

# Living with diabetes? Start here.

Clear, practical online education to help you  
manage diabetes with confidence

**Free online courses**



# Free diabetes online courses

Gain knowledge and confidence in your diabetes management at your own pace.

These free online courses are designed to help you understand your diabetes and develop the knowledge, skills and confidence to manage it day to day. Courses are tailored to your needs and can be completed online, at a pace that suits you.



Approved

**online courses**

for people with diabetes



- **Type 2 Diabetes Prevention**

Are you at risk of type 2 diabetes? Learn about the condition and how to lower your risk.

- **Introduction to Type 2 Diabetes**

Concise introduction to type 2 diabetes covering essential basics.

- **My Type 2 Diabetes**

Course provides info on type 2 diabetes, its impact on health, and how to manage it.

- **Understanding Type 1 Diabetes\***

New to type 1 diabetes? Get basics on treatment, insulin, blood glucose, and more in this intro course.

*\*Course delivered in collaboration with BERTIE*

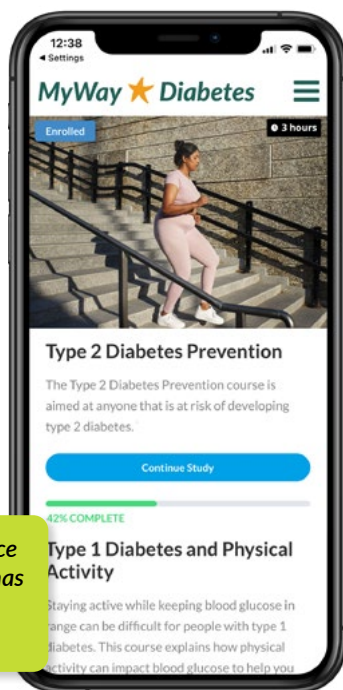


*I have had type 1 diabetes for 49 years and wish there had been structured education such as this then...*

*Person with type 1 diabetes*

*I have lost 1 stone and 9 pounds since end of April. . . My blood sugar level has gone down to a prediabetes level!*

*Person with type 2 diabetes*



Individual results may vary.

# Join the 22,000+ people who have taken our courses!

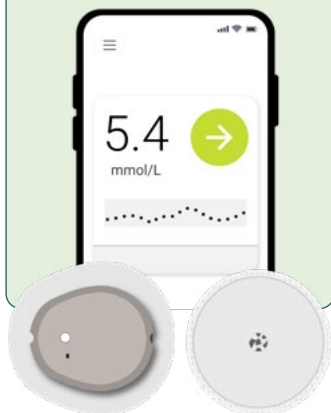


[elearning.mydiabetes.com](https://elearning.mydiabetes.com)

- **Living with Type 1 Diabetes**  
Everything you need to know about living with type 1 diabetes: Driving, travel, work, diet, weight management, alcohol, smoking.
- **Growing Up with Type 1 Diabetes**  
For teens with type 1 diabetes: alcohol, sex, festivals, work, adulthood, leaving home.
- **Carbohydrate Counting**  
Counting carbs helps you get the right dose of insulin whether you are on a pump or injections.
- **FreeStyle Libre**  
Learn about Freestyle Libre and CGM for type 1 diabetes. Intro course for users or those interested.
- **Considering an Insulin Pump?**  
Thinking of trying an insulin pump? It's a big step. Get started with our intro course to pumps for people with type 1 diabetes.
- **My Insulin Pump**  
New to insulin pump or need a refresher?
- **My Gestational Diabetes**  
A comprehensive guide for women with gestational diabetes, their family, carers and healthcare team
- **Type 2 Diabetes Remission**  
Essential info for starting your journey to put type 2 diabetes in remission.
- **Type 1 Diabetes and Physical Activity**  
Learn how exercise affects glucose for safer active living in this course.

## New Type 1 Technologies online courses

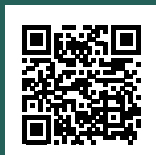
- **Hybrid Closed Looping (HCL)** - Mini module
- **Getting Started with Dexcom** - partnership with Dexcom
- **Freestyle Libre 2** - partnership with Abbott Diabetes Care



# Register for free

Complete the registration form to help us see your progress and inform your healthcare team.

If you already have an account, you do not need to register. Just log in for course access directly.



## How to start

- Visit our website: [haringey.mydiabetes.com](https://haringey.mydiabetes.com)
- Or scan the QR code and go to the courses section
- Write to us at [contact@mwdh.co.uk](mailto:contact@mwdh.co.uk)

“ Since completing the course and really focusing on how I manage my diabetes around exercise, my HbA1c has decreased dramatically.”



Rochelle Featherstone

T1D for 20 years

Course completed:  
Type 1 Diabetes and Physical Activity

Provided by

