

The background of the entire page is a photograph of two women. The woman in the foreground is wearing a pink patterned hijab and a light blue shirt, smiling warmly. The woman in the background is wearing a light blue hijab and glasses. They appear to be sitting at a table with food, including a salad and a glass of water. A large, stylized orange star graphic is overlaid on the bottom left of the image.

# Get support with type 1 diabetes

MyType1Diabetes is a free digital resource that supports adults to live well their type 1 diabetes. It offers tailored advice and information created by NHS experts in diabetes. Sign up today.

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