

DIABETES APPS AND TOOLS

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So what is an 'app'?

- **Definition:** Apps is an abbreviation for *application*. An app is a piece of software. It can run on the **Internet**, on your **computer**, or on your **phone** or other electronic device. The word "app" is a more modern usage, but this is really the same thing as a program.

From: http://google.about.com/od/a/g/apps_def.htm

How can apps help me?

- Can help to track information.
- Can motivate you toward goals.
- Can be entertaining.
- Can help with sharing data.
- Can help with managing your diabetes.
- Can empower you to hone diabetes self-management skills.

Go to <https://play.google.com/store>



Search and choose your app



- <https://vimeo.com/85338614>



Other ways to find tools and motivators

- Websites and magazines

– <http://diatribe.org/>

diaTribe

Making sense of diabetes

Visit The diaTribe Foundation >

The screenshot shows the diaTribe website homepage. At the top, there is a navigation bar with links for HOME, ABOUT, TYPE 1, TYPE 2, and DONATE. A search bar is located on the right side of the navigation bar. Below the navigation bar, there is a "JOIN the diaTribe!" section with a text input field and a "SUBMIT" button. To the right of this section is a large image of a hand holding a thin, rectangular insulin patch. Below the image is the text "Calibra Finesse Bolus Insulin Patch Pump to Launch in the US in 2016". To the right of the patch image are three article teasers: "A New York State of Mind" (7/24/15 - TYPE 1), "Meal Memory - Finally! A Useful, Low Hassle..." (7/27/15 - TYPE 1 & TYPE 2), and "10 Tips for Teenagers to Live Well With Type..." (7/27/15 - TYPE 1). Below the patch image is a large section titled "SLIM DEVICE APPROVED FOR TYPE 1 AND TYPE 2 DIABETES" with a sub-headline "NEW NOW NEXT". Below this section is a "1-2 TYPE" icon and a paragraph of text: "In J&J's most recent quarterly update call, we learned of plans to launch the Calibra Finesse bolus-only, wearable insulin delivery device in the US in 2016. The product was approved by the FDA way back in 2010 for". At the bottom left, there is a "RESOURCES" section with links for "Type 1 diabetes" and "Type 2 diabetes". At the bottom right, there is the Carle logo.

HOME ABOUT TYPE 1 TYPE 2 DONATE search

JOIN the diaTribe!

you@email.com **SUBMIT**

diaTribe provides free cutting-edge diabetes insights and actionable tips for people with diabetes.

Our mission is to help individuals better understand their diabetes and to make our readers happier & healthier.

CONNECT WITH US:

RESOURCES

➔ Type 1 diabetes

➔ Type 2 diabetes

Calibra Finesse Bolus Insulin Patch Pump to Launch in the US in 2016

SLIM DEVICE APPROVED FOR TYPE 1 AND TYPE 2 DIABETES

7/27/15 - NEW NOW NEXT

1-2 TYPE

In J&J's most recent quarterly update call, we learned of plans to launch the Calibra Finesse bolus-only, wearable insulin delivery device in the US in 2016. The product was approved by the FDA way back in 2010 for

A New York State of Mind
7/24/15 - TYPE 1

Meal Memory - Finally! A Useful, Low Hassle...
7/27/15 - TYPE 1 & TYPE 2

10 Tips for Teenagers to Live Well With Type...
7/27/15 - TYPE 1

Carle

<http://www.diabetesforecast.org/>



Diabetes
FORECAST[®] The Healthy Living Magazine

Living With Diabetes | About Diabetes | Recipes & Food | Body & Mind | Blood Glucose & Medications | The Magazine

HOT TOPICS | NEWLY DIAGNOSED | CONSUMER GUIDE | IN THIS ISSUE | DEALS | AMERICA GETS COOKING |

Get Diabetes Forecast
SUBSCRIBE TODAY!

The banner features the magazine logo, a navigation menu with six categories, a teal navigation bar with seven links and a search box, and a yellow subscription button with an image of the magazine cover.

Diabetes Forecast magazine is published by the ADA (American Diabetes Association)

The screenshot shows the ADA website's header and main content area. At the top, a teal banner contains the text "Diabetes kills more Americans each year than breast cancer and AIDS combined." and a yellow "DONATE TODAY!" button. Below this is a navigation menu with links for MAGAZINE, TAKE ACTION, WALK, RIDE, NEWLY DIAGNOSED, RECIPES, PROFESSIONALS, and SHOP. A secondary menu includes "En Español", "Type 1", "Type 2", "About Us", "Online Community", "Meal Planning", "Sign In", and "Account & Settings". The ADA logo and "75th Anniversary" banner are on the left. A "DONATE NOW!" button is followed by options for "One Time", "Monthly", "In Memory", and "In Honor", along with a search bar. A bottom navigation bar lists "Are You At Risk?", "Diabetes Basics", "Living with Diabetes", "Food & Fitness", "In My Community", "Advocacy", "Research & Practice", and "Ways to Give".

The central banner features a woman's profile and the text: "Millions Are **WISHING** for a **CURE**". Below this, it says "Help Make Their Wishes Count!" and "Give today to support lifesaving research and life-changing programs." To the right, there are four magazine covers: "Back to School Basics", "Ryan's Challenge", "Who Do You Love?", and "Diabetes Got Instant Access to News!".

<http://www.diabetesselfmanagement.com/>

Diabetes

SELF-MANAGEMENT



About Diabetes

Managing Diabetes

Diabetes Recipes

Nutrition & Exercise

Diabetes Resources

Blog



Banana-Berry Smoothie

You only need five minutes and five ingredients to whip up this refreshing drink!

[Click here for the recipe.](#)

Sign up for our Newsletter

Submit

Don't miss a single issue of
Diabetes Self-Management

Subscribe

Get 50 test strips

Tools can help you engage with these important behaviors to better manage your diabetes and overall health



- Healthy eating
- Being active
- Monitoring
- Taking medications
- Problem solving
- Healthy coping
- Reducing risks

Tools can take many forms, not only “high tech”

- Writing simple reminder on a post it.
- Making an ongoing “date” with a friend to walk.
- Writing down blood sugars to learn pattern management
- Making a spreadsheet, learning to download your own meter
- Setting reminders on your BG meter

Setting the Reminder Alarms for Freestyle meter

- You may set up any or all of the reminder alarms (1-4).

Note: A reminder alarm will never sound during a test.

To set a reminder alarm or multiple reminder alarms, please follow these steps.

- Start with the meter off. Press the “m” button and hold until the **SET** display appears with **01234**. You are now in the reminder alarm setting mode and the “0” is blinking.
- To move to the first reminder alarm press the “c” button once. You are now ready to set reminder alarm 1 (“1” is blinking).
- Press the “m” button to move to the hour setting. With the hour blinking, press the “c” button until the correct hour appears.
- Press the “m” button to move to the minute setting. With the minute blinking, press the “c” button until the correct minute appears.
- Press the “m” button to move to the reminder alarm volume setting. Default setting is off. Press the “c” button to select the desired volume setting: low, high, or off.
- Press the “m” button to finalize your alarm setting. This will bring you back to the reminder alarm setting **SET** mode. If you wish to set multiple reminder alarms press “c” to move to reminder alarm 2. Repeat.
- **Note:** To save your reminder alarm settings and exit set up mode, press and hold the “m” button for two seconds until the meter turns off. Press the “m” button when “0” is blinking to move to the next setup screen without setting any reminder alarms.

Setting the Reminder Alarms

Meter Set-Up



- **To Enter Setup Mode**
Start with the meter off (no test strip inserted). Press and firmly hold the "m" button until the SE ↑ display screen appears.

- **To Exit at Any Time**
Press and hold the "m" button until the meter turns off.
- **To Move Through the Screens**
Press the "m" button to move through all the setup screens such as reminder alarms, sound level, time, date, and so on.
- **To Change Settings Within the Screen**
Press the "c" (configure) button.

Setting the Reminder Alarms

You may set up any or all of the reminder alarms (1-4). Note: A reminder alarm will never sound during a test.

To set a reminder alarm or multiple reminder alarms, please follow these steps.



1. Start with the meter off. Press the "m" button and hold until the SE ↑ display appears with 01234. You are now in the reminder alarm setting mode and the "0" is blinking.



2. To move to the first reminder alarm press the "c" button once. You are now ready to set reminder alarm 1 ("1" is blinking).

Select reminder alarm

ENGLISH

ENGLISH



Select hour

3. Press the "m" button to move to the hour setting. With the hour blinking, press the "c" button until the correct hour appears.



Select minute

4. Press the "m" button to move to the minute setting. With the minute blinking, press the "c" button until the correct minute appears.



Select reminder alarm volume

5. Press the "m" button to move to the reminder alarm volume setting. Default setting is off. Press the "c" button to select the desired volume setting: low, high, or off.



Select reminder alarm

6. Press the "m" button to finalize your alarm setting. This will bring you back to the reminder alarm setting SE ↑ mode. If you wish to set multiple reminder alarms press "c" to move to reminder alarm 2. Repeat.

Note: To save your reminder alarm settings and exit set up mode, press and hold the "m" button until the meter turns off. Press the "m" button when "0" is blinking to move to the next set-up screen without setting any reminder alarms.

“...you will be more disappointed by the things you didn't do than by the things you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

Mark Twain

