If you use insulin to manage your diabetes, connected pens/platforms may be an option to help make your daily management of diabetes a little easier.

What is a Connected Insulin Pen/ Pen Platform?

A connected insulin pen captures insulin dosing information. Information is sent to a mobile app. Information is shown in the platform so you can view trends, discuss with your care team, and make decisions on what changes are needed. Ultimately to a platform that can be viewed by your care team.

Connected insulin pen and platform:

Automatically records insulin dosing information and glucose numbers. Sends them to an app. Ultimately to a platform that can be viewed by your care team.
Introduction to Connected Insulin Pens and Pen Platforms

Recognize the Potential Benefits of Using a Connected Pen/Platform

Physical activity, food, insulin dose and timing all work together to impact your glucose (blood sugar) levels. This is the diabetes puzzle we try to solve every day. Using a connected pen/platform may help you put the puzzle pieces together in these ways:

- Supports safe and effective insulin use, and comes with many resources, education, and training.
- Takes the guesswork out of your fast-acting insulin dose because it may have a built-in calculator.
- Tracks the timing and dose of the insulin you give so you don’t have to remember.
- Allows for programming alerts and alarms to help keep track of tasks related to managing your diabetes.

Decide if a Connected Pen/Platform is Right for You

To see if a connected pen/platform may be right for you, check off all of the statements that apply to you:

- I take insulin and have trouble keeping track of my insulin doses.
- I could use help in determining fast-acting insulin doses.
- I am not sure what changes to make to improve my diabetes management.
- I don’t always write down all my numbers (glucose, insulin, carbs, etc) related to my diabetes management.

If you checked any of the circles listed above, you may want to start a conversation with your care team to discuss if switching to a connected pen/platform can help make it easier to self-manage your diabetes.