

You've probably heard the saying, "The only constant is change." That's definitely true for people with type 1 diabetes. For children, there are growth spurts and puberty. In addition, illness, stress, and changes in your daily routine can have big (and sometimes unpredictable) impacts on glucose levels. Sometimes it's hard to know what to do on your own.

This is when you need to call in reinforcements, and share your data with your diabetes care team so you can get expert advice. The question is, how?

- Talk to your clinic staff about the easiest way for you to share the data with them. They may have a specific software like [TidePool](#), [Diasend](#), or [Glooko](#) with their own clinic account. You may need a special code to link to your clinic's account.
- Many meters, CGMs, and pumps have their own software that is free to use. These include Dexcom Clarity, Medtronic Carelink, Tandem t:connect, LibreView, and many others.
- Many meters and BlueTooth insulin pens have an associated smartphone App that makes it easy to compile a report and email it to the diabetes team.

#### *Other considerations*

- Ask the clinic how frequently they would like to review your data. We recommend uploading monthly, or more often if you've changed your insulin regimen recently or simply need extra advice.
- Find out how to best communicate with the clinic. Is there a patient portal? Do you need to fill out HIPAA paperwork if you want to email them? Is a phone call best? Determining how to communicate with your diabetes team in advance will cut back on frustration and delays.
- If you are the parent, engage your child in this process. Once children reach their teen years, uploading their data to the clinic can be a diabetes management responsibility that they take on. This will help them gain confidence as they become young adults and prepare to leave home.

Reviewed by [Anastasia Albanese O'Neill, PhD](#), 7/15/19

*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**

[Interpreting CGM Data](#)

[Making Treatment Decisions](#)

**Product Websites**

[Dexcom Clarity](#)

[Medtronic Carelink](#)

[Diasend](#)

[Glooko](#)

[Tidepool](#)