Bluetooth technology is making it easier to track and share blood glucose data and insulin dosing information.

Bluetooth meters allow you to automatically upload your blood glucose meter data to an app on your phone. This makes it easier to track blood glucose data since you don't have to remember to download the meter to a computer. Most apps offer the same ability to look at reports and notice trends as the web-based software programs. While more and more meters are turning to Bluetooth technology, here are some of the popular ones currently available: (show pics and links)

- Bayer Contour Next One
- Accu-Check Aviva Connect
- Livongo Health In Touch Meter

Bluetooth insulin pens make it easier to track and share insulin dose data. With multiple daily injections, a manual record was needed to know how much insulin had been given. Bluetooth insulin pens keep a record of insulin doses given by automatically sending it to an app on your phone. This data can also be shared with your medical team. Here are the Bluetooth insulin pens currently available:

- Gocap
- CLIPSULIN
- Esysta
- INPEN

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Using an Insulin Pen

Rotating Injection Sites

Tracking and Reviewing Blood Glucose Data

External Resources

Companion Medical – InPen

Bluetooth Insulin Pens

- INPEN

Recommended

Glucose Monitoring

Blood Glucose Meters

CGM Benefits