

# GlyNa: Your Daily Diabetes Companion

# Every Meal, Simplified.

For millions with diabetes, every meal feels like a complex math problem.

GlyNa transforms those numbers into simple, actionable steps, empowering better health and reducing daily stress.

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# The Unmanaged Burden of Diabetes

#### **Mealtime Uncertainty**

Unpredictable glucose spikes after meals lead to constant worry and health risks, making every food choice a source of anxiety.

#### Emotional & Physical Toll

Constantly fluctuating readings cause significant stress, anxiety, and the potential for severe long-term complications.

#### Limited Access to Solutions

Existing apps are often expensive, device-locked, or require professional integration, creating significant barriers to effective management.

#### Underserved Young Adults

Young diabetics, especially students, lack intuitive, affordable tools tailored to their dynamic, on-the-go lifestyles.

Managing diabetes shouldn't require a PhD in nutrition.



# GlyNa: From Tracking to Real-Life Nudging







#### **Intelligent Meal Analysis**

Simply input your meal—via text, photo, or manual entry—and Glyna's ML-lite model predicts potential glucose spikes.

#### Personalized Actionable Nudges

Receive timely, simple suggestions like "take a 10-minute walk" or "pair with protein" to proactively mitigate spikes.

#### **Engaging Progress Tracking**

A clear dashboard with trend visuals, daily streaks, and gamification to keep you motivated and consistently informed.

# The Engine Behind GlyNa

User Input

GlyNa App

ML-lite Model

Personalized Feedback

#### **Our Robust Tech Stack**

**Firebase** 

**TensorFlow Lite** 

Flutter
 Cross-platform native performance for a seamless user experience on any device.

2 Secure authentication & real-time database for reliable and scalable user data management.

On-device, efficient ML predictions for quick and accurate glycemic response estimations.

## **Agile Development Methodology**

Quick iteration and user feedback to ensure our product meets real-world needs.

**Rapid Prototyping** 

#### **Functional Demo**

Early validation and rigorous testing to prove functionality and ensure reliability.

### User-Centric Wireframing

Building a strong, intuitive design foundation through detailed wireframes.

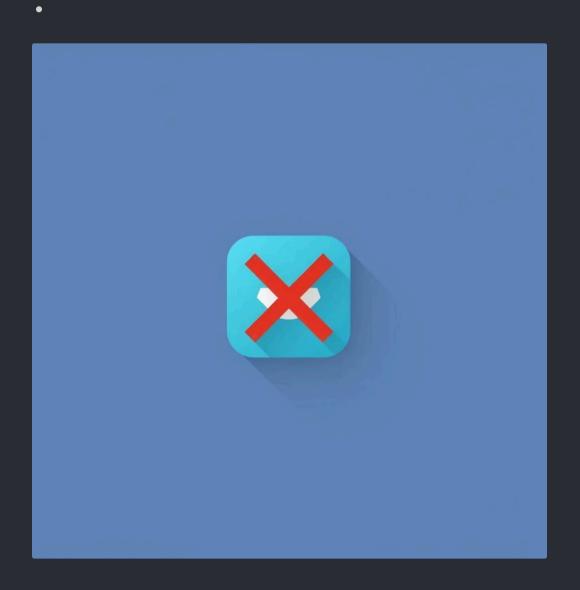
## Redefining Diabetes Management

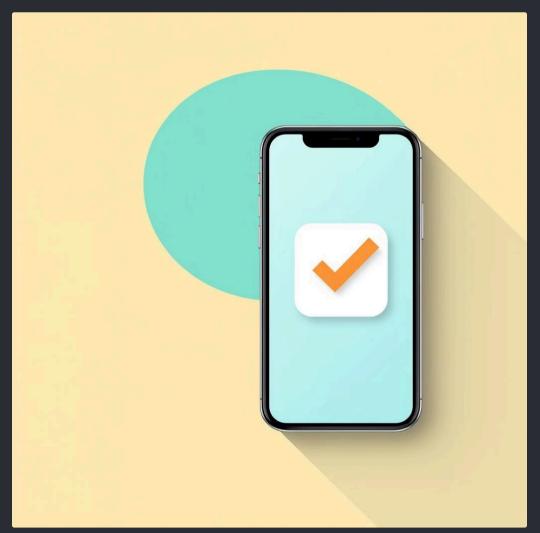
## X Traditional Solutions

- Generic & Impersonal: Often provide one-size-fits-all advice that doesn't adapt to individual needs.
- High Cost & Locked Devices: Requires expensive subscriptions or specific, proprietary hardware, limiting accessibility.
- Data Overload: Presents raw numbers without clear guidance, leaving users to interpret complex data on their own.



- Accessible & Personalized: Tailored recommendations for every user, adapting to unique dietary and lifestyle patterns.
- Affordable & Flexible: Works independently of expensive devices, making it accessible and affordable for a broader audience.
- Actionable Insights: Translates complex data into simple, impactful lifestyle changes, empowering users to act confidently.



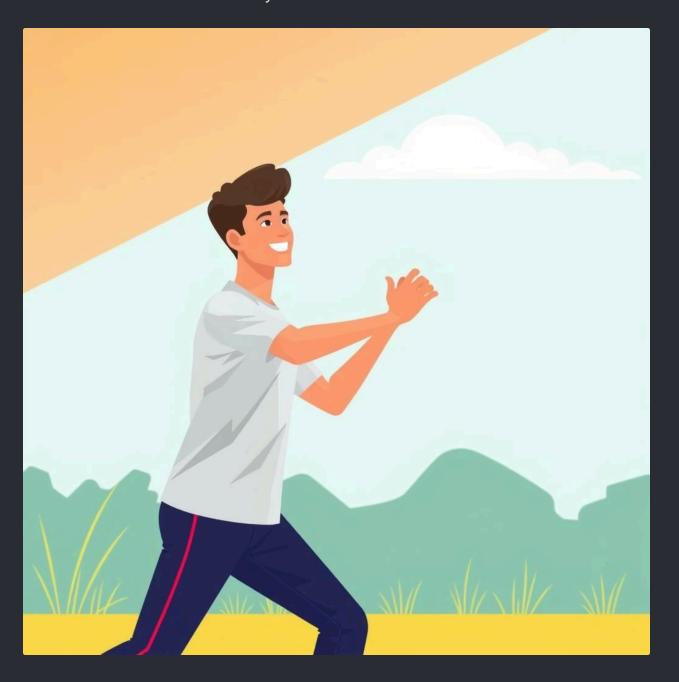


We translate complex numbers into simple, effective lifestyle moves.

## Empowering Health, Enabling Futures

### **Immediate Impact**

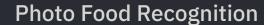
GlyNa is designed to provide immediate relief and significantly better daily control for students and young adults living with Type 1 & 2 diabetes. By simplifying meal management, we reduce anxiety, improve adherence, and foster healthier habits from day one.



#### **Vision for Growth**

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Advanced AI to identify food and nutritional content from a single picture, streamlining meal logging.

**CGM & Wearable Integration** 

Seamless syncing with continuous glucose monitors and smartwatches for real-time data and enhanced insights.

**Peer Support & Community** 

A platform for users to connect, share experiences, and support each other on their diabetes journey.

Small nudges today prevent huge complications tomorrow.