



8 Apps to Improve Time in Range

| Name of App | Cost | Category | Description |
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| 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 CDCESSubscription 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. |