

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. Hordhac

Ku Soo Dhawoow X-PERT Barnaamijka Dijital ah ee Sonkorowga.

Barnaamijkan waxa uu kaa caawin karaa inaad barato cudurka macaanka ka horreeya ama nooca 2aad ee sonkorowga. Waxay kaa caawin kartaa inaad isbedel ku sameyso qaab nololeedkaaga si aad u horumariso caafimaadkaaga.

Barnaamijku wuxuu ka kooban yahay lix kalfadhi. Nuxurka waxa lagu gudbiyaa maqaallo gaagaaban, muuqaalo, su'aalo iyo ciyaaro.

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. Helitaanka Barnaamijka

Barnaamijka waxaa laga heli karaa <https://xpertdiabetesdigital.org.uk>.

Magacaagu waa ciwaanka iimaylkaaga.

Waxay ahayd in lagu weydiiyo inaad dejiso furaha sirta ah. Haddii aadan aqoon eraygaaga sirta ah waxaad samayn kartaa mid cusub adigoo isticmaalaya isku xirka "Forgotten Password" ee ku yaal bogga guriga.

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. Dhamaystirka Kulamada

Waxaad aadi kartaa casharka xiga adiga oo gujinaya "Continue Programme" ee ku yaal bogga hoyga.

Markaad doorato fadhi waxa lagu tusi doonaa dhammaan hawlaha diyaarsan ee fadhigaas. Dhammaystir dhammaan hawlaha si aad u furto casharka xiga.

Fadhiyada iyo nashaadyadu waa mid midab leh. Qaybaha aad hore u dhamaystirtay waa buluug Qaybta xigta si aad u dhamaystirto waa orange. Qaybaha aan weli la furin waa cawl.

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. Sifooyin kale

Si aad u gasho sifooyin kale isticmaal ikhtiyaarada ku yaal xagga sare ee shaashadda. Gujista saddexda sadar waxay keenaysaa doorashooyin badan.

Tilmaamaha kale waxaa ka mid ah jimicsiyo, cuntooyin cunto karin ah, iyo awoodda lagu ogaanayo hurdadaada, dareenkaaga iyo natiijooyinka caafimaadkaaga.

Fadlan ogow: cuntooyinka Ingiriisi kaliya ayaa lagu heli karaa.

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. Taageerada Barnaamijka

Laga soo bilaabo qaybta “Taageerada Barnaamijka” ee liiska ugu muhiimsan waxaad ka heli kartaa taageerooyin kala duwan oo kala duwan. Kuwaas waxaa ka mid ah:

- Awoodda aad ku ballansan karto la-tashiga tababarahaaga caafimaadka. Balamaha waxaa lagu heli karaa Ingiriis kaliya. Waxaad weydiisan kartaa saaxiib ama xubin qoyska ka mid ah inay ku soo biiraan si ay u turjumaan haddii aad rabto.
- Wada sheekaysi kooxeed.
- Gole online ah.
- Qaybta su’aalaha inta badan la is weydiiyo.

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. Nala soo xidhiidh

Haddii aad u baahan tahay wax caawimo ah waxaad nala soo xidhiidhi kartaa adiga oo isticmaalaya faahfaahinta hoose. Fadlan ogow, taageerada waxaa lagu heli karaa Ingiriisiga oo keliya.

Telefoon: **01422 847871**

limayl: admin@xperthealth.org.uk