

Our Favorite Type 1 Diabetes Apps (List compiled by patients)

If your child has type 1 diabetes, it turns out, "there's an app for that." Hundreds, if not thousands, of apps exist to help parents manage their children's type 1. "Ever since I got an iPhone®, I've used diabetes apps to help me keep track of my daughter's blood sugar levels and carb intake," says Marie, whose 11-year-old daughter was diagnosed with type 1 three years ago. "They help keep me organized and on track." We asked parents to share their favorite diabetes-related apps. Here are their top picks.

- **Glucose Buddy Diabetes Helper:** This free iPhone application helps you log your child's blood sugar numbers, insulin dosages, carbohydrate intake and daily activities. It also lets you sync the logs to Glucosebuddy.com where you can view data history for free. Recommended by: Traci, Arkansas, mom of an 11-year-old girl with type 1 diabetes
- **CarbFinder:** CarbFinder is a searchable food database for people who want to monitor their carbohydrate, calorie, and fat consumption. Designed primarily with the needs of people who have diabetes in mind, this iPhone app contains a database of well over 7,000 foods. Recommended by: Joseph, Oklahoma, dad of a 5-year-old boy with type 1 diabetes
- **TrackMyShots:** The TrackMyShots app is a Windows-based phone app that allows users to keep a log of all their daily injections without carrying around a paper and pencil. Best of all, it doesn't cost a thing! Recommended by: Elizabeth, Massachusetts, mom of a 9-year-old girl with type 1 diabetes
- **Nutri-Touch®:** This is a new app for BlackBerry® created by Tony Jennings, the father of a 10-year-old girl with type 1 diabetes. The app provides nutrition info lookup, meal recording, and nutrition recording. It also has tools for insulin dose calculation, recording, and editing, and blood sugar reporting that can be emailed directly to your doctor. A 25-day trial is free. Recommended by: Janet, New York, mom of a 5-year-old son with type 1 diabetes
- **dLife® Diabetes Companion:** This free iPhone app offers you access to the tools you'll need to manage your child's diabetes on the go. Watch videos from the dLife TV show, get answers to your questions, look up foods and healthy diabetes-friendly recipes, and track and manage your child's blood sugar levels anytime, anywhere. Recommended by: Katie, Michigan, mom of a 12-year-old boy with type 1 diabetes
- **Diabetes Buddy Lite:** The free Diabetes Buddy app for iPhone is built to help you manage your child's diabetes by tracking the factors that influence his/her blood sugar level, monitoring the fluctuations, planning ahead accordingly, and sharing the data with your child's doctor. You can log and monitor blood sugar levels, insulin injections, and medications. It also includes a food database with over 200,000 foods. Recommended by: John, California, dad of a 13-year-old girl with type 1 diabetes
- **OnTrack Diabetes:** This free Android® application helps parents manage their child's diabetes by tracking various items such as blood sugar, food, medication, blood pressure, pulse, exercise and weight. Recommended by: Gina, Florida, mom of a 4-year-old boy with type 1 diabetes
- **Diabetes Log:** This free iPhone application was created by a person with type 1 diabetes. It allows you to log your child's blood sugar readings, food intake, and medication data, plus export records of your logs to your computer or to your healthcare provider. Recommended by: Kiley, Arizona, mom of a 15-year-old girl with type 1 diabetes
- **Glucol:** This Android app can help you manage your child's diabetes by tracking key data (such as HbA1c, a test that measures blood sugar over time) that you can view in a journal or on graphs, send to your doctor, use to compute statistics, and much more. The premium version with these features is \$4.99. Recommended by: Maria, California, mom of an 11-year-old girl with type 1 diabetes

Disclaimer: The experiences and suggestions recounted in these articles are not intended as medical advice, and they are not necessarily the "typical" experiences of families with a child who has type 1 diabetes. These situations are unique to the families depicted. Families should check with their healthcare professionals regarding the treatment of type 1 diabetes and the frequency of blood glucose monitoring.

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