

Recommended Diabetes Apps

Name of App	Compatibility	Cost	Category	Description
BD Briight: Diabetes Assistant	Apple/Android	Free	Management and Monitoring	• Nutrition advice, healthy recipes, and activities • Digital diabetes assistant available 24/7 • Voice recognition for logging insulin doses/blood glucose, asking question
CalorieKing	Apple/Android	Free, with in-app purchases	Nutrition and fitness	• Curated food database of nutrition information • Includes many fast-food chains and restaurants
Figwee	Apple /Android	Free with in-app purchases	Nutrition and fitness	• Visualization tool for learning different portion sizes of food items with nutrition data • Paid upgrade tracks what you eat, allows custom food entry, records progress
Fooducate	Apple/Android	Free, with in-app purchases	Nutrition and fitness	• Nutrition tracking tool • Individualized nutrition grade for each food • Personalization for age, sex, weight loss goal • Community support
Glucagon	Apple/Android	Free	Management and Monitoring	• Step-by-step instructions (text and video) for using glucagon for injection: 1 mg (1 unit) • Tracker for glucagon kit locations and expiration dates • Reminder notifications
MyFitnessPal	Apple/Android	Free, with in-app purchases	Management and Monitoring	• Tracking tool for exercise, nutrition • Connects with fitness trackers and other health apps • Large food database with nutrition information • Individualized based on sex, age, weight loss goal
MySugr	Apple/Android	Free, with in-app purchases	Management and Monitoring	• Tracking tool for blood glucose, mood, carbohydrates, medications • Reports for HCPs • Paid upgrade adds reminders
One Drop	Apple/Android	Free	Management and Monitoring	• Tracking tool for blood glucose, mood, carbohydrates, medications • Integrated nutrition database • Reminders • Reports for HCPs
Relax Lite	Apple/Android	Free, with in-app purchases	Stress Management	• Guided breathing and meditation exercises
Tidepool	Apple/Android	Free	Management and Monitoring	• Compatibility with many devices (glucose meters, CGM devices, insulin pumps) • Tracking tool for insulin, CGM, nutrition, and blood glucose data with notes • Reports for HCPs