



Melli2s

Making Lifestyle Change Manageable

The Problem



1 in 11

Americans has diabetes today.



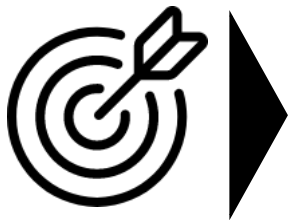
Every 23 seconds, someone in the U.S. is diagnosed with diabetes.



86 million

Americans are at risk for diabetes.

Target Market



86 M prediabetic
23.1 M diagnosed T2D
81% has a smartphone
33% Amazon Prime member
 $109.1 * 81\% * 33\% = 29.2 \text{ M patients}$

Excuses are endless...

"I don't have time, Healthy foods are expensive, I can't do this change alone, I don't like physical activity, I don't like healthy foods "

Patient desires that aren't met

Accessibility
Affordability
Affirmation
Self-management & Control

Need for education

Why is it important to eat healthy?
What are the complications of T2D?
Why is medication necessary?
What are the side effects of the medication?

Issues

Patients

- Stress & depression
- Complications of T2D
- Longer hospitalization
- Expensive medical bills

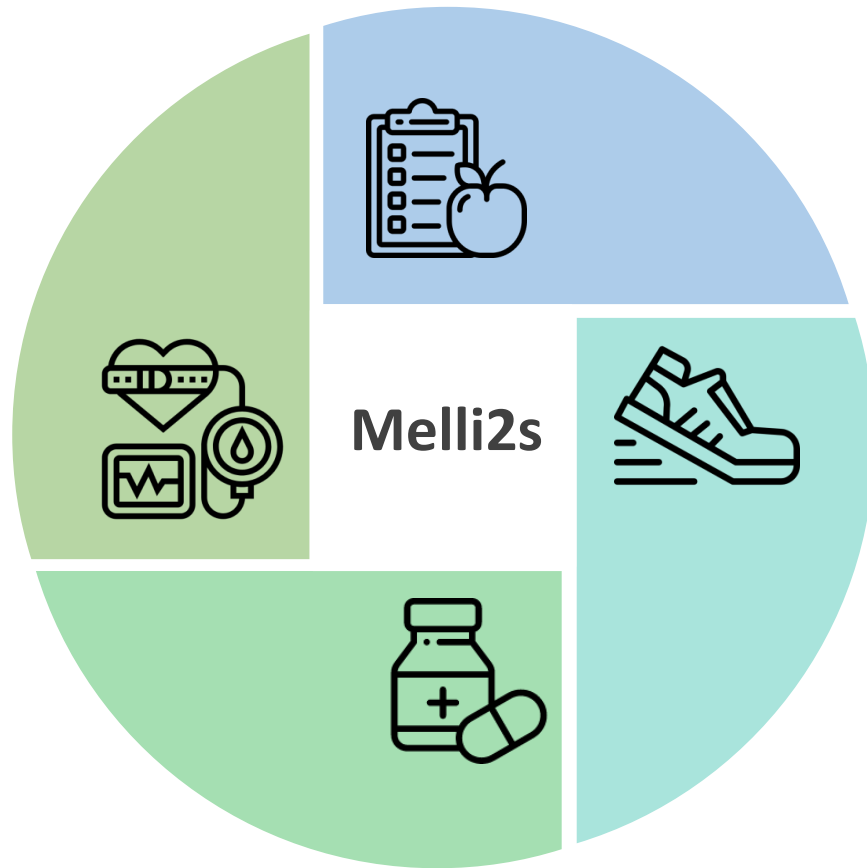
Physicians

- Patience
- No-show of patients
- Treatment problems

Society

- Cost
- Increased burden of disease
- Longer hospitalization

Our Solution



DIET

Overview of progress

- Meal planning
- Kcal intake and meal overview
- Glycemic Index Foods
- Glycemic index Scanner

EXERCISE

Overview of progress

- Self-Reported Fitness
- Find a Workout Buddy
- Challenges
- ClinicalTrials

MEDICATION

Overview of compliance

- Medication Plan
- Checklist (meds today)
- Symptoms experienced

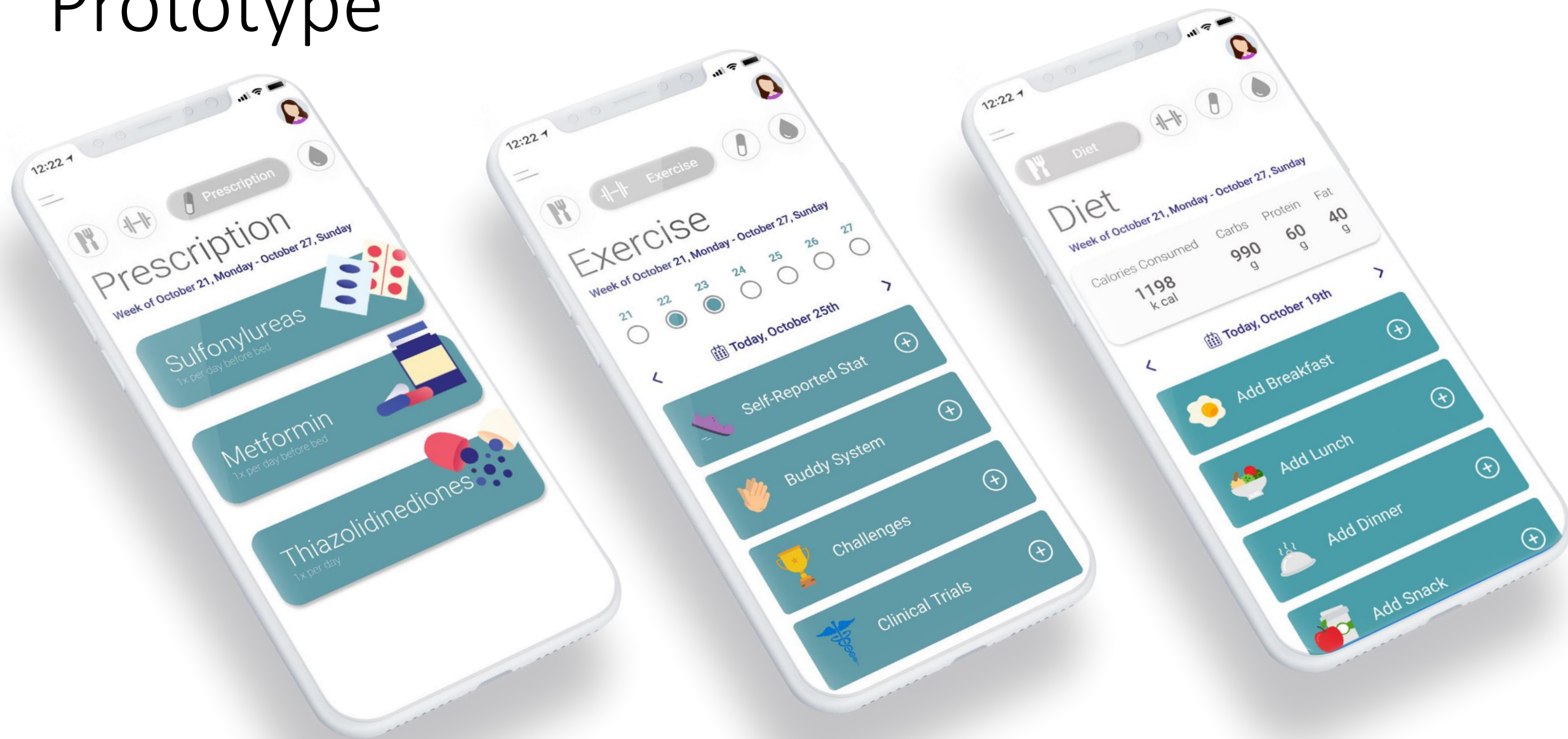
VITALS

3 months statistics

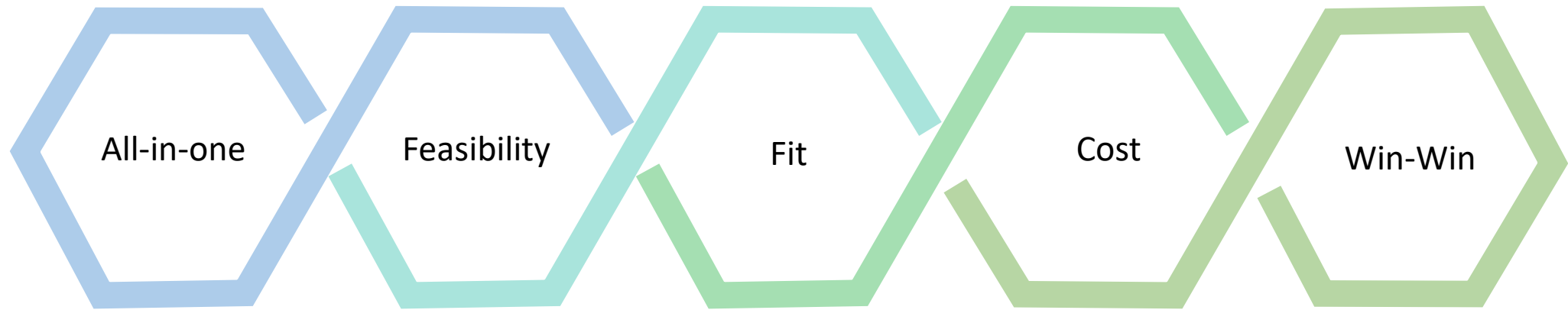
- Glucose level
- Blood Pressure



Prototype



Why use our solution?



Tech Stack



express



mongoDB®



Google Cloud Platform



mongoose
elegant mongodb object modeling for node.js

Appendix 1: Competitive Analysis

	Exercise	Diet	Vitals	Medication	Amazon food	Fitness Buddy	Price
Fooducate	✗	✓	✗	✗	✗	✗	Free
MySugr	✗	✗	✓	✗	✗	✗	Free
BG Monitor Diabetes	✗	✗	✓	✗	✗	✗	Free
Health2Sync	✗	✗	✓	✗	✗	✗	Free
Glucose Buddy	✓	✓	✓	✗	✗	✗	Free
Diabetes Connect	✗	✓	✓	✓	✗	✗	Free
Diabetes:M	✓	✓	✓	✓	✗	✗	Free

Source: <https://www.healthline.com/health/diabetes/top-iphone-android-apps#fooducate>

Appendix 2: Example with Diet

Diet

Week of October 21, Monday - October 27, Sunday

Are you ready to choose what meals you want for the week?

Yes

What ingredients do you want?
All ingredients are Low-Glycemic Food

avocado

beef

beets

bell peppers

blue cheese

bruseels sprouts

cauliflower

mushrooms

olives

pork

quinoa

tuna

tofu

[See All](#)

How many meals do you want?

Total

10

▼

Fresh Ingredients

2

▼

Pre-made Frozen Meals

8

▼

How many servings do you need per meal?

2 servings

Good for...

☒

- Dinner for two, or

- Dinner and next day's lunch for one, or

- Dinner for one big eater

4 servings

Good for...

☐

- Dinner for three or four, or

- Dinner and next day's lunch for two, or

- Dinner for two big eaters

6 servings

Good for...

☐

- Dinner for 5 +, or

- Dinner and leftovers for 3-4

When do you want your food to be delivered?

Sunday

▼

at

10:30 am

▼