



xyla

Part of Acacium Group



Healthier You | Document 3 | Question 27 Experience & Capability evidence

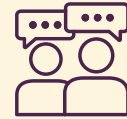
Screenshots of Xyla's mobile app used
on the existing T2DR programme

Introduction

Xyla has been delivering the NHSE Type 2 Diabetes Path to Remission programme (T2DR) and previously the Low-Calorie Diet (LCD) programme since 2020.



Over 20,000 Referrals
received



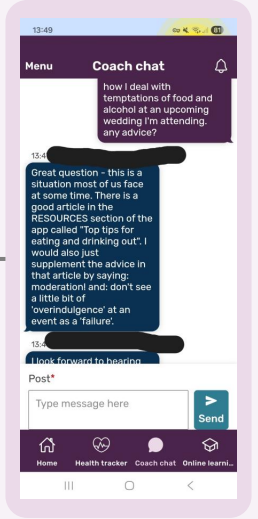
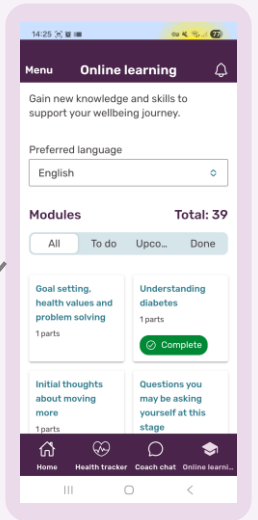
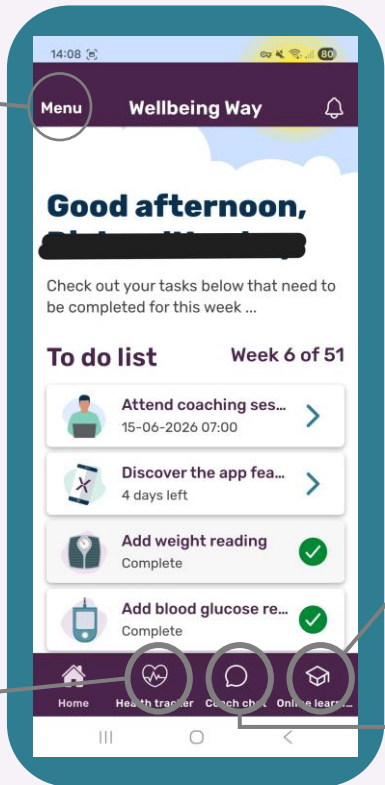
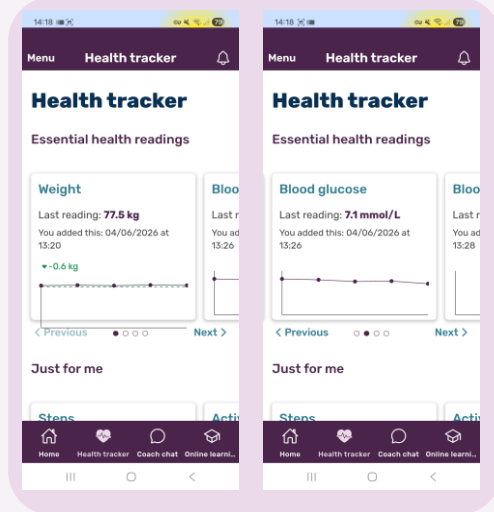
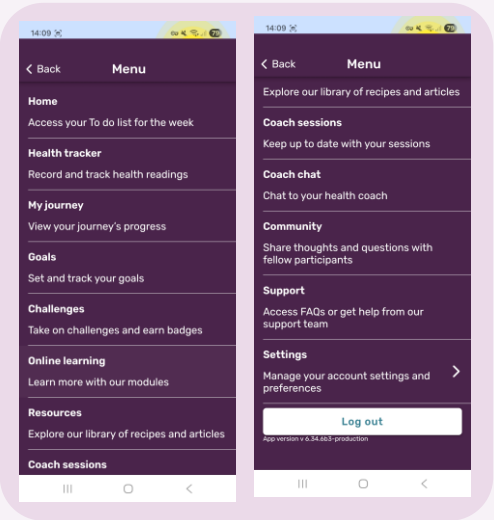
Over 10,000 one-to-one
health coaching sessions held

Xyla has, and continues to, deliver this programme via both face-to-face and fully digital pathways.

Delivery is supported by a mobile application, available for iOS and Android smartphones.

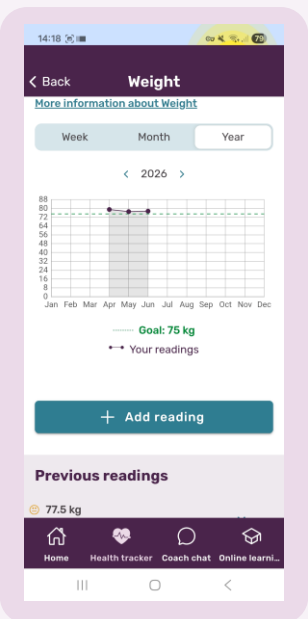
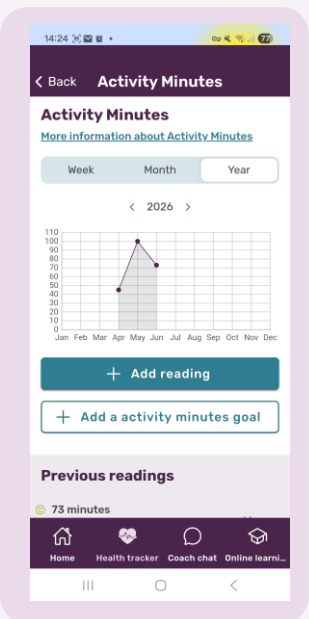
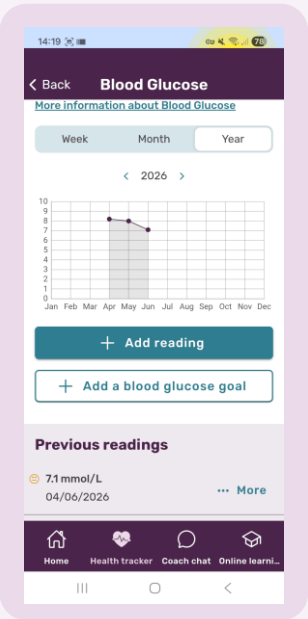
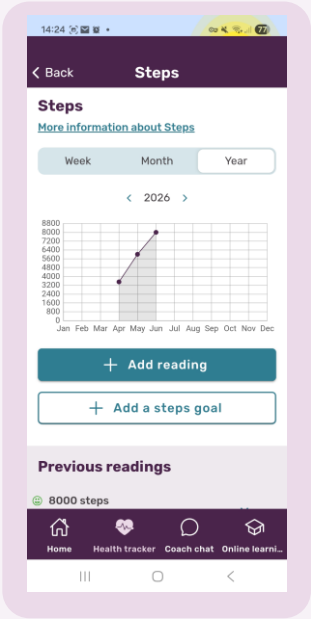
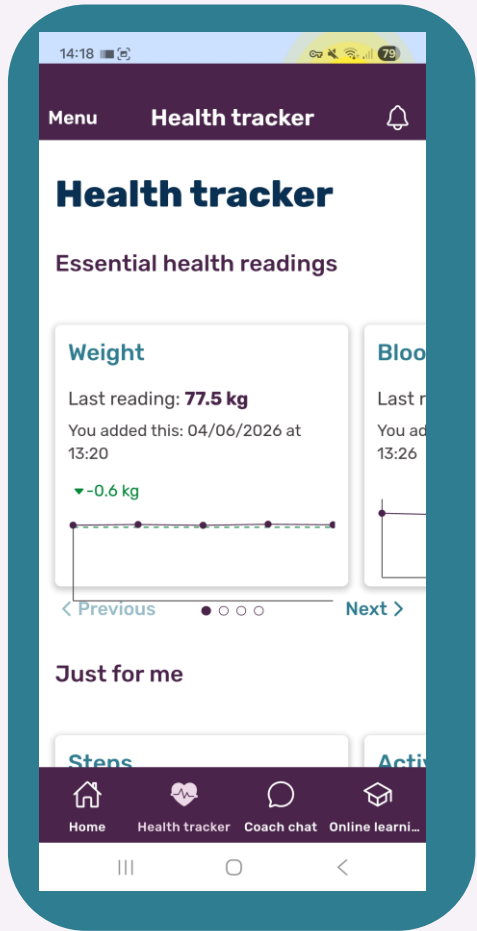
- This document displays key screens available to Service Users on the current T2DR Digital programme. Service User identity has been redacted.
- Separately, we have created a video recording to demonstrate some key enhancements we have made for another NHSE programme (Digital Adult Weight Management). These enhancements will be made available to the T2DR (Remote), DPP (Digital), BSOP (Digital) and LTCP (Digital) programmes as part of Xyla's comprehensive offering for the Healthier You programme.

Xyla mobile application visual map



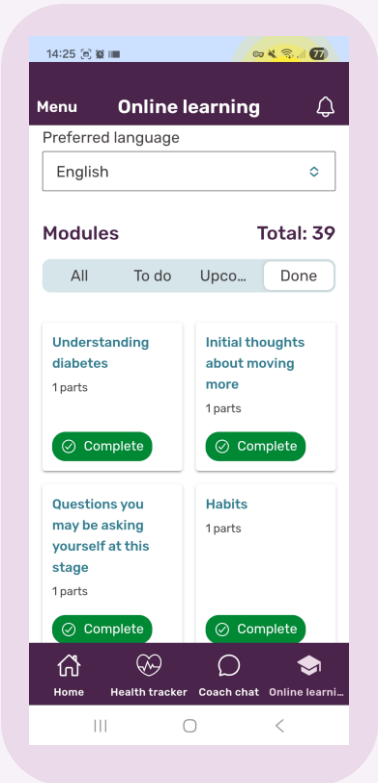
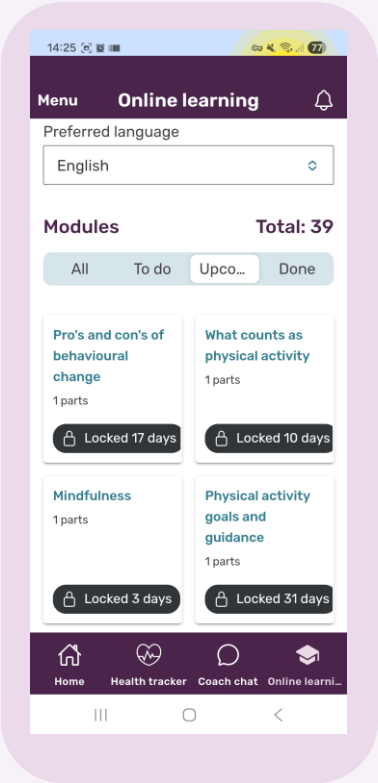
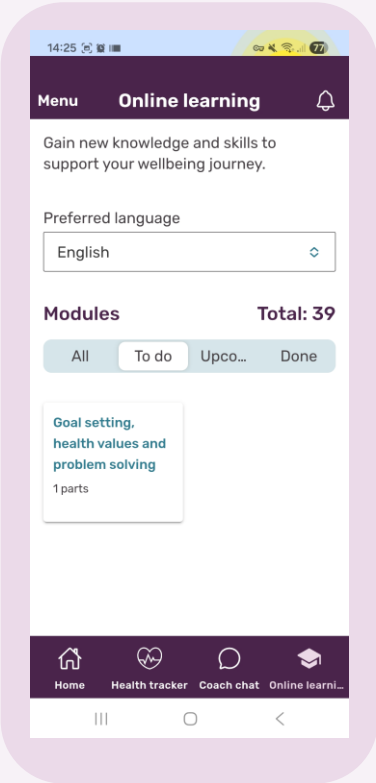
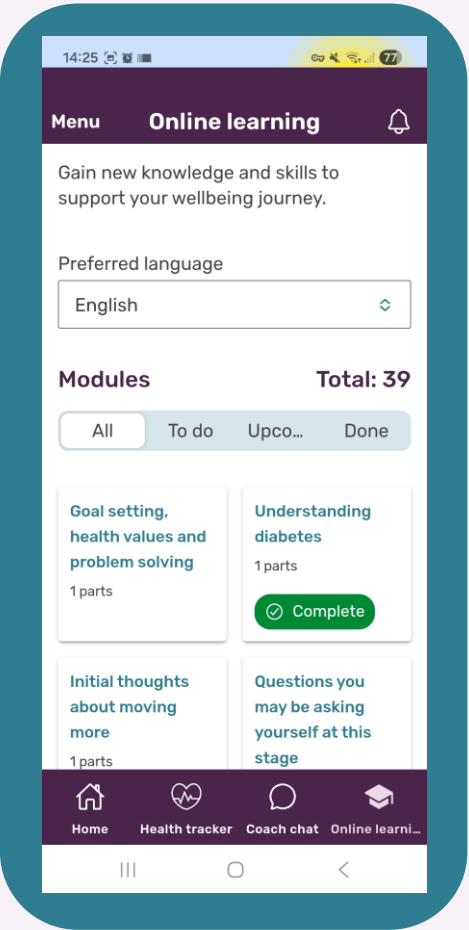
Health Tracker:

Service Users capture and track key measurements. Data is visually represented and discussed between Service User and Xyla Health Coach during the 21 one-to-one coaching sessions.



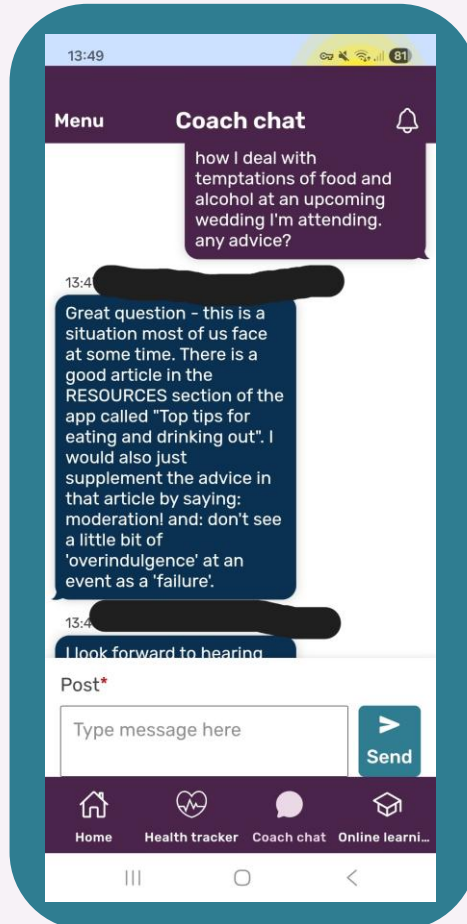
Online Learning:

Structured curriculum delivered over 51 weeks; 39 Online Learning Modules - release schedule aligned with programme phase and coach session topic/focus.



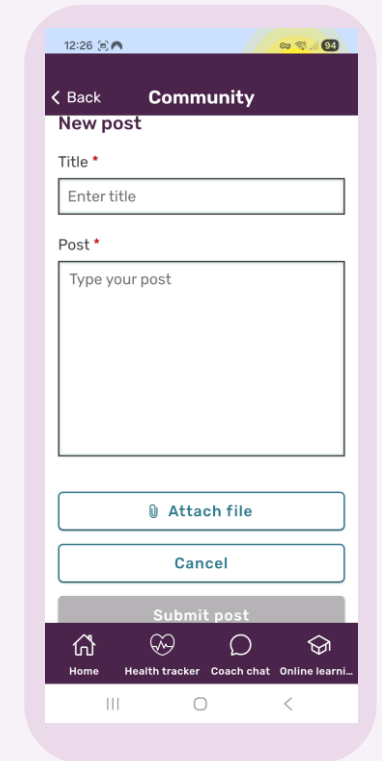
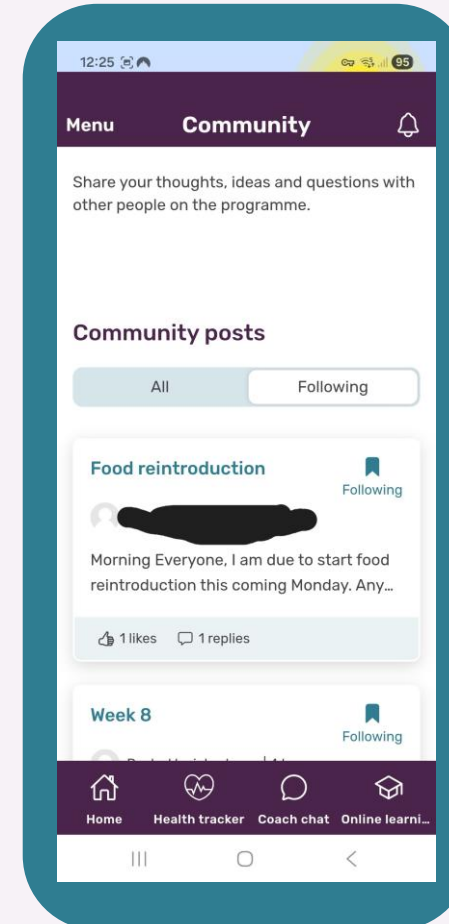
Coach chat:

Asynchronous in-app text messaging maintains 'golden thread of human coaching' throughout the programme.

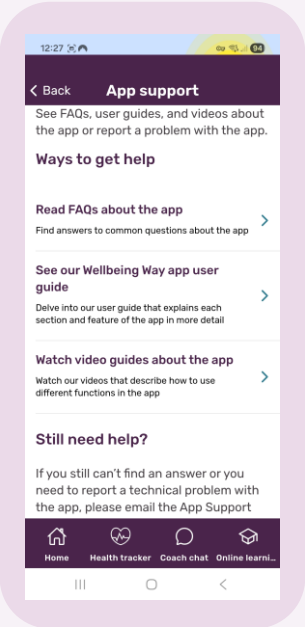
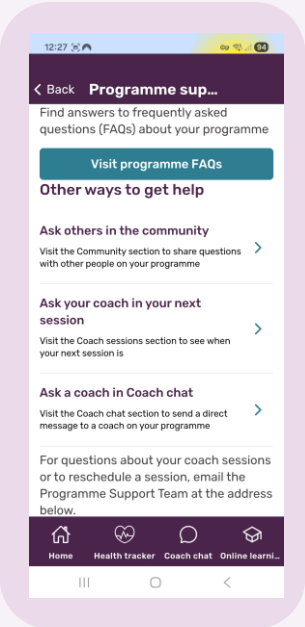
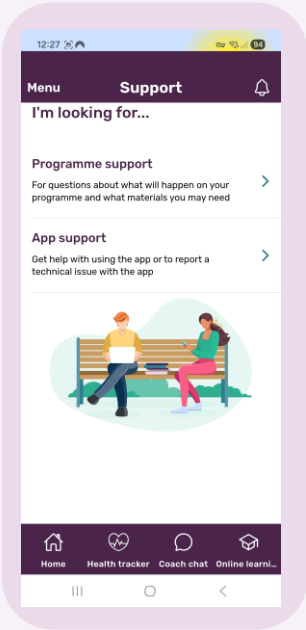
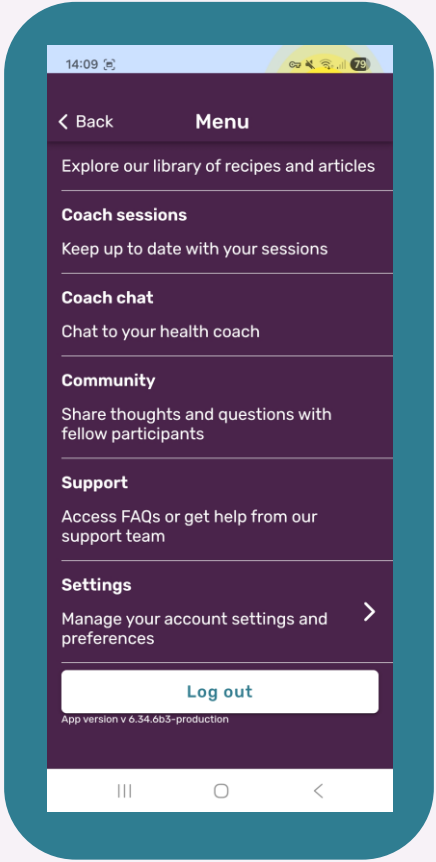
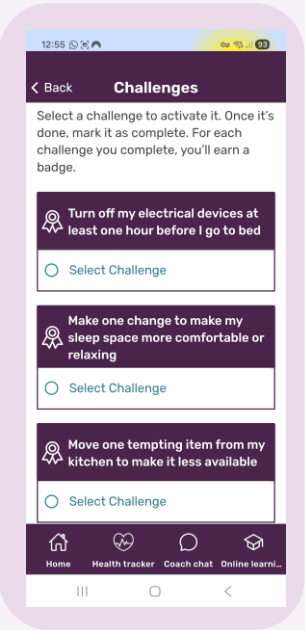
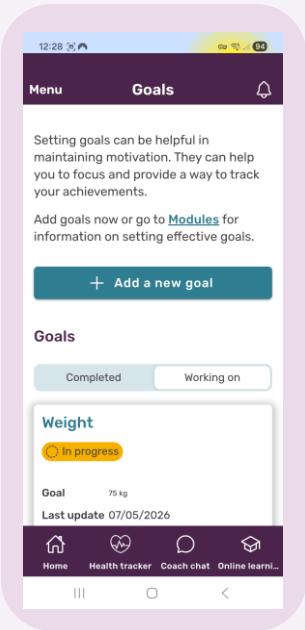
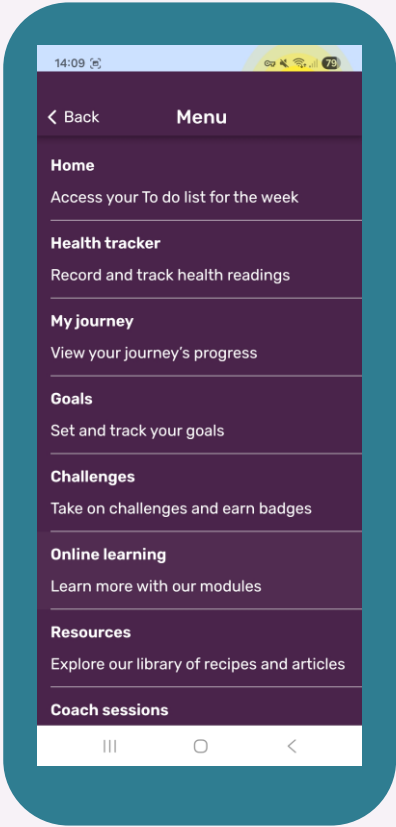


Community:

Peer community forum where Service Users share experiences, ask questions and provide support. Moderated by Xyla Diabetes Practitioners.



Other features accessed via the Menu



Please view this document in conjunction with the video showing how (and why) we have enhanced some key functions and features of our mobile application. <https://xylaservices.com/hy-experience-and-capability/>

These enhancements are based on Service User feedback, mainly including:

- Improved search and filtering functionality across all “Resources” and “Frequently Asked Questions” tabs to help Service Users find what they are looking for more easily.
- All online learning modules are now housed in-app – this greatly reduces data and connectivity constraints for Service Users with older devices with less storage, and slower internet connection speeds.
- Resources library has been comprehensively expanded to include a wider variety of relevant articles, videos and podcasts.
- The “Challenges” feature has been comprehensively overhauled and now includes steps and meditation league-based activities that are gamified with badges and achievement streaks.
- An entirely new “Habits” feature has been introduced giving Service Users the flexibility to create habits relevant to them and their circumstances and preferences – trackable and gamified.

These enhancements have been rolled out on the NHSE Digital Adult Weight Management programme and will be made available to the T2DR (Remote), DPP (Digital), BSOP (Digital) and LTCP (Digital) programmes as part of Xyla’s comprehensive offering for the Healthier You programme.

xyla

Part of Acacium Group