

ACKNOWLEDGEMENT

The completion of the research would not be possible without the help of many people who assisted and supported the researchers throughout its success. In line with this, the researchers would like to extend and express their deepest gratitude to the following persons:

To their Research Adviser, Mrs. Rhodessa J. Cascaró, her understanding, encouraging and personal guidance have provided a good basis for my capstone.

To the Chairman, Mr. Rogelio R. Badiang, for his valuable advice and help. His extensive and expertise discussion had given us ideas in which became helpful for this study.

To the entire panelist particularly for their detailed review, constructive criticism, and excellent advice.

They are also immensely grateful to Mr. John Wilson Castanieto and Chanrich Andrew D. Mangco for lending their necessary tools for his study.

To their family, without their encouragement, understanding, and financial aid it would have been impossible for them to finish this work.

And above all, their sincere thanks to God for the health, knowledge and his divine providence for making all these things possible.

**J. L. E.
R. S. U.**

ABSTRACT

Diabetes is a chronic health problem with devastating, yet preventable consequences. It is characterized by high blood glucose levels resulting from defects in insulin production, insulin action, or both. Along with the increase in incidence of diabetes, both individual and societal expectations concerning the management of diabetes have also increased, with many reports from The Centers for Disease Control (CDC), urging patients to “Take Charge of Your Diabetes” and “Conquer Diabetes”. It is with this thrust that the researchers developed Lifestyle App for Diabetic. One of the main goals of Lifestyle App, is to improve the quality of life for persons with diabetes. This study used descriptive research designed to describe the data and characteristics of the subject being studied. The results revealed that the respondents have found out the system as an alternative tool for conventional method of health monitoring which implied that the respondents strongly agreed that Lifestyle App helped the patients by: reminding the patient when it is time to eat, reminding the patient for medicine intakes, provides a diet plan for patients to follow. In addition, the system provided a new method of sending SOS messages to family or relatives when the patient needs urgent medical attention.