

## 8 Apps to Improve Time in Range

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

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