

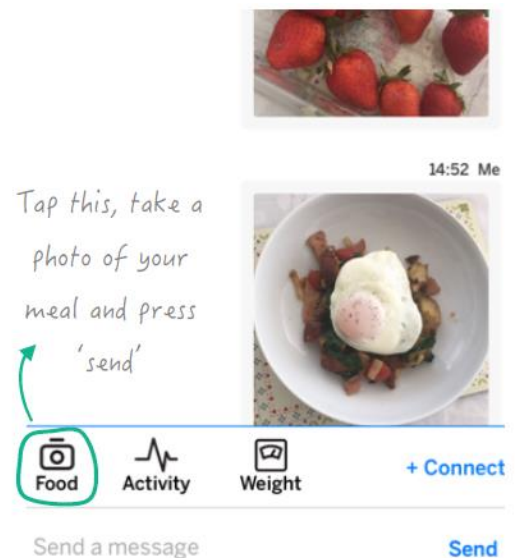
Making the most of your BDA smartphone app

The BDA smartphone app is used to communicate with your dietitian between appointments. If you are not 100% confident with technology, please do not worry – it's very simple to use. It's a bit like sending a text message – you can send messages throughout the day, and photographs too. By sending photos of your food and drink, and keeping your dietitian up-to-date with your blood sugar levels, your dietitian will be able to give you tailored, practical feedback.

So, what should I send to my dietitian?

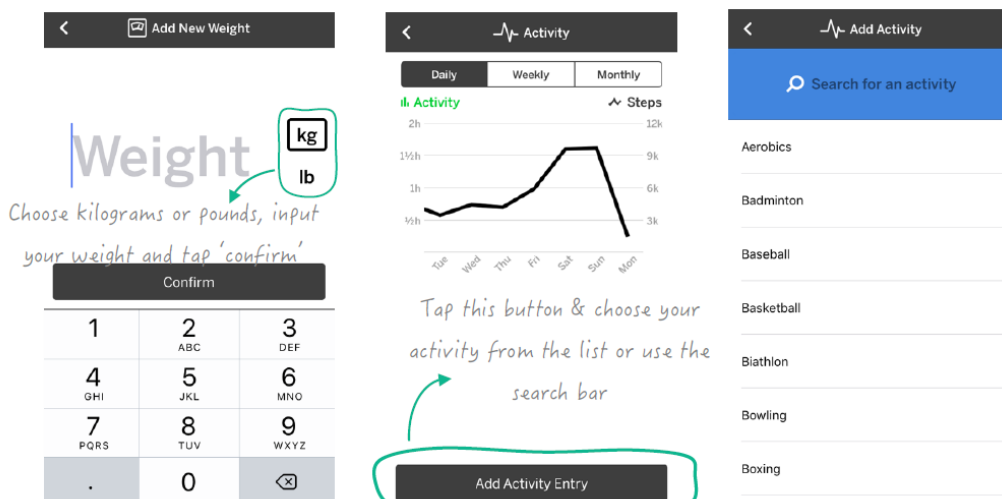
1. Keep a photographic food diary

- Try to send your dietitian a photograph of each meal, snack and drink you consume throughout the day
- Sometimes it isn't obvious what a meal contains (for example a sandwich or a pasta sauce) so it may help your dietitian to send a quick description, too
- Don't worry - if you forget or can't send a photo, just send a description instead
- The more you send, the better – but don't panic, you don't need to send everything. If possible, try to send a variety of meals and snacks over both weekdays and weekends to best represent your overall diet



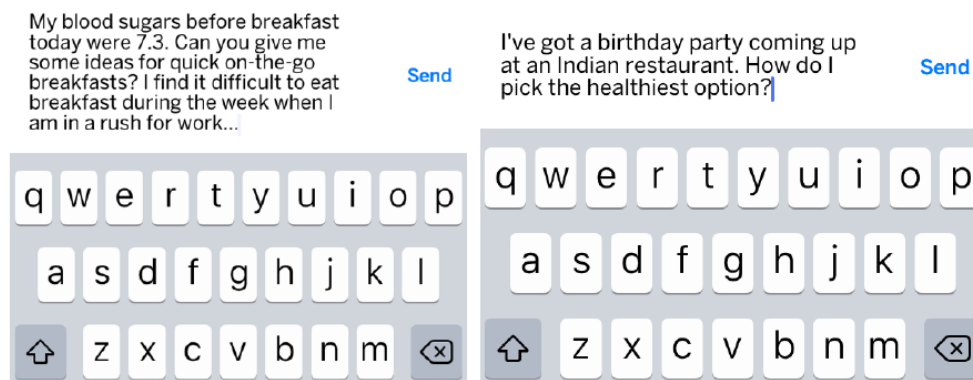
2. Keep track of your weight and activity

- Update your weight in the app via logging it or sending it to your dietitian. This should ideally be done every week
- You can input your activity for the day – for example, if you went for a 10-minute jog. You can also sync your activity tracker or pedometer on your smartphone to the app.



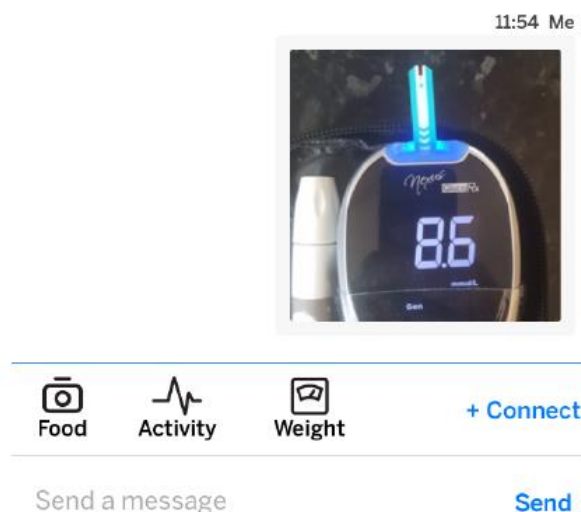
3. Ask questions and give your dietitian general updates

- You may also use the app to ask questions – remember, though, not to send any urgent clinical questions via the app as you may only be receiving feedback weekly or fortnightly
- Why not share your successes and your challenges with your dietitian throughout the week? They can celebrate with you when things go well, and help you work through lapses or barriers to change



4. Discuss any new medical issues

- If you monitor your blood glucose levels at home, you can send these readings to your dietitian, by sending a photo – especially if you notice a change, or you're getting very high or very low readings
- Update your dietitian on any changes in your medications – especially those used to control your diabetes
- Update your dietitian if you receive a new medical diagnosis – for example, if you are told you have high cholesterol or high blood pressure, as your dietitian may be able to provide dietary advice to support you with these



5. Downloading the app

You can download the app from the App Store (for iPhone) or Google Play store (for Android) on your smartphone – search for “BDA Dietitian”. Once you're ready, your dietitian will send you an email with your login and password.

If you have any problems, contact the support team by email: support@oviva.ch