

Key inclusion criteria

Known or newly diagnosed type 2 diabetes

Men and women

18 years of age or older

Glycated haemoglobin 6.8–10.0% (both incl.)

With or without one or more cardiovascular or neurological complications

Key exclusion criteria

Glycated haemoglobin above 10.0%

Prior lifestyle intervention during the last year

Planned to start treatment with insulin during the intervention period

Severe heart, liver, or kidney disease or incurable cancer