



### WHO are we empathizing with?

Individuals at risk of diabetes, including adults aged 30-50, both genders, from urban and suburban areas.



### When to consult the doctor?

If you think you or your child may have diabetes. If you notice any possible diabetes symptoms, contact your health care provider. The earlier the condition is diagnosed, the sooner treatment can begin.

If you've already been diagnosed with diabetes. After you receive your diagnosis, you'll need close medical follow-up until your blood sugar levels stabilize.

Exercise Tips

Symptoms

Risk Factors

latest advancements in diabetic prediction technology

Diet Advices

Take Advices from healthcare



### How Insulin works?

Insulin is a hormone that comes from a gland behind and below the stomach (pancreas). The pancreas releases insulin into the bloodstream. The insulin circulates, letting sugar enter the cells. Insulin lowers the amount of sugar in the bloodstream. As the blood sugar level drops, so does the secretion of insulin from the pancreas.

### GOAL

### What do they THINK and FEEL?

#### PAINS

Uncertainty about health  
Lack of Awareness  
Data Overwhelm  
Time Constraints  
Financial Concerns



#### GAINS

Early Detection and Intervention  
Personalized Guidance  
Healthier Lifestyle  
Improvement in Life Quality



Difficulty in interpreting complex data

Collecting Data

Lack Of Proper Awareness

Accuracy

Positive influence on family members

Potential for a longer, healthier life with a reduced risk of chronic diseases

### What other thoughts and feelings might influence their behavior?

Knowledge and Awareness

Motivation and Goals

Emotions and Mental state

Societal Influence

Media and Marketing

Healthcare System



### Why we get diabetes?

The exact cause of most types of diabetes is unknown. In all cases, sugar builds up in the bloodstream. This is because the pancreas doesn't produce enough insulin. Both type 1 and type 2 diabetes may be caused by a combination of genetic or environmental factors. It is unclear what those factors may be. But here we plan to find it out using some parameters

Should take it challenging to maintain a healthy lifestyle

Feeling more thirsty than usual.  
Urinating often.  
Losing weight without trying.  
Presence of ketones in the urine.  
Feeling tired and weak.  
Having blurry vision.  
Having slow-healing sores.



### What do we see?

Actually diabetes was classified into 2 types based on symptoms they are Type 1 diabetes can start at any age. But it often starts during childhood or teen years. Type 2 diabetes, the more common type, common in people older than 40. But type 2 diabetes in children is increasing.



### where you get effect by diabetes?

Concerns and worries  
Desires and goals  
Information and knowledge  
Frustrations and challenges  
Feedback on several health tools

diabetic neuropathy.  
diabetic nephropathy.  
diabetic retinopathy.  
cardiovascular

struggle to find the right balance between my diet and my blood sugar levels

wish there was an easier way to predict my blood sugar



### How to be fit and healthy?

Walking briskly, Doing housework  
Mowing the lawn, Dancing, Swimming  
Bicycling and Playing Sports

Maintain Healthy Diet

Regular Checkups

Exercise Daily