Hi there. I went from a size 14 to a size 8 by using the MyDiabetes app.

Ever since I was diagnosed with type 2 diabetes, I’ve tried out many different methods to lose weight and to stabilize my blood sugar levels. Every single time I failed, I blamed myself for not being able to stick to the strict schedules or portion sizes.

However, this app and its personalized meal plan changed everything. It helped me make gradual adjustments to my meals, and I started to pay more attention to my own habits. When I work, I snack a lot, so I love that the app gives so many healthy snack options, and I don’t have to feel guilty about it.

I feel a huge difference in my routine ever since I started to use the MyDiabetes app. My blood sugars are more stable, I feel motivated to do more with my day. I’ve also lost 32lb in 3 months, and I feel so much better in terms of my body and my health.

There is no question that this app is shaping my new lifestyle.