

**Managing diabetes? Let's make it easier!**

# Sign up for our Home Diabetes Monitoring Programme today!



### CONVENIENT

Test your blood sugar levels at home and share readings automatically with your care team via a phone app.



### IMPROVE DIABETES CONTROL

Track and manage your own condition better. The app's chatbot will also guide you to recognise symptoms of high/low blood sugar, and encourage lifestyle changes.



### ENJOY GREATER SUPPORT

The app offers timely, interactive advice, along with helpful reminders and notifications. Your care team will monitor your blood sugar levels and advise you in between visits.

**You will need a blood glucose meter to participate in this programme.**

Ask your care team about PTEC. Scan the QR code for more information or visit

[https://for.sg/  
monitormyglucose](https://for.sg/monitormyglucose)



# YOUR CARE JOURNEY

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## TELE-MONITORING



Health  
Discovery+



## POLYCLINIC



Install and subscribe to the Health Discovery+ app on your phone.

Take your blood sugar reading at the instructed timepoints.

Your reading will be sent to your care team through the Health Discovery+ app.

Abnormal readings will be flagged to the care team.

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## TELE-SUPPORT



If required, your care team will give you further guidance via tele-consultations.

The app will advise what you should do if your reading is not within the desired range.

You will receive a reminder if you miss taking your blood sugar reading.

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## TELE-TREATMENT



Please follow the medication and lifestyle advice given by your care team during the clinic/phone consultation.

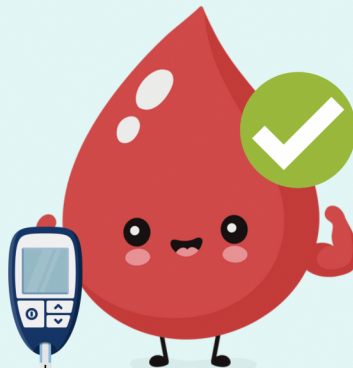
You will also receive encouragement and tips to improve your blood sugar levels.

Now you can manage your blood sugar levels more effectively!

*Please note that your usual consultation, medication and lab tests will be charged separately from the PTEC Programme.*

*Other terms and conditions apply. Please speak to your care team for more details.*

**"Diabetes doesn't stand a chance against me!"**



**Start managing your diabetes with us now.**

**Join the PTEC Programme!**

**National Healthcare Group Polyclinics**

**6355 3000**

**National University Polyclinics**

**6908 2222**

**SingHealth Polyclinics**

**6643 6969**

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MOH OFFICE FOR HEALTHCARE TRANSFORMATION

*IMPORTANT: This programme is not to be used in medical emergencies and does not support emergency calls. If you feel unwell, do seek medical assistance at the nearest facility. If you require an ambulance, please call 995 for emergencies or 1777 for non-emergency assistance.*

**All information is correct as of September 2024. We reserve the rights to amend the information from time to time as necessary. For the latest information and medical advice, please approach the care teams and your doctor.**