

## **Abstract**

Among the countries worldwide with the highest number of diabetes sufferers, Indonesia ranks fifth. Due to the high number of diabetes sufferers in Indonesia, they face many challenges. One example is the difficulty finding healthy food in their local area. In addition to the difficulty of maintaining a healthy and regular lifestyle, this study aims to help sufferers adopt a healthier and more regular lifestyle, manage their blood sugar levels through medical consultations, and provide healthy and nutritious menus tailored to their needs. This study used design thinking. The final result of this study is a "ready-to-use" application prototype with features tailored to the needs of type 2 diabetes mellitus sufferers so they can maintain a regular lifestyle by reading articles, consulting with doctors, and remembering their eating habits.

**Keywords:** Type 2 Diabetes Mellitus, Design Thinking, Prototype, System Usability Scale.