

my Suger



Version: no. 3.28.1 (Apple), 3.29.0 (Android)

Last update: 23/12/2016 (Apple), 09/03/2017 (Android)

Date of review: Feb-Mar 2017

Cost: FREE for regular app; PRO version = \$4.49/mth or \$41.99/yr (NZD)

Platform: Apple & Android

Purpose: Diabetes logbook for users to record all their relevant diabetes data; blood glucose, carbohydrate intake, medication and physical activity.

Suitable for: People with diabetes – types 1 and 2

Clinical safety: Nothing noted; the app clearly states that it is for use in supporting the treatment of diabetes and does not replace medical advice.

Pros:

- Simple and intuitive to use
- Clear graphics and log
- Uses a 'gaming' approach, with the monster responding to each log
- Can customize target blood glucose (within 4-9mmol/L range), bodyweight, BP & steps (links to some activity trackers)

Cons:

- Many functions are only available with the PRO version of the app, e.g. reports, export data.

Dietitian recommendation: mySugr provides a reliable platform to log all of your blood glucose results and some other relevant data. In addition the gaming approach may provide enough of an initial incentive to get people log their data, especially younger adults. However, there are multiple limitations with the free version, including the inability to export results to a health care professional.

