

# Technology you can use in T2D Care



## Why technology matters

Digital tools can make managing type 2 diabetes easier by helping you track glucose trends, stay organized, and make informed decisions about food, activity, and medication. You don't need to use every tool—choose what fits your lifestyle.

## Types of technology you can use

- Continuous Glucose Monitors (CGMs) show real-time glucose readings and trends
- Blood glucose meter apps: store and graph finger-prick readings
- Food & carb-tracking apps help you understand portions and food content
- Medication reminders support consistent dosing
- Activity trackers monitor steps, heart rate, and exercise patterns

## Choosing the right tools

- Check what your phone/device supports
- Look for apps with secure data protection
- Start with one or two tools
- Choose something that feels simple and sustainable for you

## Benefits of diabetes apps

- Track glucose, meals, medications, and symptoms in one place
- Create easy-to-read graphs for appointments
- Receive reminders for testing, meals, or medications
- Sync data with CGMs, fitness trackers, or smartwatches
- Support building healthy habits through daily goals
- Share data with your healthcare team to support more personalized treatment adjustments

## Tips for safe and effective use

- Always confirm CGM or app data with a finger-prick test when readings don't match how you feel
- Keep devices charged and updated
- If using insulin, discuss any algorithm-based dosing tools with your provider
- Bring app or CGM reports to appointments

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist