Patients seen aged 45-70 years

**FINDRISC scale**

- Low risk (score <14)
- High risk (score ≥ 14)

**INFORMED consent**

- Oral glucose tolerance test

**INCLUDED**

**Intensive phase**
- Session 1
- Session 2
- Session 3
- Session 4
- Session 5

**Ongoing phase**
Remote intervention (SMS, telephone calls, & emails)

**Usual care**
Advice on healthy lifestyles as part of the prevention & treatment of type 2 diabetes (based on the current clinical practice guidelines)

**Repeat assessments at 12 & 24 months:**
Clinical measures, blood lipid profile & oral glucose tolerance tests
Telephone interviews to assess potential lifestyle changes (only 12 months)