

# Diabetes in the Digital Age



**With TERESA MARTIN, MS, RD, CDE, LD**

## WHAT ARE YOUR PERSONAL GOALS?

- Over 75 individual behaviors that play a role in managing diabetes
- 5 Healthy Habits
- What is getting in the way of your health?
- If you could change one thing about your health what would it be?
- What would be the easiest behavior to change that would impact your health?
- What would you change in order to feel that you are managing your diabetes well?

## WHAT DO YOU NEED??

Community Support  
Tracking blood sugars  
Increase your Movement  
Tracking Food Intake

Change your food choices  
Cooking, recipe ideas, carb look-up  
Motivation  
Education  
?????

## HOW DO YOU KNOW A SITE/BLOG/APP IS “GOOD”?

- Privacy and Security
- Functionality
- Usability
- Behavior Science Included
- Evidence-Based Information

## DO THEY MEET YOUR INDIVIDUAL GOALS?

- Fitness- workouts, Trackers, Trainers
- Food- Trackers, Nutrition Information, Recipes
- Lifestyle- Aging, Energy, Organization, Mind & Memory, Spiritual
- Wellness- Hydration, Sleep, Medication Adherence, Stress Management, Weight Management

## Exceptional Apps for Medication Adherence

<u>Android</u>	<u>iPhone</u>
<ul style="list-style-type: none"><li>• mySugr</li><li>• MedSimple</li></ul>	<ul style="list-style-type: none"><li>• mySugr: Diabetes Tracker</li><li>• CareZone</li><li>• GetMyRx</li></ul>

## Exceptional Apps for weight management

<u>Android</u>	<u>iPhone</u>
<ul style="list-style-type: none"><li>• Diet Point-Weight Loss</li><li>• Fooducate Weight Loss</li><li>• Sidekick</li></ul>	<ul style="list-style-type: none"><li>• Diet Point-Weight Loss</li><li>• Fooducate-lose weight</li><li>• HealthWatch 360</li><li>• My Macros+ Diet</li><li>• Vida Health Coach</li><li>• Sidekick by Goodlife</li><li>• MyNetDiary PRO</li></ul>

## Exceptional Apps for Stress management

<u>Android</u>	<u>iPhone</u>
<ul style="list-style-type: none"><li>• Cozi Family Org</li><li>• MoodTools</li><li>• Relax Lite</li></ul>	<ul style="list-style-type: none"><li>• Cozi Family Organizer</li><li>• Moodlytics</li></ul>

## Exceptional Apps to quit smoking

<u>Android</u>	<u>iPhone</u>
<ul style="list-style-type: none"><li>• QuitNow!</li></ul>	<ul style="list-style-type: none"><li>• Break Cravings in 60</li></ul>

## Exceptional Apps for hydration & Sleep

### Android and iPhone

Hydration - Diet Point-Weight Loss Coach

Sleep - Fitbit

## Exceptional Apps for fitness

<p><b>Android</b></p> <ul style="list-style-type: none"> <li>• Sidekick</li> <li>• Fitbit</li> <li>• Endomondo-Running &amp; Walking</li> <li>• Calorie Counter-- MyFitnessPal</li> <li>• NFL Play 60</li> </ul>	<p><b>iPhone</b></p> <ul style="list-style-type: none"> <li>• Cyclemeters GPS- Cycling, Running, Walk</li> <li>• MyNetDiary PRO</li> <li>• Sidekick</li> <li>• Zombies, Run!</li> <li>• SparkPeople</li> <li>• Calorie Counter &amp; Diet by UnderArmor</li> <li>• Fitstar Personal Trainer</li> <li>• Vida Health Coach</li> <li>• Fitbit</li> </ul>
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## Exceptional apps for eating

<p><b>Android</b></p> <ul style="list-style-type: none"> <li>• Find Me Gluten Free (recipes)</li> <li>• Fooducate Weight Loss Coach</li> <li>• Sidekick</li> <li>• Calorie Counter- My FitnessPal</li> <li>• MySugr</li> </ul>	<p><b>iPhone</b></p> <ul style="list-style-type: none"> <li>• Find Me Gluten Free (recipes)</li> <li>• Substitutions (recipes)</li> <li>• ShopWell</li> <li>• Sidekick</li> <li>• Calorie Counter &amp; Diet Tracker</li> <li>• MySugr</li> <li>• MyNetDiary Pro</li> </ul> <p><u>Recipes</u></p> <ul style="list-style-type: none"> <li>• SparkPeople Weight Loss Diet &amp; Calorie Calculator</li> <li>• Fooducate-Lose Weight</li> <li>• My Macros+ Diet</li> <li>• Cornerstones4Care</li> </ul>
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<p><b>HEALTH2SYNC</b></p> <p>Price: Free</p> <ul style="list-style-type: none"> <li>• Don't be isolated with your diabetes</li> <li>• Invite friends or family as a partners</li> <li>• The app lets you see all your vital stats at a glance within the dashboard</li> <li>• Look more deeply at individual metrics like blood pressure, weight, and blood glucose</li> </ul>	<p><b>FOODUCATE</b></p> <ul style="list-style-type: none"> <li>➤ Apple and Android</li> <li>➤ Free</li> <li>➤ Weight loss coach</li> <li>➤ Designed to help you make smarter choices</li> <li>➤ Helps you monitor sugar, carbs, mood, hunger, sleep , exercise</li> </ul>
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<ul style="list-style-type: none"> <li>• Export your data</li> <li>• Review your diary and look for trends in what's causing any symptoms or mood shifts</li> </ul>	<ul style="list-style-type: none"> <li>➤ You can reach out to the app community with questions or advice</li> <li>➤ Premium features for purchase let you customize your account even further for special dietary needs and allergies to help you reach your health goals</li> </ul>
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<p><b>GLUCOSIO</b></p> <p><b><u>Android</u></b></p> <p>Price: Free</p> <ul style="list-style-type: none"> <li>• Types 1 and 2</li> <li>• Tracks A1C, body weight, ketones, cholesterol, blood pressure, and more.</li> <li>• You can select your targets and set reminders to keep your program on point</li> <li>• The open source platform allows you to help diabetes researchers by sharing your data anonymously</li> <li>• Backs up your data to Google Drive and share it via CSV file. (w permission)</li> <li>• Bolus and basal tracking</li> </ul>	<p><b>GLOOKO</b></p> <p>PRICE: \$59.95 per year</p> <ul style="list-style-type: none"> <li>• simple to see all of your numbers in one place</li> <li>• tracks your medicine usage, carb counts, and lifestyle info</li> <li>• Integrates data from most continuous glucose monitoring (CGM), blood glucose meter (BG), insulin pumps, and fitness trackers</li> <li>• Graphs and charts allow you to see your progress in real time, anticipate trends, compare it to your history, and share your personal profile with your doctors</li> <li>• Set a reminder to make sure you don't miss a meal or dose of medication</li> </ul>
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**Cornerstones4care.com**

<ul style="list-style-type: none"> <li>• Website</li> <li>• Phone App</li> <li>• Phone Support</li> <li>• Funded by Novo Nordisk</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Recipes, Youtube Videos</li> <li>• Understanding Your Meds</li> <li>• Meal Planning Tool</li> <li>• Guide to Health Insurance</li> <li>• Blood Sugar Tracker</li> <li>• Carb Look-up</li> <li>• Diabetes Health Coach</li> <li>• Text messages to remind you to take your meds and pick up refill</li> </ul>
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**MyNetDiary PRO: Calorie Counter & Food Diary**

iPhone & Android

Price: iPhone, \$3.99

Android, Free with in-app purchases

- Weight loss app
- Track and understand the foods you eat
- Set your weight goals, enter your meals and exercise into your food diary, and receive personalized tips
- One of the largest verified food database, with over 700,000 entries updated daily
- Track weight, body measurements, symptoms, medication usage, blood glucose, A1C, and more
- You can sync your devices and set up your daily budget for carbs, fat & protein
- You can access the online community run by a registered dietitian to ask your questions and gain added support

**Diabetes Tracker with Blood Glucose/Carb Log by MyNetDiary**

iPhone

Price: \$9.99

- Helps people with Type1 and 2 diabetes, prediabetes, gestational diabetes
- You can easily and automatically record physical activities through the built-in GPS and your foods via the built-in barcode scanner
- Monitor water intake, weight, A1C, cholesterol, net carbs, and more
- Food grades, reports on your personal progress, and virtual coaching help you better understand how you can take charge of your health

**mySugr: Diabetes Logbook App**

iPhone & Android

Price: iPhone- Free, but need to purchase subscriptions for Pro and mySugr Coach; Android-Free with in-app purchase subscriptions for Pro

- Syncs with your other devices and brings you challenges and feedback to encourage you to reach your goals
- Estimates your A1C, generates data, and backs up your info.
- Can upgrade to the Pro version for \$2.99 per month or \$27.99 per year, gain glucose reminders, meal photos, and the ability to make PDF and Excel reports to share with your doctor.
- For \$19.99 per month or \$199.99 per year, you can take your knowledge to the next level with personalized info from a certified diabetes educator

**BG Monitor App**

Android

Price: Free with in-app purchases

- Provides an easy input system, calculates insulin levels for you, clearly displays your data, and gives you warnings when your blood glucose is too low
- You can set up your blood glucose targets and add multiple types of insulin to help you make sure you take the right medicines and amounts at the right times
- Email your CSV file reports and back up your data to Google Drive to ensure you don't lose your stats

<p><b>Diabetes in Check: Coach, Blood Glucose &amp; Carb Tracker</b>  <u>iPhone</u>  Price: Free</p> <ul style="list-style-type: none"> <li>• Designed by a certified diabetes educator to help manage type 2 DM</li> <li>• Promises to help you lower your blood glucose levels and have better fitness, eating habits, and weight.</li> <li>• This app focuses on proactive eating and fitness</li> <li>• It provides a reference guide for the best foods to eat as well as diabetes-friendly recipes and a meal plan</li> <li>• The app also provides educational info and you to set exercise goals</li> <li>• Ask questions or read success stories on community boards for support</li> </ul>	<p><b>Beato</b>  <u>iPhone &amp; Android</u>  Price: Free</p> <ul style="list-style-type: none"> <li>• Helps you understand when and why your blood sugar spike and drop</li> <li>• Easy-to-understand platform</li> <li>• Gives you tools to help you analyze earn about your body and anticipate those highs and lows. They encourage education and provide advice about everyday subjects as well as special topics, like concerns for getting a tattoo if you're living with diabetes. You can also sync your devices and integrate with Fitbit. Of note: Their home care services are only available in India.</li> </ul>
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## Blogs

<https://www.diabetesselfmanagement.com/blog/>  
<https://scottsdiaabetes.com/> - ongoing for 17 years  
<http://diabetesstopshere.org/> - from the ADA  
<https://www.healthline.com/diabetesmine> - “by patients for patients” with Type 1  
<https://asweetlife.org/>  
<https://forum.tudiabetes.org/> - real talk with a few tips

Diabetesaliciousness – blog with an activist flair  
Diabetes Hands Foundation’s Blog – support for anyone with diabetes. In English and Spanish  
<https://forum.tudiabetes.org/> English language blog with DHF  
D-Mom blog – mom of a kid with Type 1  
Diabetes Daily -  
Dlife – very popular, also a TV show, YouTube, magazine, 5 million followers  
Diabetes sisters – for all women with diabetes  
Our diabetic life – a mom raising 3 boys with Type 1 DM  
JDRF blog – Raising money for Type 1 research since 1970  
College diabetes network’s blog  
Insulin nation – For Type 1 DM. A sister publication is called Type 2 Nation  
Diabetes forecast – ADA publication for members  
Diabetes health  
Diabetic living  
Diatribe

## Trusted Websites

[www.Diabetes.org](http://www.Diabetes.org) ADA

[www.diabeteseducator.org/DiabetesEducation](http://www.diabeteseducator.org/DiabetesEducation) AADE

[www.acce.com](http://www.acce.com) ACCE

[www.joslin.org](http://www.joslin.org) Joslin

[www.ndep.nih.gov](http://www.ndep.nih.gov) NIH

Youtube- diabetes download videos – evaluate carefully

[WWW.eatright.org](http://WWW.eatright.org) nutrition information

<http://www.drugs.com> drug interactions

[www.jdrf.org](http://www.jdrf.org) children with diabetes

[www.nutritiondata.com](http://www.nutritiondata.com) recipe analyzer

<http://ods.od.nih.gov> office of dietary supplements

## Websites to help with the cost of meds

[www.oregon.gov/dcbs/shiba](http://www.oregon.gov/dcbs/shiba)

SHIBA 800-722-4134 – for seniors and those with disabilities navigating Medicare

[www.needymeds.com](http://www.needymeds.com)

[www.covermymeds.com](http://www.covermymeds.com)

[www.simplefill.com/Patient-Help](http://www.simplefill.com/Patient-Help)

[www.pparx.org](http://www.pparx.org)

[www.webmd.com/healthy-aging/patient-assistance-programs-for-prescription-drugs#1](http://www.webmd.com/healthy-aging/patient-assistance-programs-for-prescription-drugs#1)

<https://www.ssa.gov/benefits/medicare/prescriptionhelp/>

[www.cms.gov/Medicare/Eligibility-and-Enrollment/LowIncSubMedicarePresCov](http://www.cms.gov/Medicare/Eligibility-and-Enrollment/LowIncSubMedicarePresCov)

(<\$1507/month single; <\$2030/month couple) [800-772-1213](http://800-772-1213)

For those that have Commercial Insurance or private pay, most branded medications offer savings cards – just type in brand drug name and .com and you can find savings card

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