet (such as a smartphone, tablet etc) to have a virtual appointment with us.

This means you don't need to come to a clinic and you can have your appointments from your own home. We'll send you more information on how to access Near Me with your appointment letter.

If there are any issues with Near Me, we can have an appointment by phone instead.

What would happen next?

Some people find it important that they feel supported in their efforts to increase their activity. If you wish, we can keep in touch fairly regularly using Near Me, phone calls; texts and emails.

We would like to see you again three months and six months after your initial consultation to see how things are going and what else we can do to help.

How could the Fitness Tracker intervention help me?

This intervention could help you to become more active. Your goals will be tailored to suit you and your fitness level.

Remember that increasing your activity can help you to:

- Control your blood glucose levels.
- Be a healthy weight.
- Reduce the long-term complications of Type 2 diabetes.
- Feel more energetic.
- Reduce stress and boost self-esteem.

Further information

You can contact the Health Psychology Supported Self Management Service directly to arrange a consultation. **You don't need to be referred by a healthcare professional.**

If you have any questions about the intervention or would like to book an appointment, then please contact:

Elaine Henderson or Sagrie Souter

Administrators

☎ 01224 655755

✉ gram.actnow@nhs.scot

This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 1819.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.