

## 1 Main Menu

- Understanding||diabetes ✓
  - Common diabetes questions ✓
    - What is type 2 diabetes? ✓
      - Overview ✓
      - Diagnosis ✓
      - Glucose ✓
      - What happens inside the body? ✓
      - The pancreas ✓
      - Insulin ✓
    - What causes type 2 diabetes? ✓
    - What happens if I don't control my diabetes? ✓
    - How can I take care of myself?
    - What is self-management? ✓
      - What skills do I need? ✓
      - How can I share decisions? ✓
      - What is an expert patient? ✓
    - Are there other types of diabetes? ✓
    - Why learn more about diabetes? ✓
    - Who gets type 2 diabetes? ✓
    - Is there a cure? ✓
    - What is pre-diabetes? ✓
  - How my body can be affected ✓
    - Emotional problems ✓
      - Overview ✓
      - Prevention ✓
      - Checks & tests ✓
      - Complications ✓
      - Treatment ✓
      - Support ✓
    - Eyes ✓
      - Overview ✓
      - Prevention ✓
      - Checks & tests ✓
      - Complications ✓
      - Treatment ✓
      - Links ✓
    - Feet ✓
      - Overview ✓
      - Prevention ✓
      - Checks & tests ✓
      - Complications ✓
      - Treatment ✓
      - Links ✓
    - Heart and blood vessels ✓
      - Overview ✓
      - Prevention ✓

- Checks & tests ✓
- Complications ✓
- Treatment ✓
- Links ✓
- Hyperglycaemia ✓
  - Overview ✓
  - Prevention ✓
  - Checks & tests ✓
  - Complications ✓
  - Treatment ✓
- Hypoglycaemia (hypos) ✓
  - Overview ✓
  - Prevention ✓
  - Checks & tests ✓
  - Complications ✓
  - Treatment ✓
- Infections ✓
  - Overview ✓
  - Prevention ✓
  - Checks & tests ✓
  - Complications ✓
  - Treatment ✓
  - Links ✓
- Kidneys ✓
  - Overview ✓
  - Prevention ✓
  - Checks & tests ✓
  - Complications ✓
  - Treatment ✓
  - Links ✓
- Nervous system ✓
  - Complications ✓
  - Treatment ✓
  - Links ✓
  - Overview ✓
  - Prevention ✓
  - Checks & tests ✓
- Sexual problems ✓
  - Overview ✓
  - Prevention ✓
  - Checks & tests ✓
  - Complications ✓
  - Treatment ✓
  - Links ✓
- Quick guides ✖
  - About type 2 diabetes ✓
    - Quiz: What is type 2 diabetes? ✓

- Video: about type 2 diabetes ✓
- What are the symptoms? ✓
- Why did I get type 2 diabetes? ✓
- Is there a cure ✓
- What is the treatment? ✓
- What happens if I don't control my diabetes? ✓
- How can I take care of my diabetes? ✓
- Final quiz ✓
- Next steps ✓
- Longer quiz ✓
- Understanding medicines ✓
  - Quiz: Understanding medicines ✓
  - Understanding medicines ✓
  - Why take medication? ✓
  - Reasons for taking medicines ✓
  - Common medicines ✓
  - Insulin ✓
  - Special situations ✓
  - Tips for taking medicines ✓
  - Final quiz ✓
  - Next steps ✓
- Eating with type 2 diabetes ✓
  - Enjoying a healthy balanced diet ✓
  - Eight steps to healthy eating ✓
  - Step 1: eat three meals a day ✓
  - Step 2: eat five portions of fruit and vegetables a day ✓
  - Step 3: cut down on sugar ✓
  - Step 4: cut down on fat ✓
  - Step 5: eat oily fish ✓
  - Step 6: reduce your alcohol intake ✓
  - Step 7: eat less salt ✓
  - Step 8: avoid diabetic products ✓
  - Next steps ✓
- African and Caribbean diets ✓
  - Food in Black African-Caribbean communities ✓
  - Enjoying a healthy balanced diet ✓
  - Eight steps to healthy eating ✓
  - Step 1: eat three meals a day ✓
  - Step 2: eat five portions of vegetables and fruit a day ✓
  - Step 3: cut down on starch and sugar ✓
  - Examples of healthier meals ✓
  - Try this quiz ✓
  - Step 4: cut down on fat ✓
  - Step 5: eat oily fish ✓
  - Step 6: reduce your alcohol intake ✓
  - Step 7: eat less salt ✓
  - Step 8: avoid special diabetic foods ✓

- Next steps ✓
  - Quitting smoking ✓
    - Quitting smoking ✓
    - Reasons to quit: 1 ✓
    - Reasons to quit: 2 ✓
    - Your smoking habits ✓
    - Smoking routines ✓
    - Make a plan ✓
    - Difficult situations ✓
    - Trying again ✓
    - Next steps ✓
  - Alcohol ✓
    - Alcohol & diabetes ✓
    - Cutting down ✓
    - Health risks: blood glucose ✓
    - Other health risks ✓
    - Setting goals ✓
    - Practical strategies ✓
    - Slipping up ✓
    - Next steps ✓
- Staying healthy 🚫
  - Why is lifestyle important? ✓
  - Looking after yourself ✓
  - Physical activity ✓
    - How moderate activity helps ✓
    - Should I be more active? ✓
      - Advice about increasing physical activity ✓
    - My activity routine ✓
    - Keeping on track with activity levels ✓
      - Staying motivated on fitness ✓
      - Review my fitness goals ✓
      - My review feedback ✓
    - Physical activity tools ✓
      - Quiz: How active are you? ✓
      - Quiz Results: How active are you? ✓
      - My activity goals ✓
      - My activity goals - summary ✓
      - Set activity reminders ✓
      - View activity reminders ✓
      - My physical activity tracker ✓
    - Exercise videos ✓
      - Beginners and reduced mobility ✓
      - Intermediate exercises ✓
      - Advanced exercises ✓
      - View my circuits (playlists) ✓
  - Taking medicines ✓
    - How taking medicines can help ✓

- Should I improve how I take my medicines? ✓
- My medicine routine ✓
  - Forgetting your medicines ✓
  - Suffering from side effects ✓
  - Goal setting & making plans ✓
- Keeping on track with my medicines ✓
  - Staying motivated ✓
  - Review my medicine goals ✓
  - My review feedback ✓
- Medicine tools ✓
  - Quiz: Taking my medicines ✓
  - Quiz results: Taking my medicines ✓
  - My medicine list ✓
  - My medicine planner ✓
  - Set medicines reminders ✓
  - View medicine reminders ✓
  - My medicine goals ✓
  - My medicine goals - summary ✓
  - Reasons to stick to my medicine routine ✓
- Eating & drinking ✓
  - How food choices can help ✓
    - Practical diet advice ✓
    - Seeing a dietitian ✓
  - Should I lose weight? ✓
    - Getting started ✓
  - Changing what I eat ✓
    - Consider your diet goals ✓
  - Keeping on track with my food ✓
    - Staying motivated with my diet goals ✓
    - What if I break my diet? ✓
    - Review my diet goals ✓
    - My review feedback ✓
  - Tools for changing what I eat ✓
    - My diet goals ✓
    - My diet goals - summary ✓
    - Set diet reminders ✓
    - View diet reminders ✓
    - Calorie requirement calculator ✓
    - Body mass index calculator ✓
    - My food tracker ✓
    - POWeR weight loss programme ✓
- Alcohol ✓
  - How alcohol can affect your health ✓
    - Drinking & type 2 diabetes ✓
    - Common problems with alcohol ✓
  - Should I cut down on alcohol? ✓
    - Safe drinking guidelines ✓

- How much do other people drink? ✓
    - Benefits & costs of my drinking ✓
    - Binge drinking ✓
  - Cutting down ✓
    - Goal setting and making plans ✓
    - What are my drinking patterns? ✓
    - What's the best change to make? ✓
    - Reasons to cut down on alcohol ✓
    - Alcohol withdrawal ✓
    - Refusing drinks ✓
    - Assertiveness ✓
    - Dealing with cravings ✓
    - Alcohol and relationships ✓
    - Handling risky situations ✓
  - Keeping on track with my alcohol plan ✓
    - Staying motivated ✓
    - Lapses ✓
    - Sometimes I want to give up ✓
    - Review my drinking goals ✓
    - My review feedback ✓
  - Tools for cutting down on alcohol ✓
    - Quiz: Am I drinking too much? ✓
    - Quiz results: Am I drinking too much? ✓
    - My alcohol tracker ✓
    - My alcohol risk ✓
    - My goals to cut down on alcohol ✓
    - My goals to cut down on alcohol - summary ✓
    - Reasons for cutting down my drinking ✓
    - Set alcohol reminders ✓
    - View alcohol reminders ✓
- Smoking ✓
  - StopAdvisor ✓
- Working with my diabetes team ✓
- Treating diabetes 🚫
  - How is type 2 diabetes treated? ✓
    - Lifestyle changes ✓
    - Reducing blood glucose levels ✓
    - Treating related problems ✓
  - Tests to monitor diabetes ✓
    - Blood glucose readings ✓
    - HbA1c blood test ✓
    - Blood pressure ✓
    - Cholesterol ✓
    - Blood tests for kidney function ✓
    - Urine tests for kidney function ✓
    - Weight and body mass index ✓
    - Waist circumference ✓

- Glucose meters ✓
- Medicines ✓
  - Why take medicines? ✓
    - Feel better ✓
    - Improve blood glucose levels ✓
    - Protect your organs ✓
  - Concerns about taking medicines ✓
  - Blood pressure tablets ✓
  - Cholesterol tablets ✓
  - Glucose control ✓
    - Tablets to lower blood glucose ✓
    - Injectable medicines ✓
  - Insulin: the basics ✓
    - Introduction ✓
    - Common concerns ✓
    - Types of insulin ✓
    - Injection regimes ✓
    - History ✓
  - Starting on Insulin ✓
    - What does it involve? ✓
    - Insulin pens ✓
    - Injecting insulin ✓
    - Self-monitoring on insulin ✓
  - Managing nerve pain ✓
  - Tablets for problems with sex ✓
  - Tablets to thin the blood ✓
  - Using medicines in special situations ✓
    - When I'm sick ✓
    - When fasting ✓
    - When exercising ✓
    - Before surgery ✓
    - Before scans ✓
  - Weight loss ✓
- Surgery ✓
  - Bariatric surgery ✓
  - Vascular surgery ✓
- Complementary medicine ✓
  - Benefits of complementary therapies ✓
  - Problems with complementary therapies ✓
  - Omega 3 fatty acids ✓
  - Zinc ✓
  - Traditional Chinese medicine ✓
  - Ayurveda ✓
  - Breathing exercises ✓
- Vaccinations and immunisations ✓
  - Flu vaccine ✓
  - Pneumococcal vaccine ✓

- How the NHS can help ✓
  - What can I expect at my yearly check? ✓
  - Which basic services should I receive? ✓
  - Can I go on any courses? ✓
  - Will I have to pay for my medicines? ✓
  - What if I'm not getting the expected level of care? ✓
  - What happens when I find out I have diabetes? ✓
  - Where will my diabetes be managed? ✓
  - What will happen at appointments? ✓
- Living & working||with diabetes 🚫
  - Food ✓
    - Understanding food ✓
      - Nutrients ✓
      - How the body uses food ✓
      - How food is used in type 2 diabetes ✓
      - Food groups ✓
      - Fruit & vegetable portions ✓
      - Bread, rice, potatoes, pasta & other starchy foods ✓
      - Meat, fish, eggs, beans & other proteins ✓
      - Milk & dairy products ✓
      - Foods & drinks high in fat or sugar ✓
      - Calories ✓
      - Artificial sweeteners ✓
      - Diabetic food products ✓
      - Snacks and desserts ✓
      - Alcohol & diabetes ✓
        - 'Units' of alcohol ✓
        - Risks ✓
        - Responsible drinking ✓
      - Food labels ✓
        - Ingredients ✓
        - Nutritional information ✓
        - Nutritional claims ✓
        - Traffic light system ✓
        - GDAs ✓
      - Popular diets for weight loss ✓
      - Evidence for different diets ✓
    - How food affects your body ✓
      - Food & blood pressure ✓
      - Cholesterol levels ✓
      - Carbohydrate & blood glucose ✓
        - Carbohydrate in foods ✓
        - Glycaemic index ✓
        - Glycaemic load ✓
        - GI & GL food tables ✓
      - Food & hyperglycaemia ✓
      - Food & hypos ✓



- How eating affects your mood ✓
  - Eating in special circumstances ✓
    - Special diets ✓
    - Eating at celebrations ✓
    - Eating out ✓
    - Eating at festivals ✓
    - Eating a healthy lunch at work ✓
    - Eating and shift work ✓
    - Eating on sick days ✓
    - Medications and food ✓
    - Explaining to others about your diet ✓
  - Shopping for food ✓
- Relationships ✓
  - The emotional impact of diabetes ✓
  - Sex & intimacy ✓
  - Pregnancy ✓
  - Resources for family, relatives and friends ✓
- Work ✓
  - Managing diabetes at work ✓
  - When to tell employers and recruiters ✓
  - Employment law ✓
  - Shift work ✓
- Social life ✓
  - Alcohol and recreational drugs ✓
  - Special occasions ✓
  - Physical activity ✓
  - Eating socially ✓
- Travel ✓
  - Travelling with medications ✓
  - Maintaining healthy diet & lifestyle abroad ✓
  - What to do if ill abroad ✓
  - Immunisations for travel ✓
  - Travelling internationally ✓
  - Insurance ✓
- Driving ✓
  - Do I need to inform the DVLA about my diabetes? ✓
  - What will happen if I inform the DVLA? ✓
  - My motor insurance ✓
  - Hypo awareness when driving ✓
  - Organisations that provide driving advice ✓
- Financial support ✓
  - Benefits ✓
  - Personal Independence Payment ✓
  - Disability Living Allowance ✓
  - Free prescriptions ✓
- Ramadan ✓
  - Fasting in Ramadan ✓

- Looking after yourself in Ramadan ✓
- Diabetes tablets in Ramadan ✓
- Diabetes injections in Ramadan ✓
- Links to other websites ✓
- Managing my feelings 🚫
  - Understanding my moods ✓
    - Sadness & depression ✓
      - Sadness ✓
      - What is depression? ✓
    - Depression & diabetes ✓
    - Coping with sadness & depression ✓
    - Fear & anxiety ✓
      - Feeling scared ✓
      - Anxiety ✓
    - Anger & resentment ✓
    - Denial ✓
      - Denial and diabetes ✓
      - Am I struggling with denial? ✓
      - How to tackle denial ✓
    - Guilt ✓
    - Confidence ✓
    - Happiness & well-being ✓
  - My mood tools ✓
    - How am I feeling? Quiz ✓
    - How am I feeling? Quiz results ✓
    - Living life to the full ✓
      - Introduction ✓
      - Courses ✓
        - Why do I feel so bad? ✓
        - I can't be bothered doing anything ✓
        - Why does everything always go wrong? ✓
        - I'm not good enough ✓
        - How to fix almost everything ✓
        - The things you do that mess you up ✓
        - Are you strong enough to keep your temper? ✓
        - 10 things you can do to feel happier straight away ✓
    - Get email support ✓
    - Worksheets ✓
    - E-books ✓
      - Why do I feel so bad? ✓
      - I can't be bothered doing anything ✓
      - Why does everything always go wrong? ✓
      - I'm not good enough ✓
      - How to fix almost everything ✓
      - The things you do that mess you up ✓
      - Are you strong enough to keep your temper? ✓

- I feel so bad I can't go on ✓
  - Fix your drinking problem in 2 days ✓
  - Reclaim your life ✓
  - Live longer: Have a heart attack ✓
  - Stop smoking in 5 minutes ✓
  - In case of panic, read this ✓
  - The Worry Box - Book 1 - The Worry Box ✓
  - The Worry Box - Book 2 - Face It ✓
  - The Worry Box - Book 3 - Fix It ✓
  - The Worry Box - Book 4 - Forget It ✓
  - TV videos ✓
    - Sleeping better ✓
    - Healthy living ✓
    - Assertiveness ✓
    - Introduction ✓
    - Problem Solving ✓
    - Building Confidence ✓
    - Balanced Thinking ✓
    - Dealing with unhelpful behaviour ✓
- My health||record ❌
  - My diabetes care plan ✓
    - Important dates ✓
    - My goals and plans ✓
    - Preparing for my review ✓
    - My recent results ✓
      - Diabetes control ✓
      - Blood pressure ✓
      - Cholesterol ✓
      - Weight ✓
      - Smoking ✓
    - My mood ✓
    - Screening checks ✓
      - Kidney urine test ✓
      - Kidney blood test ✓
      - Eye check ✓
      - Foot check ✓
    - My diabetes medicine list ✓
  - My appointments ✓
    - My appointment list ✓
    - My appointment calendar ✓
    - My reminders ✓
    - Add an appointment ✓
  - My health tracker ✓
    - Calendar view ✓
    - My weight ✓
    - My waist circumference ✓
    - My food intake ✓

- My physical activity ✓
  - My alcohol tracker ✓
  - My blood glucose levels ✓
  - My test results ✓
    - HbA1c ✓
    - Blood pressure ✓
    - Cholesterol ✓
    - Kidney function blood test ✓
    - Kidney function urine test ✓
    - Liver function ✓
  - My medicines ✓
    - My medicine list ✓
    - My medicine planner ✓
  - My reminders ✓
- News & research ✓
  - News ✓
    - Recent news ✓
    - All news articles ✓
    - Historic news ✓
    - Newsletters ✓
  - Research ✓
    - Why bother with evidence? ✓
    - What have important trials taught us about diabetes? ✓
  - Concerns about specific medicines ✓
    - Does the 'glitazone' family increase the risk of heart problems? ✓
    - Does pioglitazone increase the risk of bladder cancer? ✓
    - Does metformin cause lactic acidosis? ✓
  - Advanced information ✓
    - Useful resources ✓
    - Important papers ✓
    - Guidelines ✓
- Forum & help 🚫
  - Forum ✓
    - Index ✓
    - Recent Topics ✓
    - New Topic ✓
    - No Replies ✓
    - My Topics ✓
    - Profile ✓
    - Rules ✓
    - Search ✓
    - Help ✓
  - Useful resources ✓
    - Wellbecoming blog ✓
    - HeLP Diabetes blog ✓
  - People's stories ✓

- Discovery ✓
- Controlling diabetes ✓
- Possible complications ✓
- The long view ✓
- Frequently asked questions (FAQs) ✓
  - FAQs: Using HeLP-Diabetes ✓
  - FAQs: Understanding diabetes ✓
  - FAQs: Diabetes and my body ✓
  - FAQs: Food and drink ✓
  - FAQs: Physical activity ✓
  - FAQs: Treating diabetes ✓
  - FAQs: Life and work ✓
  - FAQs: Other resources