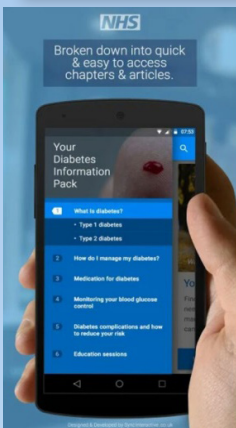




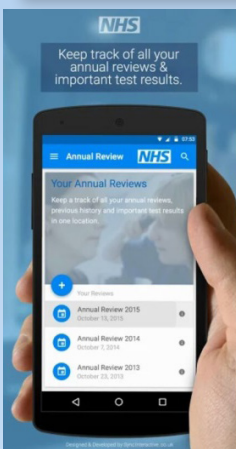
## Do you have diabetes? Do you have a smart phone?

Download the **free** Walsall Diabetes & Me App



### Informative:

It provides lots of information and guidance about diabetes in a quick and easy to navigate format. Articles include; how to monitor your blood glucose levels, how to reduce your risk of complications, tips when food shopping and where to go for help.



### Interactive:

The app also helps you keep track of test results from your annual reviews including: HbA1c, blood pressure, cholesterol and BMI. All data is stored securely and locally on your device.

The more knowledge you have about diabetes, the more successful you are likely to be in managing your condition.

# Diabetes & Me

A GUIDE TO LIVING WITH DIABETES