



Digital Support For People with Diabetes

- ★ An online platform that helps people with all types of diabetes (and their families/carers) to learn more about their condition.
- ★ It is funded by the NHS and is free to use by anyone with diabetes in North East London..

MyWay Diabetes also has ten NHS-approved eLearning courses for people with Diabetes, including:

- ★ Understanding Type 1 Diabetes
- ★ Living with Type 1
- ★ Carbohydrate Counting
- ★ Considering an Insulin Pump?
- ★ My Insulin Pump
- ★ My Gestational Diabetes
- ★ Growing Up with Type 1
- ★ My Type 2 Diabetes
- ★ Type 2 Diabetes Prevention
- ★ Freestyle Libre



Benefits

Patients develop a greater understanding of their diabetes, improve their self-management and have more informed discussions with their healthcare team

How do I access MyWay Diabetes?

1. Go to your local MyWay Diabetes site; see web addresses below.
2. Register for eLearning [click here](#) .