

A special invitation from your GP practice to help you manage your diabetes

GP practices across Swindon are now using a software tool called Lincus, designed to help people self-manage conditions such as diabetes.

Lincus is available to our patients free of charge, either as an app (downloaded to your phone or tablet) or via a website. It is designed to help you better monitor and manage your diabetes, as well as take more control of your overall health and well-being.

Lincus won't replace the need to see your GP or diabetes nurse, but by sharing your progress using the software, it will help you have better conversations about what works for you and what support and care you might need.

Try Lincus for free at www.lincus.eu or download *Lincus Companion* from the App or Play Store.

For free access to even more features, please use the activation code when you register:

swindon17

