



# FREE Digital Support For People With Diabetes

- ★ Diabetes My Way 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 Greater Manchester

## 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 Diabetes My Way?

1. Go to your local Diabetes My Way site; see web addresses below
2. Enrol using NHS login by clicking the 'Register' button



**Greater Manchester Website**

<https://diabetesmyway.nhs.uk/registration>

**Support Email**

[manchester@mwdh.co.uk](mailto:manchester@mwdh.co.uk)