

Your health matters!

Glucose monitoring

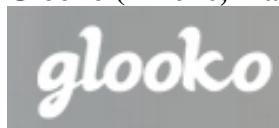
Diabetes in Check (iPhone, iPad)



This app is designed to help you lower your blood sugar, get active, eat better, count carbs, and manage your weight. It provides in-app coaching from a certified diabetes educator. You can enter blood glucose levels and see how food, activity, and stress impact your health. Includes a barcode scanner for food, carb tracker for 1000s of foods, recipes, and tools to help with meal planning and getting active.

Cost: Free

Glooko (iPhone, iPad, iPod)



The Glooko Logbook app and MeterSync Cable downloads readings from your blood glucose meter to your smart phone. You can also create an electronic logbook and send the data to your physician. Compatible with 32 blood glucose meters including Bayer's, FreeStyle, OneTouch, and Accu-Check. <https://www.glooko.com/>

Cost: Logbook is free. The Glooko subscription is \$59.95 and includes a USB cable for your glucose meter.

Glucose Buddy (iPhone, iPad, iPod) Named one of the best Diabetes Apps in 2019 and 2020.



You can log blood glucose readings, medications, food intake and activity. You also can tag readings and make notes. Glucose Buddy's charts and graphs will show trends in your numbers. An alarm can remind you when it's time to log again. The app syncs your phone with an online account at [Glucosebuddy.com](http://www.glucosebuddy.com), where you can manage your data. On the website, you can even estimate your blood sugar level for the past 2-3 months, although the app makers recommend that people with diabetes take the HbA1c lab test, which is usually administered by a doctor. The makers caution that their estimator is "mathematic estimation," and may not be as accurate as a blood test. <http://www.glucosebuddy.com/>

Cost: Free.

New apps based on reviews from: <https://www.healthline.com/health/diabetes/top-iphone-android-apps> and https://appgrooves.com/rank/health_and_fitness/manage-diabetes/best-apps-for-managing-diabetes.

Telcare Wireless Blood Glucose Meter (Android, iPhone, MyTelcare.com)



This meter uploads readings online for storage and analysis, without needing a special cable or cell phone. You, your doctors and family can see the results any time – and act if necessary. For example, a mom can check a child’s readings when he’s at school, or a health professional can offer personalized coaching. The data can be tagged and graphed. <https://telcare.com/>

Cost: This is a glucose meter that links to your phone. \$149.95 without a contract, \$99.95 with a contract.

NEW:

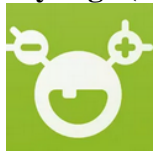
BeatO (Android, iPhone, iPad)



The BeatO app pulls data instantly from the BeatO glucometer, a device that turns your smartphone into a real glucometer. Use a different glucose monitor? No problem, manual logging of your glucose levels is still an option. BeatO is also backed by a team of medical experts who are there to jump in with a reminder when your levels are off or to guide you toward a healthier lifestyle, meaning you always have a partner to lean on in your ongoing quest to manage diabetes safely.

Cost: Free.

MySugr (Android, iPhone, iPad). Named one of the best diabetes apps in 2019 and 2020.



A clean, intuitive, customizable dashboard interface and the ability to sync with your glucose monitor set this app apart. MySugr has features that help you make the most out of the app, such as reminders that ping you to follow-up with more data (like blood sugar levels after a workout). All of the data and charts are easy to send to your doctor, so you can work together to adjust your treatment and better manage your diabetes based on real, accurate information

Cost: Free with in-app purchases.

New apps based on reviews from: <https://www.healthline.com/health/diabetes/top-iphone-android-apps> and [https://appgrooves.com/rank/health and fitness/manage-diabetes/best-apps-for-managing-diabetes](https://appgrooves.com/rank/health-and-fitness/manage-diabetes/best-apps-for-managing-diabetes).

Sugar Sense Diary (Android, iPhone, iPad). Named one of the best diabetes apps in 2019 and 2020.



Simplicity is the name of the game with Sugar Sense. With a few simple taps, you can track your blood sugar, weight, insulin, carbs, and exercise to take a holistic look at your glucose levels.

The app has automatic step counts and integrates with another nutrition log. Special features include HbA1C estimation and tracking in either mmol/L or Mg/dL. The app is easy to use and makes syncing your nutrition information with your glucose levels a breeze.

Cost: Free.

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Health monitoring

iCare Health Monitor (Android, iPhone, iPad)



This app measures blood pressure, heart rate, respiratory rate, oxygen levels, and lung capacity. Includes information on relaxation and stress. blood lipids, oxygen, heart rate, breath rate. It can screen hearing and vision for colorblindness. It needs to be on a tablet or smart phone.

Cost: \$3.49 for 1 month. \$24.49 for one year.

NEW:

BG Monitor Diabetes (Android)



BG Monitor is a diabetes log that keeps everything in one spot. Track your blood glucose, insulin, and carb intake. Input your target numbers, and the app automatically calculates your insulin for you. Moving your log off of paper and into an app means you can leverage data analytics to chart your trends, make smarter choices for your health, and share your information with loved ones and providers in a snap. Programming multiple reminders into the app lets you take your mind off your diabetes management so you can spend more of your focus on the things you love.

Health2Sync (Android, iPhone, iPad)



This app combines the convenience and insight of a digital diabetes log with the human encouragement that can make all the difference on the days you need it. The dashboard summarizes your recent blood glucose history in a color-coded distribution of readings that fall inside, above, or below your healthy range. Invite loved ones to be your partner in the app, and they'll not only be able to review your data, but also send along warm words to help you keep up the good work. The app is a helpful reminder that you're not in this alone.

Cost: Free with in-app purchases.

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Activity

My Fitness Pal (Android, iPhone, iPad)



This app is designed for people who don't use many apps on their devices. It helps manage weight and exercise, both of which are important for lowering blood sugar levels. Log your meals and exercise activity, set exercise goals, and monitor your progress. The recipe calculator can tell you exactly how many carbs are in a food. Access an online food database with nutritional information for more than two million items, or use the calculators to figure out your body mass index (BMI) and basal metabolic rate (BMR).

Cost: Free.

SworKit (Android, iPhone, iPad)



Designed for people of all activity levels. Allows you to develop a 6-week activity program with a specific goal such as weight loss, improving cardiac health, or flexibility. Has simple 5-minute stretch routines and basic activity workouts that don't require any equipment. Will also just track your steps. Has videos to show you how an exercise is done.

Cost: Free but you can unlock levels to buy a premium version if you wish.

Zombies Run (iPhone, iOS)



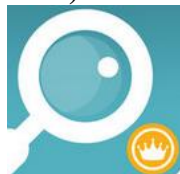
This app turns your walk or run into a story. Your work allows you to be a hero and survive a zombie adventure. You walk fast or run your own route to avoid zombies when they approach you.

Cost: Free for initial stories. Additional stories can be purchased for \$3.99.

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Food diaries

Calorie King Food Search (formerly CalorieKing Calorie Counter). (Android, iPhone, iPad)



This multitasking app lets people with diabetes quickly track calories, carbohydrates, protein and fiber. You can compare the nutritional value of foods from a database that includes information about 70,000 foods, 260 restaurants and fast-food chains. The Calorie King is also a book and interactive website.

Cost: \$1.49 a month for ad-free or \$11.99/year.

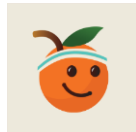
Carb Counting with Lenny (Android, iPhone, iPad). *No longer available for recent operating systems.*



This app teaches youngsters carb-counting skills. Featuring a friendly, smart cartoon lion named Lenny, it offers games and other educational activities to help children understand nutrition. A food guide highlights healthy food choices and portions. Though aimed at children and young adults, the app may appeal to parents, who might find it useful to help keep a kid with diabetes on track.

Cost: Free.

Fooducate (Android, iPhone, iPad). Named one of the best Diabetes Apps in 2019.



Allows you to track what you eat and your daily activities to see your progress and achieve your goals. Gives you the ability to browse products to find what's the healthiest option for you (cereal, yogurt, or snack). Has discussion forums, trending recipes, food/diet tips, and other information to help you learn how to select items that work into your food selections.

Cost: Free.

GoMeals (Android, iPhone, iPad)



New apps based on reviews from: <https://www.healthline.com/health/diabetes/top-iphone-android-apps> and https://appgrooves.com/rank/health_and_fitness/manage-diabetes/best-apps-for-managing-diabetes.

GoMeals tracks your meals and nutritional intake for as long as 30 days. It includes a nutritional information database on about 40,000 foods and more than 20,000 menu items. Diabetes patients can use the restaurant locator to find a nearby restaurant, search menu items and learn about calories, carbs and fats in a selected dish.

Cost: Free.

MyPlate (Android, iPhone, iPad)



Allows you to keep a daily food diary. Has thousands of foods stored in the library including fast food and other restaurant items. Can count calories; break down nutrition value (carbs, fats, sugars, etc.), and track your progress. Has extensive library of activity tasks from vacuuming, walking, yoga, weight lifting, and more. You can personalize your information.

Cost: Free. Can pay to upgrade to additional levels.

NEW:

Diabetic Diet (Android)



This app takes it back to the basics, making it a useful tool for people diabetes and prediabetes alike. The Diabetic Diet app is a wealth of resources on all things food, healthy eating, and weight loss for diabetes. Whether you have the condition or care about someone who does, this app can help you act from a place of knowledge and choose the foods that will keep you healthy and balanced. The reading material in this app serves as a straightforward, informative, and useful crash course on the do's and don'ts, for seasoned pros and the newly diagnosed.

Cost: Free with in-app purchases.

My Net Diary Calorie Counter Pro (Android, iPhone)



This is a calorie counter made with diabetes in mind. In addition to everything you'd expect from a calorie tracker — including the ability to sync with your fitness devices — MyNetDiary has space to track A1C, blood pressure, medications, symptoms, blood glucose level, net carbs, and total carb count. Comprehensive tracking and in-depth reports will help you understand how your diet, exercise, and lifestyle affect your health.

Cost: \$3.99 with in-app purchases.

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Relaxation

Breathe2Relax (Android, iPhone, iPad)



Breathe2Relax is a portable stress management tool that provides information on the effects of stress on the body. It provides instructions and practice exercises to help you learn to breathe through your diaphragm. Breathing exercises can decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.

Breathe2Relax can be used as a stand-alone tool or with support from a healthcare worker.

Cost: Free.

Calm (Android, iPhone, iPad)



Calm focuses on mindfulness and meditation. Reduce anxiety and sleep better using guided meditations, sleep stories, breathing programs, and relaxing music. Good for beginners and experienced users. Has an unguided timed meditation and 7 and 21 day programs to try. Tracks your progress.

Cost: Free. Can purchase additional programs for \$12.99 per month.

Dalio (Android)



Dalio allows you to track your moods and add activities you do throughout the day. You can add notes and keep a diary. Daylio collects recorded moods and activities in the statistics and calendar to help you to understand your habits better. Keep track of your activities and create patterns to become more productive!

Cost: Free.

Pacifica (Android, iPhone, iPad)



Pacifica gives you tools to deal with stress, anxiety, and depression. The app uses mindfulness meditation, relaxation, and mood/health tracking to help you learn to manage stress, anxiety and depression at your own pace. The app focuses on real progress, a day at a time.

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