**MyDESMOND**

The MyDESMOND ‘Let’s Prevent Diabetes ‘option is available to all, who attend the sessions, but it can be especially helpful to those who cannot attend for whatever reason. This works like an app, where you can go through the course at times which suit you working through the course content at your own pace, it is only available by contacting our team.

The platform provides information sessions, videos, and supportive goal trackers. There is an ‘ask the expert’ forum that allows you to directly ask questions of expert clinicians at any time of the day along with a forum for discussion and share experiences with other users of the platform.

To Gain more support from family and friends when using the platform, you can add up to 5 additional ‘Buddies’ of your choice to go through the program along with you. To learn more about he benefits of the platform, checkout the MyDESMOND page.