

A blood glucose monitoring system for diabetics.

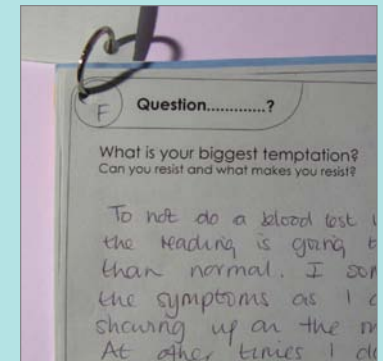
Project shortlisted for the RSA Design Directions 2008 'Including You' Award.

This project is about enabling people to take ownership over managing their diabetes. Diabetes is one of the most difficult long term conditions to manage and good management means keeping blood glucose levels under control.

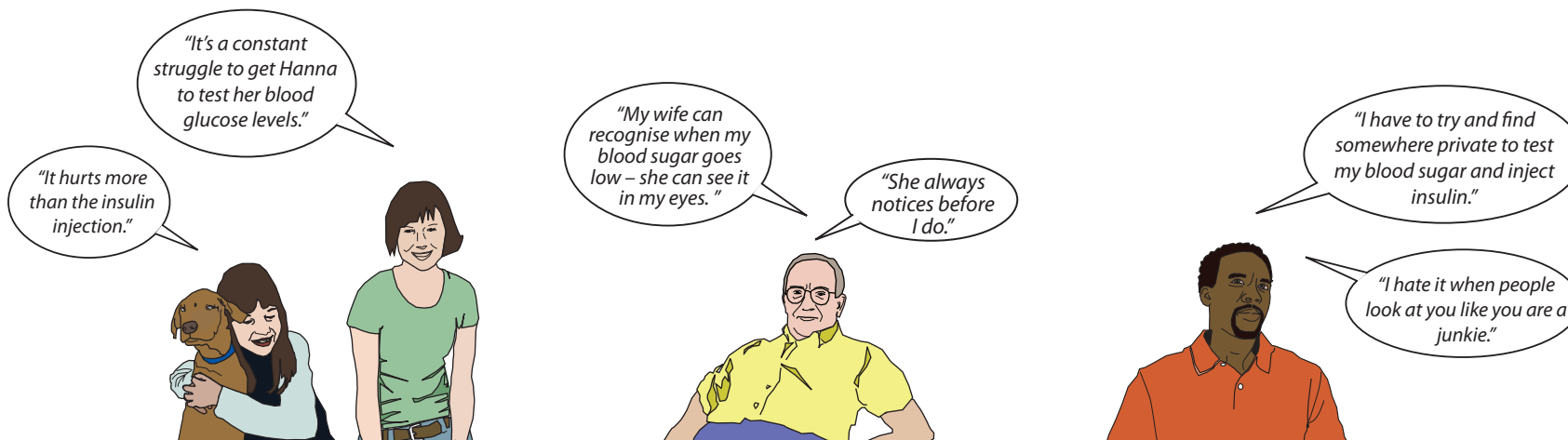
Extensive user research was undertaken by going to diabetes support group meetings and by interviewing people; diabetics, their family members and medical specialists. A valuable research method used was cultural probes kits. These question and task kits attempted to find out people's thoughts, feelings, loves, hates, hopes, fears and temptations.

With a broader understanding of what it is like to live with diabetes, a reoccurring issue appeared: the difficulty of recognising low blood sugar before having a hypoglycaemic attack. Many people do not test their blood glucose levels as often as they should because it is painful and awkward.

*This project focuses on improving the blood glucose testing experience.*



Cultural Probe Kits

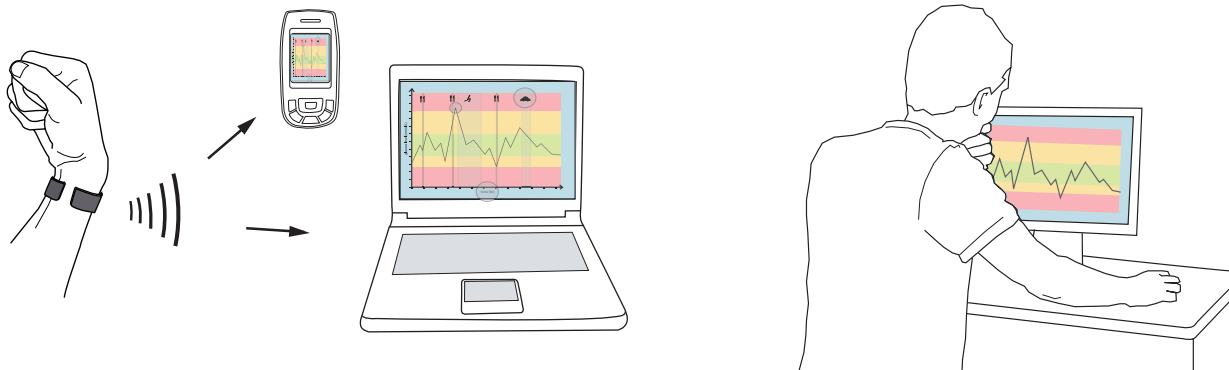


# C-LITE

C-Lite is a watch with an integrated continuous blood glucose monitoring and signal system. It tests blood glucose levels painlessly and discreetly. It uses non-invasive technology and so does not pierce your skin to test. C-Lite is therefore painless and easy to use; colours on the side of the watch indicate blood glucose levels changing.

Glucose monitoring results can be transferred to a computer or mobile phone, making it easier to see patterns of change. The watch can also be customized with specially designed straps.

*The C-Lite monitoring system makes blood glucose levels visible, helping people manage their diabetes.*



# C-LITE

## C-Nite, the alarm clock

By the very nature of low blood glucose, it is often difficult to recognise levels dropping oneself. People are often worried about having a hypoglycaemic attack in their sleep.

C-Nite is a bedside alarm clock that works in conjunction with the watch. It is extremely useful for parents of young diabetic children. When C-Lite is set to sleep mode, it tests continuously. The C-Nite clock receives a signal to alert someone in another location when glucose levels become dangerously high or low. Accurate readings are seen on the clock face and C-Nite can also programme C-Lite to do a spot check.

