



For Immediate Release

CONTACT:

Janel Steinberg

310-994-9818

jmsteinberg@hotmail.com

or

Catherine Norman

415-407-5151

Catherine@amesnorman.com

**Diabetics Take Health Care Into Their Own Hands;
Use Online Health Service for Better Self Management**

*Nutrihand's First 100 Users Log on 3 Times a Day to
Track Meals, Fitness and Medical Information*

Mountain View, Calif., Tuesday May 17, 2005 -- Nutrihand, Inc., today announced that more than 1000 diabetics have signed up for its new online health management service that provides easy-to-use tools for planning, tracking and reporting on meals, fitness and medical information. Designed for people with diabetes (Type I and Type II), pre-diabetes and gestational diabetes, Nutrihand (www.nutrihand.com) is the first service of its kind that combines all those tools.

According to Robert F. Monoson, M.D., Medical Director of Nutrihand, "Because diet and exercise have a profound effect on blood glucose control in people with diabetes, their integration into a daily management plan is crucial in preventing or controlling many of the long-term complications associated with diabetes. People with diabetes often find themselves either lacking resources required to attain adequate control of their blood glucose levels or find traditional resources too cumbersome to use."

"Services like Nutrihand, that take advantage of new types of technology, make it simple for people to take control of their diabetes or pre-diabetes, as well as share this information easily with their healthcare

providers. It's a win-win for everyone involved," said Richard Tam, former Executive Director, American Diabetes Association.

"With the systems today, you're usually tied to one machine and have to wait until you get home to log in your information and see the results. Nutrihand is Internet-based, which means I can input my information any time -- no matter if I'm at work, at home or on the road. The best benefit is that I can see what I'm doing and how it's affecting my glucose levels over the entire day," said Alexis Gallisa, a Nutrihand subscriber.

With Nutrihand's self-management health service, users can easily input related data, such as food consumption, exercise, and vital signs. They can also upload glucose levels from their glucometers and create reports that show the relationship between what they eat, their glucose levels and medication dosage. These reports help users, health care professionals and dieticians to identify how a treatment is affecting a user's health and what needs to be done to correct it.

Nutrihand's membership survey showed that 58 percent of the respondents use the health service two or three times a day while 29 percent keep the service active all day and use it during their free time. Fourteen percent of survey respondents use the service once a day.

Nutrihand offers hundreds of diabetic meal plans that can be personalized to users' tastes, avoiding the tendency to eat the same foods everyday to control sugars. Now users have the freedom to eat what they like while learning to control portions, and consequently, control their blood sugars.

Nutrihand users also can access a database of more than 28,000 food items to find nutritional information for any food including those items from restaurants and major fast food chains. The database also features caloric burn for dozens of exercises. In addition, Nutrihand also provides a recipe calculator that can calculate nutrition facts from foods that users cook at home.

"With Nutrihand, it's so much easier to plan and prepare foods without having to manually figure out all the calories, carbohydrates, fat, etc. Plus, I can program in my favorite foods, my own recipes and more.

I'm so thrilled with this service -- it's helping me change my life for the better -- something I just haven't been motivated enough to do until now. Thank you!" said Nutrihand user, Pam Benz.

"Nutrihand's large database of foods has been really helpful in keeping me organized," said Gallisa.

"Before, I had to read the label and input the carbs. Then the next time I ate that food I either had to remember it or keep the label. It's so much easier with Nutrihand. Plus, you can add custom foods that you can later select from your Favorite Food List. I eat these special waffles for breakfast three times a week and now it's so easy to plug in the information."

"My doctors are always asking for more logging -- keeping track of what's going on in my life with food -- which can be a chore. Nutrihand lets me do it easily," added Gallisa.

According to the American Diabetes Association there are 41 million people in the United States, ages 40 to 74 years, have pre-diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes. Research has also shown that if people take action to manage their blood glucose when they have pre-diabetes, they can delay or prevent Type II diabetes from occurring.

Nutrihand can help pre-diabetics or gestational diabetics to take preventive measures that could delay or eliminate their chances of developing the disease. Also included in the service is 24/7, one-on-one, help with diabetes educators, dieticians and support specialists. After a 30-day free trial, the service costs \$9.95 per month.

ABOUT NUTRIHAND, INC.

Nutrihand is an Internet-based health management service that specializes in helping diabetics stabilize blood sugar levels. Nutrihand delivers an all-in-one solution that allows users to easily plan, track, and report meals, fitness and medical information. Privately-held, Nutrihand is headquartered in Mountain View, Calif. For more information, visit the company's website at www.nutrihand.com.

CONTACT: Janel Steinberg, +1-310-994-9818, or jmsteinberg@hotmail.com; or Catherine Norman, +1-415-407-5151, or Catherine@amesnorman.com, both for Nutrihand, Inc.