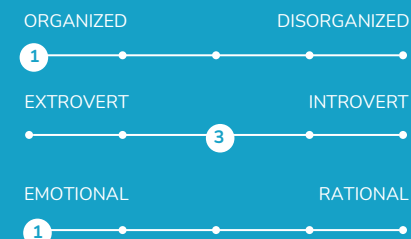


# Carl Andersen

Age: 45  
Education: Engineer (bioinformatics)  
Job: Senior researcher, Novo Nordic  
Position of trust: Borad member DK DNA

## Personality and interests

Theather  
Books  
Sport



“ Carl Andersen, lives in Copenhagen and is very concerned about his health. He uses his professional knowledge to prevent worsening his diabetes.



## Conditions and Problems

Diabetes type 2

## Allergies and Intolerances

House dust  
Pollen

## Medication & Therapies

Prescribed by doctor  
Metformin

Additional (non prescribed)  
None

## History of relevant procedures

Diabetes type 2 onset in 2022

## Relevant results

Laboratory results  
HbA1c = 51 mmol/mol

Imaging results  
None

## Relevant discharge reports

Oriented towards a healthy lifestyle at Steno Diabetes Centre Copenhagen in May 2023.

## Other health information

None

## Sharing my health information



Download and Store  
Yes

Share with health care professional  
Carl's family doctor has prepared a care plan for diabetes. The care plan is updated twice a year.

Share with trusted one  
Carls care plan for diabetes can be accessed by all healthcare professionals, who have treatment relation, through the Danish national infrastructure.

Share for secondary use / research  
Selected data for Carls diabetes is reported to a national quality databases (mandatory to share)

## How I prefer to interact with Healthcare providers

Video consultation

## Care Professional Concerns

Carl can follow which healthcare professionals have downloaded his care plan.

## Health routines

Daily therapies  
Walk 10.000 steps pr. day

Frequency of routines (daily, weekly, monthly)  
GP consultation and blood tests every 6 month  
Eye doctor every 12 month

Most time consuming or difficult activities  
N/A

My most trusted advisors  
Family doctor (GP)

No of HCP that I interact with 1

## Health goals / Motivation

HbA1c < 48 mmol/mol

## Pain Points / Problems

Medical  
Metformin: Stomach ache

Social  
Fine

Psychological  
No problem

How I feel about these problems?

## Autonomy

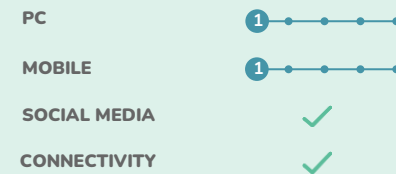
Impairment  
N/A



## Health Literacy



## Digital Literacy



## Support Network

N/A

In case of emergency  
Carls relatives, to be contacted in case of his diabetes, is shared (synconised) with all it-systems in Denmark.

## Use of health navigation tools

National/Regional apps  
Sundhed.dk

HCP apps  
MinLæge

PHR apps  
None

Other tools  
N/A

# Story



Carl Andersen is 45 years old and lives in central Copenhagen. He's not just a citizen committed to his own health—he's also a senior researcher at Novo Nordisk, specializing in bioinformatics. With a background that blends deep scientific insight with a personal mission, Carl has taken a proactive, structured approach to managing his type 2 diabetes, which was diagnosed in 2022.

When Carl received his diagnosis, it wasn't entirely unexpected. With a family history of metabolic disorders and a stressful, sedentary job, he had been mindful of the possibility. But Carl is not one to wait for the system to catch up—he immediately took charge. His initial HbA1c level was 51 mmol/mol, just above the threshold for type 2 diabetes. While concerning, this marker became a baseline from which he could measure progress.

In May 2023, Carl began a structured lifestyle program at the **Steno Diabetes Centre Copenhagen**. This marked a key turning point. At Steno, his care was built around prevention, education, and data-informed decisions—principles that resonated with Carl's professional background in bioinformatics.

Carl's **general practitioner**, aware of both his diagnosis and his analytical mindset, developed a **personalized diabetes care plan**. This plan is reviewed and updated twice a year, reflecting the latest clinical data, lifestyle assessments, and Carl's own input. Importantly, the plan is **digitally accessible** to all healthcare professionals with a treatment relationship, via Denmark's national healthcare IT infrastructure. This ensures that everyone involved—from specialists to emergency doctors—has real-time access to relevant information.

Carl adheres strictly to a few non-negotiables:

- **10,000 steps a day**, tracked with his smartwatch and integrated into his medical record.
- **GP consultations and lab work every six months**, ensuring early detection of any complications.
- **Annual eye exams**, critical for detecting diabetic retinopathy early.
- **Dietary adjustments**, where he uses his scientific knowledge to model glucose responses to different meals.

His laboratory data, including HbA1c trends and lipid profiles, are **automatically reported to national diabetes quality databases**, contributing to better national insights while ensuring Carl's care is benchmarked against the highest standards.

In case of emergencies, Carl's **designated relatives and next of kin** are automatically synchronized across all relevant healthcare IT systems in Denmark. Whether he's in Copenhagen or visiting another region, healthcare providers can act swiftly with up-to-date contact and medical information.

Beyond his personal management, Carl also serves as a **board member of DK DNA**, where he advocates for personalized medicine and the ethical use of genetic data in public health. His dual role as a patient and a professional allows him to influence national strategy from both sides of the table.

For Carl Andersen, managing diabetes is more than compliance—it's a dynamic partnership between technology, personal responsibility, and a healthcare system built to support both.