

DAIT
YOUR AI
DIABETES
ASSISTANT



+ INTRODUCTION +

Why DAIT ?

Mohamed Ali, part of the team is struggling on daily basis with his diabete and Taha and Amine come up with a solution to help him with AI.

DIET

Constant attention to
my food diet

MEDICATION

The right dose of insulin
makes your day better



RECIPE FOR A NORMAL LIFE

FOOD PLAN

What do I eat today ?

1

MEDICINE

How much insulin should I put today ?

2

EXERCICE

What level of activity do I need today ?

3



DAIT ASSISTANT



LIVE DATA
INTEGRATION TO DAIT

01
GLUCOSE MONITORING

02

LUNCH / ORDERING
RECOMMENDATIONS

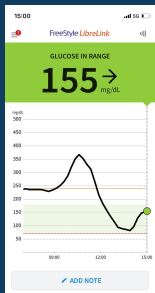
03

INSULIN DOSAGE
RECOMMENDATION

PHYSICAL ACTIVITY
RECOMMENDATION

04

1. Walking
Details: Walking is a low-impact exercise that doesn't require any special equipment aside from a good pair of shoes. It's highly effective in lowering blood glucose levels and is easy to fit into daily life.
Frequency: Aim for at least 30 minutes a day, 5 days a week.
Intensity: Start with a comfortable pace and gradually increase your speed and distance as your fitness improves.



DAIT Assistant

- List ingredients for a diabetic-friendly lunch with links to order
- Here's a recipe for a diabetic-friendly lunch: Grilled Chicken Salad. Ingredients: 1. Boneless, skinless chicken breast: [Order here](#) 2. Mixed salad greens: [Order here](#) 3. Cherry tomatoes: [Order here](#) 4. Cucumber: [Order here](#) 5. Olive oil: [Order here](#) 6. Lemon juice: [Order here](#) 7. Salt and pepper to taste: [Order here](#) Please note that the links provided are for illustrative purposes and may not lead to the actual product. Always consult with a healthcare professional for personalized dietary guidance.

$$\text{CHO insulin dose} = \frac{\text{Total grams of CHO in the meal}}{\div \text{grams of CHO disposed by 1 unit of insulin}}$$

GLUCOSE MONITOR

Real-Time monitoring
of blood sugar level

Integration with available APIs :



DAILY MENU: MONDAY

	Recipe	Item	Amount	Time
Breakfast	Homemade muesli	Nuts/seeds, milk, blueberries, cereals	9 cups	3 min
Lunch	Beef bowls	Beef, rice, sesame oi, onion, sugar	1 lb. beef mince	20 min
Dinner	Simple ribollita	Can cannellini beans, onion, tomatoes	14-oz. can cannellini beans	1 hour



MEAL OPTIONS

COOKING

PICKUP



الدانوب
Danube



INSULIN SHOT REGULATOR

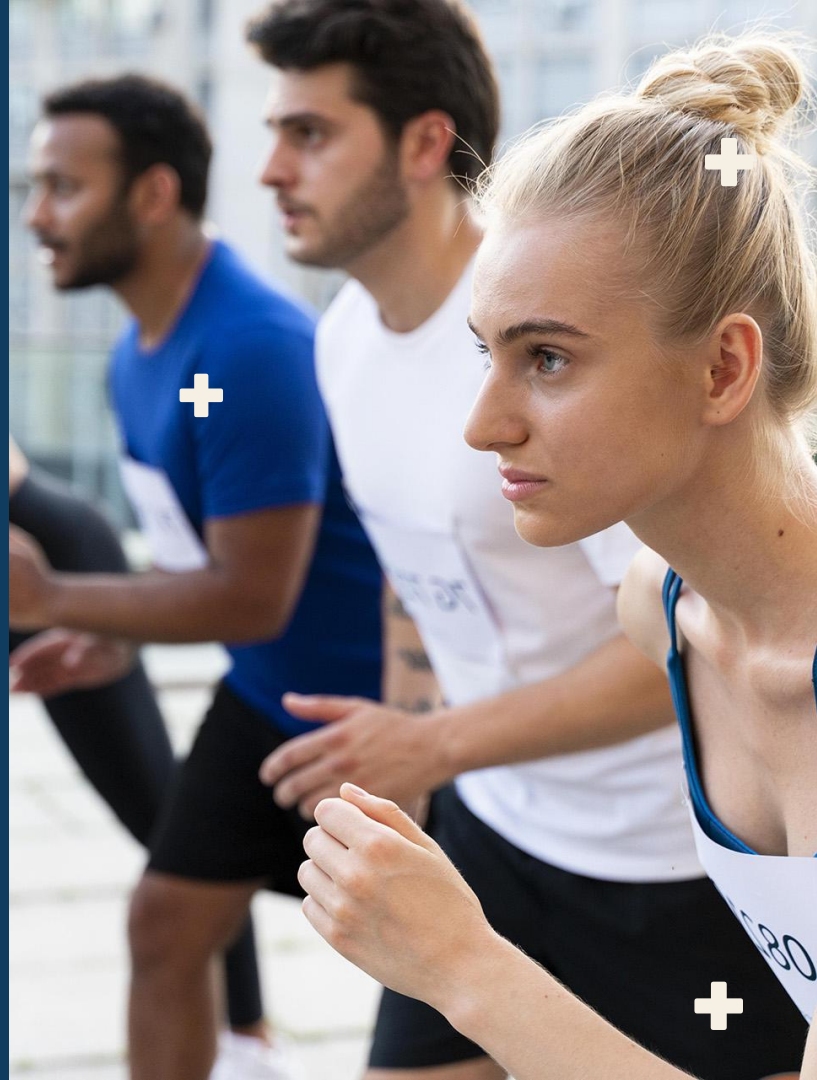
Determine the right
dose of insulin





EXERCISE PLAN

Exercise more, stay healthy





463

MILLION



Adults were living with diabetes in 2019
The number of people living with diabetes is expected
to rise to 578 million by 2030



Health Sector Transformation Program

Core Challenges

The four strategic objectives of the health system address eight challenges facing Saudi healthcare:

- 1 An average of 90,000 citizens annually suffer premature deaths from chronic diseases. The average life expectancy is 5.2 years below the global average. Therefore, preventive care measures must be taken to address multiple health conditions, including heart disease, stroke, diabetes, respiratory diseases, mental health, congenital diseases and traffic accidents.
- 2 In 2016, the number of people with diabetes was 2.4 million. This number is expected to almost double by 2030, rising to 8.4 million. Therefore, corrective measures must be taken to reinforce preventive health.





DAIT ECOSYSTEM

MEDICAL DEVICES PROVIDERS

- Abbott, Dexcom
- Apple, Android, Samsung

HEALTHCARE

- Doctors
- Governments
- Hospitals

R&D

- Public and global actors
- Saudi and global private

FOOD & BEVERAGE

- Restaurants
- Delivery apps
- Groceries chains

HEALTH & FITNESS CENTERS

- Fitness chains
- Wellbeing centers



TEAM



Prof. Taha Arbaoui

Head of planning

- PhD in AI & optimization
- +13 years experience in AI planning



Dr. Amine Athmani

Head of AI

- PhD in AI & optimization
- +5 years experience in AI and complex planning



Mohamed Ait Ali

Head of sales

- MSc in management
- Go To Market implementation for new markets and products



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Empowering individuals to
live healthier, happier lives.

