

MyDESMOND – Empowering Australians to self-manage their type 2 diabetes

Works on
PC, tablet or
smartphone



2020-010_HP

MyDESMOND is an online version of the face-to-face DESMOND workshop that helps people to:

- Understand type 2 diabetes and potential complications
- Learn how to manage blood glucose levels
- Explore food choices and the impact of physical activity
- Share stories and learn from others living with type 2 diabetes

DESMOND recognises there is no 'one-size-fits-all' approach to diabetes management. Users personalise the program, set their own goals and are supported to achieve them.

MyDESMOND is currently being piloted Australia-wide by Diabetes WA, an initiative funded by the NDSS.

For your patient to register interest to access MyDESMOND they can visit mydesmondaustralia.com.au or email mydesmond@diabeteswa.com.au

"It motivated me to think about how I was managing my type 2 and helped me to make improvements to managing it. It also showed me what my levels should be and to understand my readings and gave me ideas to improve and manage my diabetes."

MyDESMOND pilot participant

"It provides very useful information in digestible amounts and an appealing format. It provided links that allowed me to investigate further if I wished. It is flexible."

MyDESMOND pilot participant

mydesmondaustralia.com.au



The NDSS is administered by Diabetes Australia

The NDSS is administered by Diabetes Australia. First published March 2020, Version 1.0 March 2020. NDSS Helpline 1800 637 700. ndss.com.au

Referral from a health professional is not required to participate in the MyDESMOND program but an NDSS registration number is. If NDSS registration number is unknown, please contact NDSS Helpline on 1800 637 700.