

## Registration

To use HeLP-Diabetes™ you will need to be registered on the website by a member of staff at your practice or clinic. They will also tell you more about HeLP-Diabetes™ and how you can use it. Please ask a member of staff to arrange a time for you to be registered.

### What do I need to do?

To register you will need to know your email address. You'll be asked to create a username (of at least 3 characters) and password (of at least 6 characters). It is a good idea to have thought about what you want these to be before you are registered.

### I'm not very good with computers!

Don't worry, HeLP-Diabetes™ is designed for people with a range of experience with computers. You will be helped through the registration and you will have plenty of time to ask questions.

### Research study

You will be asked if you would like to find out about a research study being carried out by UCL. The study is investigating people's views of HeLP-Diabetes™ and whether it helps with self-management. You are under no obligation to take part and you can still use HeLP-Diabetes™ whether or not you decide to take part. If you agree to find out more about the research you will be sent an email with more details.

## Using HeLP-Diabetes™

Useful information

### Can I use HeLP-Diabetes™ without being registered?

HeLP-Diabetes™ is not openly available to everyone at the moment. It is a new service that is only available to selected GP practices, diabetes clinics and patients. To use HeLP-Diabetes™ you must be registered on the website.

### I don't have a home internet access, can I still use HeLP-Diabetes™?

Yes, HeLP-Diabetes™ can be accessed from any computer with an internet connection. When you are registered you can ask for information about local places where you can connect to the internet for free.

### Having trouble using HeLP-Diabetes™?

You can contact the HeLP-Diabetes™ team for any problems with using the website or for information about taking part in the research study.

### Contact details:

Jamie Ross  
Research Associate  
University College London  
Tel: 020 7794 0500 (Ext: 37073)  
Email: help-diabetes@ucl.ac.uk



## Patient information

[www.help-diabetes.org.uk](http://www.help-diabetes.org.uk)



Whittington Health   
  
Islington  
Clinical Commissioning Group



Healthy Living for People with type 2 Diabetes

## HeLP-Diabetes™ can help you with...

### What is HeLP-Diabetes™?

HeLP-Diabetes™ is a self-management website for people with type 2 diabetes.

Self-management is the most important part of diabetes care and can help people lead a healthy, happy life with diabetes whilst reducing the risk of other health problems.

HeLP-Diabetes™ provides information, tools, advice and support to people with type 2 diabetes, whether you are newly diagnosed or have had diabetes for many years.

### How was HeLP-Diabetes™ developed?

HeLP-Diabetes™ was developed at University College London (UCL) by a team of GP's, psychologists, researchers, diabetes nurses, consultants, dieticians and most importantly people with type 2 diabetes.

### How do I use HeLP-Diabetes™?

You can use HeLP-Diabetes™ from any computer with internet access. A health professional at your GP practice or diabetes clinic will register you on the website and show you how to use it.

- What is type 2 diabetes?
- What is self-management?
- What happens if I don't control my diabetes?

**Understanding Diabetes**



- Increase your physical activity
- Taking medication
- Eating healthily
- Alcohol
- Smoking cessation

**Staying Healthy**



- How is type 2 diabetes treated?
- How is type 2 diabetes monitored?
- Information about medication
- Starting on insulin

**Treating Diabetes**




- Food
- Relationships
- Work
- Social Life
- Travel
- Driving
- Financial support

**Living with diabetes**



- Online CBT
- Access to diabetes specific Living life to the Full courses
- Advice about emotional well being and adjusting to life with diabetes

**Emotional support**




- An online diabetes care planning tool based on the Diabetes Year of Care
- Keep track of results
- Reminders and diary functions

**Self-monitoring**



- Moderated peer-to-peer forum
- Personal stories from the award winning Health Talk online website

**Forum and Videos**



- Updates on breaking news, new research findings and NICE guidelines
- Regular newsletter and email updates for users

**The latest news and research**



“Everything I need to manage my diabetes, all in one place”  
Patient, Islington

“A brilliant resource”  
GP, Islington

“A really amazing tool that I would be proud to recommend to my patients”  
Diabetes Specialist Nurse