

## Introduction

Diabetes, a chronic disease, is one of the leading causes of death worldwide, with approximately 463 million people diagnosed in 2019, and the number is expected to rise. Managing diabetes effectively requires a combination of lifestyle modifications, medication, and regular monitoring of blood glucose levels. However, despite the availability of effective management strategies, an individual's adherence to these strategies, such as diet, exercise, and medication, is often suboptimal, leading to poor health outcomes. This highlights the need for innovative approaches in diabetes management [1-3].

The effective management of diabetes involves a combination of lifestyle changes, such as diet, exercise, and medication, and the use of digital technologies. Digital health (Digital Health) applications, such as mobile health (mHealth) and digital therapeutics, can help individuals manage their diabetes more effectively. By providing personalized feedback and support, digital health applications can help individuals improve their adherence to management strategies, leading to better health outcomes.

