

Data TMI

Technology creates an abundance of data that we can see. This can be overwhelming and seem like too much information, especially when you are using technology for the first time. It can also be overwhelming when you are using three devices (ex., blood meter, CGM, and insulin pump) and receiving data from all three. You will see more data than you ever have seen before. Having all data available at any time can be comforting to some, but overwhelming to others. It can also be a constant reminder of diabetes and the devices you wear.

Our recommendation is to take a step back and to let the device gather the trends that your diabetic team wants to review. It's their job to analyze data and respond with changes, if any, to your regimen. Ask your diabetic team to make sense of the data among all the devices and to explain the data to you.

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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

[Interpreting CGM Data](#)

[Sharing Data with Your Clinic](#)