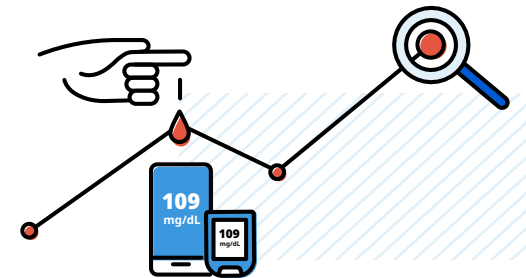


# Digital Tools for Managing Diabetes



## A few common tools and how they may help

Tracking, logging, sharing information/data with your health care professional—if you're managing diabetes, it can feel like there's a lot to do. Today, there are many convenient digital tools available at your fingertips that can help you better manage the complexities of diabetes.



### Continuous glucose monitor (CGM)

A small, wearable device with a tiny sensor that sits partially under your skin

- **Continually monitors your blood glucose (blood sugar)**, giving you real-time updates through a device that is attached to your body
- **Helps you and your health care professional identify trends** and adjust your care plan, if needed
- **Measures your time in range**, which is the amount of time you spend in your target blood sugar range without going too low or too high



### Connected insulin pen

Connects with a smartphone app to help you...

- **Understand the right dose** to take
- Remember **when to take your insulin** (and when you took it last)
- **Share digital reports** with your health care professional



### Insulin pump

A small, computerized device that mimics the way the human pancreas works by delivering small doses of insulin continuously under your skin

- **Insulin is delivered continuously** to keep blood glucose levels stable
- If needed, insulin can also be **delivered at mealtime**
- **Reduces or eliminates** the need to inject insulin yourself



## Digital Health Solutions

### Smart watches and activity trackers

These can be great tools for getting active and staying motivated. Set goals and see your progress—some can even remind you when it's time to get up and get moving, if you want them to. And the best part is that you don't need a prescription to use them.

### Apps

Some apps can help newly diagnosed people digitally track their glucose, insulin, and food intake. Ask your health care professional if there are any apps that might help you manage your treatment.



Wondering if these digital tools are right for you? Talk to your health care professional, and visit [NovoCare.com](https://www.novocare.com) for more about managing diabetes.