

# National Digital Type 2 Diabetes Remission Programme

## One Page Guide

Information and Educational Resources for the National Digital Type 2 Diabetes Remission Programme

IDENTIFY → CHECK → ADJUST → REFER → SUBMIT → SUPPORT



Clinician identifies a patient Living with **Type 2 Diabetes** who may benefit from the remission programme



Confirm patient meets **eligibility criteria** (Inclusion / Exclusion guidance)



Review and plan for **glucose** and **BP lowering medication** adjustments necessary at start of programme



Refer patient via SCI-Gateway  
↓  
**Special Health Boards**  
↓  
**National Type 2 Diabetes Programme**



Complete referral form including:  
• **Clinical details**  
• **HbA1c**  
• **Diagnosis date**  
• **Patient email**  
• **Medication adjustment confirmation**



Patient is onboarded to **Counterweight programme**.  
Monitoring and support provided throughout TDR

### Supporting Resources

The resources linked below provide guidance to support safe and effective referral into the National Digital Type 2 Diabetes Remission Programme.

It is suggested that staff referring into the programme familiarise themselves with:

→ [Inclusion / Exclusion Criteria](#)

→ [How to Refer](#)

→ [Medication Adjustment Guidance](#)

→ [Counterweight Website](#)