



# Your diabetes review appointment



**Do you have diabetes and want more time with your local healthcare team to discuss and get advice around managing your diabetes?**

In North- West London, we have developed Fresh Start Group Consultations. These are great way for you to get your diabetes review appointment, whilst receiving the personal attention of your healthcare team.

## **What is a Fresh Start Group Consultations Review Appointment?**

It is a 90-minute appointment with your healthcare team, where you will receive individual care in a group setting either **VIRTUALLY** or **FACE-TO-FACE**.

### **What this means for you**



**More time with your healthcare team**



**Safe and confidential space to share and learn from others**



**Opportunity to focus on the things that matter to you**

## **What kind of things are covered in a Group Consultations?**

- Answers to your individual questions, including medications, side effects, prescriptions & treatment options
- Lifestyle advice including guidance on weight management & healthy eating
- Discussion of diabetes test results
- Lively discussion and support

**97%**  
of patients would recommend a Group Consultations appointment to friends & family and tell us they feel more listened to & satisfied

**Your practice team will be in touch to invite you to your next diabetes review appointment in due course.**