

November 23

Proud to Support



# DigiBete



The DigiBete App - 24/7 Digital Diabetes Self Management Solution for Children and Families


Now **80%** Patient Uptake in **England & Wales**



NHS England and NHS Improvement



# DigiBete Platform & App The Positive Impact So Far...

Supported by the 



Clinically Approved by



The Leeds Teaching Hospitals   
NHS Trust

Hello...

Welcome to **DigiBete**, a place to help young people and families to manage **Type 1 Diabetes**. DigiBete is a video platform and social enterprise created in partnership with the Diabetes Team at Leeds Children's Hospital. We are constantly innovating and will be adding lots more resources shortly.

[About Us](#)

Are you Newly Diagnosed?

[Click Here](#)

Follow us on...



**168,000 Users**  
On DigiBete.org  
since launch



**160+ Countries**  
Using DigiBete.org



**300+ Resources**  
On Platform & App



**220 Diabetes**  
Clinics Using the  
DigiBete App in  
England  
& Wales



**629,000**  
Support videos  
watched



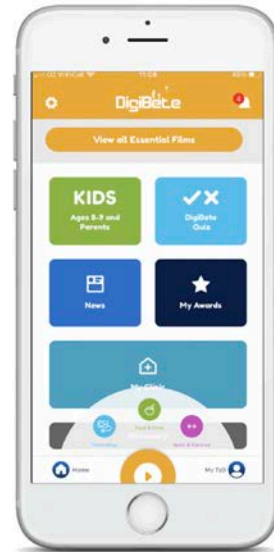
**80% Families in**  
England and  
Wales using the  
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launch



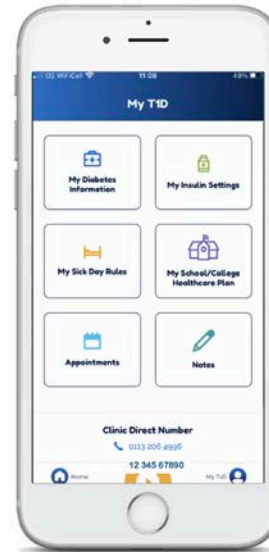
# Your Interactive Multi-lingual Paperless Clinic App

DigiBete Clinical Support App

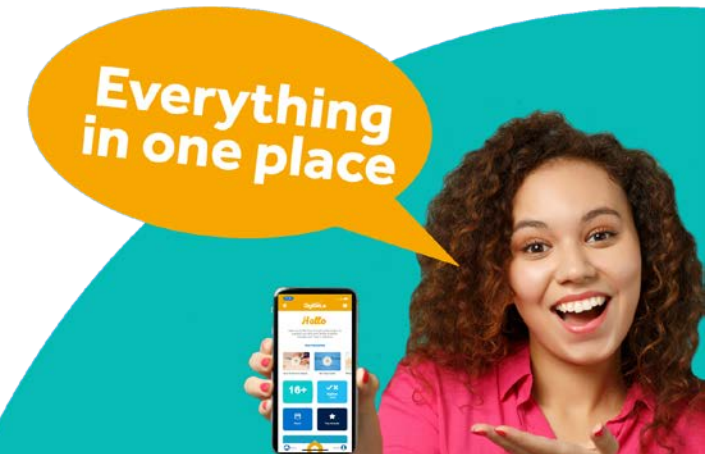
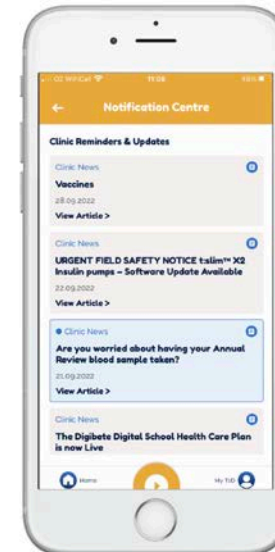
## Educate

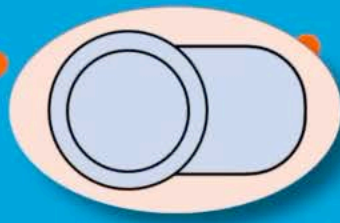


## Organise



## Communicate





Hybrid closed-loop  
improves quality of  
life for the  
whole family



# New Multi- Lingual Technology Resources

## Tech films already on the site in multiple Languages:

- ✓ My Life Enabled by Technology
- ✓ What Is A Hybrid Closed-Loop System?

## Other films on on the site in multiple Languages:

- ✓ What Is Type 1 Diabetes?
- ✓ Counting - Understanding The Basics
- ✓ Carbohydrate Counting - Weighing & Measuring
- ✓ Carbohydrate Counting - Challenging Meals
- ✓ Carbohydrate Counting - Eating Out
- ✓ 10 essential care films (in 10 languages including BSL)
  
- ✓ **Plus Making Sense of Technology workbook**

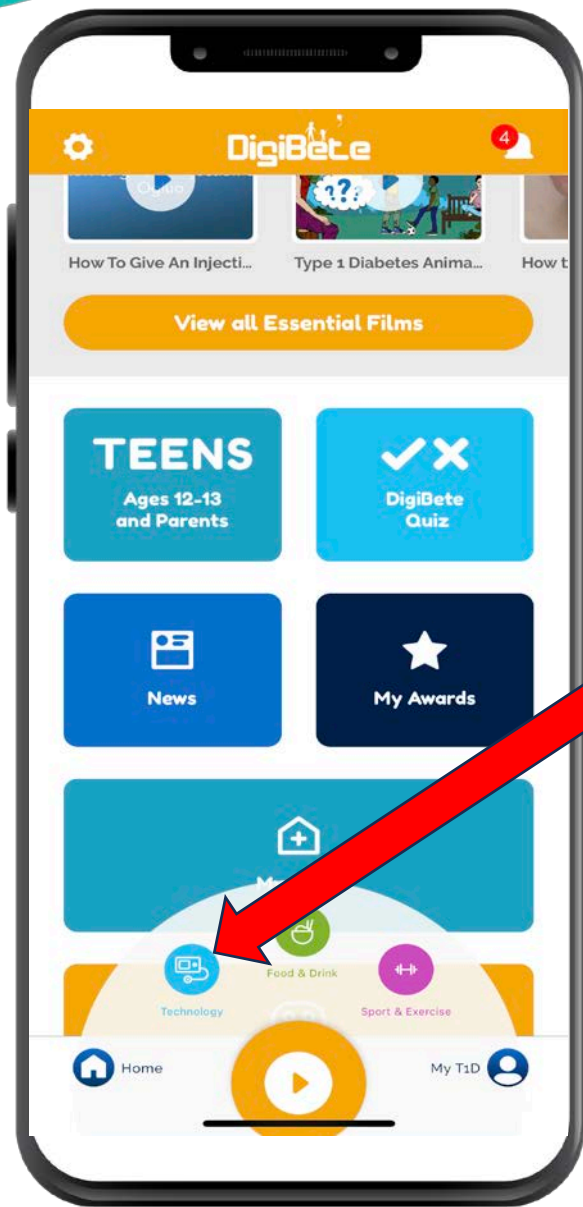
## Films to be released by end of November 23:

- Closed-Loop - First Line of Treatment
- Closed-Loop - Quality of Life
- Closed-Loop - Time in Range
- What Is an Insulin Pump and How do They Work?
- What is CGM and Flash?
- What People Say About - CGM & Flash
- What People Say About - Pumps and Closed-Loop Systems

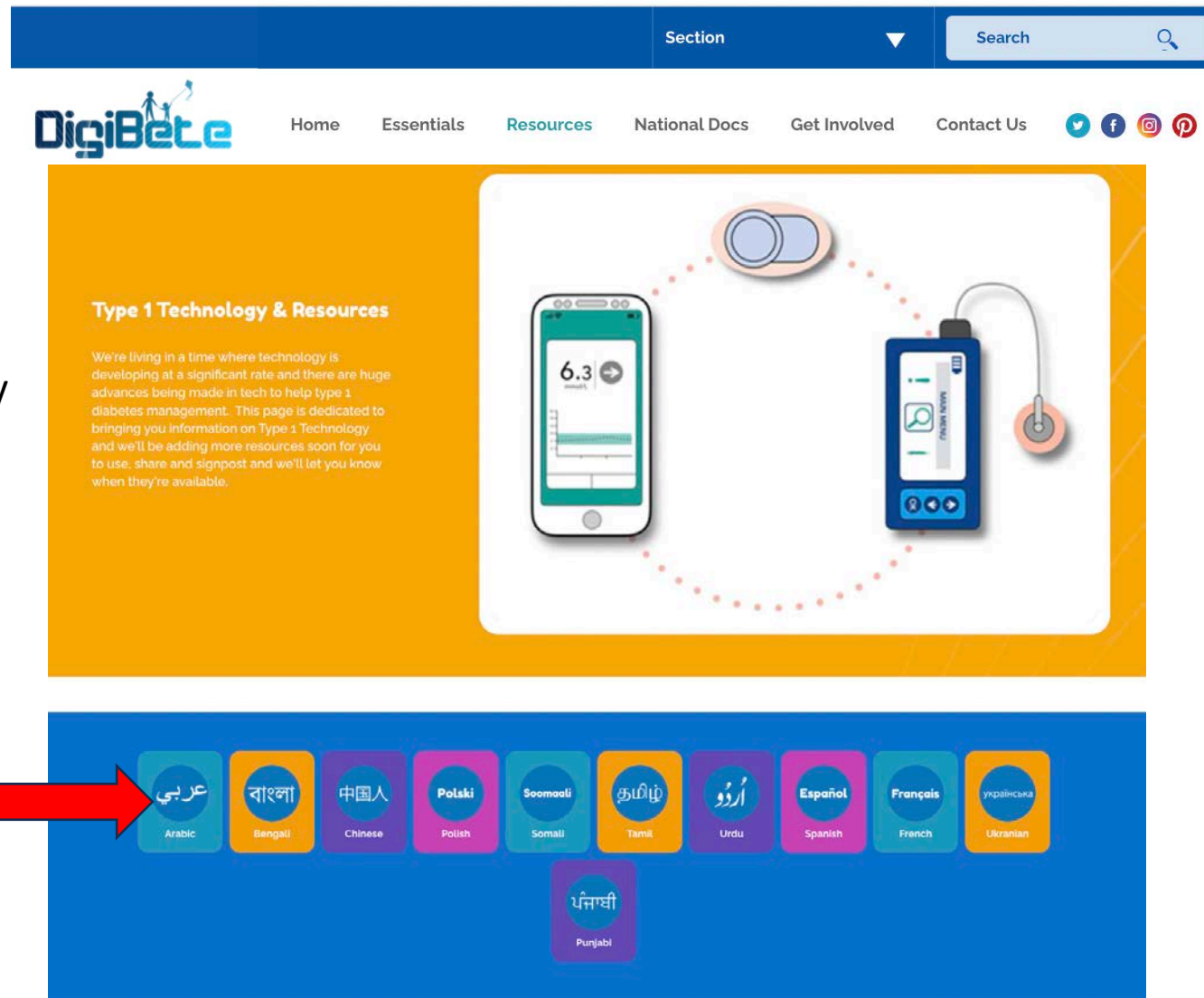
## Plus Living with Diabetes Workbook

## Coming Soon BSL Diabetes Technology resources

# DigiBete's New Multi- Lingual HCL & Technology Resources



Diabetes Technology Information in App



Diabetes Technology Information on digibete.org

# New Multi-Lingual Technology Pages



## Samaynta Daren ee Sonkorowga Farsamada

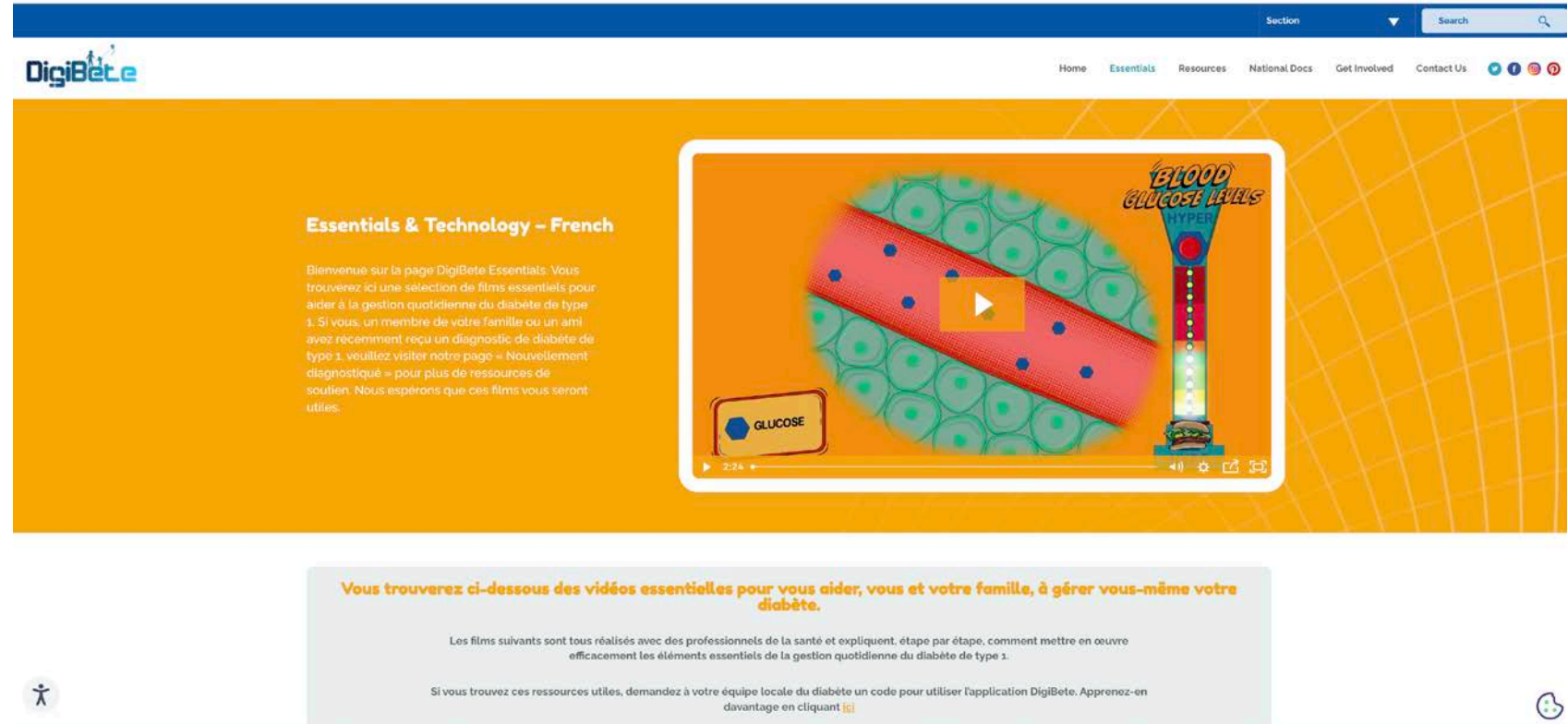
Waxaa jira macluumaad badan oo muujinaya in dadka isticmaala tignoolajiyada sonkorowga ay leeyihiin:

Heerarka dhiigga gulukooska ee ka wanaagsan (HbA1c) oo ka fiican kuwa aan isticmaalin tignoolajiyada sonkorowga.

Heerarka gulukoosta dhiigga ee ka sii wanaagsan (sababtoo ah adeegsiga tignoolajiyada sonkorowga) ayaa awood u siin doonta CYP si aad ugu noolaato nolol caafimaad leh oo ay ku yar tahay dhibaatooyinka sonkorowga sida wadnaha, kelyaha, dhibaatooyinka indhaha iyo cagaha .

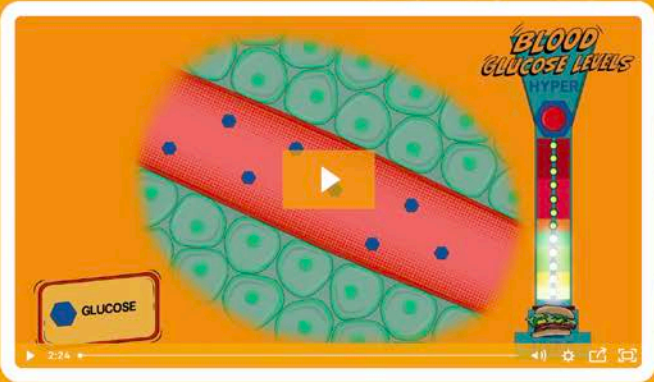
Tayo nololeed oo wanaagsan sababtoo ah tignoolajiyada ayaa ka dhawajin doonta qaylo-dhaan si loo sheego adiga marka heerka sonkorta dhiigaagu uu sareeyo ama hoos u dhaco si aad u joojin karto inay dhacdo.

Waxaad heli doontaa hurdo fiican habeenkii sababtoo ah qalabyo badan oo tignoolaji ah ayaa



**Essentials & Technology – French**

Bienvenue sur la page DigiBete Essentials. Vous trouverez ici une sélection de films essentiels pour aider à la gestion quotidienne du diabète de type 1. Si vous, un membre de votre famille ou un ami avez récemment reçu un diagnostic de diabète de type 1, veuillez visiter notre page « Nouvellement diagnostiqué » pour plus de ressources de soutien. Nous espérons que ces films vous seront utiles.

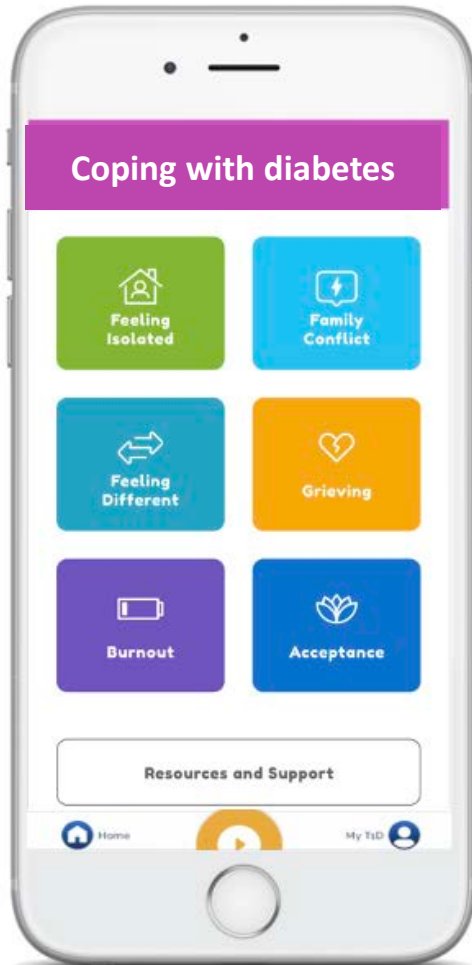


**Vous trouverez ci-dessous des vidéos essentielles pour vous aider, vous et votre famille, à gérer vous-même votre diabète.**

Les films suivants sont tous réalisés avec des professionnels de la santé et expliquent, étape par étape, comment mettre en œuvre efficacement les éléments essentiels de la gestion quotidienne du diabète de type 1.

Si vous trouvez ces ressources utiles, demandez à votre équipe locale du diabète un code pour utiliser l'application DigiBete. Apprenez-en davantage en cliquant [ici](#).

**Specialist Psychology Area**  
In Collaboration with JDRF & the CYP Psychology Network



## Dynamic Glucose Management GAME-SET-MATCH

Combine glucose values and trend arrows with proactive diabetes management

### Stop highs GAME

**G** = Glucose time in range desired  
**A** = Alert on high set accordingly

Time in range desired? 4.0-10.0mmol/L	Set high alert mmol/L	Predicted HbA1c mmol/mol (%)	Daily energy & future health
50%	No alert	64 (8.0)	☹️
60%	14.0	58 (7.5)	☹️
70%	12.0	52 (7.0)	😊
75%	11.0	50 (6.8)	😊😊
80%	10.0	48 (6.5)	😊😊😊
85%	9.0	45 (6.2)	😊😊😊😊
90+%	8.0	42 (6.0)	😊😊😊😊😊

**M** = Mode of exercise that can be done  
**E** = Exercise when high alert sounds

Glucose mmol/L	Trend arrow			How many minutes
	Libre	Dexcom	Medtronic	
8.0 - 9.9	↗	●	↑	5
	↑	●	↑↑	10
		●	↑↑↑	15
10.0 - 14.0	→	●		15
	↗	●	↑	20
	↑	●	↑↑	25
		●	↑↑↑	30
More than 14.0	↓	●	↓↓	15
	↘	●	↓	20
	→	●		25
	↗	●	↑	30
	↑	●	↑↑	40

### Stay in target SET

**S** = Start insulin before eating

Glucose mmol/L	Trend arrow			Minutes to bolus before meal
	Libre	Dexcom	Medtronic	
4.0 - 5.9	↓	●	↓↓↓	Prevent hypo
	↘	●	↓↓	Prevent hypo
	→	●	↓	Prevent hypo
	↗	●	↑	15
	↑	●	↑↑	20
		●	↑↑↑	25
6.0 - 9.9		●	↑↑↑	30
		●	↓↓↓	0
	↓	●	↓↓	10
	↘	●	↓	15
	→	●		20
	↗	●	↑	25
10.0 - 14.0	↑	●	↑↑	30
		●	↑↑↑	35
		●	↓↓↓	15
	↓	●	↓↓	20
	↘	●	↓	25
	→	●		30
More than 14.0	↗	●	↑	35
	↑	●	↑↑	40
		●	↑↑↑	45
	↓	●	↓↓	25
	↘	●	↓	30
More than 14.0	→	●		40
	↗	●	↑	45
	↑	●	↑↑	50
		●	↑↑↑	50

**E** = Eat three balanced meals  
**T** = Ten minutes activity after eating

### Prevent lows MATCH

**M** = Measure weight to calculate hypo treatment

Weight (kg)	Grams of glucose	Dextrose 3g tablets
10	3	1
20	6	2
30	9	3
40	12	4
50	15	5
60+	18	6

**A** = Always use glucose only, not sugar  
**T** = Try to prevent lows  
**C** = Change amount according to glucose value & arrow

Glucose mmol/L	Trend arrow			Percent of hypo treatment
	Libre	Dexcom	Medtronic	
4.0 - 6.0	↓	●	↓↓↓	100%
		●	↓↓	75%
	↘	●	↓	50%
Less than 4.0	↓	●	↓↓↓	125%
		●	↓↓	100%
	↘	●	↓	75%
	→	●		50%
	●	↑	25%	

**H** = Have patience and wait 20 mins

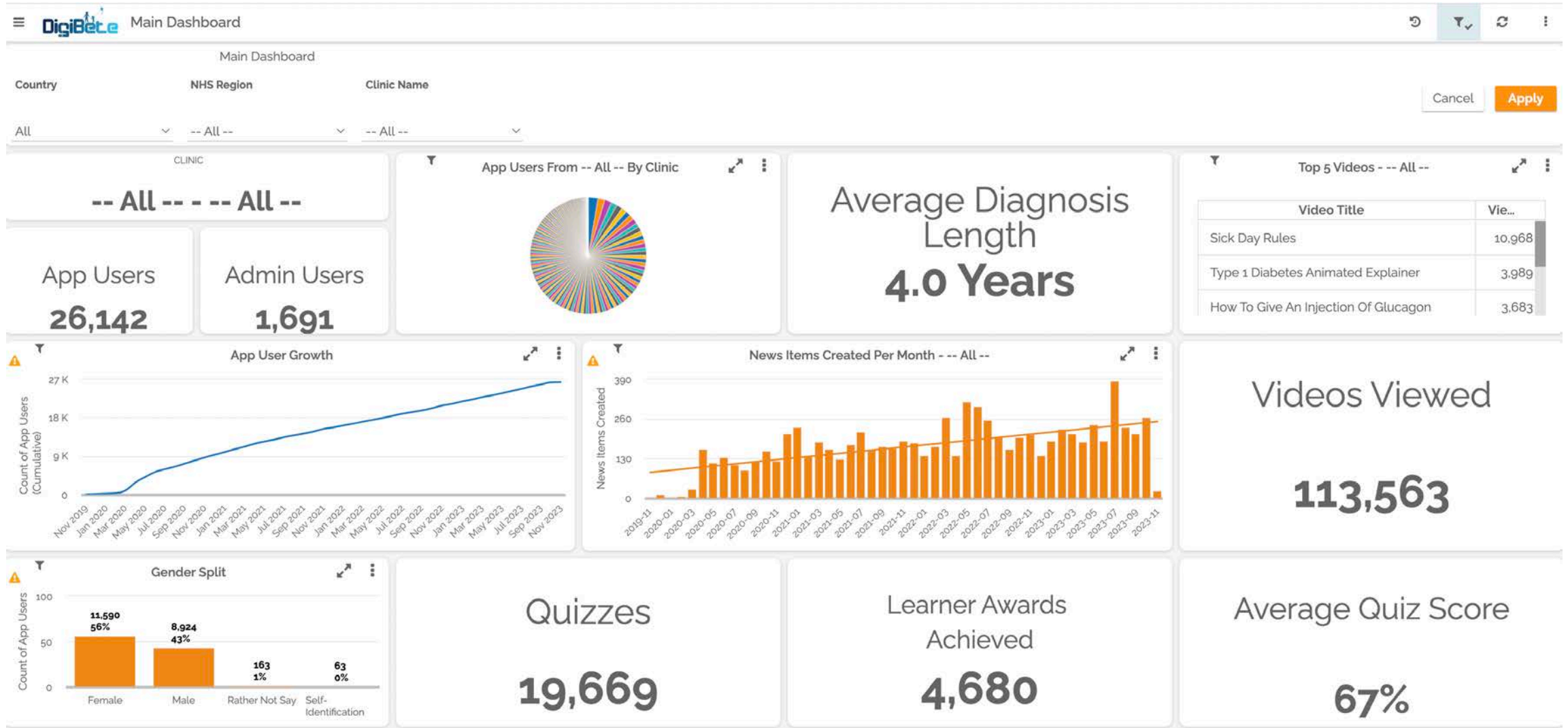
🎥 Click to watch a video explanation



# Scalable & Sustainable



## November 23 Dashboard – All Nations



# DigiBete

Enabling Young People and Families to Engage in Better Diabetes Care Whilst Reducing Health Inequalities

