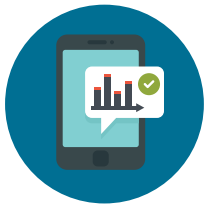
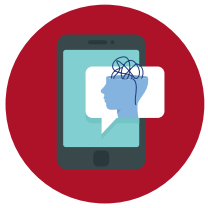
Section 7:

Diabetes Technology

Diabetes technology includes:

				
Insulin pumps (also called continuous subcutaneous insulin infusion [CSII] systems) are insulin delivery devices that are worn on the body.	**Connected insulin pens and pen caps** are insulin delivery pens or related devices that can record and/or send insulin dose data and may also calculate doses.	**Continuous glucose monitoring (CGM) systems** and **glucose meters** are devices to monitoring glucose levels.	**Automated insulin delivery (AID) systems** connect a CGM system and an insulin pump with a control algorithm to deliver insulin automatically.	**Diabetes self-management support software** includes apps or online platforms that are intended to treat a medical or psychological condition or assist with data management or lifestyle modification.

General Diabetes Technology Principles

Recommendations	
	Diabetes devices should be offered to people with diabetes.
	The type(s) and selection of devices should be individualized based on specific needs, preferences, and skill levels. For individuals whose diabetes is partially or wholly managed by someone else (e.g., for young children or people with cognitive impairment or dexterity, psychosocial, and/or physical limitations), caregivers' preferences and skills should be taken into consideration.
	When prescribing diabetes technology, provide people with diabetes and caregivers with ongoing education and support, in-person or remotely, on using the devices and managing/sharing the data they provide.
	People with diabetes who have been using CGM, CSII, and/or AID for diabetes management should have continued access to these technologies across insurance payers, regardless their age or A1C level.
	Starting CSII or AID early in the treatment of diabetes, even at the time of diagnosis, can be beneficial depending on individuals' or caregivers' needs and preferences.
	Many diabetes-related digital apps and online platforms are available. These options vary widely in terms of quality and regulatory oversight. However, some people with diabetes or prediabetes may find such programs to be helpful sources of support, especially when combined with online coaching.

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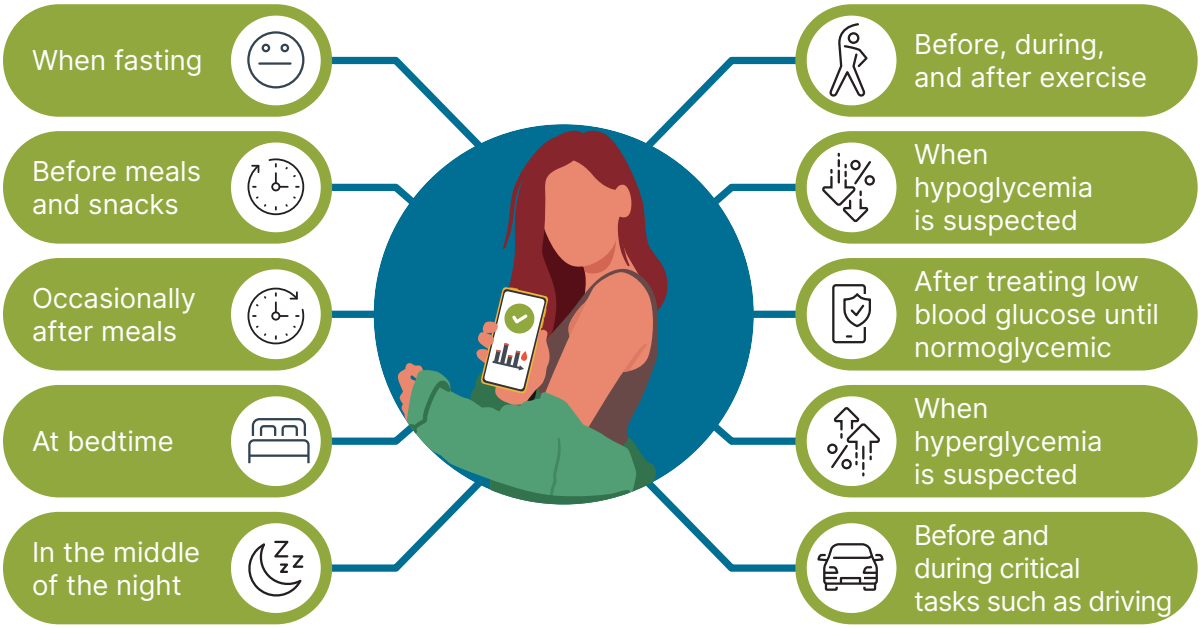
Blood Glucose Monitoring (BGM) Recommendations

BGM refers to fingerstick glucose checks done with a blood glucose meter. Encourage people who take insulin and use BGM to check their glucose when appropriate based on their insulin therapy. This may include:



BGM for noninsulin therapies:

ℹ May be helpful for adjusting meal plans, physical activity plans, and/or medications (particularly those that can cause hypoglycemia).

CGM Recommendations

There are different types of CGM systems, including:

- Real-time CGM systems, owned by individuals and measure and display glucose levels continuously.
- Intermittently scanned CGM systems, owned by individuals and measure glucose levels continuously but require scanning for visualization and storage of glucose values.
- Professional CGM systems, owned by clinics and intended to be used temporarily for 7–10 days to inform self-management and treatment decisions for people with diabetes. Data may be blinded or visible to the person wearing the device.

Who can benefit from CGM?

- CGM should be offered for **adults with diabetes using insulin therapy** (basal only, multiple daily injections, or pump therapy).
- CGM should be offered for **youth with type 1 or type 2 diabetes using multiple daily injections or insulin pump therapy**.
- CGM can be helpful as an adjunct to BGM for **pregnant individuals with diabetes**.
- Periodic use of personal or professional CGM can be helpful for diabetes management **when consistent use is not desired or available**.

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Personal Diabetes Technology Use in the Hospital

Recommendations	
	Continue CGM use during hospitalization when clinically appropriate.
	Use confirmatory point-of-care glucose tests for insulin dosing and hypoglycemia management.
	Implement and follow institutional protocols.
	Support people with diabetes who are competent to safely use diabetes devices such as insulin pumps and CGM systems in the inpatient setting or during outpatient procedures, whenever possible.
	Ensure that technology use is supervised properly.

Learn More

Section 7 of the complete ADA *Standards of Care in Diabetes—2024* includes a wealth of additional information on blood glucose meters, evidence supporting the use of CGM, various insulin delivery systems, and digital health apps and online programs.

The ADA's online Consumer Guide, consumerguide.diabetes.org, offers information for choosing the right diabetes technology devices to meet individuals' needs and preferences.

When difficulties in technology use arise, people with diabetes can turn to their care team and device manufacturers for troubleshooting help.

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