

Apps & devices requiring commissioning

Urine home testing:

- Dip.io: Albumin-creatinine ratio (ACR) urine test kits: dip.io uses the smartphone camera to undertake a urine test.

Structured Diabetes Education

My Diabetes My Way:

- Full diabetes remote monitoring and self-management platform, including remote data upload (e.g. glucose, activity data, weight, BP) leading to automated self-management and treatment advice for patients and health care professionals.
- Multi-media resources (over 200 resources)
- Links to accredited external material
- Specific COVID advice including diabetes sick day rules
- Multi-language content – 10 resources in 10 different languages
- 6 x QISMET approved certified online patient structured education e-learning courses to replace face-to-face education options
- Integrates with electronic health care record

For more information, please visit <https://twitter.com/mywaydigital>

Low Carb Program:

- Digital support for people with type 2 diabetes to achieve a lower carbohydrate lifestyle.
- Behaviour change app that provides goal-focussed education, personalised resources and coaching support to help people reduce the amount of sugar in their diet and achieve their health goals
- Users participate in a core 12-week structured therapeutic nutrition and wellness program personalised to disease type and profile.
- Resources include meal plans, food swaps and over 1,300 recipes tailored to budget, culture and preferences.
- Support is provided by Behaviour Change Coaches and over 430,000 like-minded peers.
- Users can also participate in weekly online fitness, yoga and mindfulness classes.

For more information, please visit: <https://www.lowcarbprogram.com/nhs/>

Oviva Diabetes Support:

- Digital structured education and behaviour change programme for people with type 2 diabetes.
- Fully remote, QISMET-accredited programme to help people with Type 2 diabetes learn more about their condition and make lasting changes to their diet and activity levels.
- Participants receive weekly one-to-one coaching from a diabetes specialist dietitian over 10 weeks to support behaviour change and develop sustainable self-management strategies.
- Proven benefits include average increases in education attendance rates of 50-100% in 38 commissioned CCGs and average participant HbA1c reduction of 13mmol/mol, reducing their risk of complications.

For more information, please visit: <https://oviva.com/uk/en/diabetes-support/>