

FREE Digital Support For People With Diabetes

- ★ MyWay Diabetes is a FREE online platform that helps people with all types of diabetes (with families/carers support) to learn more about their condition.
- ★ The platform provides a secure access to diabetes health records, along with tailored information and advice. Designed to help people with diabetes understand their results and improve the way they manage their condition. It is funded by the NHS and is FREE to use by anyone with diabetes in North East London

KEY FEATURES

- ★ Qismet accredited eLearning courses
- ★ Open public access information site (>200 resources including multi-language content)
- ★ Secure online access to your own diabetes data
- ★ Goal Setting & easy to read dashboards
- ★ Support you to better manage your diabetes

10 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

Enrol using **NHS login** by clicking the **'Register'** button' on your regional site

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 Diabetes My Way site; see web addresses below
2. Enrol using NHS login by clicking the **'Register'** button



North East London Website

<https://nel.mydiabetes.com/registration>

Support Email

nelondon@mwdh.co.uk