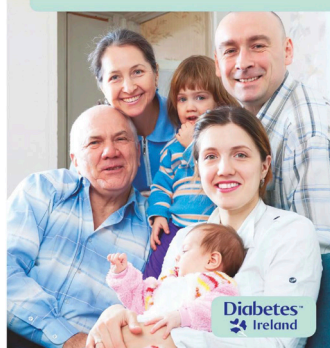


Support Information for type 2 diabetes

Living well with type 2 diabetes

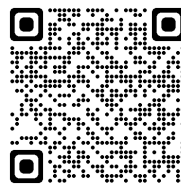
Living well with Type 2 Diabetes



1

www.diabetes.ie

Diabetes SMART



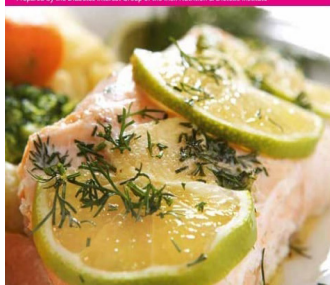
Diabetes Ireland
Free e-learning
programme for those with
Type 2 Diabetes

2

www.diabetes.ie

Healthy eating and diabetes

HEALTHY EATING FOR PEOPLE WITH TYPE 2 DIABETES



3

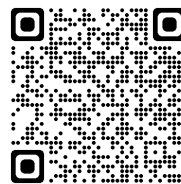
www.diabetes.ie

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

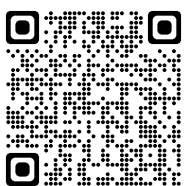


Understanding food labels

4

www.diabetes.ie

Getting active for better health



5

www.diabetes.ie

Get Ireland walking



6

www.getirelandwalking.ie

This support document is to help direct you to helpful resources on the internet. Ascensia has no control of these third party websites or their content, nor does it formally endorse them. QR code links are accurate as of 1st April 2023



CONTOUR®DIABETES app – Simplify the management of your diabetes. Pairing a CONTOUR® connected meter with the CONTOUR®DIABETES app allows readings to be automatically synced.

Download on the App Store



GET IT ON Google Play

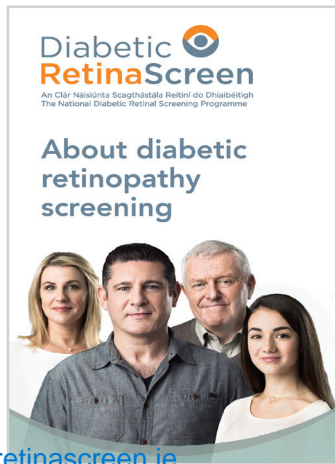


Diabetes retina screen



7

www.diabeticretinascreen.ie



Your feet & diabetes



8

www.diabetes.ie



Diabetes and oral health



9

www.dentalhealth.ie



Driving & type 2 diabetes

10

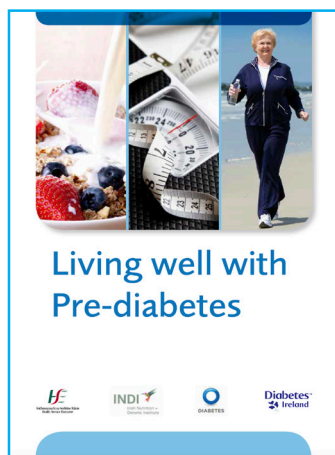
www.diabetes.ie

Pre Diabetes



11

www.diabetes.ie



Frequently asked questions



www.diabetes.ie



12

Instructional videos for the CONTOUR® meters are available on www.diabetes.ascensia.ie or scan the QR code



Contour® Next



GMS code is 15963



www.diabetes.ascensia.ie

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IE_QRcodes_04_2023