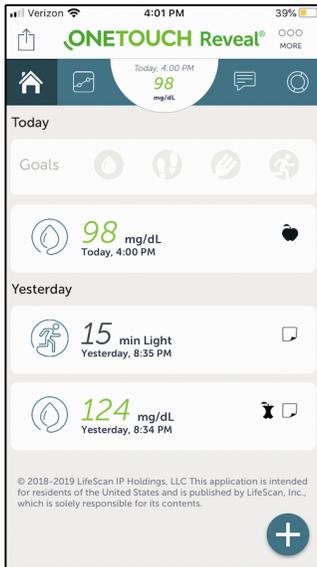




Blood Sugar & Diabetes Management Apps



One Touch Reveal - FREE

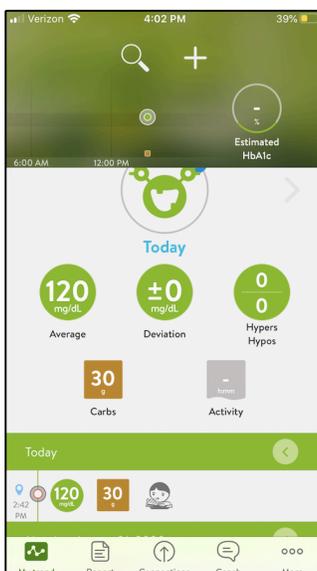
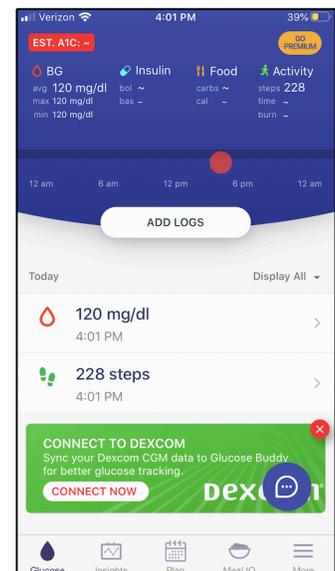
(<https://www.onetouch.com/products/software-and-apps/one-touch-reveal-mobile-and-web-app>)

Seamlessly syncs with OneTouch meters, but easily logs blood sugar manually as well. Using your log, it will identify blood sugar patterns and provide personalized insights on your numbers. Personalize your management tools by setting reminders that help you manage your diabetes such as medications, insulin and activity. Easily send your personal report to your care team to show progress between visits. Available on Android and iOS.

GlucoseBuddy - FREE w/ premium membership upgrade

(<https://www.glucosebuddy.com/>)

Manage your diabetes by tracking your blood sugar, medication, insulin, food and exercise all in one entry. Access a daily summary of activity, along with long term trends of your values. The Meal IQ feature allows you to snap a photo of your meal to learn the effect of those foods on your glucose level and make more informed choices. Integrates with the Apple Health App and exports to PDF to easily share with your healthcare provider. Available on Android and iOS.



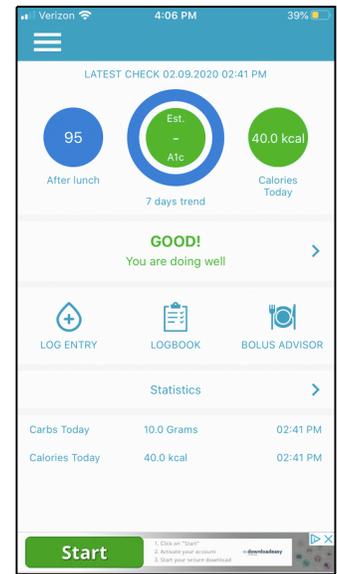
mySugr - FREE w/ premium membership upgrade

(<https://www.mysugr.com/en-us/diabetes-app/>)

Created by people living with diabetes, this app includes a blood sugar tracker, carb counter, bolus calculator, as well as meal and activity trackers. Stores all your values in one place, and provides you with an estimated HGA1C based on your current trend. Values can be exported into PDF or excel form to easily share with your medical provider. Upgrade to access Certified Diabetes Educators living with diabetes themselves for advice and additional support. Available on Android and iOS.

Diabetes:M - FREE w/ premium membership upgrade
(<https://www.diabetes-m.com/>)

This app allows you to track your food, blood glucose, medications/insulin, weight and physical activity. It also features a reminders to check your blood glucose and take medications. In addition, it includes carb counting capabilities and a bolus calculator for insulin users. It creates reports, charts and statistics based on your numbers, and helps identify trends in glucose and bolus levels to help you create steps to manage your diabetes more effectively. Available on Android and iOS.

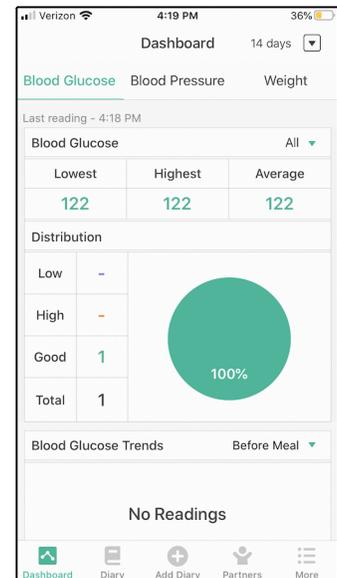


DiabetesConnect - FREE w/ premium membership upgrade
(<http://www.diabetesconnect.de/en/>)

Store all of your numbers at your fingertips. This app tracks blood sugar, meals, medications/insulin, physical activity, as well as blood pressure, pulse and mood. It has reminder settings for checking blood sugar and taking medications. Any functions you don't use can be hidden to help streamline and personalize your tracking. It also provides important medical statistics and synchronizes across all your devices. Available on Android and iOS.

Health2Sync - FREE w/ premium membership upgrade
(<https://www.health2sync.com/>)

Make tracking blood sugar more meaningful and turn your data into information that helps you better manage your diabetes. Keep a full record of your blood glucose, blood pressure and weight and to track your progress. It can connect with your care team, family or friends. Set notifications to receive tips and reminders based on your personal records to help you make timely adjustments. Available on Android and iOS.



Contact your onsite Health Coach for help:

Allison Knight, NBC-HWC, NDTR, CPT
National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer
262.804.1068 • allisonknight@employeehc.com