



Habits

Diabetes Coach

Behaviour Coaching Program

Based on Diabetes Prevention Program (DPP) and lookAHEAD protocol. Daily interactive chat sessions, tips & quizzes to teach patients practical ways to make lifestyle changes needed to manage diabetes. Developed in partnership with Dr. Mohan's Diabetes Centre.



Lesson Details:



WEEK 1-4:

Learning nutrition basics
Importance of self-monitoring
Fat & calorie detective
Having a balanced meal



WEEK 9-12:

Improving problem solving skills
Managing slip-ups
Understanding social cues



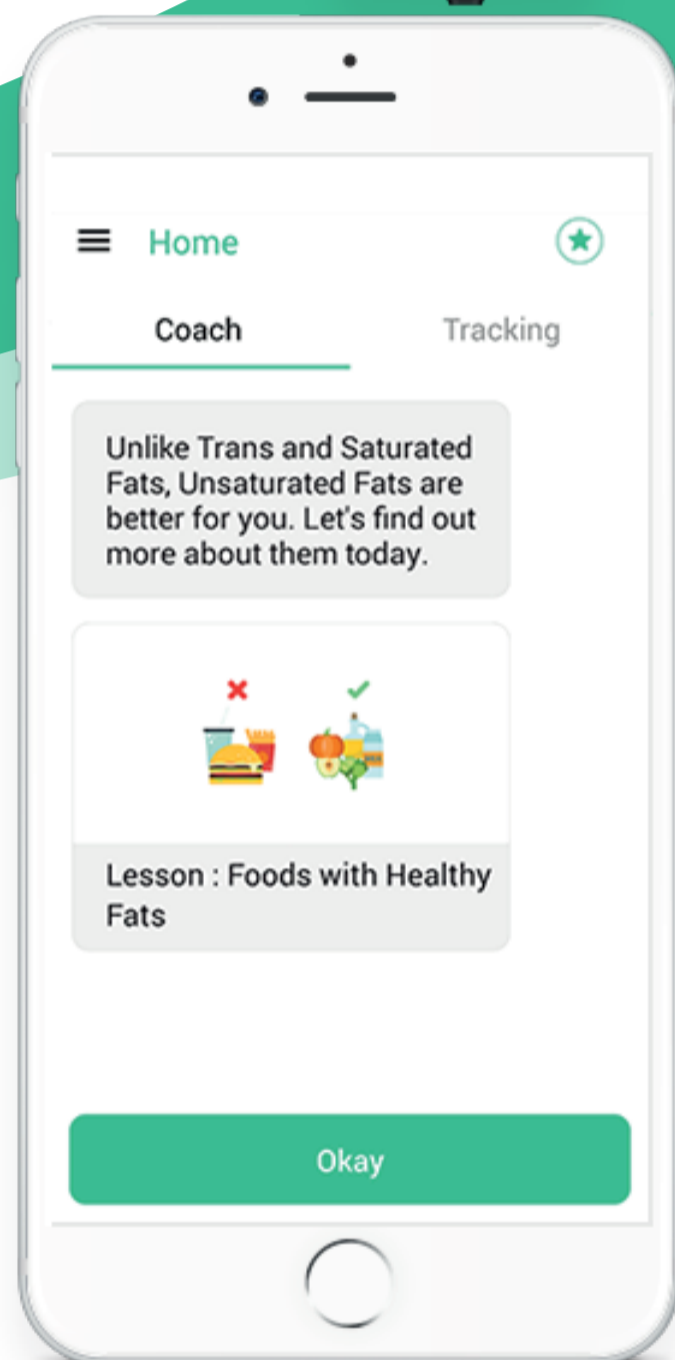
WEEK 5-8:

Becoming physically active
Introduction to FITT program
Learning about motivation



WEEK 13-16:

Sustaining effective management
Volumetric & mindful eating
Long term heart health





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A. Home Monitoring

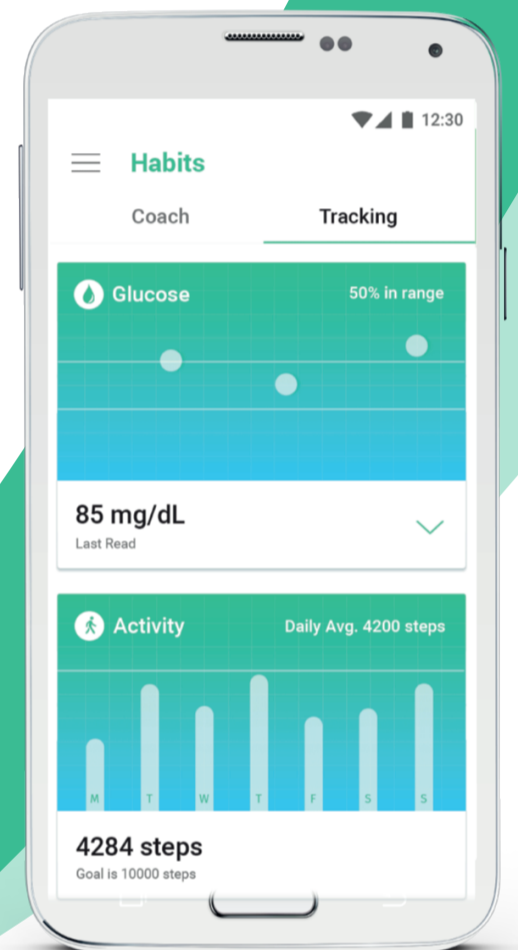
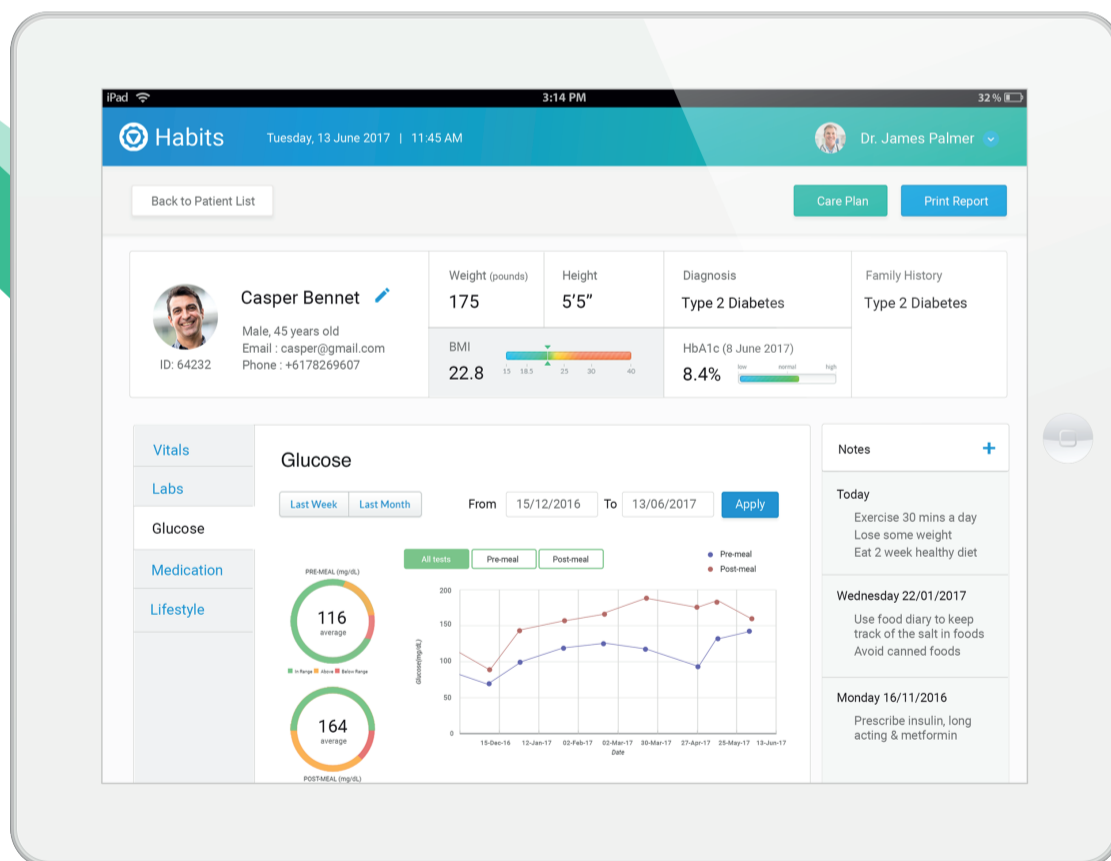
The smartphone connected Aina Device, enables your patients to seamlessly monitor blood glucose, receive timely support for hypoglycemia and also connect daily glucose variations with their diet and physical activity.

B. Behaviour Coaching

The Habits app comes integrated with the Aina Device. It is a virtual diabetes coach that helps patients reach their diet and exercise goals through personalized daily checklists which includes tips, tasks, lessons and quizzes.

C. Hypoglycemia Support

Timely support and suggestions to help patients deal with hypoglycemia episodes.



D. Physician Dashboard

Complete your diabetes practice with the Habits physician dashboard. See patient progress, lab data, medications, and clinical data all in one place.

Compatible with Android and iOS mobile devices:

