**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