

# BABY★STEPS

Part of the MyDESMOND digital health platform

Helping you to walk away from Type 2 diabetes after a diagnosis of gestational diabetes

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Rhan o blatfform iechyd digidol  
MyDESMOND digital health platform

Eich helpu i droi eich cefn ar ddiabetes math 2 ar ôl cael diagnosis o ddiabetes yn ystod beichiogrwydd



★ Are you over 18 years old?

★ Were you diagnosed with gestational diabetes during pregnancy?

★ Do you live in Wales?



★ Ydych chi dros 18 oed?

★ A gawsoch ddiagnosis o ddiabetes yn ystod beichiogrwydd?

★ Ydych chi'n byw yng Nghymru?



If you answered **YES** to the above questions then you can now access to the Babysteps digital diabetes prevention programme. All you have to do is **scan the QR code above** ↑ or visit [www.letspreventdiabetes.wales](http://www.letspreventdiabetes.wales) complete the request form and your registration code will be sent via email within a few days

Os byddwch yn rhoi ateb cadarnhaol i'r cwestiynau uchod, gallwch nawr gael mynediad at raglen atal diabetes digidol Babysteps. Yr oll sydd angen i chi ei wneud yw **sganio'r cod QR** ↑ neu ewch i [www.letspreventdiabetes.wales](http://www.letspreventdiabetes.wales) Llenwch y ffurflen gais Ac arhoswch nes byddwch chi'n derbyn eich cod cofrestru trwy e-bost o fewn ychydig ddyddiau

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