

# NHS Lothian Diabetes App

Edinburgh Centre for Endocrinology and Diabetes

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## What is this app for?

We have developed an app with information to help people living with diabetes. We can still provide information in written leaflets but this app allows you to find information quickly and easily.

## Who should download this app?

The app has been developed for anyone living with diabetes. This include people with Type 1 or Type 2 diabetes. There is also information for anyone who has developed diabetes during pregnancy ('gestational diabetes').

There is information about managing diabetes in different situations such as during illness, exercise and pregnancy. The app contains information about screening and what to expect from your clinic appointments.

We have included information about new diabetes technologies and medications.

## What else should I know?

This app is for information only and does not require any personal data to be added. It contains links to other websites with patient information. We may use the app to alert you if there are any issues with medications or technology. You can choose to turn these notifications on or off.

## How do I download this app?

The NHS Lothian Diabetes app is part of the HealthZone app which can be downloaded for free on Android or Apple devices.

### Step 1: Download the HealthZone App

Use your camera on your phone to scan the QR code below to download the app from Google Play (Android) or the App Store (Apple)

#### Android Users



**Google 'Play' Store:**

<http://play.google.com/store/apps/details?id=uk.co.piota.healthcentral>

#### Apple Users



**Apple 'App' Store:**

<http://apps.apple.com/gb/app/healthzone-uk/id1401252467>

## Step 2: Launch the HealthZone UK App

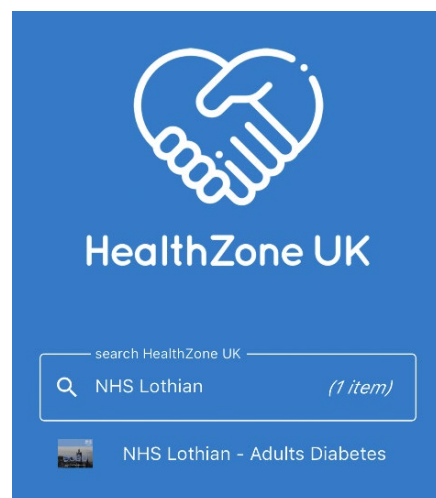
You will see a search box as shown here:



## Step 3: Find the NHS Lothian Diabetes App

In the search box, type: **'NHS Lothian – Adult Diabetes'**

Click on **'NHS Lothian – Adult Diabetes'** and the app will be downloaded onto your phone or tablet.



## Step 4: Access information about your condition

Notifications can be changed through the Settings section on the Menu in the top left corner.

Click on each tile to access information.

