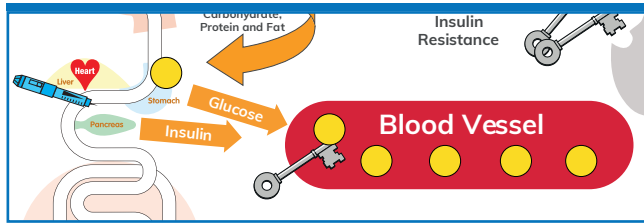


Programme Summary

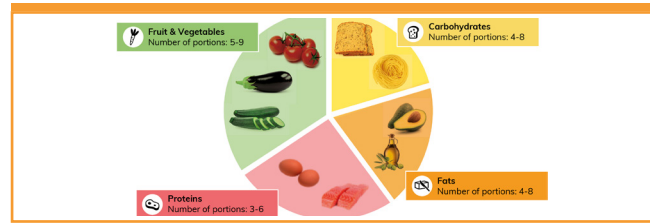


The X-PERT Insulin programme is delivered over six sessions, which are outlined below. If you buy a handbook but are not attending a programme all of the key messages from these sessions are still covered. If you require additional support, our free online forum (accessible at www.xperthealth.org.uk/forums)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



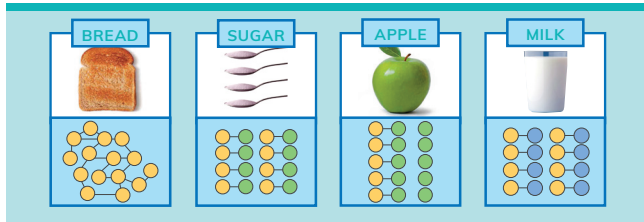
Session 1: What is Diabetes? The Role of Insulin.

Digestion, carbs and blood glucose control.
The role of insulin.
Health results: what do they mean?
The 7 lifestyle factors for optimal health.
Setting a goal: what do I want to get from the programme?



Session 2: Nutrition for Health & Fat Awareness.

Weight management: eat less, move more.
Nutrition for Health - food groups & portions.
Dietary approaches: low fat, Mediterranean, low carb, and intermittent fasting.
Fat awareness.
Dietary self-assessment.



Session 3: Know Your Carbs & Troubleshooting.

Reading and understanding food labels.
Estimating carbohydrate content.
Calculating carbohydrate content.
How much carbohydrate am I having?
Troubleshooting.

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

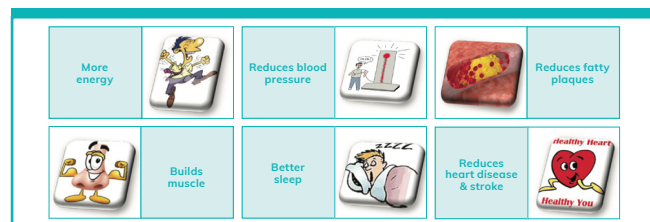
Session 4: Self-Monitoring Blood Glucose & Exploring Insulin.

Self-monitoring blood glucose.
Blood glucose levels: DKA and HHS.
Exploring insulin.
Annual review, work, driving, insurance, travel and illness.

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/Tablts:	

Session 5: MATCH IT

Monitoring,
Assessing Trends,
Carb counting,
Healthy activity
and Insulin Titration.



Session 6: Physical Activity & MATCH IT 24/7

Physical activity.
MATCH IT 24/7 game (a recap of the programme; **group programme only**).
Setting goals: the way forwards.