



# Healthy Living for people with type 2 diabetes

**Healthy Living**  
for people with type 2 diabetes

## Frequently asked questions

### Q. What is 'Healthy Living for people with type 2 diabetes'?

A. Healthy Living for people with type 2 diabetes (or Healthy Living for short) is a free online service designed to help you learn more about type 2 diabetes. Healthy Living has been clinically proven and can help you improve your health and live well with type 2 diabetes.

### Q. Who is the programme for?

A. Anyone over the age of 18, living in England with type 2 diabetes, no matter when you were diagnosed. If you care for someone living with type 2 diabetes, you can sign up too.

### Q. How can I join the programme?

A. See "how to join" inside this leaflet.

### Q. How do I use the programme?

A. Login to the programme at [www.healthyliving.nhs.uk](http://www.healthyliving.nhs.uk) using a web browser on a desktop computer, tablet, or smartphone and find information, quizzes and more under the 'Learn' section.

Starting off with the key essentials about type 2 diabetes, you will unlock more content as you progress through the articles. Aim for bite-sized sessions on a regular basis, so you can take time to put your learning into practice and form new habits.

## How can Healthy Living help me?

Healthy Living provides knowledge and information so that you can:

- feel confident in managing your type 2 diabetes
- reduce diabetes-related distress
- improve your health and wellbeing
- achieve and maintain a healthy weight
- feel motivated to continue making healthy lifestyle choices



## How does it work?

- Create an account online and start your learning.
- In the programme, find information and guidance to support you to live well with type 2 diabetes.
- Learn at your own pace and at a time that suits you.
- Access quizzes and make use of the 'Tools' section to set goals and track your progress.

## How to join

To join the Healthy Living programme visit the website at [www.healthyliving.nhs.uk](http://www.healthyliving.nhs.uk) or scan the QR code below with your mobile phone.

Once you have completed the registration questions on the homepage, Healthy Living will send you an email so you can activate your account.

If you care for someone living with type 2 diabetes, you can sign up too.

**Register today at  
[healthyliving.nhs.uk](http://healthyliving.nhs.uk)  
or scan the QR code**

