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PROMOTING HEALTH AND WELL-BEING

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Wellness Wednesdays

JULY, 2025 WEEK 3

MANAGING DIABETES JUST GOT EASIER: Smart Technology = Enhanced Diabetes Management

Managing diabetes requires steadfast attention to detail. But with today's devices, monitoring blood sugar levels, mealtimes, physical activity, and restorative sleep is becoming seamless—and powerful. Whether you are using a continuous glucose monitor (CGM), connected fitness watch, or app to log meals and health trends, tracking technology helps provide informed decisions, motivation, and can even prevent health and medication complications.

Consider, integrating smart tools in managing diabetes.

Real-Time Awareness with CGMs

CGMs are small, wearable devices that track your blood sugar levels throughout the day and night. They take readings every few minutes and send the data to directly to your phone, smartwatch, or receiver empowering you with health information.

Benefits of CGMs include:

- Notifications alerts when blood sugar levels are too high or low
- Pattern recognition to guide food, medication, and activity choices
- Fewer finger pricks for many users
- Data sharing with your care team or loved ones

Some CGMs even integrate with insulin pumps or smart pens to adjust doses automatically or log data without manual input. This helps create a more complete picture of how your body responds to meals, exercise, and stress.

Continued on next page

CLICK OR TAP! **We've highlighted some resources you may want to look into further. Simply click or tap the icon or its hyperlink to access these select materials!**

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Fitness Trackers and Wearable Tech

Popular devices do more than count steps. When synced with a CGM or health-tracking app, they can provide layered insight into how activity, sleep, and heart rate affect blood sugar.

For example, if your glucose levels tend to dip after a certain workout or spike during poor sleep, you can use that data to adjust your routines. Wearables may also offer reminders to hydrate, move, or check your levels, adding another layer of support.

Nutrition and Meal Logging

Meal tracking apps monitor carb intake designed to help you understand how different meals impact blood sugar. Such tools simplify meal planning, identify hidden sugars, and help maintain consistency over time.

Tips for getting started:

- Log meals as soon as you eat to stay accurate
- Take note of portion sizes and ingredients
- Watch how certain foods affect your blood sugar over several hours
- Review trends weekly to find patterns

"Biohacking" for Better Control

Biohacking simply means making small, intentional changes to improve how your body functions. For people with diabetes, this could include using technology to:

- Set custom blood sugar targets
- Analyze trends over time
- Adjust insulin doses with more precision
- Time meals and workouts around glucose response

These insights may help you understand both what's happening and why. Over time, that knowledge can lead to fewer lows and highs, more energy, and better long-term outcomes.

Daily Tracking, Long-Term Benefits

The American Diabetes Association encourages regular blood sugar level checks to generate information for helping with:

- Checking before meals and two hours after
- Testing more often when you're sick, more active, or under stress
- Reviewing trends to help your provider adjust your treatment plan

Regardless of how you track the data, – pen and paper, app, or device – what matters is that it works for your lifestyle. Read more about new, cutting-edge diabetes monitoring technology here. CLICK OR TAP!

Need Help Getting Started?

Blue Cross and Blue Shield of Illinois offers support for every stage of diabetes management—from virtual care and education programs to coverage for tools like continuous glucose monitors (CGMs).

If you are considering new technology or need help interpreting the data, consult with your provider. Remember, the goal isn't perfection—it's progress.

Before making any changes to your routine, check in with your Primary Care Physician (PCP). Need help finding one? Call the **Health Advocate number on your BCBSIL ID card** or log in to Blue Access for Members℠ (BAM℠) CLICK OR TAP! or bcbsil.com and use the **Provider Finder** tool to locate in-network care.

Your numbers tell a story. Use them to write one that's strong, steady, and thriving.

SOURCES: *American Diabetes Association*, *Melissa Young*

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