



MyWay digital health

Transforming healthcare globally through
cost effective data-driven solutions

Welcome, The Webinar will begin
Shortly...



MyWay  Diabetes



Who are MyWay Diabetes

MyWay Diabetes is the First Diabetes Self-Management system with **National Deployment**. We are evolved from the Scottish National My Diabetes My Way platform first set up in 2008. Then since 2017, MyWay Digital Health has been commissioned and deployed in several localities around the UK...

- Northeast London (BHR)
- Northwest London (Know Diabetes)
- Manchester (Diabetes My Way)
- Somerset
- Lancashire and South Cumbria
- Cheshire and Merseyside
- **AND** Internationally

MyWay ★ **Diabetes**



Rated top by ORCHA for both diabetes and weight management

93% review score
for diabetes and
weight management

MyWay Diabetes is a fully commissioned Digital Diabetes Self-Management Platform, that is **FREE** to users and provides 3 key elements to help support your patients...

- I. A regional website with 250+ open access resources, including multi-language and multi-cultural content.
- II. 12+ QISMET-accredited eLearning courses for type 1, type 2, diabetes prevention and gestational diabetes.
- III. Patient can access their diabetes-related health records along with tailored advice and support on goal setting.



eLearning

You can refer people directly for 10 QISMET accredited eLearning courses through your local website. Courses are available for all types of diabetes. Progression reports are sent back to GP surgeries on a monthly basis and referrals qualify for QOF points.



Patient Access

Through MyWay Diabetes, people with diabetes can register to access their diabetes-related health records. For our system to be able to extract the data, people need to be registered for 'online services' at their GP surgery.



Public website

Your local MyWay Diabetes website has local information and publically accessible resources in different formats including text, videos and leaflets. These include resources in 10 different languages.

Patient Structured Education



Type 2 Diabetes Prevention
The Type 2 Diabetes Prevention course is aimed at anyone that is at risk of developing type 2 diabetes. This course aims to give you the information you need to know about what type 2 diabetes is and how you can reduce your risk of developing it.

Introduction to Type 2 Diabetes
This introduction to type 2 diabetes is a bite-size version of our more comprehensive My Type 2 Diabetes course. It covers all of the basics that you need to know about type 2 diabetes.

Carbohydrate Counting
Carbohydrate counting is a way of matching insulin requirements with the amount of carbohydrate that you eat or drink. The course is for people using either an insulin pump or multiple daily injections (MDI) basal-bolus short acting insulin with meals and long acting insulin once a day. Most people who carbohydrate count have Type 1 diabetes.

Freestyle Libre
This course, Freestyle Libre, is an introductory course that provides information about interstitially sensed glucose monitoring (ISG) and the Freestyle Libre. It is aimed at anyone diagnosed with type 1 diabetes, that is using or would like to start using an ISG glucose monitor.

My Type 2 Diabetes
My Type 2 Diabetes is for anyone who has been diagnosed with type 2 diabetes. This course aims to give you the information about what type 2 diabetes is, what it might mean for your health and what you can do to manage it.

Understanding Type 1 Diabetes
This course is an introductory course that provides information about living with type 1 diabetes. Aimed at anyone diagnosed with type 1 diabetes, it focuses on what diabetes is, how it is treated, insulin and blood glucose management, complications that may occur, as well as what you can do to keep yourself healthy.

Considering an Insulin Pump?
Have you ever considered switching to an insulin pump? Switching from insulin injections to an insulin pump can be a daunting time for people. This course provides an introductory guide aimed at people with type 1 diabetes considering switching from injections to an insulin pump.

My Insulin Pump
This course is aimed at people who are starting out with an insulin pump, or as a refresher for those that are already established on insulin pump therapy. The course should be undertaken in conjunction with support from your healthcare team.

Growing Up with Type 1 Diabetes
This course is aimed at teenagers and young people living with type 1 diabetes, facing new experiences, such as drinking alcohol, having sex, attending festivals, employment and becoming an adult and leaving home.

Living with Type 1 Diabetes
This course provides information related to living with Type 1 diabetes including topics such as driving, travel, employment and lifestyle factors like healthy diet, alcohol and physical activity.

My Gestational Diabetes
This course provides information about gestational diabetes and is designed for women that have been diagnosed with this condition. However, if you are a family member or carer for someone that has been diagnosed with gestational diabetes, or you are a health care professional that treats women with gestational diabetes, this will help you understand this type of diabetes better.

Type 2 Diabetes Remission
All the information you need to get you started on your journey to put type 2 diabetes into remission.

12+ Structured Online Courses covering...

- Type 1 diabetes (including technology)
- Type 2 diabetes
- Diabetes remission
- Diabetes prevention
- Gestational diabetes



QISMET accreditation enables both QOF and NDA coding/reporting

15,000+ people have attended MWDH courses / MOOCs since 2020

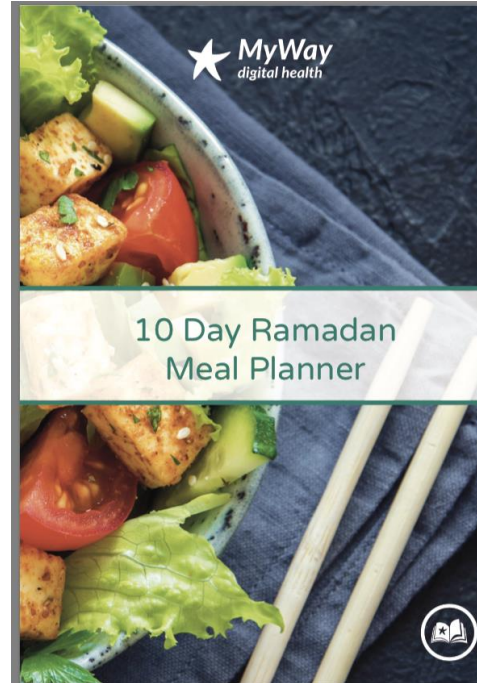
Culturalised/ Translated Content



Lyn - type 2 diabetes, healthier caribbean food options



Food groups



Day 1	
Suhoor	Iftar
<p>Scrambled eggs</p> <p>200g</p>	<p>Dates</p> <p>x3</p>
<p>Khubz</p> <p>60g</p>	<p>Cheese samosa</p> <p>x2</p>
<p>Labaa</p> <p>250ml</p>	<p>Kebabs / Kofta</p> <p>200g</p>
<p>Water / Fluids</p> <p>lasses per day</p>	<p>Houmous</p> <p>200g</p>
	<p>Vine leaves</p> <p>135g</p>
	<p>Arabic pilau rice</p> <p>100g</p>
	<p>Peaches in cream</p> <p>100g</p>

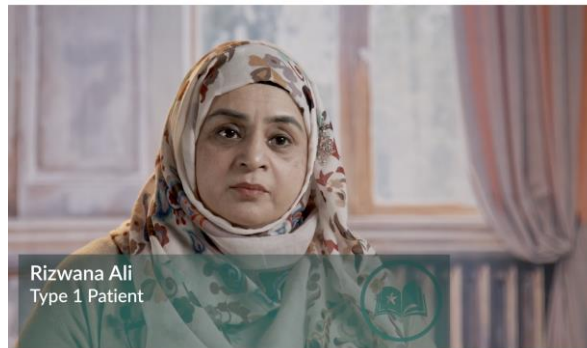
MyDiabetes: موقع المعلومات باللغة العربية

مركزاً في MyDiabetes موقع المعلومات باللغة العربية قدم هذا الموقع الإلكتروني لمساعدة الأشخاص الذين يعانون من مرض السكري وأولئك المعرضين للخطر.

مرحباً بك في موقع MyDiabetes

ضمم هذا الموقع الإلكتروني لمساعدة الأشخاص الذين يعانون من مرض السكري وأولئك المعرضين للخطر الذين يعيشون في المملكة العربية السعودية.

Ramadan Videos



الدورات التثقيمية التابعة لـ My Diabetes

يمكنك الوصول من هنا إلى الدورات التثقيمية عبر الإنترنت لتعلم المزيد عن مرض السكري. ستكون هذه الدورات مفيدة خصوصاً إذا كنت بالمرض أو كنت ترغب في معرفة المزيد عن المعلومات عن مرض السكري من النوع الأول أو النوع الثاني، أو سكري الحمل أو إذا كنت تعكر في تعلم الفحج مختلفة الأنواع، أو سكري الحمل خاصة على تلك هناك دورة تثقيمية خاصة بالمرضى/المرضيات العامين مرض السكري من النوع الأول.



تعرف على المزيد

المصادر

Arabic, Cantonese, Bengali, Urdu, Somali, Punjabi, Gujarati, Spanish, Polish, French

What Is MyWay Diabetes

MyWay Diabetes operates within the NHS philosophies of equality of access and services being free at the point of care, therefore...

- All people with diabetes in the region where the service has been commissioned can access all the resources free of charge.
- There is no limit to the number of times they revisit, and we also encourage the use of information and education resources by friends and family.



Patient Data Integration

Patients can upload their own data and set goals.



GP's Data Integrated

With permissions and patient consent, GP, hospital and home recorded personal data is pulled into the application to help patients to better self-manage.



Personalised Advice

Data-driven rules, algorithms and machine learning outputs deliver timely alerts, notifications, suggestions and support directly to patients.

Patient Data Dashboard



Care Measures

Notification Your yearly diabetes foot screening is overdue. Do you have an appointment in place?

Notification Consider a HbA1C check; 6 months passed since your last one

New Test Results

Diagnosed with Type 2 Diabetes, We would recommend you complete the follow interactive online [course](#) as a refresher on how to best manage your diabetes.

My Lifestyle



Weight

31st 1^{lbs}

09/08/2020



Waist

33ⁱⁿ

22/11/2019



BMI

54.7^{kg/m²}

09/08/2020

My Screenings



Retinal Status

Low

09/09/2019



Foot Risk

Low

13/07/2019

My Test Results

All Results

Blood Glucose

7.5

mmol/L

16/07/2020

HbA1c

81

mmol/mol

01/11/2019

Total Cholesterol

5.0

mmol/L

05/08/2020

Blood Pressure



130 / 70

mmHg

13/10/2019

eGFR

77

mL/min/1.73m³

21/10/2019

Albumin/Creatinine

0.3

mg/mmol

11/07/2019

Appointments

Edit

No upcoming appointments found!

Medication

See All

Dapagliflozin 10mg tablets

Ramipril 10mg capsules

Aspirin 75mg dispersible tablets

Metformin 500mg tablets

"I use MyWay Diabetes to monitor my BP, cholesterol and sugar levels".

"Seeing it on a chart gives you the opportunity to see your improvements or areas where you need to work harder"

MyWay  Diabetes

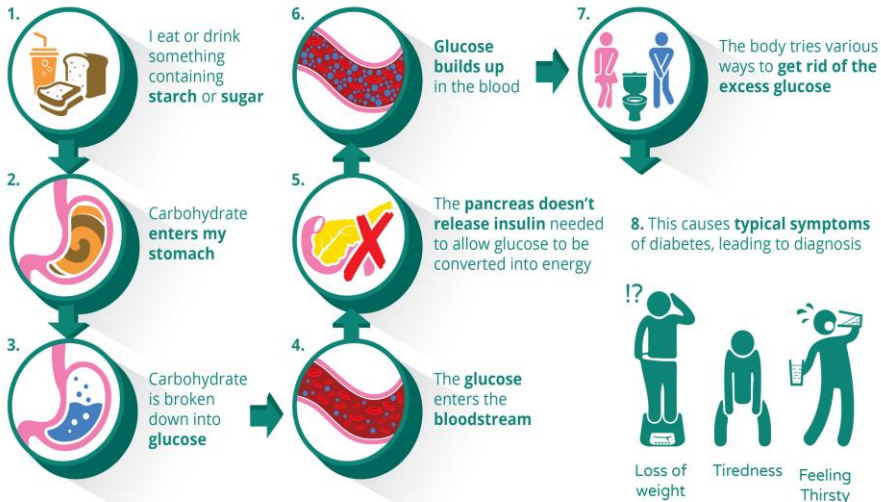
Personalised Advice



Tailored, data driven, content & education links



What's going on in my body?



HbA1c

HbA1c is a blood test that will usually be measured every time you go to clinic. It is an important measure of your average sugar level in the last 2-3 months. It works by assessing the amount of blood glucose taken up by the red blood cells during their life span.

[Close](#)

Managing your HbA1c

Your HbA1c has increased since your last measure but is still on target. Let your healthcare professional know if you are experiencing a lot of low blood sugars (hypoglycaemia) or have reduced awareness of low blood sugars, as they may advise reducing your insulin dose.

The higher your HbA1c is above target, the greater your risk of diabetes complications affecting kidney, eyes, feet and heart. Ideally, HbA1c should be between 48-58 mmol/mol (6.5 - 7.5%), or lower than 48 mmol/mol if diabetes is treated with diet alone. A personalised target should be set with your health care professional and will be dependent on your treatment, risk of hypos (low blood glucose) and other factors.

General guidance:

In type 2 diabetes, glucose (sugar) levels can be improved by regular exercise, maintaining a normal body weight, eating a healthy balanced diet, avoiding high sugar foods and taking any diabetes medication regularly. If HbA1c is above target despite this, you should discuss with your health care provider whether your medication needs changed. For people with type 1 diabetes, it is important to balance the amount of insulin with your food (carbohydrate) intake and activity levels.

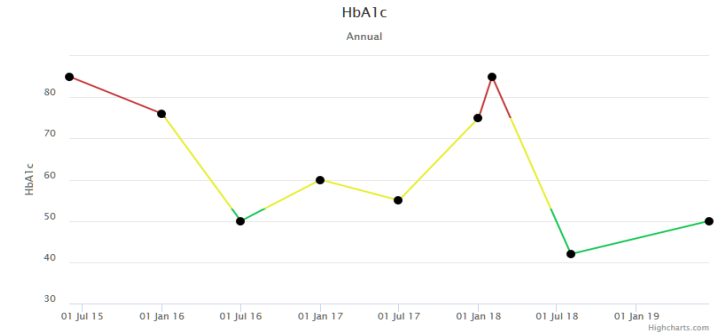
Self-monitoring of blood glucose is a beneficial part of diabetes management for some people. Blood glucose levels in people without diabetes are 3.5-5.5mmol/L before meals and less than 8mmol/L 2 hours after meals. People with diabetes often have targets around 5-7mmol before meals (lower in pregnancy).

Want more information?

- [What is HbA1c?](#)
- [Healthy Diet](#)
- [Healthy eating overview](#)
- [Monitoring Diabetes](#)
- [Diabetes Complications](#)
- [Diabetes Complications](#)

Your HbA1c Graph

Choose date to view



Add new value

Current Reading: 50 mmol/mol (17/06/2019)

Value

mmol/mol

Date Recorded

[Add new value](#)

Set a goal

Previous Goal: 50mmol/mol by 27/05/2019

Value

mmol/mol

Goal Date

[Add goal](#)

Previous Readings

Date	Value (mmol/mol)	Source
17/06/2019 00:00	50	MDMW
02/08/2018 00:00	42	MDMW
01/02/2018 00:00	85	MDMW



Add or amend Your goal

HbA1c: mmol/mol (9.5%)

Timescale:

Comments:

Set goal

Back to goals summary

Care Measures

There's a minimum level of care that every person who has diabetes deserves and should expect from their health service. Getting all the checks, seeing the right healthcare professionals and understanding your diabetes are all essential in helping you manage your condition. Use this checklist to make sure you're getting all the care you need.



Get your blood glucose levels measured.
100 mmol/L on 09/08/2020



Get emotional and psychological support.



Have your blood pressure measured.
130 / 70 mm Hg on 13/10/2019



See specialist diabetes healthcare professionals.



Have your blood fats (cholesterol) measured.
5 mmol/L on 05/08/2020



Attend an education course.



Have your eyes looked at.
on 09/09/2019



Receive care planning to meet your individual needs.



Have your legs and feet checked.
on 13/07/2019



Receive high quality care if admitted to hospital.



Have your weight checked.
90 kg on 25/08/2020



Benefits of using MyWay Diabetes



Patient Benefits:

- Immediate access to over 250 quick open access resources and 12+ structured education QISMET accredited eLearning courses
- Users benefit from having 'information in their pocket'.
- They can learn where and when suits them best. Using their own, and NHS data to populate easy to understand dashboards
- Responsive and accessible desktop, tablet and smartphone and App platform design
- Improves patients' knowledge and confidence with their diabetes
- Empowers patients to set goals, make more informed choices and better self-manage their condition
- Gives patients access to their own records and allows/encourages self-reporting of results
- Patients get access to self-management and decision support with data-driven tailored advice and content
- Culturalised and Translated content, covering over 10 different languages/cultures
- Support and improve diabetes control and reduce LT complications
- Peer-discussion forums and Ongoing Access
- Evidence shows users make better use of consultations, feel more confident in self-management and show improvements in key metabolic measures. *More information on the product evidence base can be [found here](#).*

Practice Benefits:

- Support Covid recovery plans and bridge reviews
- Help address any gaps in face-to-face education
- Complement and reinforce your healthcare plans for your patients. Giving you better informed patients supporting a better use of your time
- Help with improving control and reducing long term complications
- Enables practice to capture QOF/NDA reporting
- Personalised care quality reporting and care planning documents
- Remote glucose monitoring/ activity data linkage
- In and out of Clinic Patient goal-setting tools
- Helps practices with the risk stratification and identification of all their Diabetic patients



Awards and Partners



Department of Trade and Industry

Innovate UK



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Digital-Health.
London | ACCELERATOR



NHS Innovation Accelerator
ALUMNI



health foundry



MyWay ★ **Diabetes**

The Evidence

>70k patient full data registrants
70% of registrants still active 10 years Later.

MyDiabetes ★ MyWay



Improved Patient Outcomes

Improvements in key metabolic outcomes such as HbA1C, and patient reported outcomes such as knowledge, motivation, and confidence.

MyDiabetes ★ MyWay

Reduced Healthcare Burden

Delivers more knowledgeable, informed empowered patients, reducing unscheduled care needs.

MyDiabetes ★ MyWay



Cost saving ROI of 5:1



Evidence base summarised at www.mwdh.co.uk/sope.
Independent economic analysis [here](#) and cost-saving publication [here](#) *

*evidence based on NHS Scotland data

Patient Numbers



186 OR 49%

EMIS PRACTICES
SIGNED DSA



246,000+

EMAILS + SMS
MESSAGES SENT



10,444

TOTAL
REGISTRATIONS



445,000+

WEBSITE
VISITORS



1,817,000+

PAGE VIEWS



**"It's the centre of everything
– all the data you need as a
person with diabetes is
clearly presented, together
with supporting info and
advice"**

- Martin, person with Type 1 diabetes

MyWay ★ Diabetes

Improving health outcomes

Increasing knowledge

Improving quality of life



Continue with NHS login

PLAY VIDEO:

<https://vimeo.com/577090941/e33fecfcee>

- Company Standards
 - ISO 27001* accredited
 - Fully compliant with GDPR 2018 and the Data Protection Act 2018
 - Operate to recognised standards
 - Cyber Essentials certified
 - Certified for the NHS Data Security & Protection (DSP) Toolkit
 - The platform has a CE Mark as a Class I Medical Device
 - A clinical risk register is maintained in alignment with DCB0129
 - (Clinical Risk Management: its Application in the Manufacture of Health IT Systems)

*ISO27001 requires the organisation to set up an Information Security Management System. This is a whole organisation policy and set of processes which identifies what we need to protect and sets out goals to ensure security is maintained (this applies to physical and online security).



I am extremely proud that we finally managed to agree Information Governance for the large scale roll-out of Diabetes My Way. This took ten months of negotiation but now means that up to 185,000 people in Greater Manchester can access their own GP diabetes data if they register on Diabetes My Way.

This success is down to the persistence and dedication of the diabetes team in the SCN and will mean that many people in GM will now be better able to manage their condition to achieve better clinical outcomes.



Dr Naresh Kanumilli
Clinical Lead



#SCNImpactReport

In Summary - We Need Your Help!

1. Sign Data Sharing Agreement
2. Turn on Data Sharing in EMIS
3. Agree Which Patient Comms Option you want
 1. Over 90% of practices choose option 1, as this involves very little to no further work/burden on the practice
 2. Involves the highest amount of additional work/burden on the practice. By far the least popular option

This can be actioned in just a few clicks. By responding to the DocuSign email, you will have received.
OR just tell confirm right now...



Please share with your patients, how we can help them...

We can support all this awareness work with your teams, and provide the Direct Comms to patients,
all FREE of CHARGE ...

<https://mywaydigitalhealth.co.uk/my-way-diabetes-healthcare-professionals-page/>

- Promo materials available for downloading/sending to your practice
- Sample text for letter/SMS/emails
- GP presentations, posters/ flyers, etc.
- GP & Pharmacy packs

Manage Your Diabetes Online

- ★ Access 100s of Educational Resources
- ★ Find out if your diabetes is on track
- ★ Access your health data securely
- ★ Enjoy more control over your health

Manchester@mwdh.co.uk

CONTACT YOUR GP PRACTICE AS PART OF THE REGISTRATION PROCESS TO ENSURE YOUR ONLINE ACCESS & PERMISSIONS ARE IN PLACE

Product Videos

- MyWay Diabetes (patient application): <https://vimeo.com/440138386>
- MyWay Clinical (clinician application): <https://vimeo.com/437674743/2e806dcca2>

Website

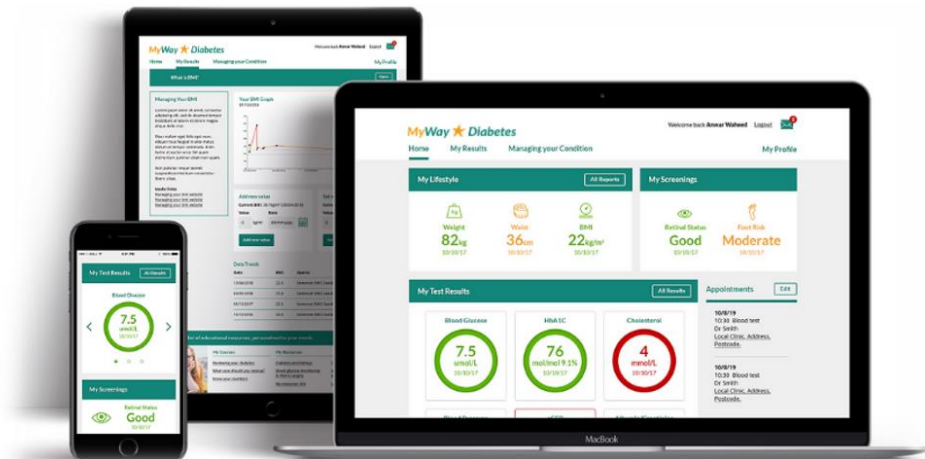
- www.mywaydigitalhealth.co.uk

Evidence Base and SOPs

- www.mwdh.co.uk/sope

Contact:

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- Stuart Fisher; stuart.fisher@mwdh.co.uk (Account Operations Manager)
- Mark Orrell; mark.orrell@mwdh.co.uk (Engagement Lead)
- Support; manchester@mwdh.co.uk- help with data sharing/ patient comms etc.



For Clinicians, Managers and Payors

MyWay Clinical

Providing clinicians with the correct tools and information, whilst giving their organisations a direct cost saving overview.

- ✓ Electronic health record; supporting clinic workflow
- ✓ Data-driven decision support; improving compliance with guidelines
- ✓ Predictive analytics; delivering personalised patient management
- ✓ Secure patient communication tool and data sharing, supporting remote/ virtual clinics
- ✓ Diabetes KPI tracking for 9 care processes and key treatment targets
- ✓ Identify out-of-target/ overdue patient cohorts for targeted intervention
- ✓ Flexible audit queries and quality improvement tracking
- ✓ Population risk stratification for key diabetes complications





Transforming healthcare globally through
cost effective data-driven solutions