

Diabetes

Free online courses

A photograph of three women of diverse ages and ethnicities smiling and laughing together. The woman on the left is younger with blonde hair in a ponytail, wearing a black jacket over an orange top. The woman in the middle is a Black woman with braided hair, wearing a blue top. The woman on the right is older with grey hair, wearing a red top. They are all looking towards the right and smiling broadly.

my diabetes + my way

Diabetes online courses

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

MyWay Diabetes online courses are designed to support your life living with diabetes. We customise courses to match your needs, helping you set goals and build knowledge along the way.



Approved

online courses

for people with diabetes



*Scan to access
online courses!*

- **Type 2 Diabetes Prevention**

Course for those at risk of type 2 diabetes. Learn about the condition and how to lower your risk.

- **Introduction to Type 2 Diabetes**

This is a condensed intro to type 2 diabetes, a snapshot of our My Type 2 Diabetes course, covering essential basics.

- **My Type 2 Diabetes**

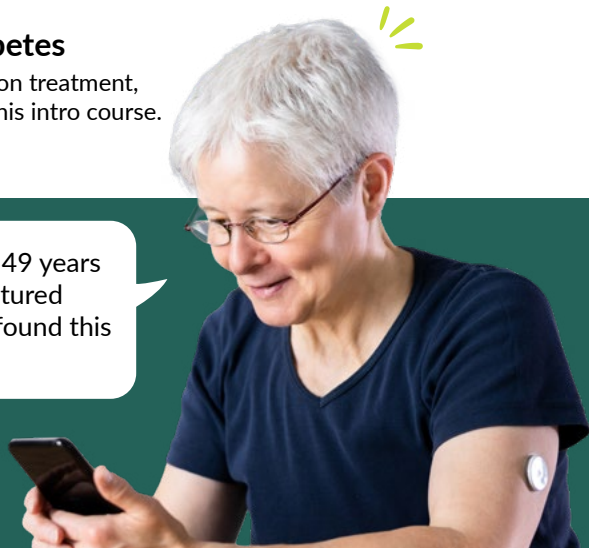
Course provides info on type 2 diabetes, its impact on health, and how to manage it.

- **Understanding Type 1 Diabetes**

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

I have had type 1 diabetes for 49 years and wish there had been structured education such as this then, I found this course very informative.

Person living with
type 1 diabetes



Join the 10,000+ people living with diabetes who have taken our courses!

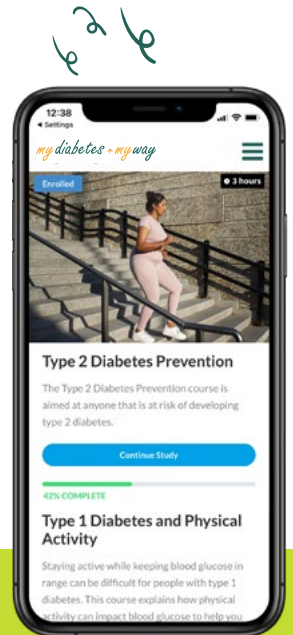
elearning.mydiabetesmyway.scot.nhs.uk

- **Living with Type 1 Diabetes**
Course covers living with Type 1 diabetes: driving, travel, work, diet, weight, 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 dose insulin right. Course for pump users or MDI with type 1.
- **FreeStyle Libre**
Learn about Freestyle Libre and its 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 for type 1 diabetes.
- **My Insulin Pump**
New to insulin pump or need a refresher? This course helps. Work with your healthcare team.
- **My Gestational Diabetes**
Course on gestational diabetes for diagnosed women. Also useful for family, caregivers, and healthcare pros.



Plus two brand new courses

- **Type 2 Diabetes Remission**
Essential info for starting your journey to put type 2 diabetes in remission.
- **Type 1 Diabetes and Exercise**
Learn how exercise affects glucose for safer active living in this course.



Register for free

Visit our website or scan the QR code and go to the online courses section

elearning.mydiabetesmyway.scot.nhs.uk



How to start

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

Scan and Register



For assistance contact us at support@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

