



**Keywords :** Diabetes mellitus; Diabetes management; Holistic care; Glycemic control; Health outcomes

## **Introduction**

Living with diabetes mellitus is a dynamic and often challenging journey, one that requires continuous self-care, informed decision-making and emotional resilience [1]. As the global prevalence of diabetes continues to rise, the demand for comprehensive, accessible, and personalized support has never been greater. In response to this pressing need, the "Living Well with Diabetes Mellitus Companion" emerges as a transformative and innovative resource that seeks to empower individuals on their quest for health and happiness amidst the complexities of diabetes management.

Diabetes mellitus, a chronic metabolic condition characterized by elevated blood glucose levels, touches the lives of millions worldwide [2]. The management of this condition goes far beyond monitoring blood sugar levels; it encompasses dietary choices, physical activity, medication adherence, emotional well-being, and an understanding of

**Highlights and conclusion:** By addressing not only the physical aspects of diabetes but also emotional well-being and quality of life, the "Companion" promotes a holistic approach to diabetes care [10]. This comprehensive approach aligns with the evolving understanding