

Dear healthcare professional

South Yorkshire ICB would like you to offer the free DigiBete App to your patients, aged 18-39, living with type 2 diabetes.

The app gives them access to clinically approved support and resources to help with self-management of type 2 diabetes at any time. The App does not replace the care given by the team but is there to complement the service.

The patients can download the app from the App Store or Google Play, and they will need to enter the access code below to create an app profile.

**The DigiBete app access code is: DVIKG**

### The DigiBete App offers your patients:

#### Essential Films, Support & Resources

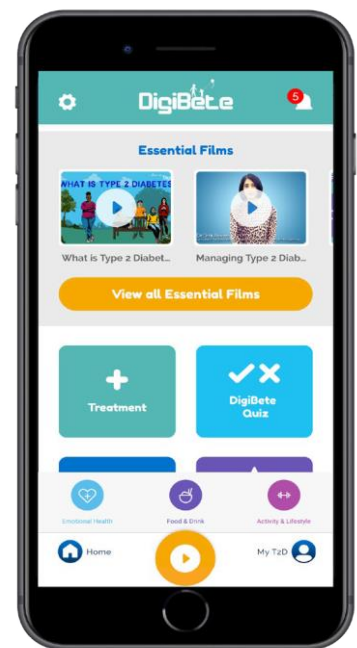
Direct access to lots of Type 2 diabetes films & resources, including sick day rules, healthy eating, and lots of written resources to support self-management, such as managing exercise, meal planning, healthy swaps, lifestyle, & motivation support.

#### Communication

DigiBete can send relevant information and resources to support your patient's managing diabetes at home.

#### Store Appointments, Notes, Goals & Keep a Photographic Food Diary

The My T2D area in the App allows your patients to record and access their own personal management information, such as medication, appointments, food diary, goals & HbA1c. It is so handy to have everything they need all in one place on their phone or tablet.



You can find a guide on how to register and how best to use the App here:

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

There is a patient letter similar to this one available with QR code to take them to the download instructions that you can give to your patients.

DigiBete also has a Type 2 website available: <https://www.youngtype2.org/>

Any questions: [app@digibete.org](mailto:app@digibete.org)