



GIG
CYMRU
NHS
WALES

Grŵp Gweithredu
Diabetes
Diabetes
Implementation Group

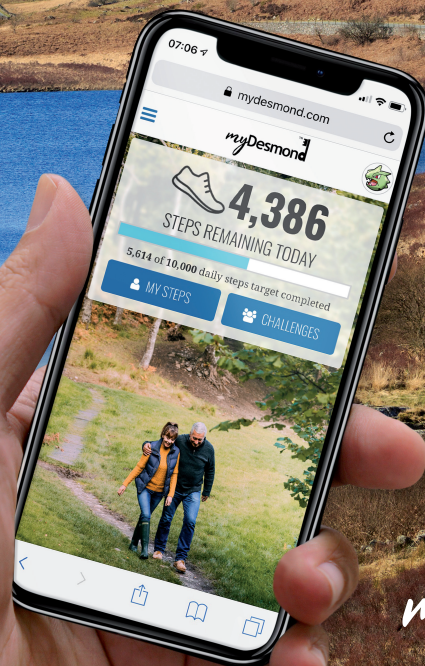


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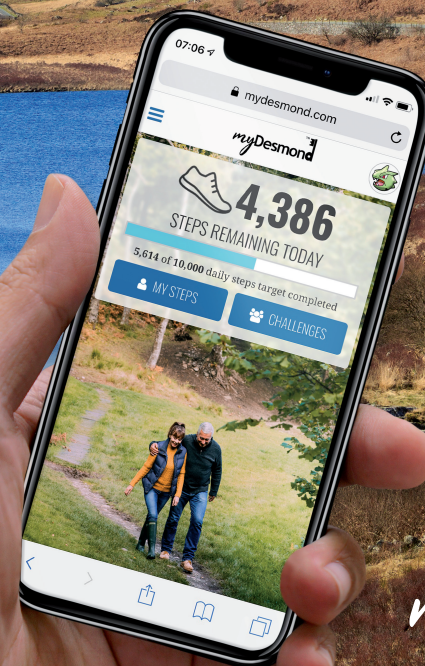
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MYDESMOND: TYPE 2 DIABETES DIGITAL EDUCATION AND SUPPORT

MYDESMOND: ADDYSG A CHEFNOGAETH DDIGIDOL AR DDIABETES MATH 2



myDesmond



myDesmond

➤ 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 9-weekly booster sessions

If you live in Wales and have type 2 diabetes visit
www.mydesmond.wales to request access
by completing our online form.

www.desmond.nhs.uk • [Twitter](#) DESMOND_Tweets

➤ RHAGLEN HUNAN REOLI RHYNGWEITHIOL AR- LEIN I BOBL SYDD Â DIABETES MATH 2



Nodweddion MyDESMOND:

- ✓ Gofynnwch i'r Arbenigwr – ble bydd tîm amlddisgyblaethol Canolfan Diabetes Caerlŷr ar flaenau eich bysedd.
- ✓ Olrhain eich lefelau gweithgarwch ac fe allwch hyd yn oed gysylltu â Fitbit neu Google Fit
- ✓ Gwirio eich pwysau, pwysedd gwaed, HbA1c, diet a cholesterol
- ✓ Gosod nodau bob dydd sy'n gweddu o amgylch eich ffordd o fyw
- ✓ Cystadlu ag eraill yn ein cymuned DESMOND ar fwrdd enillwyr byd eang
- ✓ Siarad ag aelodau'r gymuned DESMOND
- ✓ Gwahodd eich ffrindiau a'ch teulu i ymuno â'ch taith
- ✓ Dysgu mwy am ddiabetes math 2 drwy ein dysg ryngweithiol a 9 sesiwn wythnosol atgyfnerthu

Os ydych yn byw yng Nghymru ac os oes gennych
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