

**Motivational Messages**

**Day 1 @ 11:00**

Hi it's Flo, Please do not forget to change your needles

**Day 3 @ 11:00**

Have you managed to increase your activity levels? It really does help to reduce your blood glucose levels and improve your Blood Pressure and cholesterol.

**Day 6 @ 11:00**

Hi it's Flo, remember getting your 5 a day really helps to manage your diabetes, take care

**Day 9 @ 11:00**

Hi it's Flo, have you looked at your sugar levels and made any changes to your insulin if they are too high or too low

**Day 13 @ 11:00**

As your sugar levels improve, your symptoms should reduce and you should start to feel better