

## Primary Tech-Enhanced Care (PTEC)

# Do you have diabetes?

## Sign up for our Home Diabetes Monitoring Trial!



### CONVENIENT

Test your blood sugar levels at home, share readings automatically with your care team via a phone app, and reduce doctor visits if your condition is well controlled



### 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

Your care team will monitor your blood sugar levels and advise you in between visits

This programme comes with a complimentary glucometer and phone app subscription.

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

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



# YOUR CARE JOURNEY

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## TELE-MONITORING



## POLYCLINIC



Singapore Citizens and PRs will receive a free Bluetooth-enabled glucometer and subscription to the Health Discovery+ app on your phone.\*

Take your blood glucose reading at the instructed timepoints.

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

Abnormal readings are 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 glucose 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 glucose levels.

Now you can manage your blood glucose levels more effectively!

*\*This trial is open to the first 100 patients.*

*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.*

**"I am stronger  
than diabetes!"**



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

**Join the PTEC trial!**

<b>National Healthcare Group Polyclinics</b>	<b>6355 3000</b>
<b>National University Polyclinics</b>	<b>6908 2222</b>
<b>SingHealth Polyclinics</b>	<b>6643 6969</b>

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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 Sep 2023. 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.**