



NEW APP for people living with Type 1 Diabetes

Do you have Type 1 Diabetes? Would you like Information to help you manage your condition? Then download the new Hackney Diabetes Centre Type 1 App onto your smartphone!

The free app provides helpful information about:

- **How to manage emergencies**
- **How to get support to self-manage**
- **Information about the Hackney Diabetes Centre services and other support services**
- **Contact details for the Hackney Diabetes team**
- **Information and dates on all the courses we provide to help you self-manage**
- **Information on various technology, such as flash glucose monitoring, Diasend and insulin pumps**
- **Information about diet and lifestyle (including exercise and insulin management)**

Downloading the App is easy:

- **Download “HealthZone UK” by searching for it by name in your Apple or Android app store**
- **Then search for “Hackney Diabetes Centre” in the search box (it should appear when you start typing in “Hackney”)**

The App is in its infancy and we want to hear your views. Please give us feedback (see “feedback” section in the app)