

My Diabetes My Way is a multi-award winning, data-driven online diabetes self-management platform, now available across Somerset, with the potential to revolutionise the way that people with diabetes care for themselves and improve the care provided by clinicians. My Diabetes My Way is designed, developed and overseen by NHS clinicians.

There are 30,000 people diagnosed with diabetes in Somerset and an estimated further 10,000 people living with the condition but, as yet, not aware of it. Evaluation of My Diabetes My Way in Scotland has shown better self-management skills in people with diabetes using the site, improved biomedical outcomes and health economic benefits.

We endorse and support the use of My Diabetes My Way and encourage anyone with diabetes or an interest in diabetes to utilise the site. Healthcare teams in the area will be strongly encouraged to promote this to patients.

Yeovil District Hospital, NHS Foundation Trust
 Taunton and Somerset NHS Foundation Trust
 Somerset Partnership NHS Foundation Trust

My Diabetes My Way Somerset is delivered by MyWay Digital Health, a University of Dundee spin-out company.



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MyWay Digital Health Ltd.
 Mackenzie Building, Dundee, DD2 4BF
 www.mywaydigitalhealth.co.uk
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MyDiabetesMyWay Somerset



Manage Your Diabetes Online

- ★ Access 100s of Educational Resources
- ★ Find out if your diabetes is on track
- ★ Access your health data securely
- ★ Enjoy more control over your health

Register to access your diabetes results at:
somerset.mydiabetes.com

Or ask your local healthcare team to help sign up!

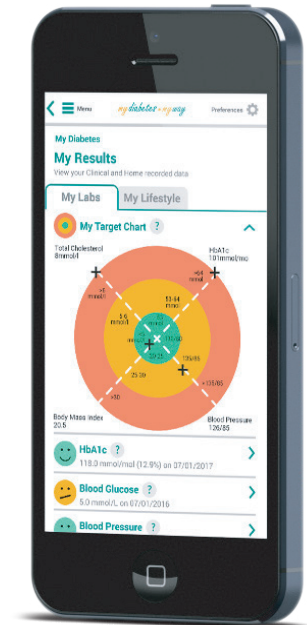


MyDiabetesMyWay★ Somerset

My Diabetes My Way Somerset is an easy to use service that helps people living with diabetes to improve their self-management of the condition. It delivers:



- ★ **Convenience**
24/7 access in between clinic appointments.
- ★ **Motivation**
Learn how to improve your self-care, leading to clinically-proven health benefits.



- ★ **Education**
Access 100s of peer-reviewed educational videos, leaflets, games and online courses about diabetes diagnosis and treatment.



- ★ **NHS Diabetes data access**
Become an expert in diabetes management by securely accessing your NHS data such as blood tests, medications, screening results and home recorded blood glucose, weight and blood pressure results including:
 - Simple explanations of all tests and why they're recorded
 - Helpful tables and graphs
 - Tailored advice on how to improve, and
 - Personalised care reports.

- ★ **Goals**
Set and monitor goals to support lifestyle change.
- ★ **Support**
Access to peer and NHS staff support to ask questions and request feedback.
- ★ **Secure and free**
My Diabetes My Way complements existing face-to-face care for diabetes. It uses industry-standard security and is completely free for patients to use.