



# Take control of your type 2 diabetes.

Healthy Living for people with type 2 diabetes is a free, online NHS service that supports people to live well with type 2 diabetes and reduce the risk of complications.

The service provides information about diabetes, offers support with mental wellbeing, and helps with adopting and maintaining healthy behaviours such as improving your diet and increasing physical activity.

Sign up at [healthyliving.nhs.uk](https://healthyliving.nhs.uk) or scan the QR code below with your mobile phone.



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