

## APPS TO HELP YOU MANAGE DIABETES



### **My Medications Passport**

Record NHS number, medications taken or ones to avoid, can share in emergency.



### **My Therapy** is a medication reminder, you can also record

measurements, activity, & symptoms to manage diabetes.



### **Diabetes PA**

records several measures to help manage your diabetes.



### **Weight loss**

**plan** – a 12 week course to lose weight sustainably.



### **Hypo Program**

An educational programme about risk and prevention of hypos.



### **Diabetes Forum**

A global forum by patients with information about managing diabetes, weight, food, etc; links to you-tube videos etc.



### **Change for Life Food Scanner**

tells you what's in the food you buy.

TOGETHER  
WE'RE BETTER

Transforming health and care for  
Staffordshire & Stoke-on-Trent



### **Manage Your Health**

Provides information on a number of conditions including diabetes, asthma, COPD, Atrial Fibrillation, hypertension and stroke.



The **NHS APP** lets you make appointments, request repeat prescriptions, or check symptoms on the NHS website.



**Know My Beat** shows you how to check your pulse for Atrial Fibrillation. or see the video at: [tec4health.org/KMB](http://tec4health.org/KMB)



**Couch to 5K** is a programme to help you get fitter.



Active 10 helps you walk briskly for 10 minutes every day.



### **7 Minutes workout**

A challenging fitness programme which takes only 7 minutes per day.

**Some adverts.**



### **Diabetic Diet**

**Recipes: Control Diabetes and Sugar -**  
Recipes using

ingredients in your cupboard; detailed nutritional values.

**Some adverts.**

**Recipes suitable for diabetes**

**are also available at:**

[https://www.diabetes.org.uk/gu](https://www.diabetes.org.uk/guide-to-diabetes/recipes)

[ide-to-diabetes/recipes](https://www.diabetes.org.uk/guide-to-diabetes/recipes) and

[https://www.bbcgoodfood.com/](https://www.bbcgoodfood.com/recipes/collection/diabetes)

[recipes/collection/diabetes](https://www.bbcgoodfood.com/recipes/collection/diabetes)