



## 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.
- ★ Provides secure access to diabetes health records, along with tailored information and advice, 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 the North West Coast.

### Key Features

- ★ Accredited eLearning courses
- ★ Open public access information site (>200 resources including multi-language content)
- ★ Secure online access to your own diabetes date, including:
  - Dashboards and graphs
  - Simple explanations to understand results
  - Tailored advice & support
  - Goal setting

MyWay Diabetes also has nine 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

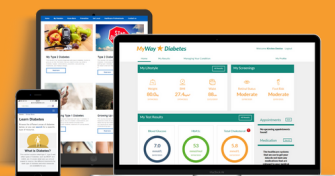
Enrol using NHS login by clicking the 'Register' button' on your regional site

### 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 MyWay Diabetes site; see web addresses below
2. Enrol using NHS login by clicking the '**Register**' button
3. If your data is blank, please contact your GP practice and ask them to 'enable your health records access', or contact us at [support@mwdh.co.uk](mailto:support@mwdh.co.uk) and we will help



Cheshire and Merseyside  
[www.cm.mydiabetes.com](http://www.cm.mydiabetes.com)

Lancashire & South Cumbria  
[www.lsc.mydiabetes.com](http://www.lsc.mydiabetes.com)