

8 Apps To Improve Time in Range

Name of App	Cost	Category	Description
Undermyfork	Free	Nutrition and fitness	<ul style="list-style-type: none"> • App concept: Take photos of your meals instead of manually logging. • Meal analysis: App determines carb count and ingredients from the photo. • Syncs with CGM/glucometer: Evaluates treatment plan - manages post-meal blood glucose rise. • Sharing with healthcare providers: Allows sharing of meal and blood sugar data to track how ingredients, insulin timing, and amount affect blood sugar.
Eddii	Free, with in-app purchases	Management and Monitoring	<ul style="list-style-type: none"> • App concept: Tracks readings from Dexcom G6/G7 CGM through fun games, quizzes. • Target audience: Designed for all ages, but especially appealing to children and their parents. • Parent features: Can add rewards like access to in-app games and real gift cards. • Social connection: Kids can connect with friends who have diabetes. • Mental health support: Chatbot offers mental health support and health tips. • New feature: Virtual pediatric endocrinology visits available in multiple U.S. states. • Telehealth for adults: Endo telehealth services available in nine states.
Diabetes Cockpit	Free with in-app purchases	Management and Monitoring	<ul style="list-style-type: none"> • App concept: Uses artificial intelligence to review data and provide feedback on glucose trends. • Data analysis: Glucose levels, carbs consumed, insulin delivered, steps taken, and more. • Data integration: Automatically pulls data from iPhone's Health app (fitness trackers, meal tracking apps, CGM, glucometer). • Alternative data source: Can import data from Nightscout, an open-source app tracking food and treatment info. • Reports: Converts data into useful graphs and reports showing patterns and trends. • AI chatbot (Sam): Offers insights on time in range, food patterns, answers questions.
Glucose Buddy	Coaching plan starts as \$20/monthly	Management and Monitoring	<ul style="list-style-type: none"> • Multi-pronged approach: Combines data tracking, in-app coaching, and glucometer supplies. • Data tracking: Logs blood glucose, daily steps, exercise, and provides weekly reports with improvement suggestions. • Meal logging: Use smartphone camera to snap photos of meals, which the app analyzes using a large food database to track carbs, fat, and protein. • Post-meal analysis: Tracks meals effect on post-meal blood glucose, synced with CGM or glucometer data. • Sharing: Data can be shared with healthcare providers for feedback and adjustments. • In-app coaching: Available with a subscription plan, offering text chat with a CDCES • Subscription benefits: Includes test strips and a smart glucometer that syncs wirelessly with the app Community support

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mySugr	Free	Management and Monitoring	<ul style="list-style-type: none"> • User-friendly design: presents diabetes data in an animated, engaging format for spotting trends and patterns. • Data tracking: Tracks blood sugar, carb intake, insulin dosing, meals, and physical activity, all in a point system. • Motivational challenges: In-app challenges encourage users to track data that helps improve time in range. • Data sync: Syncs with CGM and glucometer readings, plus physical activity data from phone sensors or fitness apps. • Upgraded version: Includes coaching from certified diabetes educators via in-app chat, providing personalized guidance based on app data.
Glooko	Free, with in-app purchases	Management and Monitoring	<ul style="list-style-type: none"> • Comprehensive data tracking: Glooko tracks blood glucose, weight, insulin, exercise, and food intake all in one place. • Wide device compatibility: Supports insulin pens, pumps, glucometers, CGMs, and fitness devices from various brands. • Third-party app syncing: Syncs data with numerous apps, including activity trackers like RunKeeper, Strava, and Fitbit. • Easy-to-read graphs: Displays data from multiple sources in clear graphs to help identify trends and insights. • Blood sugar analysis: Tracks how blood sugar responds to foods, physical activity, or insulin doses at specific times.
Happy Bob	Free trial \$9.99/monthly	Management and Monitoring	<ul style="list-style-type: none"> • Fun and interactive: App features an animated character to make diabetes tracking enjoyable. • Game element: Users collect stars by meeting targets and can set daily goals to boost time in range. • Character customization: Choose Happy Bob characters based on mood (Happy, Snarky, or Karen). • Encouragement & sarcasm: Happy offers words of encouragement when blood sugar is in range, while Snarky uses sarcasm, and Karen has a know-it-all attitude. • Potential benefits: While more research is needed, combining fun and learning in diabetes management may improve mental well-being, education, and physical activity.
ChatCGM	Basic Plan \$5	Management and Monitoring	<ul style="list-style-type: none"> • AI-based assistant: ChatCGM logs and analyzes meals, CGM data, and insulin dosing, offering insights in reports. • Meal tracking: Take photo of meal, and ChatCGM identifies ingredients and provides a carb count. • Meal logging: Log meals, insulin doses, and carbs to the open-source Nightscout software. • Blood sugar trend analysis: AI identifies recurring blood glucose highs and lows, which can be shared with healthcare team for treatment adjustments. • Interactive support: Chat with the AI via Telegram app for data review, conversational feedback.