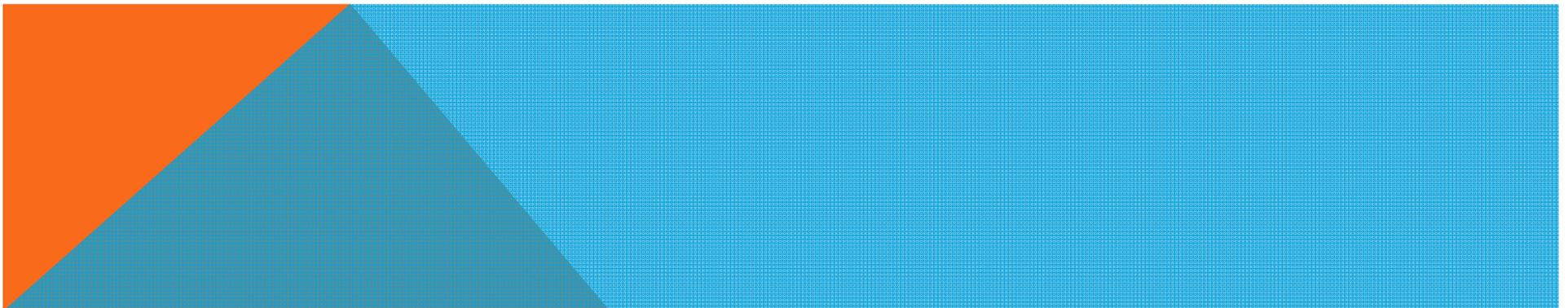
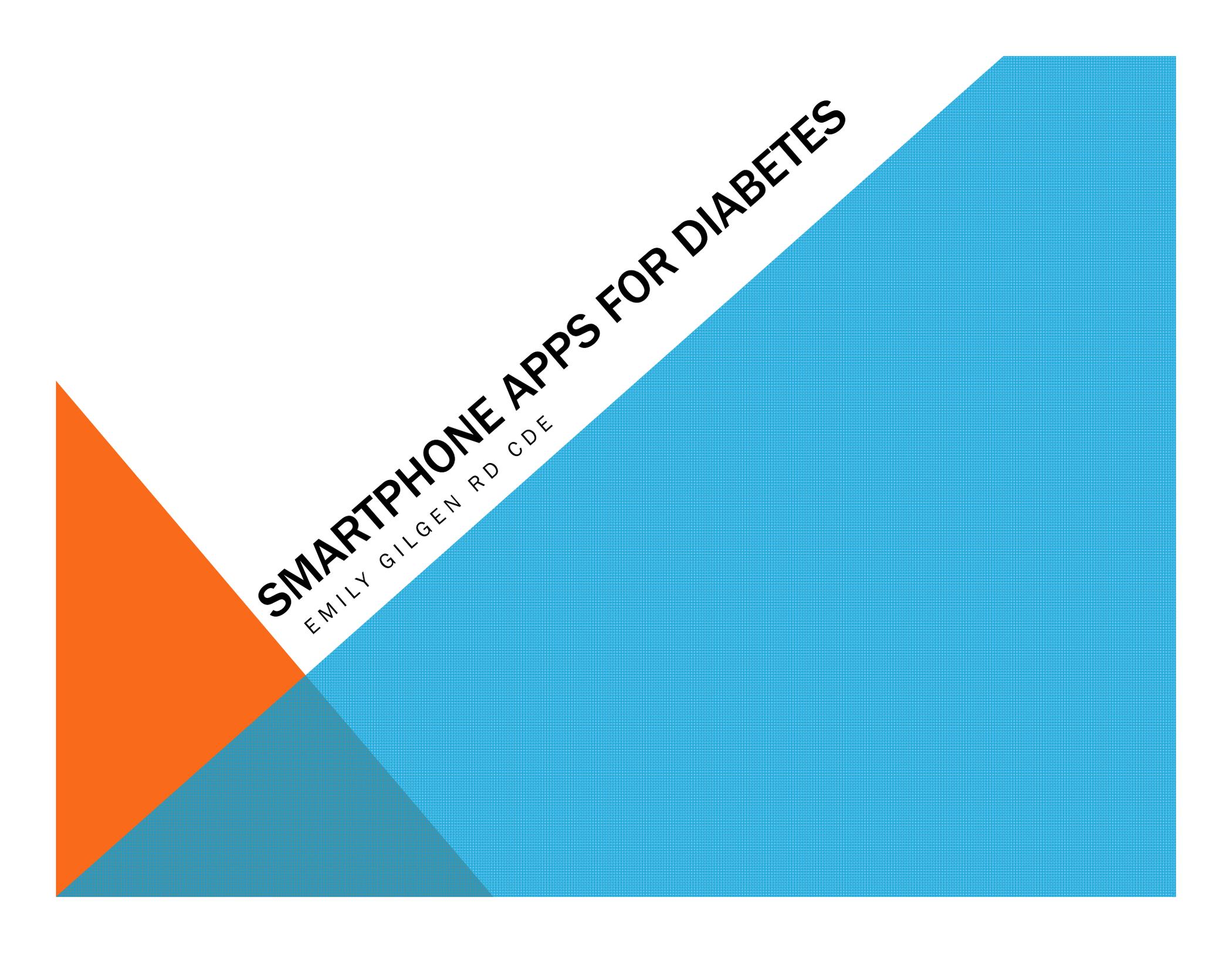


Measures have been taken, by the Utah Department of Health, Bureau of Health Promotions, to ensure no conflict of interest in this activity

CNE/CEU's are available for this live webinar. You must take the pre and post tests. 80% is required on the post test to receive CNE/CEU's. Certificates will be emailed out to you within two weeks.





SMARTPHONE APPS FOR DIABETES

EMILY GILGEN RD CDE

WHY APPS?

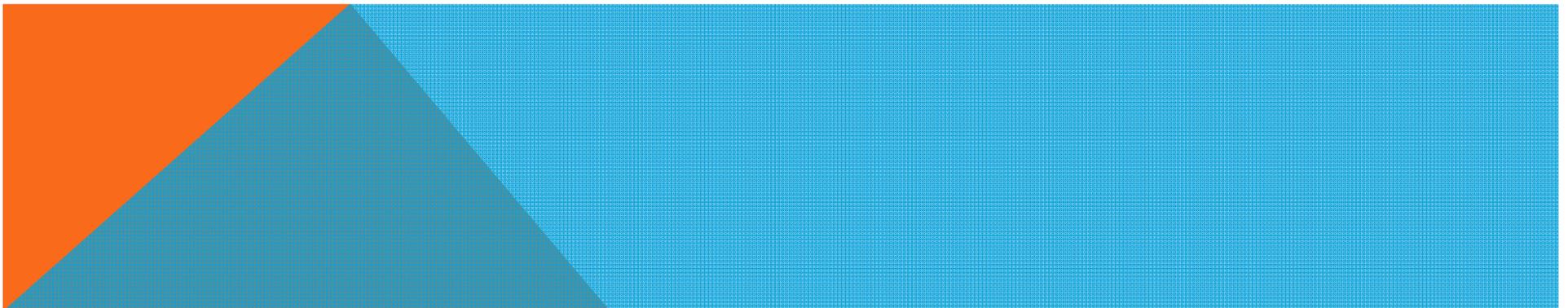
Constant Accessibility

Compact

Popular

Evolving

Individualized for Need



KEEP IN MIND

Apps are OS specific

- Apple (iphone), Google (Android), Windows (Microsoft)

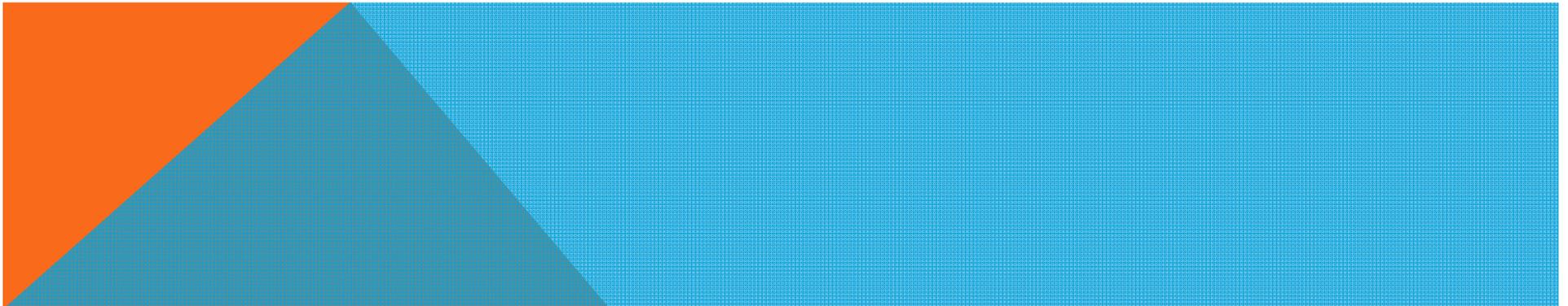
Updates

Always new apps coming out

Not all are FREE

- Some FREE apps are just diluted versions of one that costs money

Everyone likes something different



WHO WILL USE

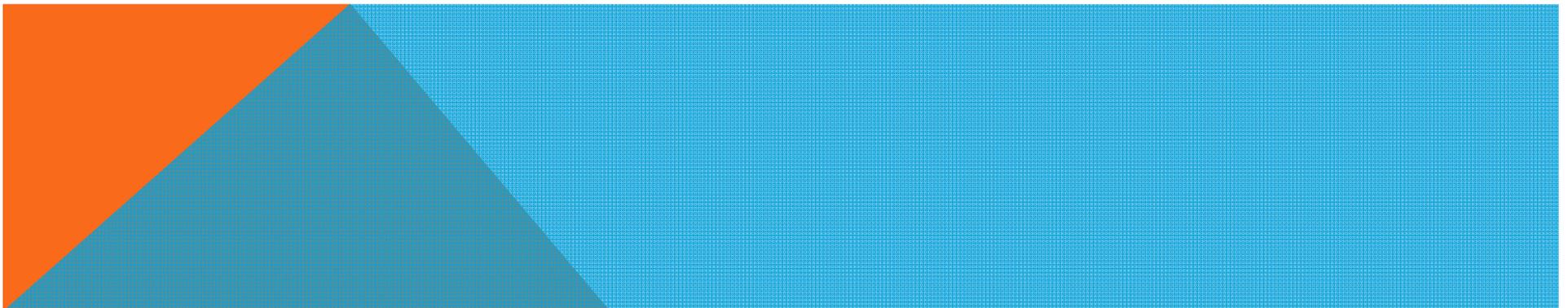
Anyone that has a “smart “device

Smartphones

iPods

Tablets

Laptop Computers



HOW TO INSTALL AN APP

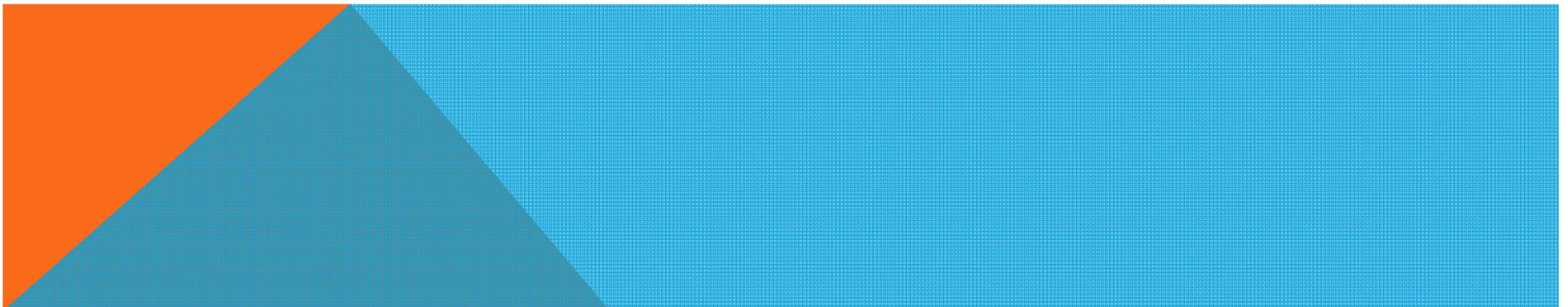
iPhone

Find App Store



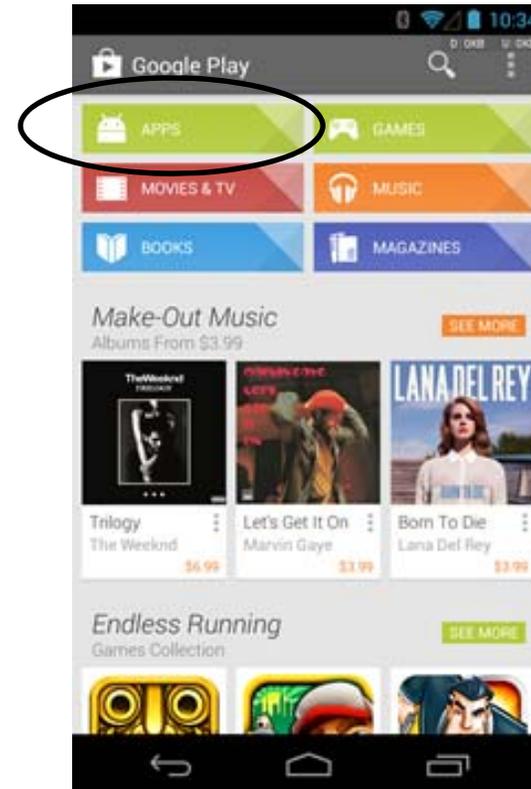
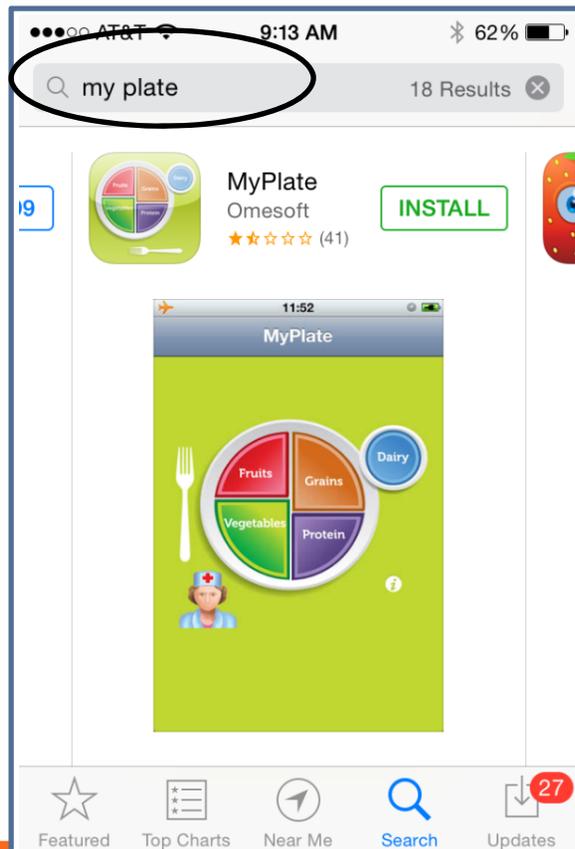
Android

Find Google Play Store



Search Apps by name or topic, then click “Install”

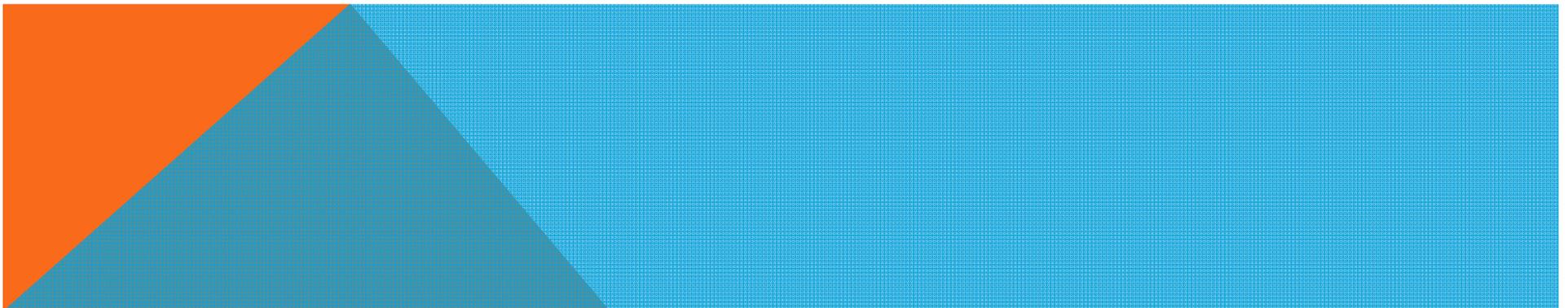
Person must know their password to do this



THERE'S AN APP FOR THAT

Common Apps for Diabetes

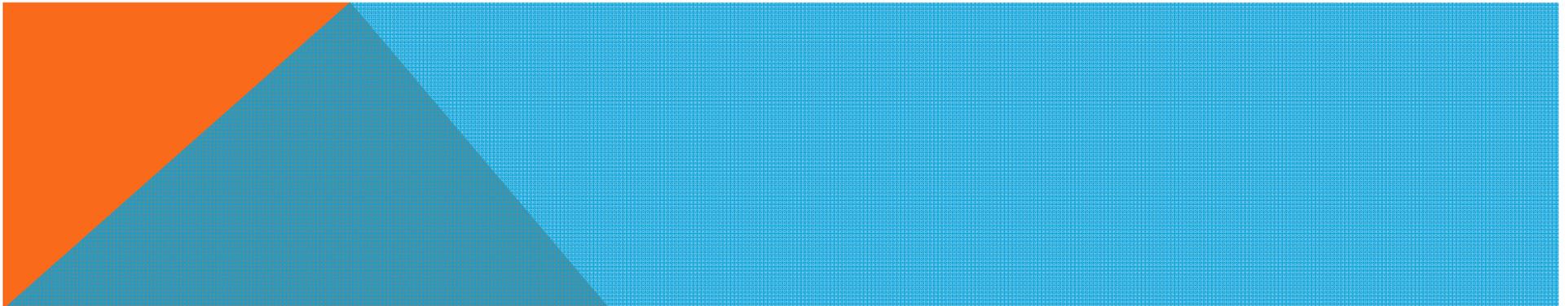
- Nutrition
- Exercise
- Glucose Logs
- Medication Logs
- Insulin Dose Calculator



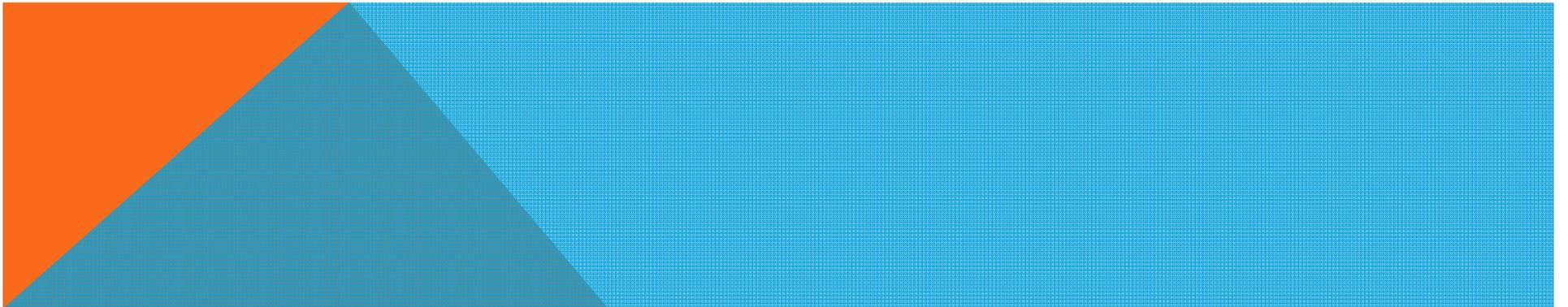
NUTRITION APPS

Features to look for:

- Track calories
- Track carbs
- Easy lookup feature
- Large database including restaurants
- Weekly reports
- Organize by food groups
- Percentages carb/protein/fat
- Ability to log exercise at same time
- Tips for healthy eating

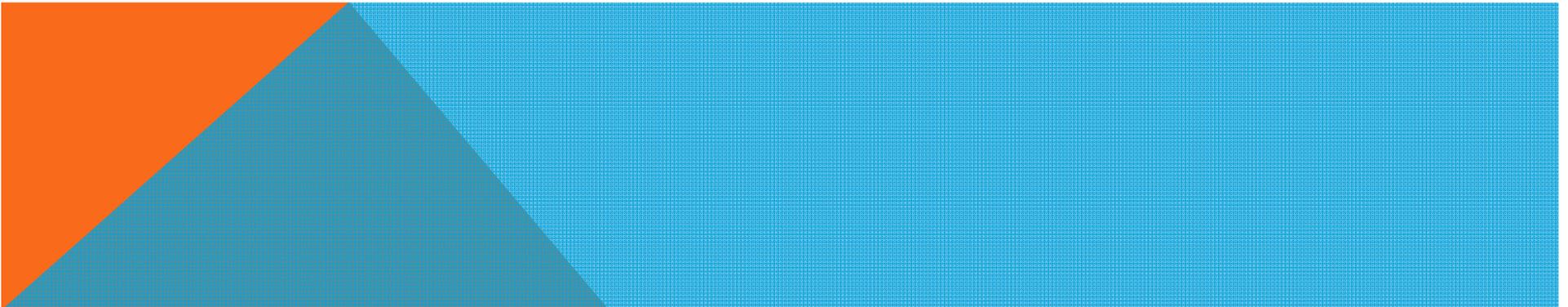


POPULAR NUTRITION APPS

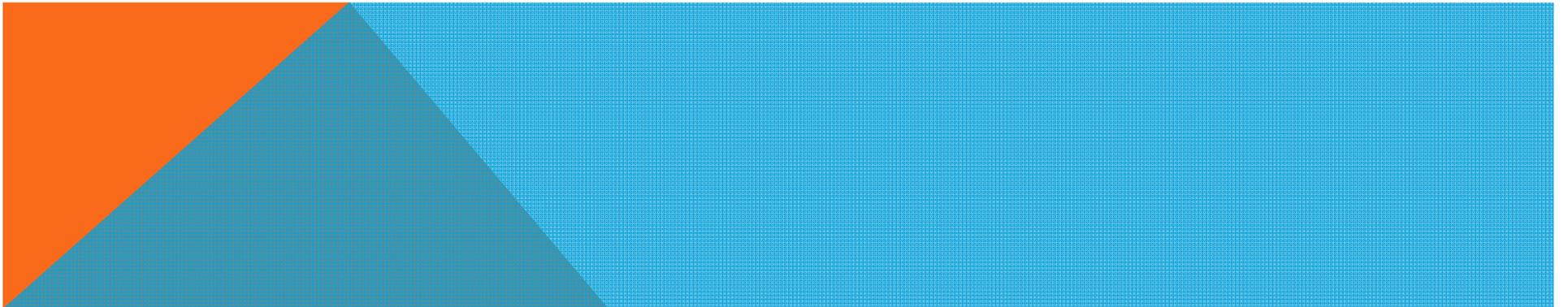


FITNESS

- Tracking exercise
- Ability to make goals and chart when meet them
- Have workouts or plans to follow
- Counts steps /distance like pedometer
 - (uses data constantly)

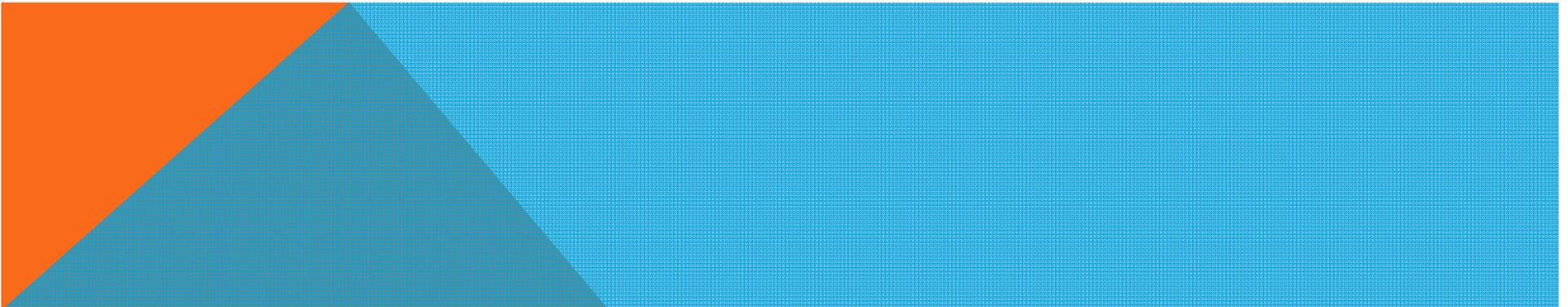


POPULAR FITNESS APPS

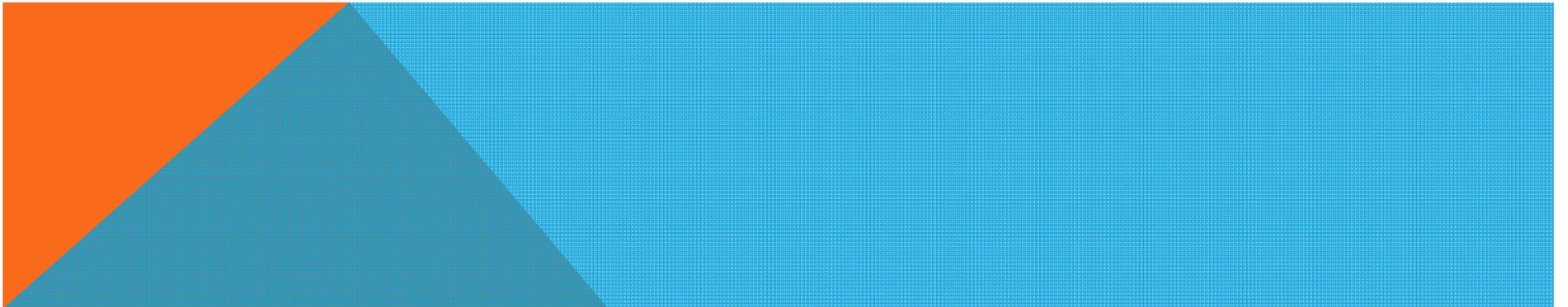


GLUCOSE TRACKING

- Easy way to log BG results
- Averages results
- Chart or Reports that can send to HCP
- Set reminders to test
- Sync with meter automatically
- Link to website



POPULAR GLUCOSE APPS



METERS THAT SYNC DIRECTLY TO APPS

IBGSTAR



Only 3S, 4, 4S Apple products

ONETOUCH VERIO SYNC

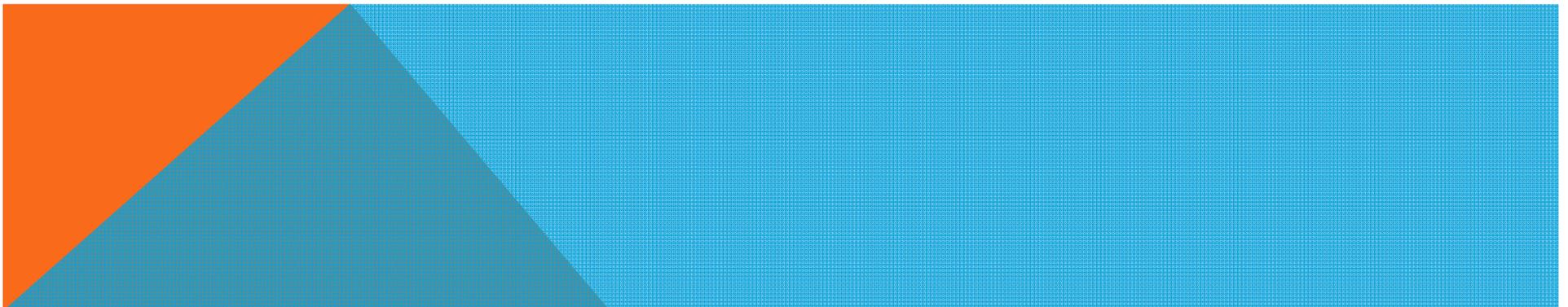


Only for Apple products

TELCARE

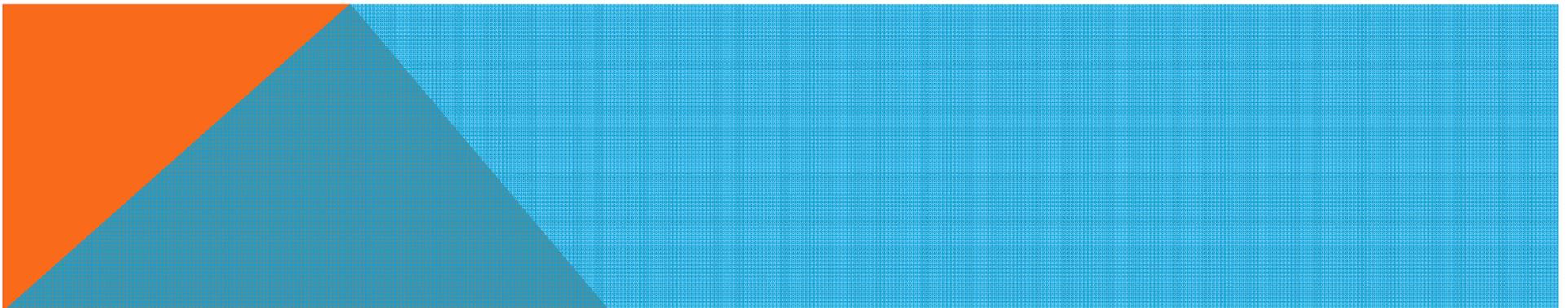


Works with Android & Apple

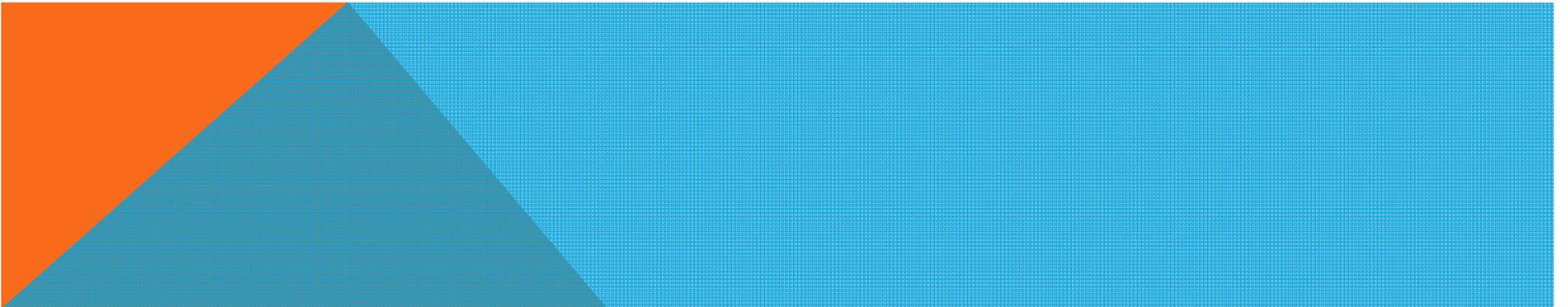


MEDICATION TRACKING/REMINDERS

- Customizable Reminders
- Tracking if took meds
- Calculates insulin doses with carb and correction ratios
- Incorporated into glucose or nutrition app

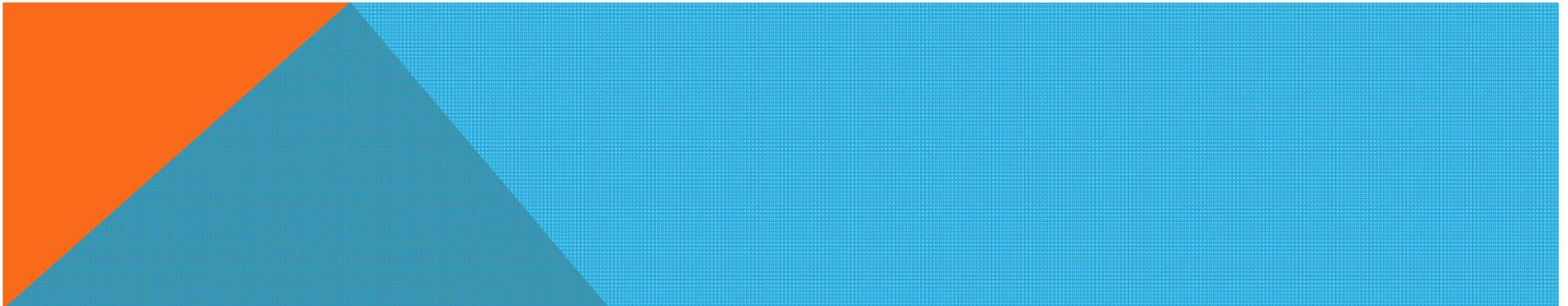


POPULAR MEDICATION APPS



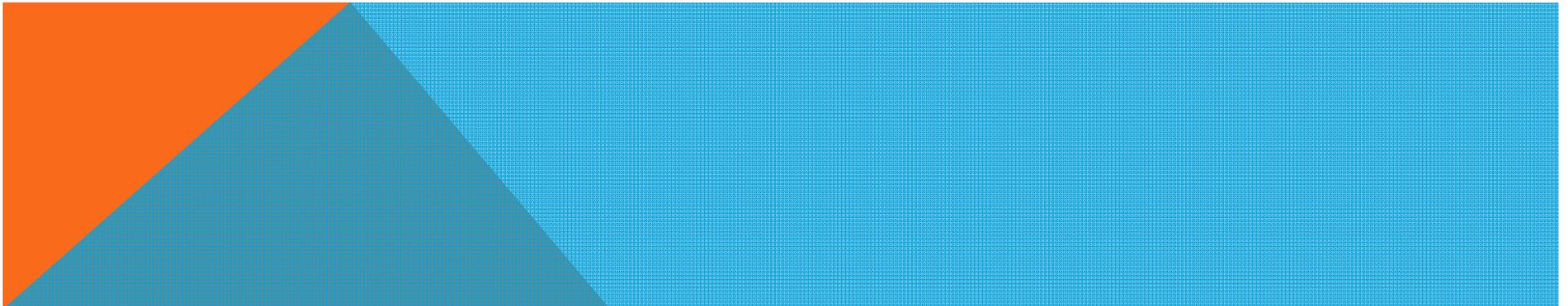
OTHER HELPFUL APPS

- Fluid intake tracking
- Diabetes Community Social Network
 - Diabeticconnect
- Goal trackers
- Medical Dictionary
- Diabetes Magazine apps
 - ADA Forecast, Diabetic Cooking, Diabetic Self-Management
- Coordinating diabetes care
 - Blue Loop
- Glucagon instructions



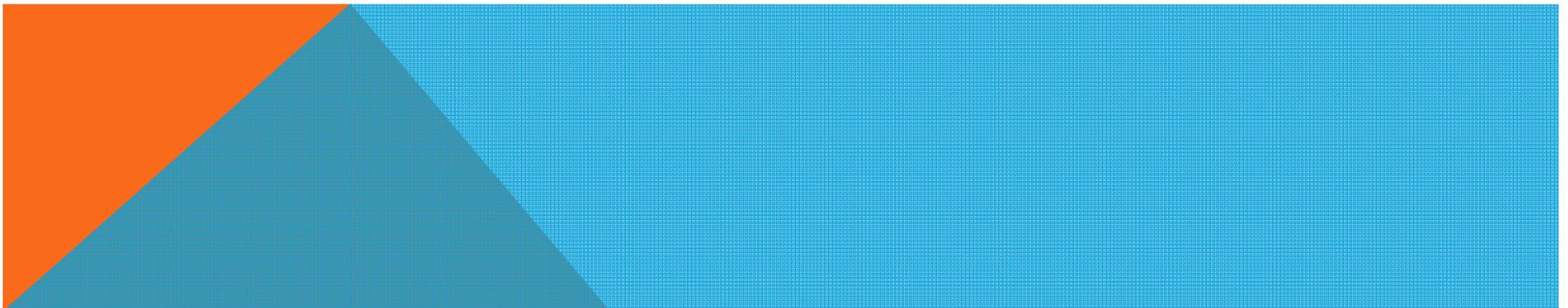
OR GO BASIC

- **Camera app**
 - Photos of medication list or dosing charts
- **Basic Reminder app or Calendar**
 - Set reminders for meds, BG testing, appointments, etc.
- **Notes**
 - Keep track of BG, exercise or food
- **Calculator**
 - Calculate insulin doses without using memory and math



TIPS FOR SUCCESS

- Make it their choice
- Install during appointment
- Practice using
 - Set up reminders
 - Look up a food
 - Log exercise
 - Send report



REMEMBER

- Apps change (need updating)
- Some FREE apps are just diluted versions of one that cost money
- New ones become available
- Not all people like the same format/features (personalize)