



Who We Work With

NHS Commissioners & Integrated Care Systems

Support population health priorities through evidence-based structured education programmes designed for scalable implementation across primary care and community settings.

X-PERT programmes support:

- prevention and early intervention
- self-management capability
- improved engagement with care pathways
- structured education access
- health inequality reduction

Structured education can also complement pharmacological pathways, including GLP-1 based approaches, by supporting practical self-management skills and long-term behaviour change.

Employers & Workforce Health

Support employees living with diabetes, weight challenges and long-term health conditions through practical, evidence-based health education.

Flexible programme delivery options support:

- remote teams
- shift workers
- multi-site organisations
- diverse workforces

Organisations benefit from:

- improved employee health confidence
 - stronger wellbeing support
 - flexible access options
 - measurable programme outcomes
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Community & Local Authority Partnerships

Improve engagement and access to structured health education within local communities.

Programmes are designed to support:

- multilingual delivery
- culturally adaptable education
- flexible community-based access
- prevention and public health initiatives

X-PERT Health works with councils, voluntary organisations and community partners to improve engagement and reduce barriers to participation.