My sugr app

The diabetes regulating app that I will be zooming in on is the mySugr app. The mySugr Logbook app is a registered risk class 1 medical device in the US and EU which is the same medical risk as floss. Research studies testing the effectiveness of the mySugr app for diabetics indicate a positive correlation between the regular use of the mySugr app and better glucose, glycemic, and overall diabetes control. Additionally, the observed and reported effects were found consistently across the investigated population and independent of nationality or gender, which seems to indicate a successful cultural adaptation of the mySugr application. A research study conducted by Kebede and Pischke in the form of a web-based survey from 2017-2018 found that there was a significant increase in self-care behavior for persons with type 1 and type 2 diabetes when using diabetes apps (with mySugr being reported as one of the most used).

The user can log physiological stats, diet, meds, carb intake, blood glucose levels, mood, and environment, and the app collects, stores, and evaluates the diabetes related information. The app also features clear blood sugar level graphs, provides estimated HbA1c at a glance, and has a daily, weekly, and monthly medical analysis. Furthermore, the app provides detailed reports to bring or send to your doctor and the app’s location services identify hospitals closest to you. The app has a gamification factor and revolves around “taming the diabetes monster within you” which keeps people engaged and more likely to consistently log their information. Externalizing diabetes through the diabetes monster is a key part of mySugr's idea of “making diabetes suck less”. With the mySugr scanner app you can scan your blood sugar values from your meter right to your iPhone. This can work without any cables, Bluetooth, Wi-Fi or other complicated technology, and if you use the mySugr Logbook app, your imported blood sugar values will be automatically synchronized. (My

Sugr App, 2020)

Beat diabetes

BEAT Diabetes has been produced with clinicians and patients to support people who might develop diabetes or have developed it. Knowing more about this condition, can help some people take simple steps to avoid developing the condition in the future. For those who already have a type 1 or type 2 diabetes diagnosis, the app can help you learn how your diet, exercise and lifestyle can help you cope with the condition. The app also has information on support groups that can help you. This app is not diagnostic in any way, nor does it offer clinical advice. It presents public health information regarding diabetes by using 3D videos and explainer-style videos, images and text. This app is funded with funds awarded from NHS England Staffordshire’s technology enabled care program. (BEAT Diabetes – Virtual Health SHED, 2020)

Diabetes:M

Diabetes: M is a mobile application for diabetes management, available for iOS and Android devices. As a personalized diabetes management tool, it enables patients to easily track, analyze, review, share and manage all aspects of their diabetic condition from their mobile phone or tablet. The app offers various tools to discover trends in the patient’s blood glucose levels. It also allows calculating of normal and prolonged insulin boluses using its highly effective, top-notch bolus calculator. The immense nutrition database helps users keeping track of their food intake, provides nutrition information and recommends exercise time. Owing to its smart assistant, it utilizes the power of artificial intelligence helping users to manage their diabetes condition. (Diabetes:M, 2020)

Diabetes:M gives you a set of charts and diagrams to present the data in various ways. These are displays that are organized to give you the big picture of the data at a glance. And it can give you all the blood sugar entries as a timeline graph. You can scroll it left and right and see a particular time interval depending on the selected scale. (Features, 2020)

Diabetes and Blood Glucose Tracker (Apple); Diabetes and Diet Tracker (Android)

This diabetes-management and weight-loss app (it works similarly on Apple and Android devices, despite the separate names) features a log for blood glucose readings, A1C results, food, exercise, blood pressure levels, and medication use plus reminders to check your blood glucose. Upgrade to the “maximum” version for integration with fitness trackers (such as Jawbone and Fitbit) and extra features—nutrition planning and more charts and reports. This is for people with type 1 or type 2 diabetes and for those seeking to lose weight. (Association, 2020)

Glucose Buddy

The Glucose Buddy app allows you to manually enter your blood glucose readings together with notes about food intake. You can pair it with your blood glucose meter if compatible. You can also enter your carbohydrate consumption, insulin dosages and activities. This can be automatically included from Apple Health Data if enabled. You can use the graph function to track your blood glucose levels over a selected period. Reports can be downloaded and shared.

The meal IQ section enables you to take photos of your meal, and then log your blood glucose. It will grade your meal depending on how it impacted your blood glucose to help you to make better food choices. You can share your results with other users, including your exercise and nutrition goals. (bka interactive ltd, 2020)