

# Recommended Diabetes Apps

Name of App	Compatibility	Cost	Category	Description
<a href="#">BD Briight: Diabetes Assistant</a>	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> <li>Nutrition advice, healthy recipes, and activities</li> <li>Digital diabetes assistant available 24/7</li> <li>Voice recognition for logging insulin doses/blood glucose, asking question</li> </ul>
<a href="#">CalorieKing</a>	Apple/Android	Free, with in-app purchases	Nutrition and fitness	<ul style="list-style-type: none"> <li>Curated food database of nutrition information</li> <li>Includes many fast-food chains and restaurants</li> </ul>
<a href="#">Figwee</a>	Apple /Android	Free with in-app purchases	Nutrition and fitness	<ul style="list-style-type: none"> <li>Visualization tool for learning different portion sizes of food items with nutrition data</li> <li>Paid upgrade tracks what you eat, allows custom food entry, records progress</li> </ul>
<a href="#">Fooducate</a>	Apple/Android	Free, with in-app purchases	Nutrition and fitness	<ul style="list-style-type: none"> <li>Nutrition tracking tool</li> <li>Individualized nutrition grade for each food</li> <li>Personalization for age, sex, weight loss goal</li> <li>Community support</li> </ul>
<a href="#">Glucagon</a>	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> <li>Step-by-step instructions (text and video) for using glucagon for injection: 1 mg (1 unit)</li> <li>Tracker for glucagon kit locations and expiration dates</li> <li>Reminder notifications</li> </ul>
<a href="#">MyFitnessPal</a>	Apple/Android	Free, with in-app purchases	Management and Monitoring	<ul style="list-style-type: none"> <li>Tracking tool for exercise, nutrition</li> <li>Connects with fitness trackers and other health apps</li> <li>Large food database with nutrition information</li> <li>Individualized based on sex, age, weight loss goal</li> </ul>
<a href="#">MySugr</a>	Apple/Android	Free, with in-app purchases	Management and Monitoring	<ul style="list-style-type: none"> <li>Tracking tool for blood glucose, mood, carbohydrates, medications</li> <li>Reports for HCPs</li> <li>Paid upgrade adds reminders</li> </ul>
<a href="#">One Drop</a>	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> <li>Tracking tool for blood glucose, mood, carbohydrates, medications</li> <li>Integrated nutrition database</li> <li>Reminders</li> <li>Reports for HCPs</li> </ul>
<a href="#">Relax Lite</a>	Apple/Android	Free, with in-app purchases	Stress Management	<ul style="list-style-type: none"> <li>Guided breathing and meditation exercises</li> </ul>
<a href="#">Tidepool</a>	Apple/Android	Free	Management and Monitoring	<ul style="list-style-type: none"> <li>Compatibility with many devices (glucose meters, CGM devices, insulin pumps)</li> <li>Tracking tool for insulin, CGM, nutrition, and blood glucose data with notes</li> <li>Reports for HCPs</li> </ul>