Using a connected pen/platform to share your insulin dosing information, glucose, and other diabetes-related data can be easily done through your smart phone. You download the app associated with your connected pen/platform, connect it to your pen, and then you are able to share your numbers with your diabetes care team.

Here are three examples of how connected pens/platforms have helped individuals living with diabetes.

I have had diabetes for 15 years and use 4 injections of insulin each day. I have a busy life and sometimes I forget when I last took my insulin or to take it altogether. Carrying around logbooks and constantly having to write down all the numbers is exhausting.

A connected pen could help ALEX because:

- The **app that connects to the pen may have reminders** that can be set for insulin doses.
- The **previous insulin dose is recorded automatically** so she can feel more reassured about the timing of her last dose.
- Some platforms also have the ability to pair (or connect) with a glucose monitor. This means she can automatically record her glucose values and insulin dose in one place.

Hi, I'm Alex
Many platforms have a built-in calculator in the app that will calculate the meal doses for him so he can be more confident and reassured when determining the mealtime dose.

Some platforms can keep track of the insulin remaining in his body from the last injection.

This makes him feel more confident that he won’t be giving himself too much insulin too soon, which lowers his risk for low glucose levels and keeps his post-meal numbers in range.

A connected pen platform could help SAM because:

1. Many platforms have a built-in calculator in the app that will calculate the meal doses for him so he can be more confident and reassured when determining the mealtime dose.
2. Some platforms can keep track of the insulin remaining in his body from the last injection.
3. This makes him feel more confident that he won’t be giving himself too much insulin too soon, which lowers his risk for low glucose levels and keeps his post-meal numbers in range.

A connected pen could help TRACY because:

1. She can share her numbers with her diabetes care team directly and securely through the app.
2. Her care team can give her feedback at any time, even in between visits.

Hi, I’m Sam

Hi, I’m Tracy