

1. Introduction

Welcome to the X-PERT Diabetes Digital Programme.

This programme can help you learn about prediabetes or type 2 diabetes. It can help you make changes to your lifestyle to improve your health.

The programme includes six sessions. Content is delivered through short articles, videos, quizzes and games.

1. 简介

欢迎来到 X-PERT 糖尿病数字计划。

该计划可以帮助您了解糖尿病前期或 2 型糖尿病。它可以帮助您改变生活方式以改善您的健康。

该计划包括六个会议。内容通过短文、视频、测验和游戏来传递。

2. Accessing the Programme

The programme can be accessed at <https://xpertdiabetesdigital.org.uk>.

Your username is your email address.

You should have been asked to set a password. If you do not know your password you can set a new one using “Forgotten Password” link on the homepage.

2. 访问程序

该计划可通过 <https://xpertdiabetesdigital.org.uk> 访问。

您的用户名是您的电子邮件地址。

系统应该要求您设置密码。如果您不知道密码，可以使用主页上的“Forgotten Password”链接设置新密码。

3. Completing the Sessions

You can go to your next session by clicking the “Continue Programme” button on the homepage.

When you select a session you will be shown all of the available activities for that session. Complete all of the activities to unlock the next session.

Sessions and activities are colour coded. Sections you have already completed are in blue. The next section to complete is orange. Sections that are not unlocked yet are grey.

3. 完成课程

您可以通过单击主页上的“继续课程”按钮进入下一个课程。

当您选择一个会话时，您将看到该会话的所有可用活动。完成所有活动即可解锁下一个会话。

会话和活动均采用颜色编码。您已经完成的部分是蓝色的。下一个要完成的部分是橙色的。尚未解锁的部分是灰色的。

4. Other Features

To access other features use the options at the top of the screen. Clicking the three lines will bring up more options.

The other features include exercises, recipes, and the ability to track your sleep, mood and health results.

Please note: recipes are only available in English.

4. 其他特点

要访问其他功能，请使用屏幕顶部的选项。单击三行将显示更多选项。

其他功能包括练习、食谱以及跟踪您的睡眠、情绪和健康结果的能力。

请注意：食谱仅提供英文版本。

5. Programme Support

From the “Programme Support” section of the main menu you can access a range of support options. These include:

- The ability to book a consultation with your health coach. Appointments are only available in English. You can ask a friend or family member to join to translate if you would like.
- A group chat.
- An online forum.
- A frequently asked questions section.

5. 项目支持

从主菜单的“计划支持”部分，您可以访问一系列支持选项。这些包括：

- 能够预约您的健康教练的咨询。预约仅以英语提供。如果您愿意，可以邀请朋友或家人一起翻译。
- 群聊。
- 一个在线论坛。
- 常见问题部分。

6. Contact Us

If you need any help you can contact us using the details below. Please note, support is only available in English.

Telephone: **01422 847871**
Email: **admin@xperthealth.org.uk**

6. 联系我们

如果您需要任何帮助，您可以使用以下详细信息与我们联系。请注意，仅提供英语支持。

电话： **01422 847871**
电子邮件：
admin@xperthealth.org.uk