

## Frequently asked questions

### Q. What is the MyType1Diabetes programme?

A. MyType1Diabetes is a free digital resource that offers tailored advice and information created by NHS experts and people living with type 1 diabetes. Through the programme, you can access information, videos, articles, and accredited online education courses.

### Q. Am I eligible to use the MyType1Diabetes programme?

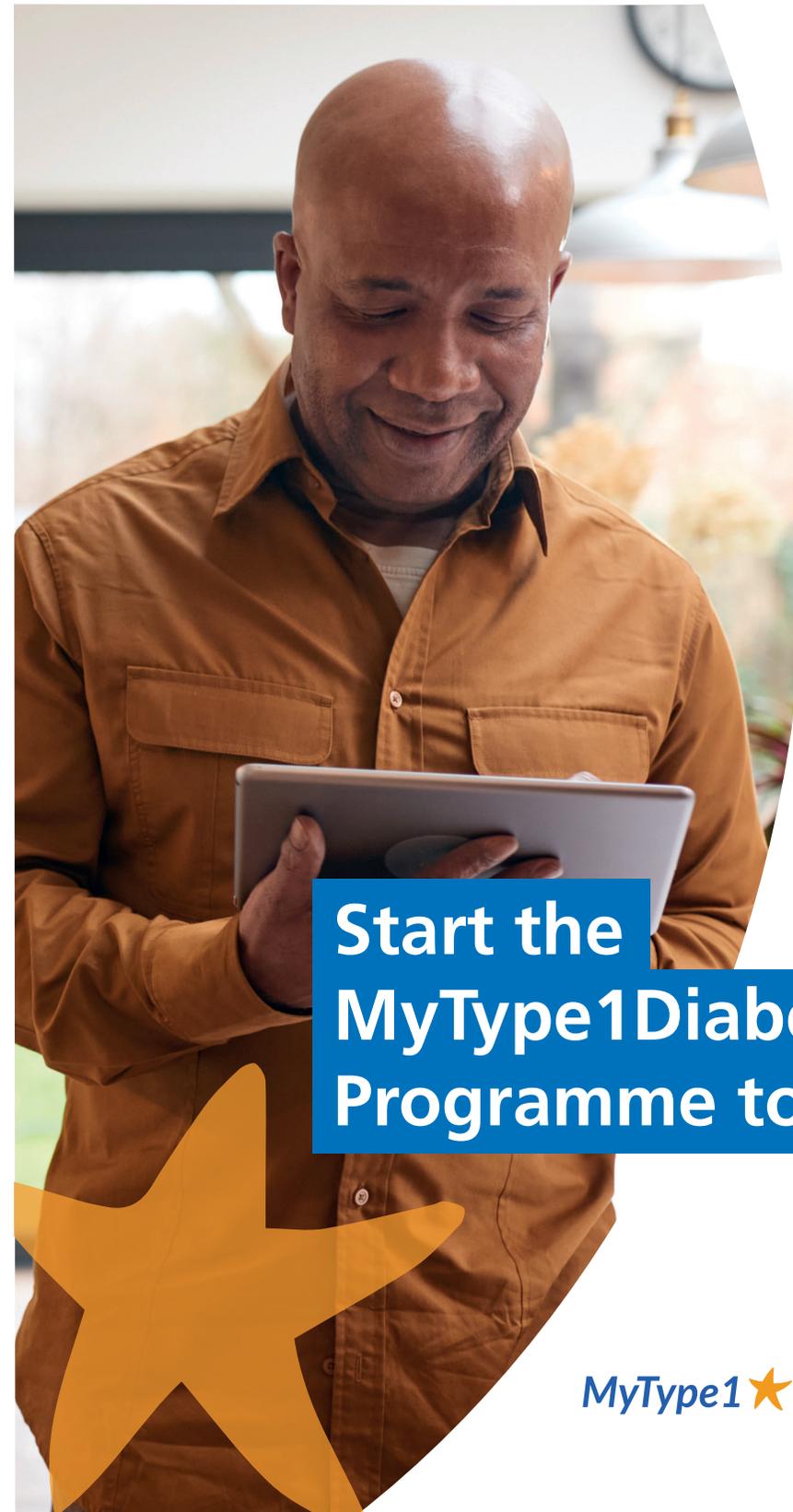
A. Adults with type 1 diabetes, their families and carers, and healthcare professionals can use the platform to understand more about type 1 diabetes.

### Q. Do I need to create an account to use the programme?

A. The site is divided into a public information site (no account creation required) and the eLearning courses (for this section, you will need to create an account).

### Q. I have type 2 diabetes, can I use the programme?

A. Type 1 and type 2 diabetes are managed differently. For programmes available to people living with type 2, speak with your healthcare professional or visit [www.nhs.uk/conditions/type-2-diabetes/](http://www.nhs.uk/conditions/type-2-diabetes/)



Start the  
MyType1Diabetes  
Programme today

## Are you living with type 1 diabetes?

MyType1Diabetes is a free digital resource that offers tailored advice and information created by NHS experts and people living with type 1 diabetes.

Adults with type 1 diabetes, their families and carers, and healthcare professionals can use this platform to access information about type 1 diabetes through videos, articles and accredited online education courses.

## MyType1Diabetes can:

- Help you understand more about type 1 diabetes and increase your confidence in how to manage it
- Signpost you to content created by other expert organisations
- Offer resources in up to 10 other languages including Polish, Spanish and Urdu
- Support you to set achievable goals for your diabetes self-care

## How to join

You don't need a referral from a GP or healthcare professional.

Start using the programme today.

Visit [www.mytype1diabetes.nhs.uk](http://www.mytype1diabetes.nhs.uk) or scan the QR code

