

DiabetesCoach – takes control when having diabetes

Nodensa's DiabetesCoach enhances the lives for people with diabetes by giving them the ability to take control and balance their disease, health and lifestyle. Through the web based service, it becomes easy to monitor values and work towards the set goals. DiabetesCoach can also be used for preventive purposes.

Diabetes is one of today's largest national diseases that demands a lot from the patient, since a great part of the treatment is based on self-care. In DiabetesCoach there is an editorial part with facts on among other things diabetes, food and exercise and another part with a program to take care of your lifestyle and your own care. The service offers seasonal menus, recipes and exercise programs as well as methods to maintain medicinal values, calorie intake and exercise habits. With DiabetesCoach, the patients' care team can – if the patient so wishes – get access to the same web based data as the patient itself. This enables a new way to communicate and can make personal contacts and advising on the treatment yet more effective.

– To meet over the Internet and receive advice on a disease that you always live with, can for many people be a very good and needed complement to the individual meetings that we have at the medical centre, says diabetes-nurse Gudrun Andersson at the Karolinska University hospital in Solna, Sweden.

The company behind DiabetesCoach is Nodensa AB. The company delivers technical solutions for the healthcare sector with the purpose of enhancing peoples' quality of life. Nodensa is managed by Mats Sköld, Martin Ohlsson and Daniel Arenholm, all with relevant experience of business development, marketing, technology and healthcare. Together with a team of senior consultants within nutrition, diabetes, physical activity, psychology and general medicine they are the core group developing and market Nodensa's products and services.

The functions in the diabetes applications are based on guidelines developed by DNSG (Diabetes and Nutrition Study Group) DNSG a part of EASD (European Association for the Study of Diabetes). Please visit www.nodensa.com.



– Nodensa wants to give practical solutions that suit today's modern people who demand easy accessible solutions, today often web based. For patients with diabetes, or that are in the danger-zone, we see great possibilities in developing self-care and prevention over the Internet, says Mats Sköld, CEO at Nodensa. The service will make it easier for people.

To use DiabetesCoach you log on to www.diabetescoach.eu through a license key. Registration is done through a personal profile and in the program you can state individual goals for your health. As a user you feed in information about your habits of life and receive unique advice on what to eat to more or less obtain your set goals. You can also receive space on the website to monitor blood sugar levels and follow your health development over time.

DiabetesCoach is sold at pharmacies in the Nordics and on www.diabetescoach.eu. The cost is about €99 for a twelve month license (€0.27/day).

Press conference

The 21st of March at 9.00 o'clock DiabetesCoach will be presented at a press conference at Haga Forum in Solna. Later this day a taped version of the press conference will be available at www.nodensa.com.

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For more information please contact:

Daniel Arenholm, Director, Marketing & Communications

Nodensa AB
Bragevägen 3
SE-11426 Stockholm
Sweden

Phone: +46 8 201050
Mobile: +46 73 9814412
E-mail: daniel.arenholm@nodensa.com

ABOUT NODENSA:

Nodensa is a global healthcare solutions company - our fusion of innovative IT and medical technology allows us to enhance public health and the quality of peoples' lives. Nodensa has operated since 2004 from its headquarter in Stockholm, Sweden. For more information, visit Nodensa online at www.nodensa.com