What if we could give people with **diabetes** a choice of carefully selected **digital tools** to help them better self-manage their condition and put them more **in control** of their own care?
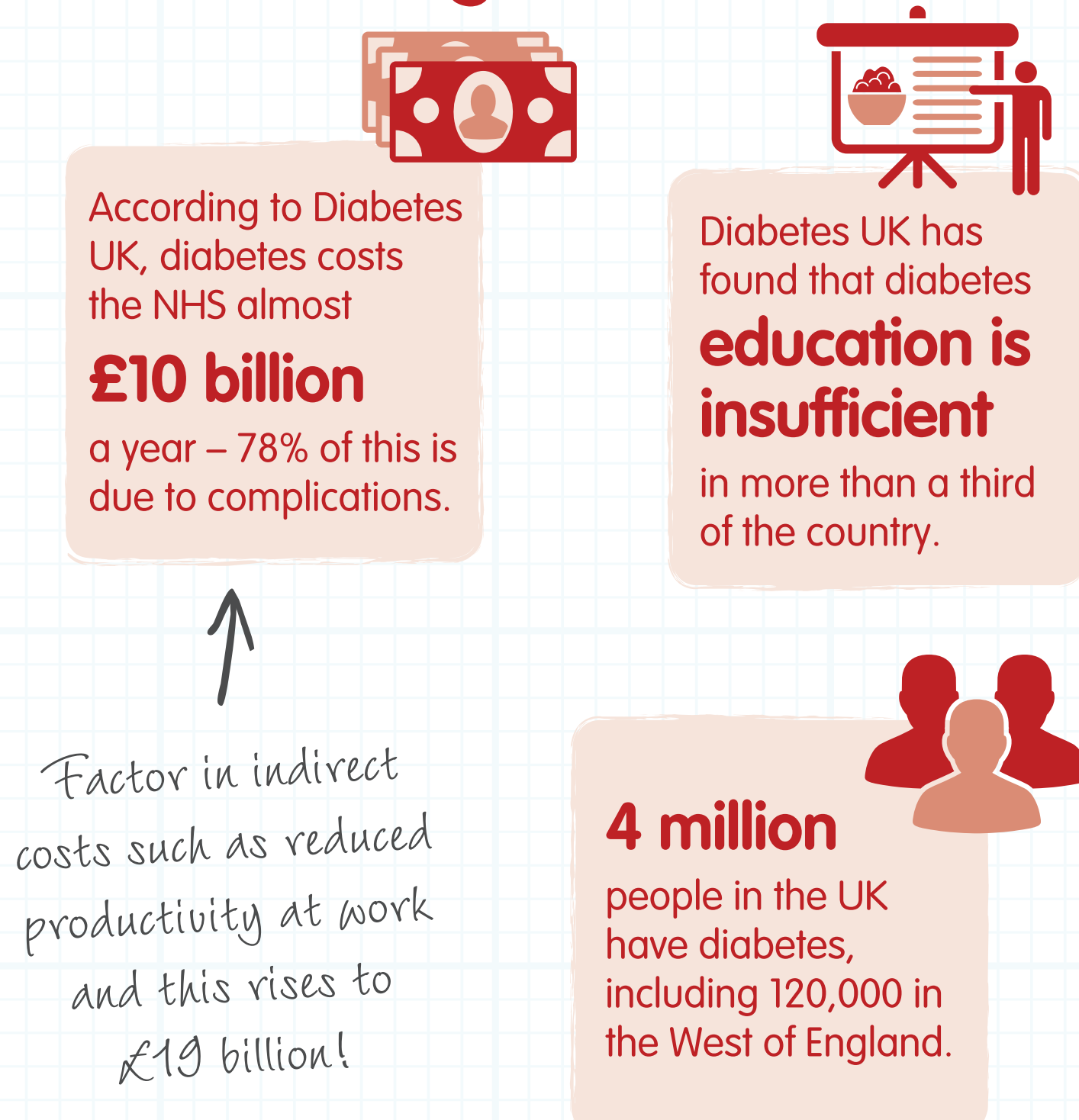
Diabetes Digital ◼ ⏸ ▶ Coach

is an 'Internet of Things' test bed project, a unique collaboration between 11 partners. It is led by the West of England Academic Health Science Network and funded through Innovate UK.

Diabetes Digital Coach is developing an online service available via tablet, smart phone and PC. All data generated will be owned by the user and stored in accordance with the highest public sector standards.

What would it look like?

How will it work?

Data comes from users via their smart phones, tablets, glucometers and wearable tech.

Different digital tools: varying degrees of support

Citizen owned data

5.6

People with diabetes

A
B ✓
C

Single sign on

People simply sign in, answer some questions about their health, lifestyle and how they currently manage their diabetes. The coach then directs people to the best digital tool to suit their individual needs.

☺ **Health and wellbeing**

📖 **Structured education**

🍎 **Dietitian support**

🦮 **Optimising physical activity**

💉 **Insulin management**

Why do we need to encourage self-management?

According to Diabetes UK, diabetes costs the NHS almost **£10 billion** a year – 78% of this is due to complications.

Diabetes UK has found that diabetes **education is insufficient** in more than a third of the country.

Factor in indirect costs such as reduced productivity at work and this rises to £19 billion!

4 million people in the UK have diabetes, including 120,000 in the West of England.

"Using digital self-management devices to get early feedback and identify trends is exactly what is needed. I'm really keen to take part in this — I want to die with my feet on!"

Mary from Bristol who has type 2 diabetes

What difference will Diabetes Digital Coach make?

People can prevent their own condition deteriorating.

This will help delay complications such as strokes, heart disease and foot damage.

Such as family or healthcare professionals

People can choose how and who to share their information with to enable **shared decisions** about care.

Healthcare professionals find it **easier to prioritise** those who need their help most.

🐦 @DiabetesDC

www.diabetesdigitalcoach.org