

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