

## Download the DigiBete App

The DigiBete app provides a wide range of clinically approved, age appropriate resources to help with the self-management of Type 2 Diabetes. All resources are approved in partnership with Leeds Hospital Diabetes Team.

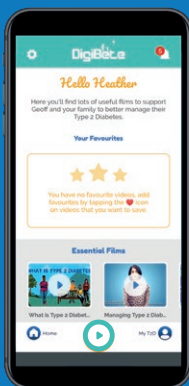
You can download the DigiBete App from the App Store or from Google Play.



Visit our DigiBete App Training and Support page to learn more.

<https://www.youngtype2.org/type-2-information/app-training-and-support>

## Sign up using your clinic code...



Explore:

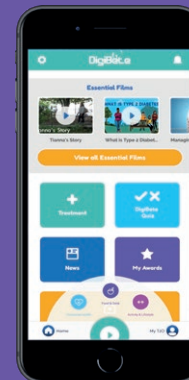
- T2D Peer Support Story Films.
- Food Planning.
- Healthy Swaps.
- Activity & Lifestyle Resources.
- Emotional Health Resources.

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 films and resources.

## Understand your DigiBete home page...



Explore:

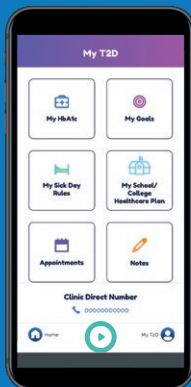
- Essential Care Films
- News.
- Awards.
- Quiz
- Diabetes Dictionary.
- Quick links to emotional health resources, activity and lifestyle resources and access to My T2D.

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.



## Complete my T2D for peace of mind...

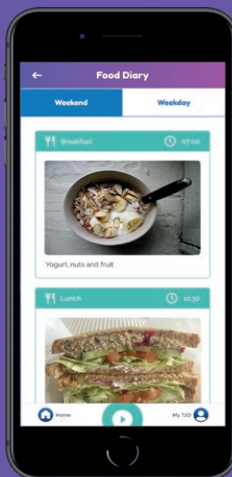


- Update HbA1c
- Goal Planning
- Access sick day rules information.
- Store Appointments
- Keep a food diary
- Store treatment & medication information.
- And more...

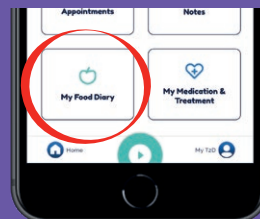
A mini organiser for all your medication, treatment and care.

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

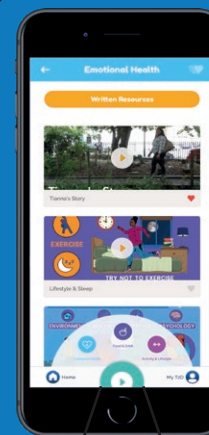
## Upload your meals in the food diary...



The food diary can be found in the T2D area. Upload a picture of your meals to help you keep track. You can also share this with the health care professionals who are helping you with your diabetes management.



## Explore the Play Button to access resources on:



### Emotional Health

Motivation & Making Changes. Stories. Lifestyle & Sleep.

### Food & Drink

Healthy Swaps. Sugar. Vegan Tips.

### Activity & Lifestyle

Top Tips.

