

Building Your Confidence with Using Connected Pen/Platform Tools

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.

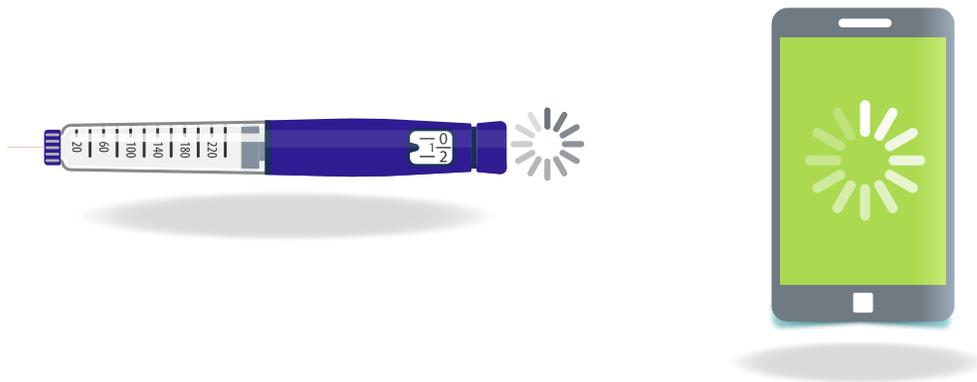
“
Hi, I'm
Alex”

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.



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Connected pen/platform devices can be covered by insurance and come with a variety of resources and support to help you use them safely and effectively, including:

- 1 How-to videos
- 2 Customer Service representatives
- 3 Handouts
- 4 Online learning tutorials

These are just some of the ways a connected insulin pen/platform can help with managing diabetes on a day-to-day basis.

Talk to your care team if you are interested in learning more.

I have had diabetes for 20 years. I don't always feel confident knowing how much carbs are in everything I eat and how to calculate the right dose on the fly. I am afraid that the guess work might drop my glucose too low, so I just underdose sometimes to be safe.

“Hi, I'm
Sam”

A connected pen platform could help SAM because:

- 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.

“Hi, I'm
Tracy”

I have had diabetes for 8 years and try to keep my sugars within target range. I check my glucose several times a day and really want feedback from my care team about ways to increase time in my target range. I want to know if a connected pen/platform will help me do that.

A connected pen could help TRACY because:

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