



Join our partnership program

From the providers of NHS England's MyType1 Diabetes education platform

We create and host **MyWay Diabetes Education Courses** for patients and healthcare professionals.

- 10,000+ participants to date
- completed in 2-4 hours at each individual's convenience
- expert-led Q&A sessions and discussion groups
- online education that's free to all!



Run in collaboration with diabetes centres and academic institutions in the UK and overseas, including 'My Diabetes My Way' in NHS Scotland.



Our structured education courses go through QISMET accreditation, enabling QOF points to be awarded.

Partnership packages

Price per course

	BRONZE PARTNER	SILVER PARTNER	GOLD PARTNER	PLATINUM PARTNER
Your company / brand logo on all of our social media and direct marketing	✓	✓	✓	✓
Support for your promotion to your customers and prospects	✓	✓	✓	✓
Integrate your own content into the programme		✓	✓	✓
Present live during our Q&A webinar			✓	✓
Detailed reporting of uptake and impact, including anonymised/ aggregate pre and post questionnaire data			✓	✓
Develop and implement a new, full education programme to your specification: (e.g. Diabetes subject, device related, CVD risk, complications management, hypertension management, weight management, diabetes prevention, etc).				✓
	£3,000	£6,000	£11,000	from £15,000



Enhance your reach and impact with our engaging courses

Want to hear more? Please contact info@mwdh.co.uk



Open Online Courses 2025

Designed for everyone involved in diabetes care, from patients to HCP's and family members to learn practical strategies and gain expert insights

Date	Type of Diabetes	Area
January 29 th & 30 th	Type 1	Understanding Type 1
February 28 th	All	Diabetes and Ramadan <i>(2 courses, one for people with diabetes, one for HCP's)</i>
February 26 th & 27 th	Type 2	Type 2 Remission
April 23 th & 24 th	Type 1	Type 1 & Tech
May 28 th & 29 th	Type 2	Understanding Type 2
July 30 th	Type 1	Type 1 & Physical Activity
September 24 th	Type 1	Carb Counting
October 29 th	Type 2	Type 2 on insulin
October 30 th	Type 2	T2 in the Young
November 26 th & 27 th	Type 1	Understanding Type 1

What people are saying about our courses

I was diagnosed with Type 2 Diabetes in 2016 and I gained more useful and understandable information from this course than I have over the last 8 years.

Gina G.
Person with T2D

An excellent resource for a parent like me, even after 7 years of my daughter's diagnosis, especially as she moved to a CGM last November.

Martin W.
Parent of a T1D

Excellently put together with a good mix of text, videos, graphics and the quizzes.

Karen H.
Person with T2D



Open Online Courses 2025

Understanding Type 1

This course aims to give you the information about what type 1 diabetes is, what it might mean for your health and what you can do to manage it.

- What type 1 diabetes is and how it's diagnosed and treated.
- Monitoring blood glucose, insulin types, delivery methods, different regimes and how to work out doses.
- The complications of diabetes and how to reduce risk. Living with type 1 diabetes - e.g. travelling, driving, and how lifestyle impacts diabetes management.
- Carbohydrate counting.

Ramadan and Diabetes - running before and throughout Ramadan from Jan to March

This course provides information on managing both type 1 and type 2 diabetes during Ramadan, offering expert guidance on fasting, blood glucose control, and staying healthy throughout the holy month.

- A multilingual course for people with diabetes, in English, Arabic and Malay.
- A separate course for healthcare professionals, in English only.
- Focusing on safer, informed fasting. The content for both courses is aligned with guidance produced by the Diabetes and Ramadan International Alliance.
- Content covers issues encountered whilst fasting with diabetes, focusing on risk assessment, dietary and physical activity advice, medication adjustment and glucose monitoring.

Type 2 Remission

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

- What type 2 diabetes, how it is treated and what type 2 remission is
- Weight management, explanation of different weight loss diets, barriers to weight loss and setting SMART goals.
- Role of physical activity in weight loss, national recommendations for exercise and strategies for building more activity into daily life.
- Achieving and maintaining remission.

Type 1 and Technology

Gain a comprehensive understanding about how to utilise the range of technologies available for the effective management of type 1 diabetes:

- CGM: correct sensor use, interpretation and use of results/trends .
- Insulin Pumps: types, advantage and challenges, strategies for dose calculation and lifestyle considerations.
- Closed loop systems and smart pens.

Understanding 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.

- What type 2 diabetes is, how it occurs, how it is diagnosed and treated.
- Principles of diabetes management .
- Type 2 remission.
- Blood glucose management, relevance of treatment targets, how to reduce the risk of longer term complications.

Type 1 & Physical Activity

Staying active while keeping blood glucose in range can be difficult for people with type 1 diabetes. This course explains how physical activity can impact blood glucose to help you stay safe whilst active.

- Benefits of physical activity, what happens in your body and safety considerations.
- Effect of type, duration and intensity of activity, insulin profiles and insulin on board.
- Managing blood glucose levels, hypoglycaemia and specific guidance for insulin pump and hybrid closed loop users.
- Recovery after exercise and general tips.

Carb Counting

Learn the essentials of carbohydrate counting in our online course to help match your insulin requirements with the amount of carbohydrate that you eat or drink.

- What carbohydrates are, how the body processes them and fast, medium and slow-acting carbs.
- Principles of carb counting, how to calculate carb content, insulin to carb ratios and correction doses.
- Checking your ICR, background and correction doses and practical strategies for managing eating out, drinking alcohol and physical activity.

Type 2 on Insulin

Discover essential skills for managing type 2 diabetes on insulin in our online course, designed to support your health and confidence.

- Overview of insulin types, uses, benefits and risks for type 2 diabetes management and side effects.
- Insulin storage, delivery and injecting technique including site rotation/risks of lipohypertrophy, calculating insulin doses and insulin titration for different insulin regimes, carb counting, insulin to carb ratios and correction doses.
- Monitoring blood glucose levels, different ways of monitoring, blood glucose targets, hypo and hyperglycaemia.
- Impact of diet, physical activity, sleep, and stress on diabetes management.
- 3 Treatment targets, how complications occur, explanation of common complications and screening.

Type 2 Diabetes in the Young

Explore our online course tailored for young adults with Type 2 diabetes, focusing on lifestyle management, nutrition, and long-term health strategies.

- What type 2 diabetes is, how it affects young people differently, risk factors and cultural considerations, overview of treatment options.
- Nutrition basics, explanation of food groups, portion sizes, food labelling and different eating plans.
- Role of physical activity, national guidelines and building activity into daily life.
- Living with type 2, navigating social situations, eating out, drinking alcohol and smoking.
- What the complications of diabetes are, how they develop, explanation of common complications and screening.