

## By completing our Diabetes SMART programme you will:

- ✓ Understand the basics of managing your Type 2 diabetes or pre-diabetes
- ✓ Understand your diabetes medications, how they work and side effects
- ✓ Learn about healthy eating, what foods to eat, how different carbohydrates affect your blood glucose levels
- ✓ Know how to read a food label and shop wisely
- ✓ See tips to reduce portion sizes and dine out healthily
- ✓ Know how to become more physically active and learn what type of exercise is right for you with warm up videos to help get you started
- ✓ Learn how to manage your Type 2 diabetes when ill
- ✓ Understand how diabetes affects various parts of your body and what to do to avoid possible health complications
- ✓ Understanding hypos, with clear guidance on causes, symptoms and treatment and what you need to know for safe driving
- ✓ Get motivated and informed how to lose weight in a healthy way.

So be smart, protect your health:  
Just a click away:



[www.diabeteseducation.ie](http://www.diabeteseducation.ie)

Novo Nordisk Ireland provided a grant in support of the Diabetes SMART programme



**Need to learn more about**  
**Type 2 Diabetes?**

A free online programme for people  
diagnosed with Type 2 diabetes.

## What is **Diabetes Smart**?

A free interactive online education programme developed by Diabetes Ireland, for people diagnosed with Type 2 diabetes.

The programme contains resources, guidance and tools and has been redesigned to reassure those newly diagnosed with daily supports to help them better manage their condition.

It is meant to be in addition to information supplied to you by your GP or diabetes nurse.



The **e-learning** programme is divided into **6** sections



## How to use Diabetes Smart

1. Log in to [www.diabeteseducation.ie](http://www.diabeteseducation.ie) via your laptop, tablet or mobile
2. Follow the onscreen instructions to create a new account, remember to keep a note of your username and passw ord.
3. You can watch it all in one go or return to it whenever you need information.

For more information call us on 01 842 8118 or 021 427 4229 or email [info@diabetes.ie](mailto:info@diabetes.ie)

Take a step to protect your health today.

Just a Click away...  
[www.diabeteseducation.ie](http://www.diabeteseducation.ie)

