# www.digibete.org MAKING THE MOST OUT OF YOUR DIGIBETE APP









The Essential care films are available in 9 different languages including English, in the app as well as on the website. A new 'preferred language' option is part of the account settings and by choosing a preferred language the films can be watched in that chosen language.

## \*NEW\* TECHNOLOGY \*NEW\*



Check out the diabetes tech section where you can read all about the different types of diabetes technology available on the NHS.



The technology section can be found on the wheel.

## Sign up using your clinic code...



#### Explore:

- T1D Stories.
- Carb counted recipes.
- · Exercise resources.
- · Awards.

Put a heart next to all the films you like and they will appear in your favourites.

Hear from families and young people managing their diabetes.

Review all you need to know with age appropriate films and resources with Awards.

# Keep in touch...



Keep in touch with your clinic and hear all the latest news.

Check any messages or appointment reminders your team may send you in your message centre.

#### Explore:

- · Your clinic newsletters, events and resources.
- New DigiBete resources and peer support events.

Unread messages and appointment notifications.

Get DigiBete updates with new resources designed by young people, families & specialist diabetes healthcare professionals.



# Understand your DigiBete home page...

#### Explore:

- · Essential care films
- · Age specific resources.
- · Awards.
- News.
- Diabetes dictionary.
- · Quick links into technology, sports, food resources and My T1D. Clinic Information.

The home page houses many features developed to support your diabetes care.

> Tap the home button wherever you are in the app to get back to this screen.



My Sick Day Rules

### Complete my T1D for peace of mind...

- Update HbA1c & Time in Range. • Direct dial your clinic.
  - Access sick day rules information.

#### Save:

- Appointments
- Insulin ratios and doses
- Pump settings
- Your school care plan

A mini organiser for all your ratios, doses and care.

Make appointments, set reminders and access your essential information all in one place.



