

SPPACES: MEDICAL APP REVIEWS

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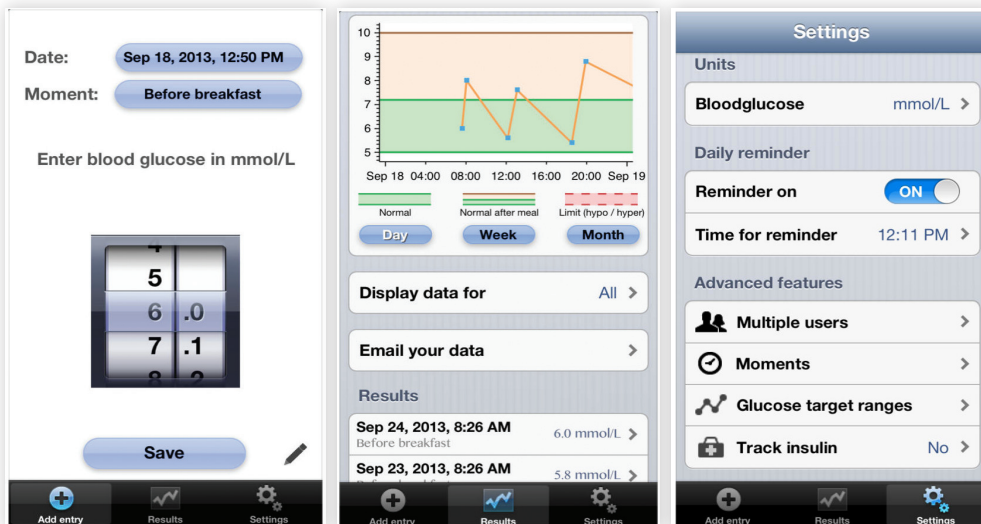
BLOOD GLUCOSE TRACKER

The Blood Glucose Tracker app (<http://apple.co/1FIC1wI>) enables patients who have diabetes to quickly and easily track their blood glucose.

Source: JAPPS

Platforms available: iOS 6.0 or later; compatible with iPhone, iPad, and iPod touch; optimized for iPhone 5.

Pertinence to primary care practice: Adhering to physician instructions regarding blood glucose testing and tracking can be difficult for many patients. This app allows patients to quickly enter their blood glucose



levels into their phone or tablet and later show these readings to their primary care physician or other provider. The blood glucose readings can be displayed graphically for that day, week, or month. The app also has an option to set an alarm to remind the patient to enter or check his or her blood glucose level. With the full version of the app, patients can also email their blood glucose readings, write notes, and track their insulin units. It should be noted that for patients with Type 2 diabetes who do not need to check their blood glucose levels regularly, those whose condition is well controlled, and those who are not using insulin,^{1,2} this app would not be necessary.

About the Author

Dr. Rebedew is a second-year resident at the Waukesha Family Medicine Residency Program in Waukesha, Wis. Author disclosure: no relevant financial affiliations disclosed.

APP REVIEW CRITERIA

- S** – Source or developer of app
- P** – Platforms available
- P** – Pertinence to primary care practice
- A** – Authoritativeness/accuracy/currency of information
- C** – Cost
- E** – Ease of use
- S** – Sponsor(s)

Authoritativeness/accuracy/currency of information:

The app was last updated on Sept. 25, 2013, but its information appears to be current and accurate. One nice feature of the app is the ability to set individualized blood glucose target ranges given that the optimal blood glucose level differs among pregnant patients, elderly patients, and others who have diabetes.

Cost: The limited version is free; the full version is \$0.99.

Ease of use: The app has a very intuitive interface. The date and time automatically update when the app opens. The patient then chooses the glucose value from a spin wheel and selects whether it was pre- or postprandial from a

drop-down menu. Overall the process takes less than five seconds. The app is available in English and Dutch.

Sponsors: Not applicable.

Rating: ★★★★★

Blood Glucose Tracker is an intuitive iOS app that helps patients with diabetes monitor their blood glucose. **FPM**

- Cordts S. Self-monitoring of blood glucose in patients with type 2 diabetics not using insulin. *Am Fam Physician*. 2012;85(9):866-867.
- See the relevant Choosing Wisely recommendations <http://bit.ly/1E7bUgO> and <http://bit.ly/1CW3uGQ>.