

Using Mobile Apps TO MANAGE DIABETES

The technology landscape in diabetes has moved beyond basic diabetes devices to include personal health devices, telehealth services, digital education, and mobile apps. AADE is defining the broader diabetes technology ecosystem to include the growing number of digital health tools.

THE EVOLVING “E-PATIENT”

Increasingly, people with diabetes are coming to diabetes education appointments with their smartphones fully loaded with apps for banking, for physical activity, or even for meditation. Diabetes educators can leverage their existing interest and try to expand their app use for diabetes self-management education and support activities. Once people are using more apps and generating more data, explore how you can incorporate the resulting patient-generated app data into your conversations. This can help you tailor self-management education and provide feedback to help people make healthy changes.

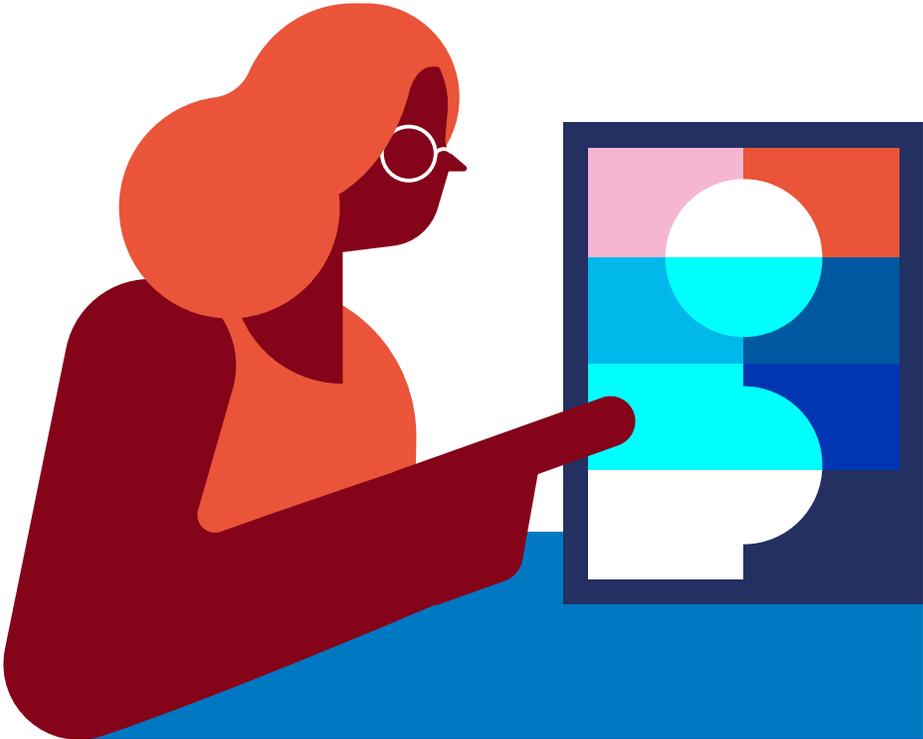
TYPES OF MOBILE APPS

With more than 300,000 health apps available for download, you may feel overwhelmed by where to start. Most of these apps are food and physical activity trackers or educational apps. These apps typically address lifestyle and wellness and do not require

review by the Food and Drug Administration (FDA). Some mobile apps require FDA approval. These are used to diagnose or provide treatment, or are an accessory to a medical device, like insulin dose calculators or

apps that show CGM tracings on a smart device. The FDA approves or clears them based on their potential risk.





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MOBILE APP SUCCESS PLAN

STEP 1:

To get started using apps, consider incorporating a simple question into your assessment: “Do you use mobile apps on a smartphone?” If the answer is “yes” go to step 2.

- If the answer is “no” but they own a smartphone, consider showing them an app on your phone and share some of the advantages of using apps for self-management.
- If they don’t own a smartphone, keep in mind that many apps can also be used on a computer, which may work best for some individuals.

STEP 2:

Work together to identify an app that can make their biggest challenges in daily diabetes care easier.

STEP 3:

Support the person to download, register and customize the app. They may need help adding information like medications.

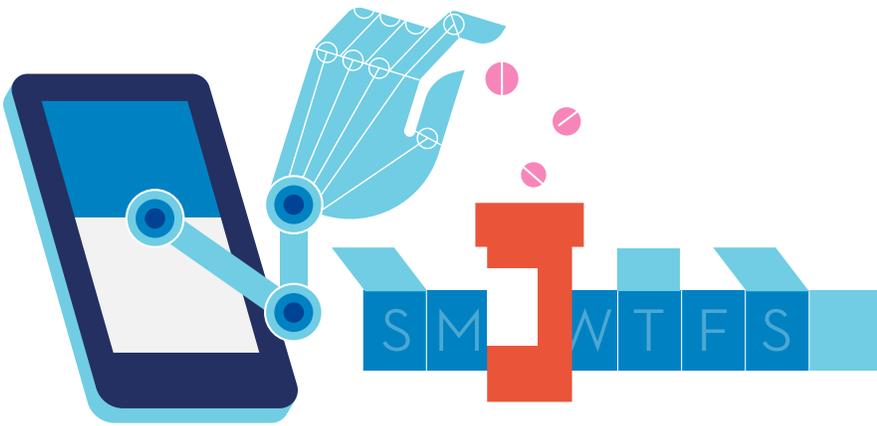
Digital Health apps and software platforms are featured in the product section of DANA and include information on FDA status, outcomes, data sharing, and security/privacy.

Visit the [DANA App Review](#) to identify potential apps that can support people with diabetes.

STEP 4:

Help them create a plan for ongoing use of the app.

MOBILE APP WORKSHEET



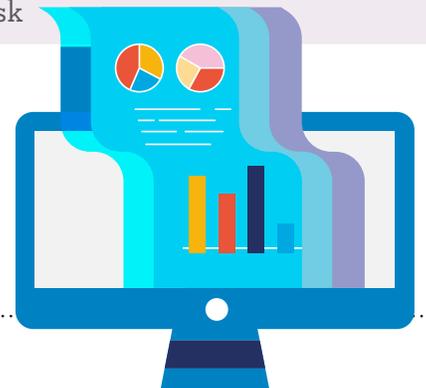
GETTING STARTED CHECKLIST

CHECK WHAT YOU ARE MOST INTERESTED IN

- I'm not sure
- I'm interested in keeping track of my diabetes activities
- I'm interested in figuring out how to fit diabetes into my daily life
- I want to share information with my health care team

ACTIONS YOU CAN TAKE WITH MOBILE APPS IN YOUR DAY-TO-DAY ACTIVITIES

- Try any diabetes education feature within the app. Learn one new thing a week until you feel comfortable.
- Consider tracking your blood glucose, food, activity, sleep or other activity
- Record medications and set reminders, if available
- Review the app data you are tracking now and then to check your progress
- What can you learn about yourself from this?
- Determine if there are any small tweaks you can make to your self-care
- In areas where you could use some help, ask your diabetes educator
- Talk with your health care team about when and how to send a report of your data
- Review your data report ahead of time to be prepared for your visit and identify questions to ask



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PROVIDE ONGOING SUPPORT

STEP 1:

VIEW THE PATIENT-GENERATED DATA

- If the app can create reports, ask the person to share the report with the healthcare team, either virtually or on paper.
- Or ask if you can view their data on their screen and look for trends together.

STEP 2:

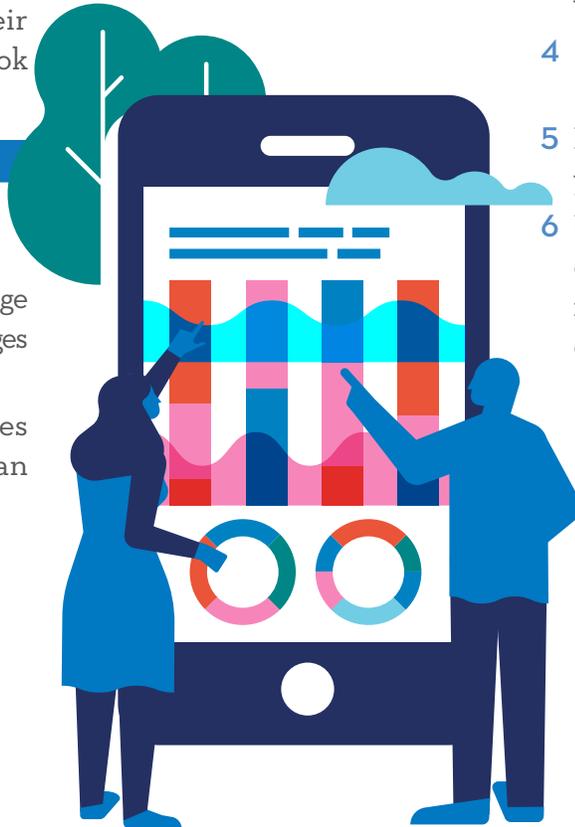
EVALUATE THE DATA IN CONTEXT OF THEIR GOALS

- Is the app helping them to engage in more activity or making changes to their eating plan?
- Reinforce successful changes and review how the app can help support their goals.

STEP 3:

COMMUNICATE

- Either virtually or face-to-face to provide feedback
- Congratulate them for learning something new to manage their diabetes



Kick-off your Technology-Enabled Practice

- 1 Visit [DANATech.org](https://www.danatech.org) to learn more about the app review process and search for digital health software in the product section.
- 2 Create a list of your “favorites” to facilitate your discussions
- 3 Download some apps and practice using them yourself
- 4 Integrate a technology question into your assessment process
- 5 Incorporate an app plan into your ongoing interactions
- 6 Use the patient-generated app data to provide feedback and new insights during your conversations.