

Supporting you to self manage your diabetes whilst group-based health education is not possible.

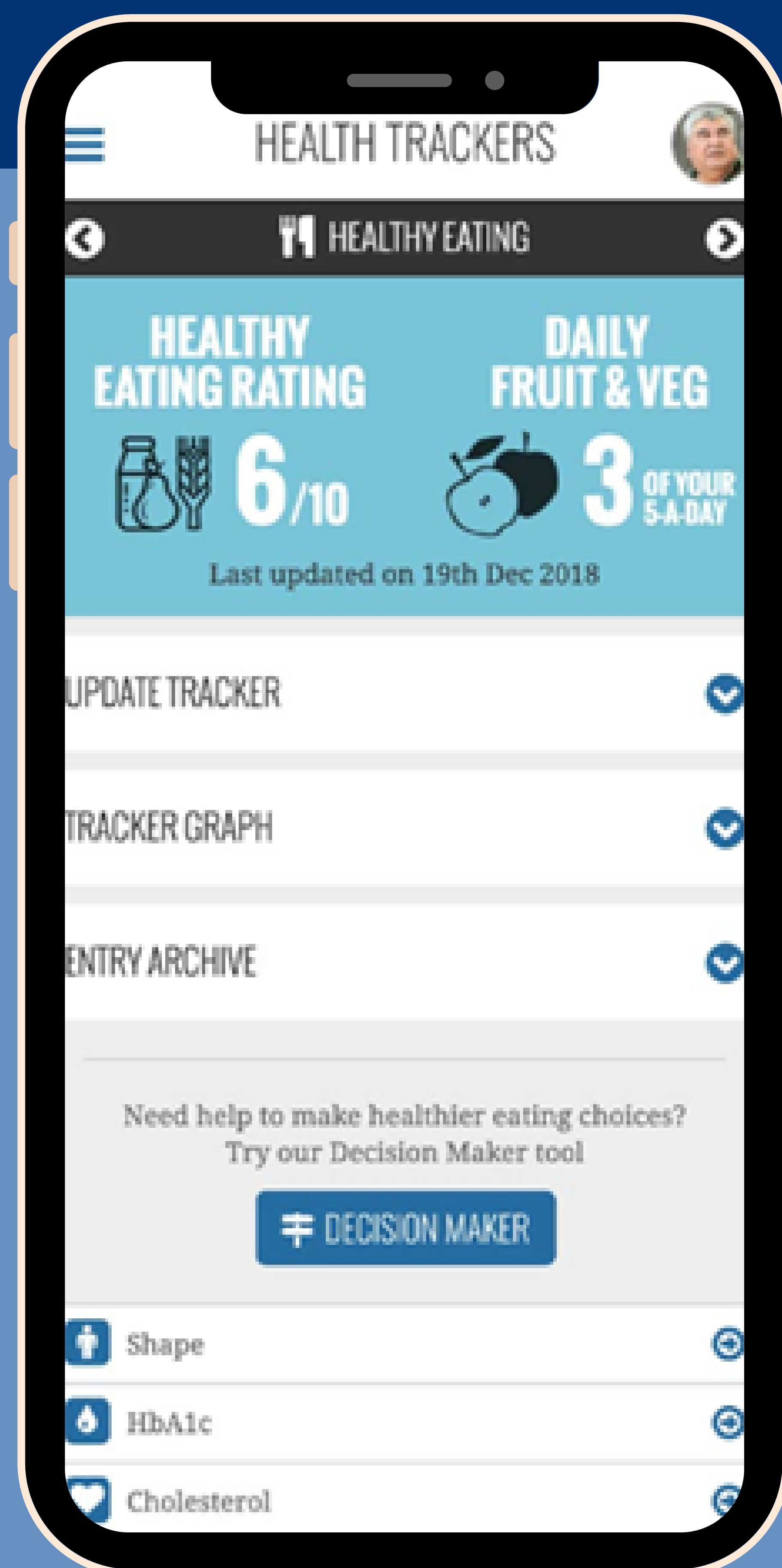


Although it isn't currently possible to meet in group settings due to the COVID-19 situation, managing your diabetes is as important as ever.

Therefore, to help you to continue to self manage your diabetes, we are making available MyDESMOND; an interactive online educational tool.

Available to adults living in Coventry, Rugby and Warwickshire North with Type 2 diabetes, features include:

- Interactive learning and 8-weekly booster sessions to help increase knowledge and confidence about Type 2 diabetes through a range of videos, quizzes and education materials
- The ability to track activity levels and even link up to the FitBit, GARMIN or Google Fit
- Assess weight, blood pressure, HbA1c, diet and cholesterol info to track progress and changes
- Chat with members of the MyDESMOND community and invite family and friends to join
- Ask the expert - connected to the multi-disciplinary team of the Leicester Diabetes Centre.



myDesmond

If you are interested in getting access to MyDESMOND please contact:

0808 169 1225

or read more at
www.mydesmond.com

"Interesting with great information, I have found it very useful!"

"MyDESMOND has turned my life style around for the better"

"MyDESMOND is an excellent reference to allow me to refresh my knowledge in my effort to self manage my diabetes"



COVENTRY & RUGBY
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