

- Are you aged 12-25 years?
- Have you had type 1 diabetes for more than 6 months?
- Do you use an insulin pump or MDI?
- Are you exercising regularly, or willing to start?
- Do you have your own mobile phone?

You may be eligible

Type 1 Diabetes Exercise APP

Why are we doing the study?

Our team have developed an APP containing exercise guidelines and advice for how to manage diabetes when being physically active. We would like your help to test the APP to make sure it is easy to use before we test it in a large trial.

What will the study involve?

If you would like to be involved, we will ask you to be available for two short visits at the Perth Children's Hospital.

At the first visit we will ask you to download the APP before you go home and test all of the APP's features over the next 6 weeks. At the second visit we will ask you to complete a short survey and interview to get your feedback.

For more information:

Visit www.childrensdiabetescentre.org.au , ph: 08 6456 4610
or email diabetes.research@health.wa.gov.au

