Dr Scott Cunningham
Chief Technical Officer
Diabetes Epidemic

Self-Management

The Problem

Good Self Management saves lives and ££’s

Self Management Challenges:

Lack of Information, Lack of Understanding, Lack of Motivation
A scalable, low cost compete online self management platform for diabetes care
Welcome to My Diabetes My Way

The NHS Scotland interactive diabetes website to help support people who have diabetes and their family and friends.

You’ll find leaflets, videos, educational tools and games containing information about diabetes.
You can now also use this website to view your own up-to-date diabetes clinic results, to help you manage your condition more effectively.

My Diabetes
Sign up to gain access to your own test results, clinic letters and your treatment plan

Information
Find information to help you understand and take control of your diabetes.
What is Diabetes
Loads of information, particularly useful for newly diagnosed patients and family members

My Complications
Information about foot, eyes, kidney, heart (vascular) and psychological complications that can occur in association with living with diabetes

My Lifestyle
Diet and activity are key for diabetes management - here we present guidance on these and how diabetes may impact on work, social life, travel and driving.

My Glucose
Find out more about blood glucose monitoring, targets and short term consequences of low blood glucose levels (hypoglycaemia) and high blood glucose levels (hyperglycaemia).
Feet

Filter Resources

- Apply filters
- Clear filters

TYPE OF DIABETES
RESOURCE TYPE
TOPIC

Video/Watch

Diabetes Foot Screening and Foot Care
In this video you will learn about foot risk assessments which you should receive annually, and how you can look after your feet every day.

Diabetes and Feet
This video explains the processes which result in the development of diabetes related foot disease.

Leaflet/Read

Charcot Foot
Useful Diabetes information and advice leaflet from the Foot Action Group for patients with Charcot foot.

Foot Care and Diabetes
This leaflet explains the importance of foot care for people with diabetes. It provides a comprehensive list of do's and don'ts. It also provides practical advice to consider when buying new shoes.

Footcare Advice: Low, Medium and High Risk
Some useful advice to help you to look after your feet.

Footwear Advice
This leaflet gives you advice about wearing the most appropriate shoes, taking into account the shape of your feet and your diabetes.
Foot Care and Diabetes
This leaflet explains the importance of foot care for people with diabetes. It provides a comprehensive list of do's and don'ts. It also provides practical advice to consider when buying new shoes.

Taking care of your feet
Not all people with diabetes have problems with their feet, but having diabetes may put you more at risk of developing foot problems such as
- loss of feeling (which means you may not know you have hurt your feet). This is known as peripheral neuropathy
- poor blood supply
- slower healing

For further information on peripheral neuropathy see the neuropathy leaflet

To avoid these problems good control of your blood glucose, blood pressure, and cholesterol levels is important. Furthermore, if you smoke, you are strongly advised to stop.

A suitably trained health professional should assess your feet every year to assess your risk of developing foot problems and the need for more frequent review by a podiatrist.

Treat your feet with respect. If your skin breaks, even a tiny cut or blister, see your diabetes nurse or doctor.

How can I take care of my feet?
a) Website for patients and carers (live since October 2008
• Information leaflets
• Interactive content
  - Videos / Patient Testimonials / Interactive tools
• Validated internal/external content
• Overseen by multidisciplinary group
  - Patients / HCPs / IT professionals

b) Electronic Personal Health Record and data driven tailored information (live since 2010)

BMJ Randomised trial of personalised computer based information for cancer patients

“Patients preferred computer systems that provided information from their medical records to systems that just provided general information”.
Diabetes Data integration in Scotland

Laboratory Results
Community Health Index
Audit and Reporting
Primary Care Systems
SCI-Diabetes
Inpatient Linkage
Diabetic Retinopathy Screening
Secondary Care Systems
Scottish Diabetes Research Network

SCI-DC
SCOTTISH CARE INFORMATION DIABETES COLLABORATION

NHS SCOTLAND

emis

INPS
A CEGEDIM COMPANY

It's more than just a number

mydiabetes+myway
Welcome To The My Diabetes My Way Registration Page

My Diabetes My Way allows you to access your diabetes information securely. The information is collected from:

- Your GP computer record
- Your hospital clinic computer record
- Other computer systems relevant to diabetes, such as the national retinopathy screening system

If you wish to sign up, please send us your details using the secure form below. The details requested are your name, address, email address, date of birth and your CHI number, if you know it.
We use these details to verify your identity and to find your records on NHS systems. We also use your details to send you our enrolment form and your user account login details.
Your information is sent to us securely and we will not share it with any unauthorised third-parties.

Please note that this service is only available to people with diabetes registered at a GP surgery in Scotland.

CHI number: this is a 10-digit identifier made up of your date of birth and 4 other numbers. You may find it on any hospital letters or your repeat prescription sheet. Please leave blank if not known.

If you do not wish to register at this time, please [click here to go back].
If you have already received your username and password please [log in to your clinical data].
Welcome WILLIAM BAIRD

Welcome to your personal area of the website, where you can access all of your medical information relating to your diabetes care.
You last visited on Monday 07 May 2018 at 16:31

February 2018 - My Diabetes My Way Update!
As you will have seen, this month we have launched our newly redesigned and updated website. You will still be able to find all of the information that was previously available on the system, but it should now be much easier to access and review information on mobile devices such as phones and tablets. We would like to hear what you think of the new look, so please send us your comments (good or bad!) via the feedback section of the website.

If you were not prompted to change your "one-time" myaccount password when you logged in, please click here.

Please watch the videos below for more information about managing and reviewing your personal data.

Click the button below to view your personal data.

View your personal data
My Lifestyle
These are the personal details from your diabetes medical record.
If any of them are wrong please let us know by contacting your diabetes team.

Height
Current result: 1.85 metres (6ft 1in) on 28/11/2017

Weight
Current result: 92kg (14st 7lb) on 27/03/2018
My goal: 150 kg (23st 9lb) by 17/05/2016

Waist Circumference
Current result: 0cm on 01/02/2018
Previous result: 0cm on 16/01/2018
My goal: 95 cm by 07/06/2016

BMI
Current result: 26.9 kg/m² on 27/03/2018
Previous result: 22.8 kg/m² on 07/02/2018
Waist Circumference
Current result: 0 cm on 01/02/2018
Previous result: 0 cm on 01/02/2018

BMI
Body Mass Index (BMI) is a measurement of your weight in relation to your height. It is used by healthcare professionals to assess if an individual's weight is putting their health at risk.

For people of European extraction is best to keep your BMI in the range between 18 and 25 kg/m² to reduce the risk of associated health problems.

In higher risk populations (e.g. South Asian and Chinese), the BMI threshold associated with health problems is lower, for example BMI >23 kg/m² may be associated with increase risk of health problems and BMI >27.5 kg/m² considered high risk (equivalent to >30 kg/m² in Caucasian populations).

Ref: NICE Public Health Guidance 46.
“Assessing body mass index and waist circumference thresholds for intervening to prevent ill health and premature death among adults from black, Asian and other minority ethnic groups in the UK”
My Labs

These are the personal details from your diabetes medical record.

If any of them are wrong please let us know by contacting your diabetes team.

My Links

- TIME-Learning Course
- Reviewing your diabetes
- What care should you receive
- Diabetes and Kidneys
- Blood Glucose Monitoring and HbA1C targets

User Support

- Feedback
- FAQ's

My Target Chart

View History

HbA1c

Current result: 86 mmol/mol (10.0%) on 12/02/2018
Previous result: 85 mmol/mol (9.9%) on 12/01/2018
My goal: 65 mmol/mol (8.1%) by 26/02/2019

View History  View Trends  View Goals

Blood Glucose

Current result: 6.9 mmol/L on 08/03/2018
My goal: 6 mmol/L by 07/04/2018

View History  View Goals

Blood Pressure

Current result: 131/90 mmHg on 27/03/2018

View History  View Goals
### My HbA1c History

Select period to view

- 1 year

---

**Graph: IFCC HbA1c (mmol/mol)**

- **Date:** 01/06/2017 - 01/02/2018
- **IFCC HbA1c (mmol/mol):** 60.0 - 120.0
- **DCCT HbA1c (%):** 5.0 - 13.0

---

<table>
<thead>
<tr>
<th>Date</th>
<th>IFCC HbA1c (mmol/mol)</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/02/2018</td>
<td>86.0</td>
<td>Tayside MCN Test Domain</td>
</tr>
</tbody>
</table>
Eyes

These are the personal details from your diabetes medical record.
If any of them are wrong please let us know by contacting your diabetes team.

Last Retinal Screening
28/10/2010

Retinal Status
Right Eye: No Retinopathy on 28/10/2010
Left Eye: Background Diabetic Retinopathy - Mild on 28/10/2010

Maculopathy Status
Right Eye: [no information]
Left Eye: [no information]

Visual Acuity
Right Eye: [no information]
Left Eye: [no information]
Eyes
These are the personal details from your diabetes medical record.
If any of them are wrong please let us know by contacting your diabetes team.

My Links
- T1ME-Learning Course
- Reviewing your diabetes
- Diabetic Retinopathy
- Eye Screening and Retinopathy

Visual Acuity
Right Eye: [no information]
Left Eye: [no information]
Feet
These are the personal details from your diabetes medical record.
If any of them are wrong please let us know by contacting your diabetes team.

Foot Risk Category
Active Foot Ulcer
View History

Peripheral Pulses
Right Foot: Either Palpable on 18/04/2018
Left Foot: Either Palpable on 18/04/2018
View History

Foot Sensation
Right Foot: Present on 18/04/2018
Left Foot: Present on 18/04/2018
View History

Monofilaments
Right Foot: Present on 18/04/2018
Left Foot: Present on 18/04/2018
View History
Looking After your Diabetic Foot Ulcer

This leaflet gives advice on how to look after a diabetic foot ulcer.

Diabetes is a lifelong condition which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying your feet are damaged.

This can affect:
- the feeling in your feet (peripheral neuropathy)
- the circulation in your feet (ischaemia).

These changes can be very gradual and you may not notice them. This is why it is very important that you check your feet regularly, especially when on holiday as you may be more active than usual.

If you have a diabetic foot ulcer this means an area of skin has broken down and the tissue under it is now exposed. In some people with diabetes the skin does not heal very well and is likely to develop an ulcer or infection after only a minor injury. About one in ten people with diabetes will develop a foot ulcer at some stage.

A foot ulcer can become infected and the infection may become severe. It is important that you look after your foot ulcer to prevent infection spreading. Contact your local diabetes foot care service or your doctor if your foot ulcer is not responding or is getting worse.
Home Recordings

These are the personal details from your diabetes medical record.

If any of them are wrong please let us know by contacting your diabetes team.

Add a Recording

In future, we plan to make your home-recorded results available to your health care teams to assist them in better managing your condition. At present, these results are not routinely reviewed, so if you have any concerns or questions, please contact your regular care provider.

You are currently recording your Blood Pressure. Click to change

Add a Recording

Enter your Blood Pressure recording in mmHg 120 / 80

Enter the date and time the recording was made 07/05/2018 16:42

Save Recording
Review my data

William Baird

Information from glucose and/or CGM device is available from the period: 07/02/2014 - 20/08/2014

<table>
<thead>
<tr>
<th>Glucose</th>
<th>CGM</th>
<th>Insulin</th>
<th>Comparison</th>
<th>Compilation</th>
</tr>
</thead>
</table>

**LOGBOOK/TABLE**

**STANDARD DAY**

**TREND**

**DAY BY DAY**

**METER ALARMS**

**METER SETTINGS**

Period: 16/06/2015 - 29/06/2015, 14 days

Include manually entered records

Show / hide colour Expand / compress values

**mmol/L**

- 4 mmol/L
- >10 mmol/L
- m tagged values were typed in manually by the patient
- K ketones (mmol/L)

| 02:00 | 02:30 | 03:00 | 03:30 | 04:00 | 04:30 | 05:00 | 05:30 | 06:00 | 06:30 | 07:00 | 07:30 | 08:00 | 08:30 | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 | 13:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | 22:00 | 22:30 | 23:00 | 23:30 | 24:00 | 24:30 | 25:00 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |

Daily totals:

Average [0]: --
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Manage my HbA1c goal

HbA1c is an important measure of your overall glucose (blood sugar) level over the last 2-3 months. For type 2 diabetes, sugar levels can be improved by regular exercise, maintaining a normal body weight, eating a healthy balanced diet, avoiding high sugar foods and taking any diabetes medication regularly. If HbA1C remains above target despite this, you should discuss with your health care provider whether your medication needs changed. For people with type 1 diabetes, it is important to balance the amount of insulin with your food (carbohydrate) intake and activity levels.

A high glucose level increases your risk of diabetes complications. Each reduction in HbA1c of 11 mmol/mol can reduce your risk of diabetes complications by 25%.

Current result:
86 mmol/mol (10.0%) on 12/02/2018

Suggested goal:
For patients not on insulin a target less than 53 mmol/mol (7%) is reasonable. A target less than 58 mmol/mol (7.5%) may be appropriate for a patient on insulin. Your healthcare team will help you identify your personal target.

Add or amend Your goal

HbA1c: 80 mmol/mol (9.5%)

Timescale: 3 months

Comments:

Your current goal
Your goal: 65 mmol/mol (8.1%) by 26/02/2019
Your comments:

Clinical guidelines
Your clinician would normally aim to have your HbA1c between 37 and 58
### My Appointments

This list does not include diabetes checks in your General Practice. If you wish you can **Add Booked Appointment**.

<table>
<thead>
<tr>
<th>Date</th>
<th>Type of Contact / Location</th>
<th>Appointment with</th>
<th>Annual Review?</th>
<th>Outcome</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>21/10/2015</td>
<td>Ninewells Hospital</td>
<td>Diabetes Specialist Nurse</td>
<td>Unknown</td>
<td>Scheduled</td>
<td>Edit Remove</td>
</tr>
<tr>
<td>27/04/2015</td>
<td>Ninewells Hospital</td>
<td>Diabetic Eye Screening Service</td>
<td>Unknown</td>
<td>Attended</td>
<td>Edit Remove</td>
</tr>
<tr>
<td>04/12/2009</td>
<td>Perth and Kinross Diabetes Clinic</td>
<td></td>
<td>Yes</td>
<td>Attended, review planned</td>
<td></td>
</tr>
<tr>
<td>05/06/2007</td>
<td>Perth and Kinross Diabetes Clinic</td>
<td>Dr A Connacher</td>
<td>Yes</td>
<td>Attended, review planned</td>
<td></td>
</tr>
<tr>
<td>07/03/2000</td>
<td>Perth and Kinross Diabetes Clinic</td>
<td>Cathy Laidlaw, DSN</td>
<td>Yes</td>
<td>Attended, review planned</td>
<td></td>
</tr>
</tbody>
</table>

These are the personal details from your diabetes medical record.

If any of them are wrong please let us know by contacting your diabetes team.
## My Letters

<table>
<thead>
<tr>
<th>Date</th>
<th>Letter/Comment</th>
<th>Contact With</th>
<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>22/10/2015</td>
<td>Mr. Test had access to his latest results on My Diabetes My Way prior to the app</td>
<td>Diabetes Specialist Nurse</td>
<td>Ninewells or Satellite Diabetes Clinic</td>
</tr>
<tr>
<td>21/10/2015</td>
<td>Medication review</td>
<td></td>
<td>MyDiabetesMyWay</td>
</tr>
<tr>
<td>11/08/2015</td>
<td>Mr. Test’s review was very brief this morning. He has recently gained access to his record.</td>
<td></td>
<td>Ninewells or Satellite Diabetes Clinic</td>
</tr>
<tr>
<td>11/02/2015</td>
<td>Mr. Test attended today for his appointment with the multidisciplinary team.</td>
<td></td>
<td>Ninewells or Satellite Diabetes Clinic</td>
</tr>
</tbody>
</table>
### My Medication

These are the personal details from your diabetes medical record.

If any of them are wrong please let us know by contacting your diabetes team.

<table>
<thead>
<tr>
<th>Date</th>
<th>Drug Name</th>
<th>Preparation</th>
<th>Dose</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/04/2018</td>
<td>Sitagliptin 100mg tablets</td>
<td>once daily</td>
<td></td>
<td>2 x 28 tablet</td>
</tr>
<tr>
<td>16/04/2018</td>
<td>Simvastatin 20mg tablets</td>
<td>one to be taken at night</td>
<td></td>
<td>2 x 28 tablet</td>
</tr>
<tr>
<td>16/04/2018</td>
<td>Metformin 500mg tablets</td>
<td>two to be taken twice a day</td>
<td>with food</td>
<td>224 tablet</td>
</tr>
<tr>
<td>16/04/2018</td>
<td>Losartan 100mg tablets</td>
<td>one to be taken daily</td>
<td></td>
<td>2 x 28 tablet</td>
</tr>
<tr>
<td>16/04/2018</td>
<td>Aspirin 75mg dispersible tablets</td>
<td>1 om</td>
<td></td>
<td>2 x 28 tablet</td>
</tr>
<tr>
<td>08/03/2018</td>
<td>Gliclazide 80mg tablets</td>
<td>two to be taken twice a day</td>
<td></td>
<td>224 tablet</td>
</tr>
<tr>
<td>08/03/2018</td>
<td>Dapagliflozin 10mg tablets</td>
<td>on to be taken daily</td>
<td></td>
<td>56 tablet</td>
</tr>
<tr>
<td>01/02/2018</td>
<td>Ramipril 10mg capsules</td>
<td>one to be taken daily</td>
<td></td>
<td>2 x 28 capsule</td>
</tr>
</tbody>
</table>
There's a minimum level of care that every person who has diabetes deserves and should expect from their health service. Getting all the checks, seeing the right healthcare professionals and understanding your diabetes are all essential in helping you manage your condition. Use this checklist to make sure you’re getting all the care you need.

**Get your blood glucose levels measured.** 86 mmol/mol (10.0%) on 12/02/2018
You should have an annual HbA1c blood test to measure your overall blood glucose control. Although there are recommended targets, no two people with diabetes are the same and your target should have been agreed by you and your diabetes healthcare team.

**Have your blood pressure measured.** 131/90 mmHg on 27/03/2018
You should have your blood pressure taken and recorded at least once a year. There are recommended targets but you should have a target that is right for you.

**Have your blood fats (cholesterol) measured.** 13.0 mmol/L on 12/01/2018
You should have an annual blood test to measure your cholesterol level. Like blood glucose and blood pressure, you should have your own target that is realistic and achievable.

**Have your eyes looked at.** 28/10/2010
You have the right to have your eyes screened for signs of retinopathy every year. Using a specialised digital camera, a photo of your eyes is taken and examined by a specialist who is looking for any changes to your retina (the seeing * part at the back of your eye).

**Have your legs and feet checked.** Active Foot Ulcer
The skin, circulation and nerve supply of your legs and feet should be examined annually. If there is any risk to your limbs, you should be referred to a podiatrist or a specialist foot clinic.
Mobile App
Personalised Automated Advice

Blood Glucose report for ARCHIBALD MACKIE

Here is your personal report based on your last 30 days of blood glucose data.

Please remember to check your meter regularly (at least weekly) to enable accurate data reporting. We recommend checking your blood glucose levels at least 8 times a day and up to 14 times a day as required.

Targets:
- Pre-breakfast 3.7–7.7 mmol/L
- Pre-meal 4–9.4 mmol/L
- Post-meal 4–9.4 mmol/L

Your health care team may discuss alternative personal or clinical targets for you.

Result Summary (last 30 days)

- Average glucose levels
  - Your average blood glucose was
  - Below target: 33.9 mmol/L
  - Near target: 3.3 mmol/L
  - Above target: 3.9 mmol/L
- Glucose variability
  - Big range in blood glucose level from high to low may indicate a need for adjustments.
  - Risk for LGM glucose variability.
  - Your risk is 6 out of 10

AGF - Glucose Levels Across the Day (last 30 days)

- Number of glucose checks per hour (last 30 days)

“We’ve noticed you’re having low blood sugar almost every day. Your insulin dose needs reduced.....”

Automated care reports and advice based on data driven algorithms
90% of users* report:

- Better diabetes management
- Improved diabetes knowledge
- Improved motivation
- Better use of their consultations

*observational data

>37,000 registrants

115,000 website hits per month

• Weight
• Blood pressure
• Cholesterol
• HbA1C (blood sugar)

(p<0.05)

**Sustained HbA1C reduction at 3 years (matched case-control analysis)

COST SAVING! Spend £1-> save £6
Evaluation- T2DM (non-insulin)

Cohort Analysis

MDMW

Start

MDMW

Matched Controls

Females controls

Males controls

Female MDMW

Male MDMW

*Approx. 4mmol/mol drop sustained at 3 years
Implementation - NHS England

MyDiabetes Education

Welcome to Know Diabetes.
This website is for people with diabetes living in Hammersmith and Fulham, Kensington and Chelsea, Westminster, Ealing, Hounslow, Brent, Hillingdon and Harrow.

Know Diabetes houses over 200 resources - videos, games, online courses and leaflets to help you self-manage your diabetes.

My Diabetes
You will soon be able to sign up to gain access to your own health results, clinic letters and your treatment plan. Please register your interest now, and we will contact you when we go live.

Information
Find information to help you understand and take control of your diabetes.

Welcome to My Diabetes My Way
The NHS Somerset Interactive diabetes website to help support people who have diabetes and their family and friends.

My Diabetes
You will soon be able to sign up to gain access to your own health results, clinic letters and your treatment plan. To be reminded, please register your interest now.

Information
Find information to help you understand and take control of your diabetes.
THE COURSE

My Type 2 Diabetes: The Online Education Course

Hello and welcome to My Type 2 Diabetes, the Online Education Course! This course is aimed specifically at people newly diagnosed with type 2 diabetes. However, if you are either newly diagnosed or have been living with diabetes for some time, this will help you to understand your diabetes better. We will guide you through the most important areas: what is diabetes?, how is it diagnosed?, how is it monitored? as well as discussing important day to day aspects of … Continue reading

My Type 2 Diabetes
CEO
Dr Debbie Wake
Consultant Diabetologist
NHS Scotland

CTO
Dr Scott Cunningham
>20 years technical experience as SCI-diabetes/ MDMW national tech lead

A growing team with expertise
- Technical
- Clinical
- Operational
- Academic
Multi-Award Winning

The AHSN Network
NHS England
NHS Innovation Accelerator

Venture Competition 2017

AccelerateHER

SBRI Healthcare
Institute of Internal Communication
The power within

women AHEAD BUSINESS AWARDS 2014

Innovate UK
Technology Strategy Board

QIC Diabetes

Digital Health London

Scottish Edge
WINNER

The Courier Business Awards 2017
WINNER

GOV.UK
Artificial Intelligence.. Coming soon!

MyDiabetes ★ Clinical
CLINICIANS

MyDiabetes ★ MyWay
PATIENTS

MyDiabetes ★ IQ
CLINICIANS

MyDiabetes ★ Clinical

PATIENTS

MyDiabetes ★ MyWay

..with Automated Decision Support

"We've noticed that you are experiencing low blood sugar almost every day. Your insulin dose needs reduced....."