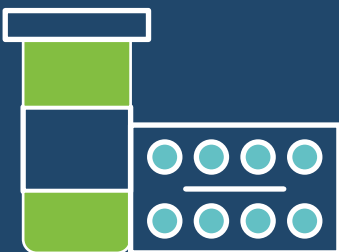


# TALK ABOUT DIABETES TECHNOLOGY WITH YOUR DIABETES CARE TEAM!



**For more information  
on how a diabetes care  
and education  
specialist can help  
you, visit  
[DiabetesEducator.org/  
DCEShelp](https://DiabetesEducator.org/DCEShelp).**



There are a growing number of internet-connected health devices and technology tools available to help with very big diabetes self-care tasks.

## **You can use this tool to:**

- Share interests in using diabetes technologies.
- Discuss individual benefits and challenges of technology.
- Review your assessment with your care team and together decide what technology tools are most helpful.

## **1. To start, what are you most interested in learning about from the list below?**

- A. Keeping track of all my diabetes data.
- B. How to fit diabetes into my daily life.
- C. Figuring out what to eat.
- D. A physical activity plan I can follow.
- E. Remembering to take my diabetes meds and/or insulin.
- F. Knowing how much insulin to take and when.
- G. Sharing my blood sugar and medicine logs with my care team.
- H. Connecting with other people like me with diabetes.
- I. I'm not sure.
- J. Other \_\_\_\_\_.

## **2. What is preventing you from using technology to help manage your diabetes?**

- I don't know enough about what is available and how to make a choice.
- Too busy to learn about a new technology or concerned it might add more work to my daily diabetes care routine.
- Hassle of wearing a device at all times.
- Not wanting others to notice my devices and ask questions.
- Nervous to rely on technology.
- I don't have access to the internet or I'm concerned about how much data the device would use.
- I don't want more information about my diabetes; I would not know how to use it.
- I do not want to share data from devices with my family or friends.
- There has not been enough time with my care team to learn about the technology options available.
- I'm not sure I can afford diabetes technology.
- Other \_\_\_\_\_.

# TECHNOLOGY TOOLS TO CONSIDER



Based on the boxes you checked for question #1, review the technology tools you might consider.

## (A) Connected Health Devices

This includes devices that track your blood glucose, blood pressure, heart rate, weight monitors and physical fitness activities. Use them to check and keep track of your fingerstick blood glucose and share results with your care team. You can also track things like weight, steps and other health data.

## (A) Continuous Glucose Monitoring Devices

A device you wear on your body that senses your glucose every 5 minutes and tracks results over time, allowing you and your care team to see trends and patterns. You can set alerts to let you know if your glucose is too high or too low.

## (A, E, F, G) Smart Insulin Pen

A device you wear that delivers customized doses of insulin including:

- Continuous rapid-acting insulin.
- Additional insulin as needed with a push of a few buttons.
- Advanced smart insulin pens sync with CGM devices.

## (A, F, G) Smart Insulin Pump

A device you wear on your body that senses your glucose every 5 minutes and tracks results over time allowing you and your care team to see trends and patterns. You can set alerts to let you know if your glucose is too high or too low. It continuously provides rapid-acting insulin 24 hours a day.

## (A, B, C, D) Health and Wellness Apps

Some examples include:

- Exercise guidance and fitness trackers.
- Food tracker.
- Recipe app.
- ADA food hub.
- Grocery service and menu planning apps.
- Medication monitor.
- Stress management app.
- Sleep monitoring app.
- Mood tracking.
- Mindfulness app.

## (G, H) Virtual (Online) Diabetes Care Platforms

- Online diabetes education and prevention programs.
- Online diabetes coaching.
- Online diabetes nutrition counseling.
- Online peer support groups.
- Telehealth visits with your healthcare team.

### Note to the Diabetes Care and Education Specialist

- Help every person with diabetes **IDENTIFY** the technology tools that will help them. Use this tool as a conversation starter. For more information and resources, visit [danatech.org](http://danatech.org).
- Be sure to help the individual **CONFIGURE** the tool(s) they choose to match their care plan and preferences.
- Plan to **COLLABORATE** with the individual on an ongoing bases to use the resulting data to optimize their care plan.
- For additional information on how to utilize the the identify, configure, collaborate model and other technology-related resources, visit [DiabetesEducator.org/technologyintegration](http://DiabetesEducator.org/technologyintegration).