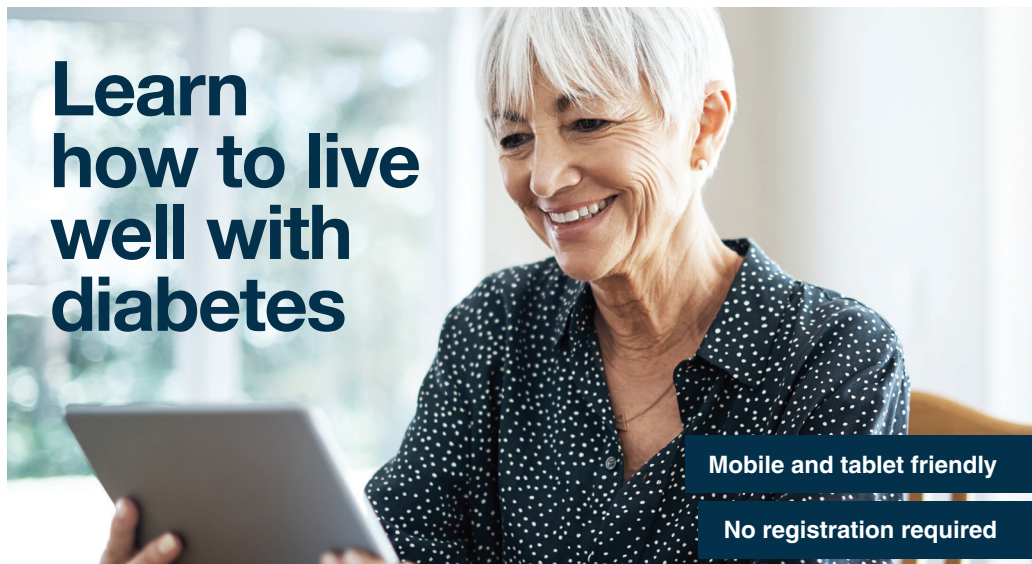


Learn how to live well with diabetes



Mobile and tablet friendly

No registration required

Free

The **National Diabetes Services Scheme (NDSS)** has developed a FREE online learning program called Type 2 diabetes and me to help you learn more about living with diabetes, where to go for support and how to find additional information and resources.

This program is for:

- People who are newly diagnosed with type 2 diabetes
- People who would like to refresh their knowledge about type 2 diabetes

In this program you can:

- Choose from 10 short topics
- Learn at your own pace, in the comfort of your own home
- Pick and choose from the 10 topics to suit your needs

type 2
diabetes
and *me*

Visit ndss.com.au or scan the QR code to start learning today!



type 2 diabetes and *me*



use on any device

Topics include:

- Understanding diabetes
- Balancing your blood glucose level
- First steps to healthy eating
- First steps to being active
- Balancing your medication
- Checking how you are tracking
- Your diabetes health checks
- Supporting your emotional health
- Travel, driving and sick days
- Getting the support you need

Mobile and tablet friendly

No registration required

Free



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scan the QR code to start
learning today!



NDSS Helpline 1800 637 700
ndss.com.au