



## Telstra Next G™ mobile solution helps improve diabetes management

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Diabetes patients will be able to monitor their blood glucose levels more frequently, keep more accurate records and better manage their condition with the launch today by Telstra of Australia's first commercially available mobile phone application for people with diabetes.

The Telstra Diabetes Management Online Service involves transmitting blood glucose readings wirelessly from a Bluetooth enabled blood glucose meter to a compatible mobile phone running a specialised application.

The mobile sends the information over the Telstra Next G™ network into the secure database. These results can then be accessed via a portal on a Next G™ mobile phone, or online, by the patient and their GP or other care provider.

"Diabetes currently affects an estimated 1.5 million Australians, and around 275 Australians develop diabetes every day" Mr Greg Johnson, Acting CEO Diabetes Australia said. "Breakthroughs in technology that help to improve people's diabetes management can also help to reduce the serious complications of diabetes, including heart attack, stroke, kidney damage, blindness and amputation"

Mr Christophe Bur, Executive Director, Telstra Product Management, said Telstra and Diabetes Australia conducted an initial field study with 100 patients which indicated people valued a service that made it simple to record and monitor their blood glucose levels.

"The Telstra Diabetes Management Online Service technology gives diabetes patients a simple and more reliable way to track their blood glucose levels and send their results quickly. This solution is specifically designed to help diabetes patients and their care givers better manage their condition" Mr Bur said.

"Our field study indicated patients tested themselves more frequently, their records were more accurate and the results gave them new insights into the management of their condition allowing them to better track and respond to trends. More than 80 per cent of participants involved in our study are continuing to use the service.

"People who reported monitoring their blood glucose levels more frequently also cited other benefits including being able to reduce the amount of time they require to manage their diabetes and being able to better manage their diabetes through diet and lifestyle decisions. Parents of children with diabetes have found it valuable to have the ability to access their child's blood glucose readings and know whether they have performed the blood glucose test" Mr Bur said.

By purchasing a MyGlucoHealth Wireless blood glucose meter and subscribing to the service, Telstra customers are able to send their glucose test results to a secure online portal. The benefits include being able to share these results with their GP, the ability to chart glucose averages across three or six months and receiving helpful reminders to your mobile phone.

Another great benefit is that when a customer registers a reading that is above their desired threshold agreed with their health professional, SMS notifications are sent to them and their care team. The product can also be used for medication reminders and reminders to perform a blood glucose test.

"By utilising new generation solutions together with Telstra's advanced technologies and network, we have been able to come up with a solution that is right for patients, right for care givers and right for healthcare as a whole" Mr Bur said.

Charges for the Telstra Diabetes Management Online Service are only \$30 per month (plus data charges) and are charged to a customer's Telstra bill. The MyGlucoHealth Wireless blood glucose meter is available from authorised distributors for a recommended retail price of \$125 plus delivery. More information about the service,