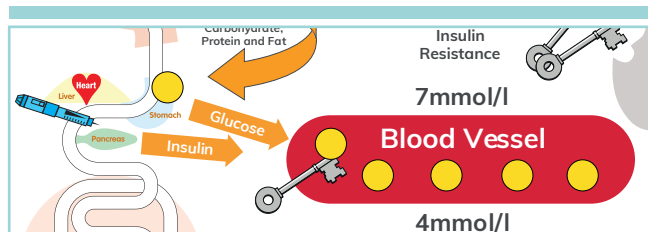


X-PERT Insulin Programme Summary



The X-PERT Insulin programme is delivered over six sessions, which are outlined below. If you have purchased or been given this handbook but are not attending a programme all of the key messages from these sessions are still covered. If you require additional support our free online forum (accessible at www.xperthealth.org.uk/forums) is open to everyone.



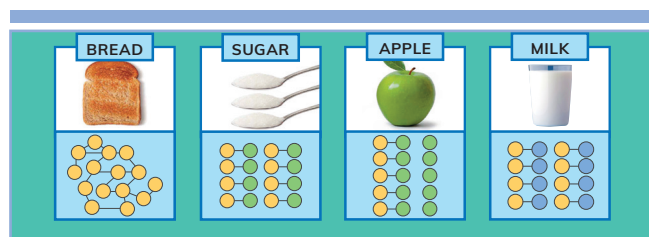
Session 1: What is Diabetes? The Role of Insulin

Digestion, carbs and blood glucose control
The role of insulin

Health results: what do they mean?

The 7 Lifestyle Factors for optimal health

Setting goals: what do I want to get from the programme?



Session 3: Know Your Carbs & Troubleshooting

Reading and understanding food labels

Estimating carbohydrate

Calculating carbohydrate

What is my daily intake of carbs?

Setting goals: my carb intake

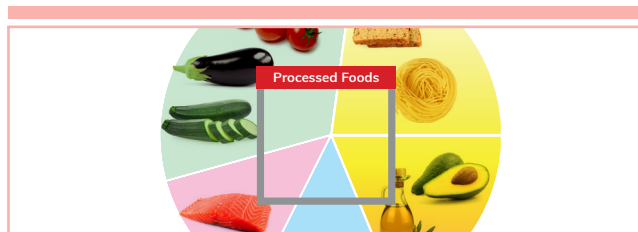
Troubleshooting

MATCH IT Diary		X-PERT HEALTH	
TIME	DAY/DATE:	COMMENTS & ACTIVITY	
	Insulin Regimen: OD / BD / TDS / Basal Bolus (Please circle)		
	Insulin Type:		
	Blood Glucose Before Breakfast/Fasting	5.5	5.5 - 7.5 >7.5
	Insulin/Tablets		

Session 5: MATCH IT

MATCH IT: Monitoring, Assessing Trends, Carb counting, Healthy activity and Insulin Titration

Setting goals: MATCH IT



Session 2: Nutrition for Health & Fat Awareness

Limitations with "eat less, move more"

Nutrition for Health - food groups & portions

Dietary approaches: low fat, Mediterranean, low carb, intermittent fasting

Fat Awareness

Setting goals: my dietary approach

ONSET OF ACTION	MAXIMAL EFFECT	DURATION OF ACTION
4 - 20 minutes	1 - 3 hours	1.5 - 5 hours
30 - 60 minutes	1 - 6 hours	6 - 12 hours

Session 4: Self-Monitoring Blood Glucose & Exploring Insulin

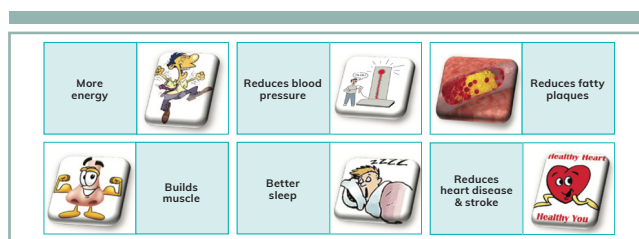
Self-monitoring of blood glucose

Blood glucose levels: DKA and HHS

Exploring Insulin

Annual review, work, driving, insurance, travel and illness

Setting goals: insulin



Session 6: Physical Activity & MATCH IT 24/7

Physical Activity

MATCH IT 24/7 Game: a recap of some key parts of the programme (**group programme only**)

Setting goals: my health goals for the future