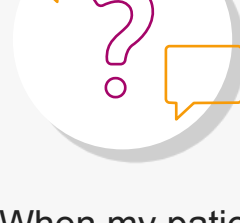


Diabetes Tech-up™ is a new initiative by Novo Nordisk. You are receiving this email because, based on your novoMEDLINK™ profile, you may be interested in the latest insights on diabetes technology.

Don't nap on diabetes apps

Tech-up Perspectives
Issue 1 | October 2023

In this issue, Diabetes Tech-up™ Podcast cohost Amy Hess-Fischl breaks down what patients starting insulin may want to look for in a diabetes management app. Plus, make sure to check out the [recommended podcast episode](#) and Amy Tenderich's [new article](#) on upcoming and emerging diabetes tech.



Amy, what are some important attributes to look for in a diabetes app?

When my patients with diabetes are first starting insulin, they'll often ask me which diabetes app I recommend. Rather than just giving them a recommendation, the first thing I do is turn the table and ask them questions to find out what they need. For example:

- What problems are you having with your current routine?
- Do you need help with glucose or insulin tracking?
- Do you want to connect with others who have diabetes?
- Do you want to share your diabetes data with me?
- What data privacy features are a must have for you?
- Do you want a diabetes management app that's free?

Once I have a better idea of what my patient needs, I can either recommend a specific app, or suggest which features they should look for. These 3 features usually top the list.



Reminders^{1,2}

Reminders can be helpful in many ways. They can cue self-management tasks like checking glucose levels and taking insulin, prompt prescription refills, and even nudge people to get up from their desks and move around. To help avoid alarm fatigue, I suggest apps with customizable alerts, so patients only get prompted for actions that they need and are useful to them.



Data integration³

It can be helpful for people with diabetes to see glucose levels, insulin dosing, food intake, and physical activity data in one place, so I recommend apps which can sync with multiple types of data-recording devices. Many of my patients use diabetes apps to compile data from continuous glucose monitors (CGMs), smart insulin pens or smart pumps, and fitness trackers, among others. Seeing it all in one app may help people spot trends and make lifestyle adjustments.



Support²

Apps that let people share data with their health care team, their loved ones, or others living with diabetes may help patients find support. Some apps offer their subscribers access to online communities of people with diabetes. Apps that can link people with support may help them gain self-management insights and facilitate behavior change.

After I discuss diabetes management apps with my patients, I encourage them to explore their options on their own. ADCES has a free online resource called *DANATech*, which lets patients compare app features.⁴ What matters most is that each patient finds an app that they're comfortable with. "After all," I tell them, "the right app for you is the one you actually use."



Amy Hess-Fischl, MS, RDN, LDN, BC-ADM, CDCES

Amy is a diabetes care and education specialist and registered dietitian who sees type 1 and type 2 diabetes patients daily. Amy received a fee from Novo Nordisk for her participation.

Latest on DiabetesTechUp.com



PODCAST

Ep 4: The time thief—how everyday diabetes self-management tasks impact your patients and how tech can help

Our cohosts share stories of time-management challenges for people with diabetes and how some digital health tools have helped patients reduce their daily time commitment.

18 min listen

[Listen now](#) →



ARTICLE

The future of diabetes tech is being built right now: the 4 tools I'm most excited about

Peek into the near future for a tour of emerging technologies that may impact the way patients manage diabetes in the years ahead.

Amy Tenderich | 6 min read

[Read the article](#) →

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The Mission of Diabetes Tech-up™

Diabetes Tech-up™ is sponsored by Novo Nordisk, a global leader in diabetes. We believe that adoption of innovative technologies can help appropriate patients better manage diabetes. Our goal is to help providers on the front line of diabetes care strengthen their understanding of diabetes technologies and implement them where they can have the greatest impact.



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