

My Diabetes My Way App Set-up Guide

My Diabetes My Way is an NHS Scotland interactive diabetes website and app to help support people who have diabetes and their family and friends. You'll find leaflets, videos, educational tools and games containing information about diabetes. You can now also use this website to view your own up-to-date diabetes clinic results, to help you manage your condition more effectively.

This page will take you on a step by step guide to setting up the My Diabetes My Way app. For frequently asked questions about the my diabetes my way app please see our FAQs page [here](#). If you have problems with the set-up process feel free to contact us on mydiabetes.myway@nhs.scot and we will be happy to help!



Step 1:

Download the My Diabetes My Way App on the App Store for Apple devices or the Google Play Store for Android devices.

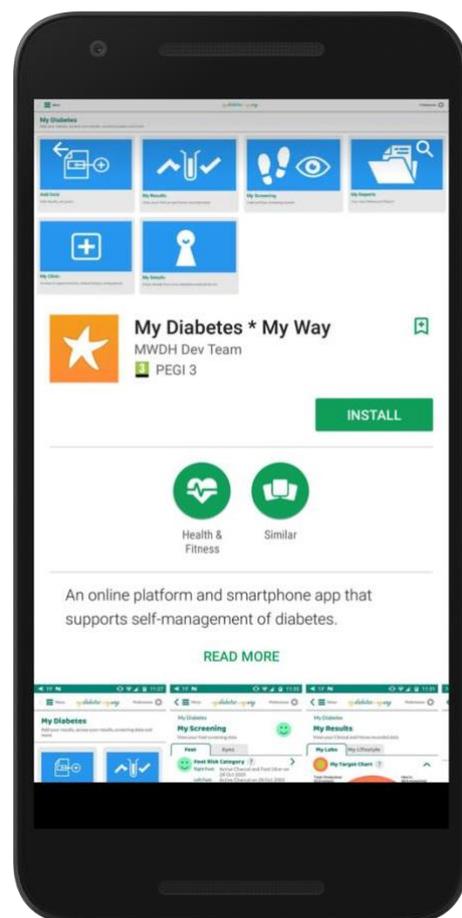
Search “my diabetes my way” on the App Store or Google Play Store.

Select “GET” on the App Store or “INSTALL” on the Google Play Store to download the app. Once the app is downloaded please continue to **Step 2.**

Apple App Store

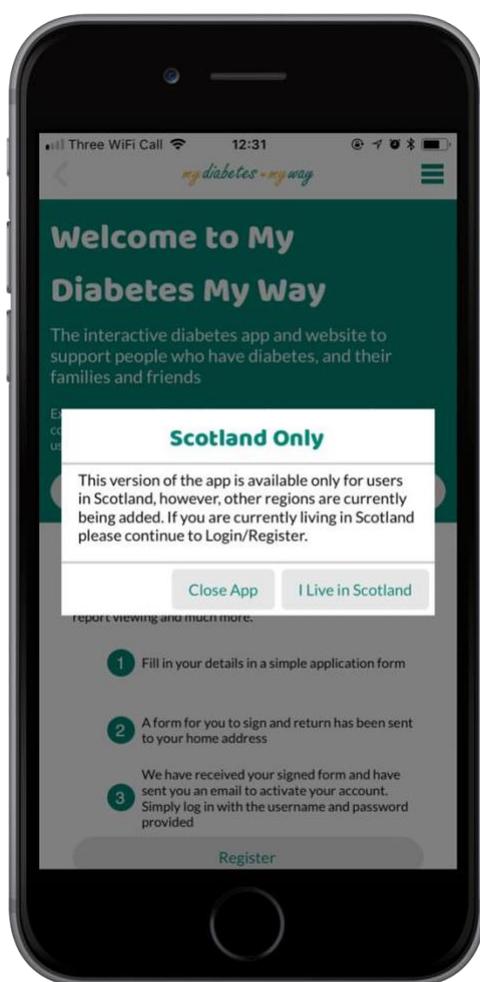


Google Play Store



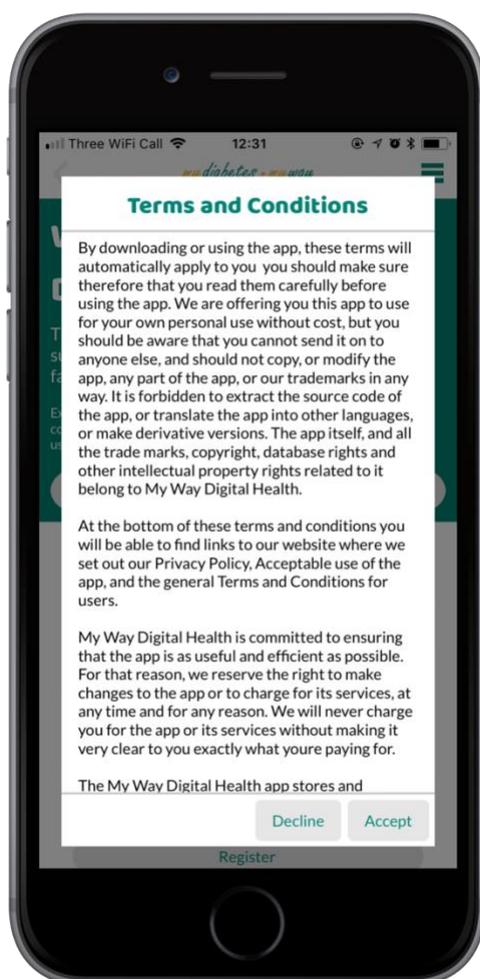
Step 2:

Open the My Diabetes My Way App. You will see the screen pictured below. If you live in Scotland please click the “I Live in Scotland” option and continue to **Step 3**. The My Diabetes My Way app is only currently available for users living in Scotland. We hope to support more locations in future.



Step 3:

Please read our Terms and Conditions. If you are happy then please select “Accept” and continue to **Step 4**. If you have any questions about our Terms and Conditions feel free to contact us at mydiabetes.myway@nhs.scot.



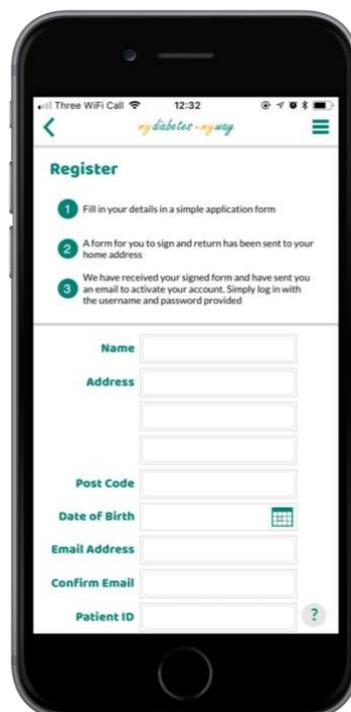
Step 4:

You will then arrive on our login/register screen (pictured to the right). If you have a My Diabetes My Way account then please select “Login” and proceed to Step 5.



If you do not already have a My Diabetes My Way account then select “Register”. You will be directed to a registration form (pictured to the right).

Please complete this form and select “Submit Registration Details”. As outlined in the steps at the top of the screen a form for you to sign and return will then be sent out to your home address. Once we have received your form we will send you an email with instructions to activate your account.



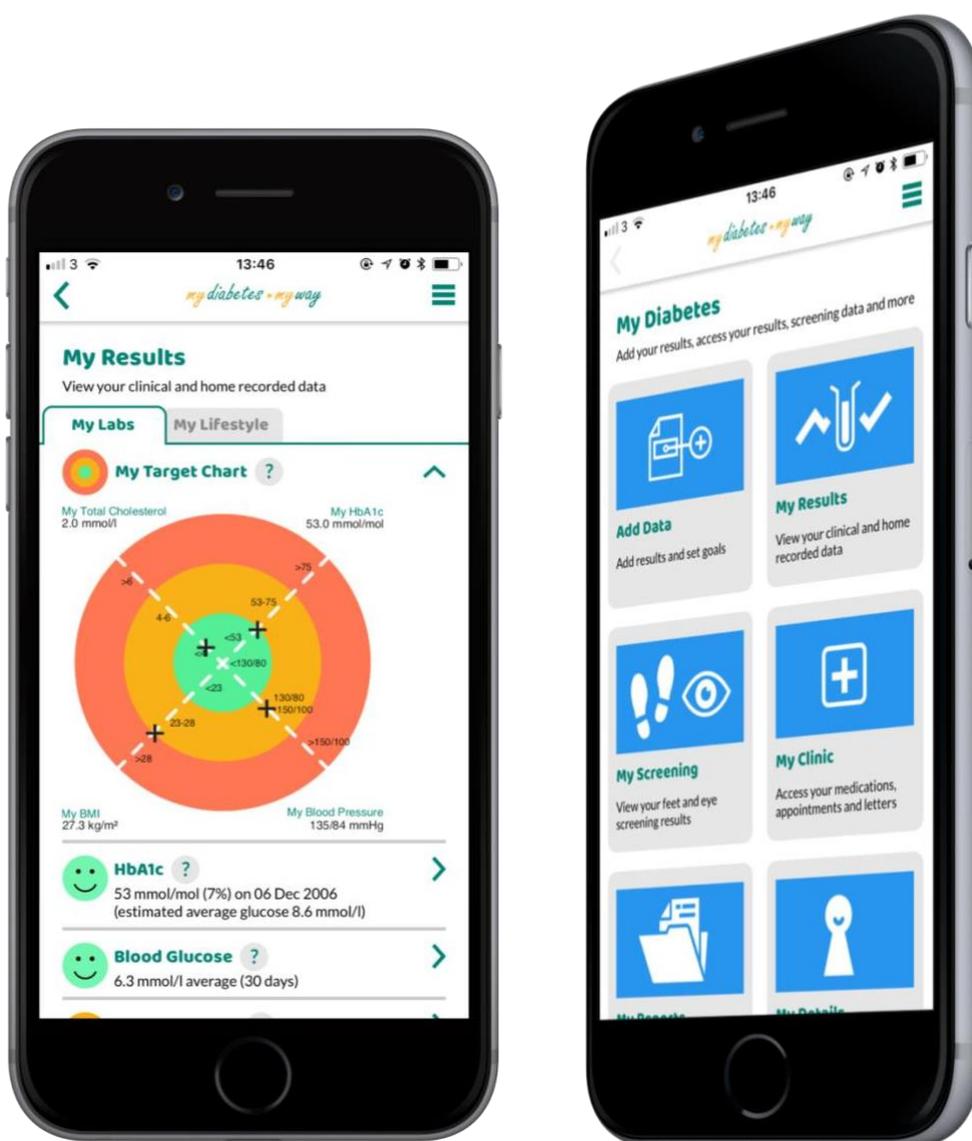
Step 5:

You will arrive on the page pictured below. Please login using your mygovscot myaccount username and password that you normally use to login to My Diabetes My Way and select “SIGN-IN”.



Step 6:

Welcome to the My Diabetes My Way App! View your electronic personal health record and access diabetes educational information on the go! Please feel free to leave feedback in the Feedback section and leave a review on the App Store or Google Play Store. We hope you enjoy the My Diabetes My Way Mobile App!



iPhone images created using MockUPhone.