A normal person's blood sugar level is usually in the following range:

Fasting blood glucose: 4.4 ~ 6.1 mmol/L 12.

Blood sugar 1 hour after a meal: 6.7 ~ 9.4 mmol/L 2.

Blood sugar 2 hours after a meal: No more than 7.8 mmol/L 2.

18mg/dL = 1 mmol/L

1）**App name: Glucose Buddy**

**Features that stood out:**

* **Blood glucose tracking**: Log blood sugar levels, medication, and meals
* **Integration**: Syncs with Dexcom and Apple Health
* **Educational content**: 12-week diabetes education plan

Screens screenshot of a screenshot of a diabetes tracker

AI-generated content may be incorrect.

**Target audiences:**

* **Diabetes patients**: Individuals managing diabetes.
* **Healthcare providers**: Professionals monitoring patients' glucose levels.
* **Caregivers**: Those assisting diabetes patients with their health management.

**Reasons for good application performance**

* **Comprehensive tracking:** Covers various aspects of diabetes management.
* **Educational resources:** Provides valuable information and guidance.
* **User-friendly:** Easy to log and track data.

**Areas for improvement**

* Able to let user add new barcode information.

A hand holding a piece of paper

AI-generated content may be incorrect.

2) A blood sugar notepad (Wechat)

A screenshot of a cell phone

AI-generated content may be incorrect.

**Features that stood out:**

* Precise blood sugar tracking: Users can easily record blood sugar readings and set reminders to maintain consistent tracking habits.
* The app also provides clear charts and trend analysis.
* Health Insights and Advice: The app provides valuable health insights and advice on managing diabetes.
* Multiple health indicators record: in addition to blood sugar, you can also record blood pressure, weight, hemoglobin levels, etc.
* Data backup and export: Users can back up health data to a local device or the cloud and export it as a PDF or Excel file.

**Target audiences:**

* People with diabetes: People who need to regularly monitor and manage their blood sugar levels.
* Health managers: People who want to comprehensively track health indicators (such as blood pressure, weight, etc.).
* Medical professionals: Doctors and nurses who need to share and analyze health data with patients.

**Reasons for good application performance**

* User-friendly interface: The application is simple to operate, easy to navigate, suitable for all types of users.
* Data security: Provides a high level of data protection to ensure the safety of users' health information.
* Personalized advice: Provide customized health advice according to the specific needs of users.

**Areas for improvement**

* Add community interaction: Introduce user communities or forums to help users share experiences and get support.
* More health education resources: More educational content on diabetes management and healthy lifestyle.
* Optimize data synchronization: Improve data synchronization with other health devices and applications to provide a more comprehensive health management experience.

**3. Carb Manager**

**A screenshot of a mobile app

AI-generated content may be incorrect.**

**Features that stood out:**

* **Keto and low-carb tracking**: Tailored for ketogenic and low-carb diets
* **Advanced metrics**: Tracks ketones, blood glucose, insulin, and more
* **Meal planning**: Personalized meal plans and grocery lists

**Target audiences:**

* **Keto dieters**: Individuals following a ketogenic diet.
* **Low-carb enthusiasts**: Those on low-carb diets.
* **Health-conscious individuals**: People monitoring their carb intake for health reasons.

**Why is the app doing well:**

* **Specialized focus**: Tailored specifically for keto and low-carb diets
* **Comprehensive tracking**: Covers a wide range of health metrics
* **Community support**: Active community for motivation and recipe sharing

**Areas for improvement:**

* **User interface**: Could be more streamlined and intuitive.
* **Recipe database**: Expand the variety of recipes available

4) Fooducate

A screenshot of a nutrition coach

AI-generated content may be incorrect.

**Features that stood out:**

* **Food grading**: Grades food items based on nutritional quality
* **Barcode scanner**: Quickly scan and track food items
* **Personalized recommendations**: Suggests healthier alternatives

**Target audiences:**

* **Health-conscious individuals**: People looking to improve their diet quality.
* **Weight loss seekers**: Individuals aiming to lose weight through better food choices.
* **Fitness enthusiasts**: Those wanting to optimize their nutrition for fitness goals.

**Why is the app doing well:**

* **Educational focus**: Provides detailed nutritional information
* **User-friendly**: Easy to use and navigate
* **Community support**: Active user community for sharing tips and recipes

**Areas for improvement:**

* **Database accuracy**: Ensure food grading is consistent and accurate.
* **Premium features**: More advanced features could be made available in the free version

5) Healthify

A screenshot of a mobile app

AI-generated content may be incorrect.

**Features that stood out:**

* **AI coach**: Personalized guidance from AI coach Ria
* **Photo tracking**: Auto-track food by snapping a photo
* **Comprehensive tracking**: Covers nutrition, fitness, and lifestyle

**Target audiences:**

* **Weight loss seekers**: Individuals aiming to lose weight with personalized guidance.
* **Fitness enthusiasts**: Those looking to optimize their fitness and nutrition.
* **Health-conscious individuals**: People wanting to monitor their overall health and lifestyle.

**Why is the app doing well:**

* **Innovative features**: AI coach and photo tracking
* **Comprehensive approach**: Covers various aspects of health and fitness
* **User-friendly**: Easy to use and navigate

**Areas for improvement:**

* **AI accuracy**: Improve the accuracy of AI-generated recommendations.
* **Integration**: Expand compatibility with more devices and apps