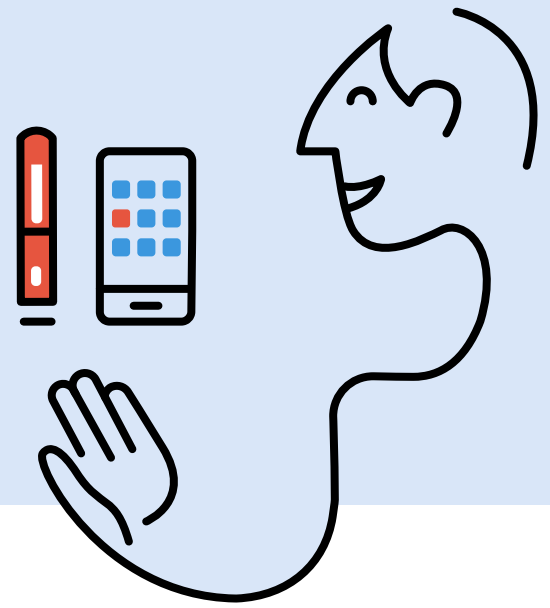
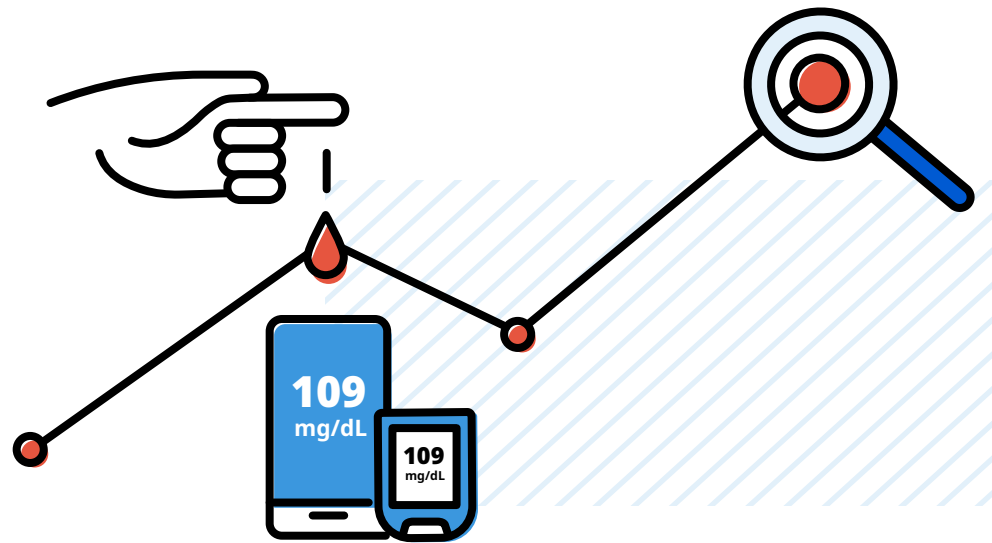


Digital Tools for Managing Diabetes



A few common tools and how they can help

Tracking, logging, sharing info with your doctor—if you're managing diabetes, it can feel like there's a lot to do. And today, there are more tools at your fingertips than ever before to help manage diabetes digitally.



Continuous glucose monitor (CGM)

A small, wearable device with a tiny sensor that sits partially under your skin

- **Continuously reads blood glucose levels** so you don't have to check it with a finger-stick
- **Helps you and your doctor spot trends** and adjust your care plan, if needed



Connected insulin pen

Connects with a smartphone app to help you...

- **Understand the right dose** to take
- Remember **when to take your insulin** (and when you took it last)
- **Share digital reports** with your doctor



Insulin pump

A small, computerized device that mimics the way the human pancreas works by delivering small doses of insulin continuously under your skin

- **Insulin is delivered continuously** to keep blood glucose levels stable
- If needed, insulin can also be **delivered at mealtime**
- **Reduces or eliminates** the need to inject insulin yourself



Smart watches and activity trackers

These can be great tools for getting active and staying motivated. Set goals and see your progress—some can even remind you when it's time to get up and get moving, if you want them to. And the best part is that you don't need a prescription to use them.



Wondering if these digital tools are right for you? Talk to your doctor, and visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more about managing diabetes.