

Helpful Diabetes Apps

All Apps are compatible with both Apple and Android devices.

Log book/Comprehensive apps:

- **AADE Diabetes Goal Tracker** Diabetes Goal Tracker is a tool to help you set your goals based on the seven proven diabetes management approaches.
- **Blue Loop** This app (with companion website) serves as an information hub for caregivers of children with diabetes. Parents and other caregivers can update a child's information, which the other caregivers can view in real time.
- **Glooko** This is a free app, but requires you to purchase a specific cable to download your meter memory to the app. This app can create graphs and charts with your blood glucose results, has a food database with carbohydrate counts and connects to the *glooko* Facebook page.
- **TidePool** Tidepool Mobile lets you add notes about meals, exercise, or other data you want to track. See your insulin pump, CGM, and blood glucose meter data alongside your notes. Tidepool Mobile helps you keep track and learn from what happens.
- **SocialDiabetes** Social Diabetes helps you to control better your diabetes treatment with the convenience of carrying your logs directly on your smartphone. Register and combine logs and have your blood glucose under control. Type 1 and Type 2 diabetes care requires a lot of tracking. With SocialDiabetes, register all the relevant information to your treatment such as blood glucose levels, insulin, carbs, medications or physical activity.
- **BD Bright** Powered by the experts at BD, the health care company that helps more than 30M people with diabetes a year, Bright is your personal diabetes assistant at the touch of a button. On top of a diabetes log, discover tailored nutrition advice, activities, healthy food recipes and the tools to help you maintain a normal blood sugar level.
- **Blood Sugar Tracker** Free and simple app. Manually log blood sugar levels, set target blood glucose ranges, view history and simple graphs to identify numbers that are in and out of target range.
- **Diabetes:M** On top of tracking your blood glucose and meals (with a nutrition database and bar-code scanner), the Diabetes:M app will calculate insulin boluses for you. Through the Apple Health app, Diabetes:M will sync with other devices, including glucose meters, Fitbit, Garmin, and many others.
- **dLife Diabetes Companion** Ability to look up foods and recipes, logbook function for glucose, carbohydrates and insulin, Q&A section with videos and interviews. Very helpful, targeted audience adults/adolescents.
- **Glucose Buddy** Manually enter blood glucose numbers, carbohydrate, insulin and activities. Free version very basic.
- **Glucosio** This app for types 1 and 2 diabetes. It tracks important metrics like A1C, body weight, ketones, cholesterol, blood pressure, and more. Against a hot-pink background, you can select your targets and set reminders to keep your program on point. With your permission, the open source platform allows you to help diabetes researchers by sharing your data anonymously. Currently, you can back up your data to Google Drive and share it via CSV file. Stay tuned for more exporting formats and backup as well as new features like bolus and basal tracking.
- **Health2Sync** This APP understands that living with diabetes can at times feel isolating. That's why you can invite friends or family as a partner on this app for added support and motivation. The app lets you see all your vital stats at a glance within the dashboard or look more deeply at individual metrics like blood pressure, weight, and blood glucose. You can also export your data. By reviewing your diary, you can look for trends in what's causing any symptoms or mood shifts.

- **mySugr** With a cheeky logo (“We make diabetes suck less”) and a cute cartoon monster to greet you in the app, mySugr almost makes logging your diabetes data fun. You can input and track blood glucose levels, meds, meals, and carb intake, and it syncs with the Apple Health app to collect physical activity and step data points. It can also sync with Accu-Check glucose meters and give you an estimated hemoglobin A1C.
- **Diabetes 360** Diabetes 360 is designed and built to be a total solution for Diabetics of all ages. Based on input from medical professionals and diabetic patients, we have included functionality that allows the user to calculate insulin dosing, log it, and analyze it.

Nutrition- Related apps:

- **Calorie King** Look up foods and corresponding carbohydrate, calorie and fat content, easy to use. Search food database in place of the paper copy of Calorie King.
- **MyFitnessPal** My FitnessPal is one of the most popular health apps around. It has a food database, including many restaurant foods, and it includes a bar-code scanner to quickly look up foods at the store or in your pantry. It also doubles as an exercise tracker, giving you space to log your physical activity and syncing with many exercise tracking devices.
- **GoMeals** Using a plate graphic and bold colors, this app can help you visualize how well you’re meeting your daily nutrition needs. Log foods using a comprehensive database that includes more than 40,000 common foods and over 20,000 restaurant meals, view nutrition facts, and see what percentage of your current calorie intake is from carbohydrate, fat, and protein.

Dose Calculator apps:

- **T1D1** A simple, easy to use calculator app designed by a 13 year old diagnosed with Type 1 diabetes.
- **InPen** InPen combines a smart insulin pen with an easy-to-use smartphone app. Using information transmitted from the pen, the InPen App automatically records insulin doses, tracks active insulin, calculates mealtime and correction doses, shares therapy data with your doctor or caregiver, and much more.
- **PredictBGL** PredictBGL is a must-have diabetes companion app with interesting features. It has an advanced insulin dose calculator which integrates exercise and other factors to personalize the doses (Pro users get optimized doses for protein, fat and fiber). It allows data import from many other instant sharing of live data, and secure data backup.
- **JADE** Track insulin on board (IOB) to avoid over-dosing. Real, actionable data – see how many carbs to eat when too low, and how long to delay eating when too high. Minimize damaging glucose variability. Dose off protein, fat and fiber. Integrate food apps for precise doses from 5,000,000 foods. Personalize factors for low, medium and high impact exercise, stress, menstruation, sickness, pain and alcohol.

Child Friendly apps:

- **Carb Counting With Lenny** Kids can browse photos of common foods to learn how many carbs are in each or play a “does this food have carbs?” game to rack up points.
- **LogFrog DB** Child friendly app that offers logbook for documenting exercise, blood sugars, carbohydrates and medication doses

Emergency Medical apps:

- **Glucagon** Free app designed to give training instructions and to help users with Glucagon administration. Interactive video-game-like demonstration, speaks verbal directions for administering Glucagon, and can keep track of kit expiration dates.
- **Kid Care from St. Louis Children’s Hospital** The symptom care guides help you make smart decisions on what level of care (if any) is needed and how to provide speedy symptom relief for minor illnesses or injuries you can manage on your own