

# Tools and technology for diabetes

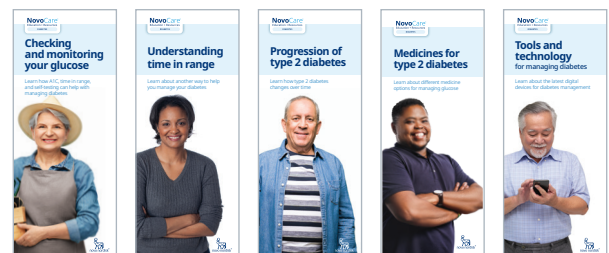
Learn about the latest digital devices for diabetes management



Managing your physical, mental, and emotional health with diabetes is important. Visit [NovoCare.com](https://www.novocare.com), your one-stop online resource for all things diabetes!

- Personalized resources and educational tools for living with diabetes
- Affordability and savings support for your medicine

The more you know about diabetes, the better you may be able to manage it. These brochures provide helpful information to educate you about diabetes and help you reach your diabetes goals.



Ask a member of your healthcare team for these brochures or click [here](#) for a digital version.

If you have questions or would like assistance with any of our resources, call 1-800-727-6500 (option 8 for Spanish), Monday to Friday, from 8:30 AM to 6:00 PM EST.

Visit [NovoCare.com](https://www.novocare.com) or scan this code with a smartphone or tablet



No data will be collected by scanning the QR code.

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# Tools and technology for managing diabetes

Digital tools have become an essential part of diabetes management. They have been shown to help people living with diabetes improve their blood glucose (*sugar*) levels. They may also help prevent or delay diabetes-related health problems. Take a look at the many options to choose from and then discuss with your diabetes care team what devices may be best for you.

## Things to consider

Discuss with a member of your diabetes care team if using [diabetes technology](#) may help you manage your diabetes. The decision about which device to use should be made along with your healthcare and insurance providers. Things to consider when deciding to add a device to your management plan:



### About you

- Medical history
- Diabetes history
- Lifestyle



### About the device

- Ease of use
- Cost and insurance coverage
- Information it provides
- Flexibility

After you read through this brochure, answer the questions below. Then discuss your responses with a member of your healthcare team. This may help to determine which device is best for you.

### What do you want out of a device?

*Example: fewer finger pricks*

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### What would you like to change in your diabetes management routine?

*Example: less injections*

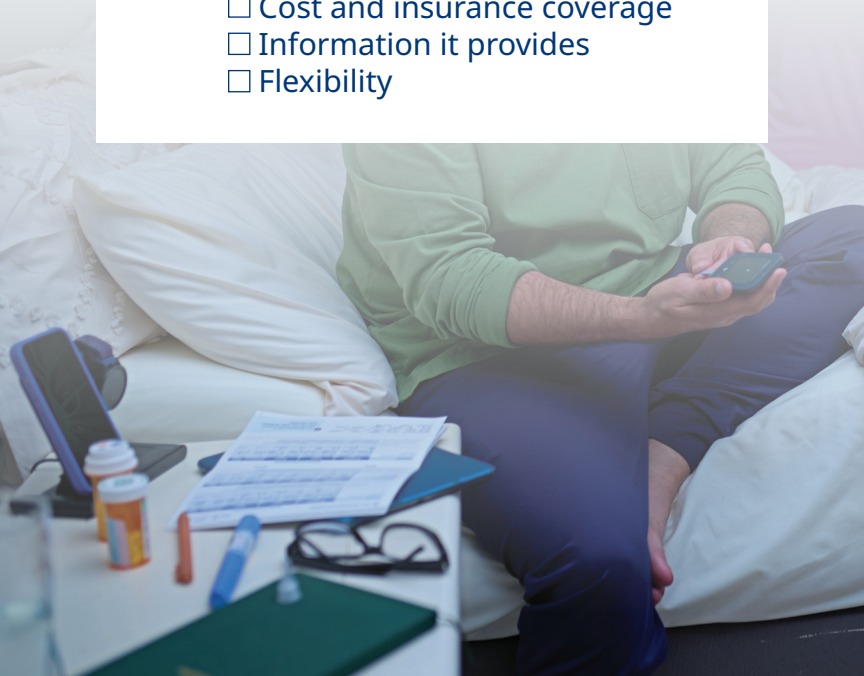
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## Blood glucose meter



### What it is

- A small portable device that tells your blood glucose levels at that moment
- It has a screen and comes with test strips that work with the meter

### How it works

- Prick your finger with a lancet device
- Apply a small drop of blood to the test strip
- See your blood glucose level on the screen in a few seconds

### Who may benefit

- This standard device is for anyone who needs to [monitor blood glucose](#) levels



Talk with a member of your diabetes care team about how often and when to check your blood glucose levels.

## Continuous glucose monitor (CGM)



### What it is

- A device that checks your glucose levels for you every few minutes
- It provides real-time information about your levels throughout the day and night
- Tracks your glucose data over time

### How it works

- A tiny sensor is inserted just below your skin, usually on your belly or arm
- It measures your glucose levels within the tissue fluid rather than directly from your blood
- A transmitter sends your glucose data wirelessly to a smartphone, receiver, or an insulin pump

### Who may benefit

- People who often have low blood glucose or are unaware when it happens
- Those having trouble reaching or staying at their blood glucose targets
- People that take [insulin](#) as part of their treatment plan
- Anyone with diabetes that wants more information about how [food](#), [activity](#), and medicines affect blood glucose

## Insulin pump

### What it is

- A small, computerized device that is attached to your body
- It delivers insulin continuously, on demand before meals, or to correct high glucose levels

### How it works

- Sends insulin through a small, flexible tube (called a catheter) which goes under the skin
- Can be programmed to release a dose of insulin in response to food or as small continuous doses
- Some pumps can work with a CGM

### Who may benefit

- People who need multiple injections of [insulin](#) each day



## Smart insulin pen

### What it is

- A reusable injector pen is connected to an intuitive smart phone app



## Automated insulin delivery system (AID)

### What it is

- Sometimes called an artificial pancreas, it acts how your body would manage blood glucose
- Contains a CGM, insulin pump, and software program that share information

### How it works

- CGM estimates glucose levels and sends the information to a software program on a smartphone or insulin pump
- The program calculates how much insulin your body needs
- The insulin pump delivers insulin amounts that adjust when glucose levels are higher or lower than your target range

### Who may benefit

- People who need multiple injections of insulin each day
- Those having trouble reaching or staying at their blood glucose target
- People who often have [low blood glucose](#)

### How it works

- Calculates each dose based on current blood glucose level, carbohydrate amounts, meal size, active insulin, and settings prescribed by a healthcare professional
- Keeps track of doses and can provide helpful reminders, alerts, and reports

### Who may benefit

- People who have difficulty calculating insulin doses
- Those that use insulin to manage diabetes

