

Screening Visit Information Sheet

Diabetes Remission Programme (Total Meal Replacement)

St Helena Health and Social Care Directorate (HSC)

Version 1

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What is this visit about?

You are being invited to attend a **screening visit** for a new Diabetes Remission Programme being offered on St Helena.

This visit is to:

- Check whether the programme is suitable for you
- Explain the programme in a bit more detail
- Give you a chance to ask questions

Coming to this visit does not mean you are signing up to the programme.

What will happen at the screening visit?

The visit is simple and usually takes **about 20–30 minutes**.

At the visit, a member of the health team will:

- Measure your **height and weight**
- Use these to calculate your **Body Mass Index (BMI)**
- Check a few basic details from your medical record (such as age, diabetes diagnosis date, and recent clinic visits)
- Explain what taking part in the programme would involve

No treatments or changes to medication will happen at this visit.

Why do you measure height and weight?

The programme is designed for people whose health is likely to benefit from weight loss.

Height and weight measurements help us check whether the programme is **safe and appropriate** for you.

These checks are part of making sure the programme is offered fairly and safely.

Do I have to decide at this visit?

No.

The screening visit is **information-gathering only**.

If you are eligible, you can:

- Take time to think about it
 - Talk it over with family or friends
 - Decide later whether you would like to take part
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What happens next?

- If you are **eligible and interested**, a baseline appointment will be arranged to go through the programme fully
 - If you decide **not** to take part, your usual diabetes care will continue as normal
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Do I need to prepare anything?

- Please wear **light clothing** if possible
 - Bring any **glasses** you need for reading
 - Bring any questions you may have
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Who can I contact?

If you have questions at any time, please contact:

[Clinic / Programme Name]

Phone: **[number]**

Email: **[email]**

Thank you

Thank you for taking the time to attend a screening visit and for your interest in improving diabetes care on St Helena.