

MARY

Age: **54 years**
Weight: **210 lbs (95.2 kg)**
Height: **5'5" (167.64 cm)**
BMI: **34.9 kg/m²**
HbA_{1c}: **8.5%**

Medical history:
Type 2 Diabetes: **9 years**

Current treatment:
Daily basal insulin
10 units at breakfast

Recent life events:

- Increasingly busy schedule
- Job requirements increased
- Moving residence in <6 months

Dr. Wong is a primary care provider who manages Mary, a person with type 2 diabetes receiving basal insulin. Dr. Wong receives an incomplete record of her blood glucose values and is unable to assess whether her diabetes is well controlled. She wants to be able to monitor Mary's insulin dosing patterns.

Dr. Wong receives incomplete information about Mary's diabetes self-management

Dr. Wong uses technology to support Mary's diabetes self-management

Dr. Wong uses new information to optimize Mary's diabetes regimen

BMI, body mass index; CGM, continuous glucose monitor; cm, centimeter; DMP, diabetes management platform; HbA_{1c}, glycated hemoglobin; kg, kilogram; lb, pound; PCP, primary care provider.

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Dr. Wong receives incomplete information about Mary's diabetes self-management



Mary's blood glucose report shows suboptimal diabetes self-management

Although limited, Dr. Wong provides Mary with a blood glucose report summary. It shows that her Time in Range is <50% and her glucose variability is significantly high. That is when Mary expresses that she has difficulty remembering and tracking her insulin doses.

Dr. Wong needs more detailed information, and a new way to drive additional data to inform her treatment decisions

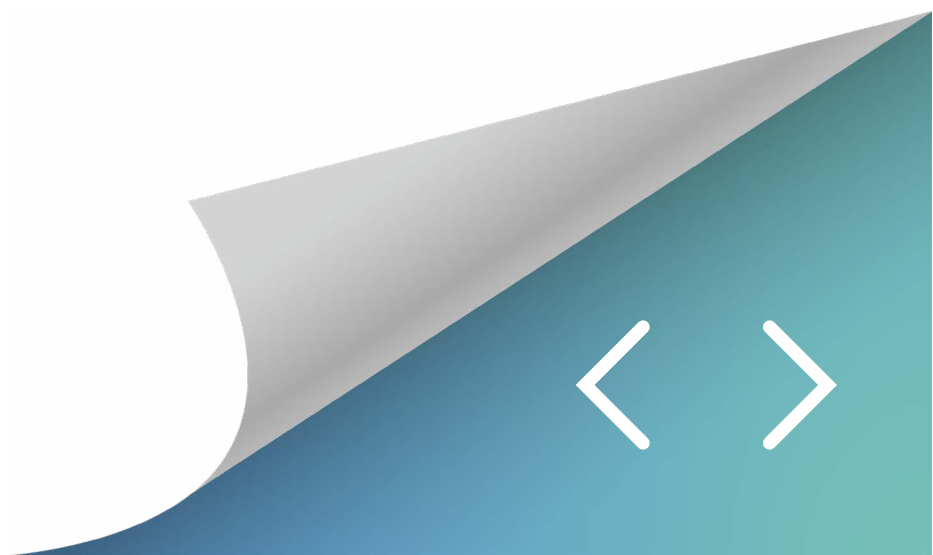
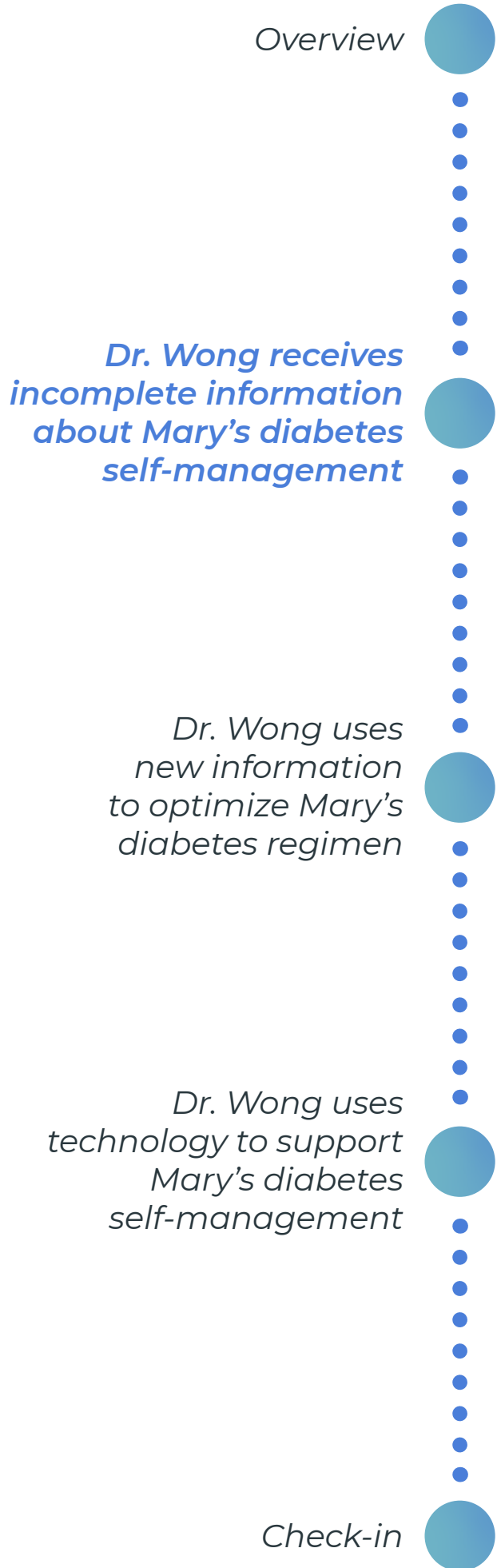
Dr. Wong recommends that Mary try a continuous glucose monitor (CGM)

Dr. Wong tells Mary about a CGM system that may help with her diabetes self-management.

What are the benefits of CGM for people with diabetes and HCPs?

DMP, diabetes management platform; PCP, primary care provider; SMBG; self-monitoring blood glucose

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Dr. Wong uses new information to optimize Mary's insulin regimen



The CGM reveals that Mary is often outside of the ideal blood glucose range

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- 1. Fasting: within target of 70–180 mg/dL but averaging 165 mg/dL
- 2. 2-hour post-prandial blood glucose >180 mg/dL
- 3. Bedtime: within target of 70–180 mg/dL but averaging 175 mg/dL

Dr. Wong changes Mary's insulin dose to increase her time in range

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Dr. Wong increases her basal insulin dose from 10 to 15 units daily and initiates dulaglutide 0.75 mg subcutaneously once weekly. She plans to monitor and titrate once weekly.

Remembering what Mary shared, Dr. Wong reviews platform options to automatically log blood glucose values and insulin dose related data

Dr. Wong recommends that Mary try a Diabetes Management Platform (DMP)

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Dr. Wong suggests that Mary may benefit from using a DMP to consolidate several components of her diabetes care in one place. The DMP will enable Dr. Wong to monitor trends in Mary's blood sugar levels and insulin dosing patterns.

What are the components of a Diabetes Management Platform?

CGM, continuous glucose monitor; DMP, diabetes management platform; PCP, primary care provider

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Overview

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Check-in



Dr. Wong suggests trying a DMP to support Mary's diabetes self-management



Dr. Wong notices many benefits* of the DMP for Mary's diabetes self-management

Mary finds the device and app **easy to use** and likes the **automatic features** such as the tracking and logging of blood glucose and insulin dosing data.¹

1. Insulin dosing and blood sugar data is **collected in one place**
2. Insulin and blood sugar data is **automatically captured**
3. **Customized reminders** to test blood sugar and dose insulin

Study of user experience of DMPs by basal insulin users like Mary

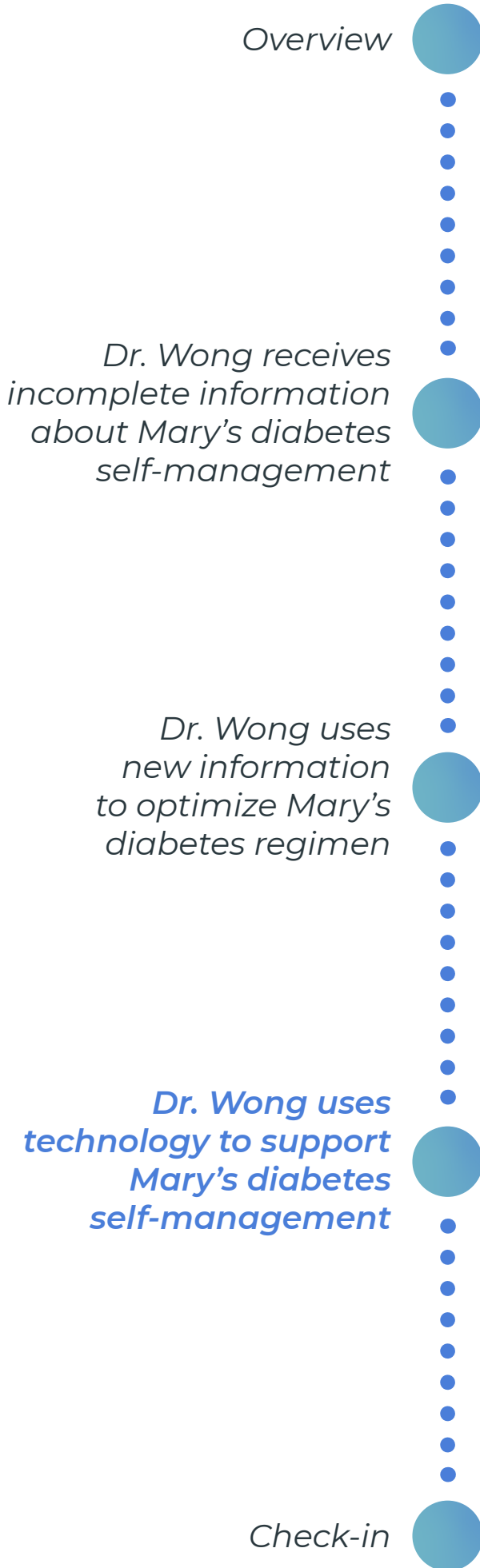
Dr. Wong notices that the DMP helps her to better manage people with diabetes like Mary

The DMP:

- Provides her with information on blood glucose and insulin dosing to enable her to observe patterns and trends
- Supports **adherence** to prescribed insulin regimens
- Provides information that **facilitates shared decision-making**

Diabetes technology, when coupled with education and follow-up, can improve the lives and health of people with diabetes²

*Informed by results from the IOQY study, was a 6-month single-arm study to assess user experience of a diabetes management platform in participants with diabetes in an outpatient environment. Results reflect the experience of people with type 2 diabetes receiving basal insulin.¹
1. Taylor, A., et al, User experiences with an insulin pen platform. 2021 Diabetes Technology Meeting Poster. *Journal of Diabetes Science and Technology*. 2022;16(2):516-571. ; 2. Mariani HS. et al. *Clin Diabetes*. 2017 Jan;35(1):60-65
DMP, diabetes management platform



Check-in





1 Which kind of patients would particularly benefit from a DMP?

Select all that apply

.....

- a. Patients who struggle to remember to dose
- b. Patients needing accountability
- c. Patients who enjoy monitoring their blood glucose manually
- d. Patients who need help keeping track of hypoglycemia and hyperglycemia
- e. Younger/tech-savvy individuals who are looking to increase their compliance

2 Which of the features of diabetes management platforms do you think would be the most useful to HCPs?

.....

- a. The insulin and blood sugar data is automatically captured
- b. The blood glucose and insulin data is collected in one place
- c. The automatic reminders that enable patients to dose insulin and test blood sugar at the right times
- d. The analytics that monitor trends in blood sugar levels and insulin dosing patterns

As you consider DMPs for appropriate patients, consider which of these features would most resonate with different individuals

Click for answers >

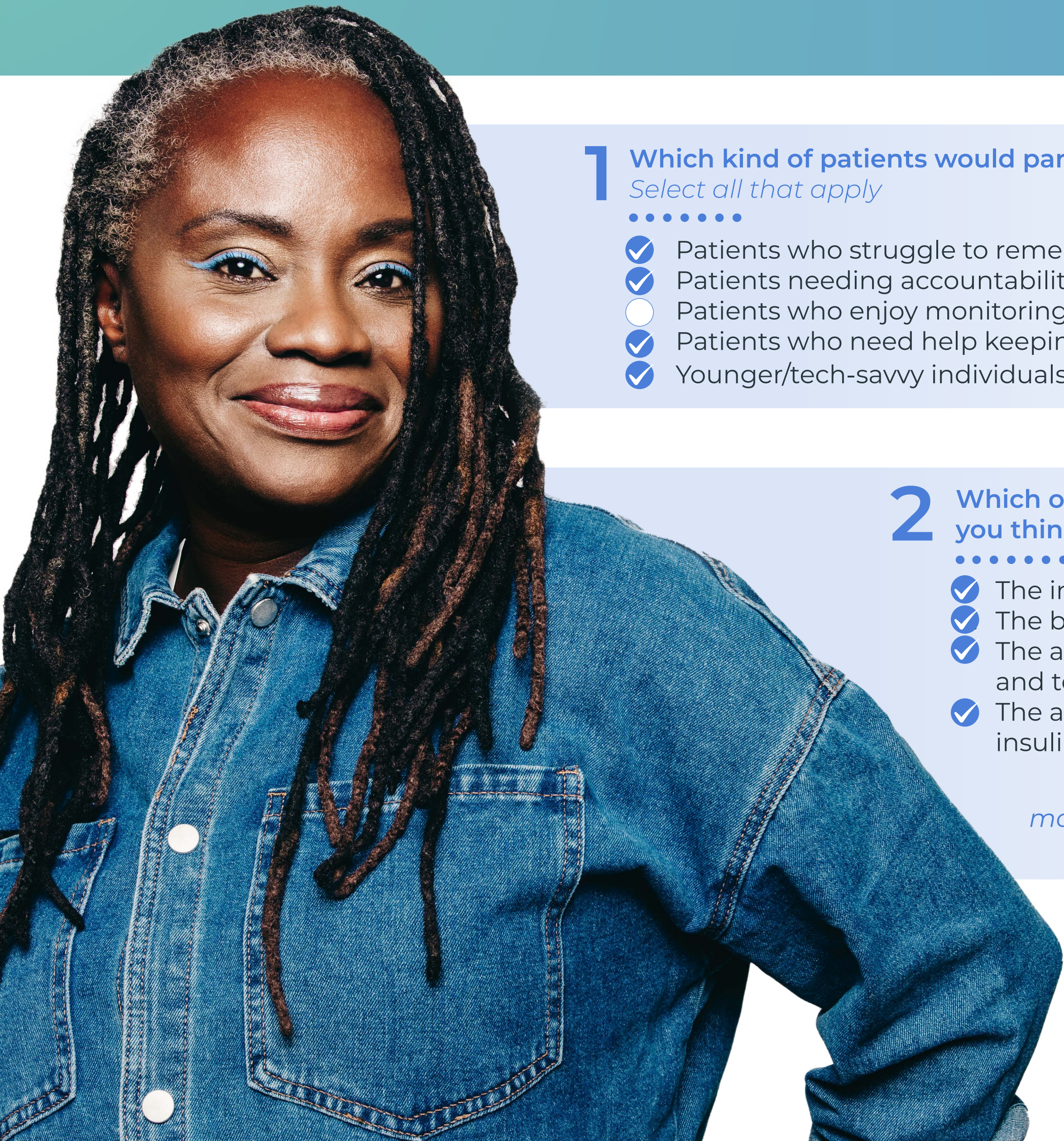
DMP, diabetes management platform; HCP, healthcare professional

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Each of these answers is a useful feature of diabetes management platforms, and may be prioritized differently by individual HCPs depending on their practice

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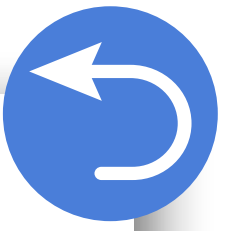
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What are the benefits of CGM?

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While conventional glucose meters provide blood glucose values at the time of testing, CGM provides real-time semi-continuous information by measuring interstitial blood glucose levels and includes customizable glycemic alarms and trend analysis.¹

Incorporating CGM into management of people with diabetes:²

- Removes the burden of frequent blood glucose measurement
- Enables people with diabetes to evaluate their individual response to therapy and assess whether glycemic targets are being safely achieved
- Allows for close tracking of glucose levels with adjustments of insulin dosing and lifestyle modifications

Initiation of CGM early in the treatment of diabetes can be beneficial depending on a person with diabetes' needs and preferences.²

*Learn about discussing glucose parameters
beyond HbA_{1c} with people with diabetes*

CGM, continuous glucose monitoring; HCP, healthcare professional

1. Mariani HS, et al. Clin Diabetes. 2017 Jan;35(1):60-65; 2. American Diabetes Association Professional Practice Committee; 7. Diabetes Technology: Standards of Medical Care in Diabetes—2022. Diabetes Care 1 January 2022; 45 (Supplement_1): S97–S112

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Dr. Wong suggests trying a DMP for Mary's diabetes self-management

A Diabetes Management Platform may contain*¹

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1
Delivery of insulin

Syringe, pen, or pump

+

2
Assessment of blood glucose

Blood glucose monitoring (BGM) and/or continuous glucose monitoring (CGM)

+

3
Software or medical device that provides diabetes self-management support

Information transferred to

Applications that provide lifestyle and clinical support

*The type(s) and selection of devices should be individualized based on a person's specific needs, desires, skill level, and availability of devices.
1. American Diabetes Association Professional Practice Committee; 7. Diabetes Technology: Standards of Medical Care in Diabetes—2022. Diabetes Care 1 January 2022; 45 (Supplement_1): S97–S112

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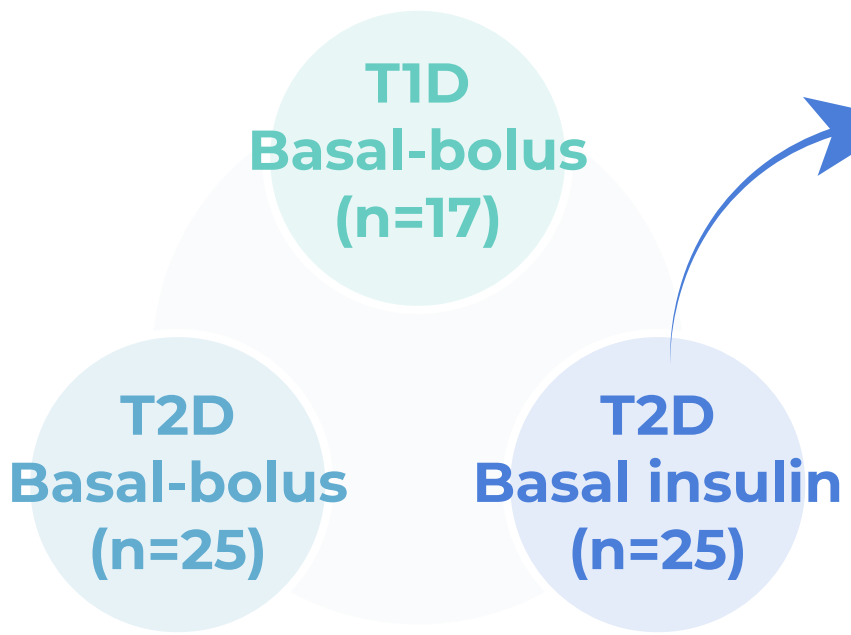
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Study methods

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A 6-month single-arm study assessed user experience of a DMP in people with type 1 or type 2 diabetes mellitus in an outpatient environment.

23 people with diabetes had T2D and were receiving **basal insulin**



Characteristics of people with diabetes receiving **basal insulin**:

- Median age: 58 years
- 39% Female
- 21.7% Hispanic or Latino
- Mean duration of diabetes: 15 years

How do basal insulin users like Mary like their DMPs?

DMP, diabetes management platform; T2D, type 2 diabetes
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Study results

User experience

People with diabetes on basal insulin who used the DMP reported positive scores for:

- Ease of use
- Interface and satisfaction
- Usefulness

Satisfaction

79.7% of people with diabetes found the logbook automatic dose tracking feature helpful

78.1% were 'highly' or 'somewhat likely' to include the DMP in their diabetes management routine

78% of people with diabetes strongly preferred or preferred the DMP to their previous management method

DMP, diabetes management system
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