

Helping you manage your diabetes — for free.

MyWay Diabetes gives you secure online access to your NHS diabetes information, educational resources and self-management tools - *all in one place.*



Everything you need, all in one place



View your health information

Securely access your NHS diabetes health information online in one place.



Track your progress

Keep an eye on your results, monitor changes over time and better understand your diabetes.



Set goals for your diabetes self-care

Build healthy routines, set achievable goals and stay motivated with practical support.



Learn about diabetes

Access 15+ trusted NHS approved courses, videos and resources to support your learning.



Connect your devices

Sync with supported devices and apps, including Fitbit, to bring your information together.



Access support in your language

Resources available in 99 languages, including Polish, Spanish and Urdu.

Get started today
Register for free

→ haringey.mydiabetes.com/registration

NHS Register using NHS login



Scan me



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

Person living with type 2



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

Person living with type 1

Individual results may vary.

Living with diabetes?

Get free NHS approved online courses

Practical, trusted online education from MyWay Diabetes, working closely with the NHS. Learn at your own pace, wherever suits you.



34,000+
people have
already taken a
MyWay Diabetes
online course

Type 1 Diabetes

- **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
- **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.
- **Type 1 Diabetes and Physical Activity**
Learn how exercise affects your glucose levels.

Type 2 Diabetes

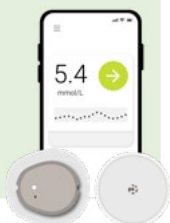
- **Type 2 Diabetes Prevention**
Are you at risk of type 2 diabetes? Learn about the condition and how to lower your risk.
- **Introduction to Type 2 Diabetes**
Concise introduction to type 2 diabetes covering essential basics.
- **My Type 2 Diabetes**
Course provides info on type 2 diabetes, its impact on health, and how to manage it.
- **Type 2 Diabetes Remission**
Essential info for starting your journey to put type 2 diabetes in remission.

My Gestational Diabetes

A comprehensive guide for women with gestational diabetes, their family, carers and healthcare team.

Type 1 Technologies

- **Considering an Insulin Pump?**
Thinking of trying an insulin pump? Get started with our intro course.
- **My Insulin Pump**
New to insulin pump or need a refresher?
- **Hybrid Closed Loops (HCL)**
– mini module
- **Getting Started with Dexcom**
– partnership with Dexcom
- **FreeStyle Libre 2**
– partnership with Abbott Diabetes Care



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

Rochelle Featherstone
T1D for 21 years

Course completed:
Type 1 Diabetes and
Physical Activity

Get started for free

Scan the QR code or visit:



haringey.mydiabetes.com/registration



Already registered? Simply log in and continue your courses.



Scan me