

# EVERY JOURNEY STARTS WITH A SINGLE STEP!



# ➤ ONLINE INTERACTIVE SELF-MANAGEMENT PROGRAMME FOR PEOPLE WITH TYPE 2 DIABETES



## Features of MyDESMOND

- ✓ Ask the Expert – where you'll have the multi-disciplinary team of the Leicester Diabetes Centre at your fingertips
- ✓ Track your activity levels and even link up to the Fitbit or Google Fit
- ✓ Track your weight, blood pressure, HbA1c, diet and cholesterol
- ✓ Set daily goals that fit around your lifestyle
- ✓ Compete with others in our DESMOND community on the global leader boards
- ✓ Chat with members of the DESMOND community
- ✓ Invite your friends and family to join you in your journey
- ✓ Learn more about Type 2 diabetes through our interactive learning and 8-weekly booster sessions

To access MyDESMOND please contact:

### CAMDEN DIABETES SERVICE

Email [diabetes.ckd@nhs.net](mailto:diabetes.ckd@nhs.net) with the following information:

- Your Camden GP details
- Your Name
- Date of birth
- NHS number if you know it