

A photograph of a middle-aged man with dark hair, wearing a red hoodie and earbuds, smiling while looking at a smartphone. The background is a soft-focus outdoor scene.

Get support with your type 2 diabetes.

If you've been diagnosed with type 2 diabetes, managing your condition is important.

By leading a healthy lifestyle and keeping your blood sugar levels under control, you can reduce the risk of the complications such as vision loss, kidney failure, amputation, heart disease and strokes.

Healthy Living for people with type 2 diabetes is a free, online NHS service clinically proven to help you control your type 2 diabetes. You can get information and advice at home, work or on the move, putting you in control of your health and wellbeing.

Sign up at [healthyliving.nhs.uk](https://www.healthyliving.nhs.uk)

Healthy Living
for people with type 2 diabetes

Healthy Living for people with type 2 diabetes 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.

Healthy Living can help people living with type 2 diabetes by providing knowledge and information, so you can:

- **feel confident in managing your type 2 diabetes**
- **reduce diabetes-related distress**
- **improve your health and wellbeing**
- **achieve and maintain a healthy weight**
- **feel motivated to continue making healthy lifestyle choices**

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