Wearable Fitness Technology and Blood Sugar Trackers

Activity and Fitness Trackers

Many fitness trackers can help you track your diet, physical activity, heart rate and sleep—and much more!

- Track your diet using huge food databases, bar code scanners and calorie estimators.
- Get involved in social challenges. Link to friends and send cheers of competition and encouragement.
- Use the heart rate monitor during exercise and throughout the day.
- Use Global Positioning System (GPS) to track your walks, runs, biking, etc.
- Track your sleep patterns.
- Link to health and fitness apps such as MapMyRun, MyNetDiary, MyFitnessPal and much more!
- Send information to your doctor. Please note: While this information may not currently interface with your provider’s electronic health record, it can be scanned or manually entered into your patient file.

eClinicalWorks healow™ App

- Interfaces with eClinicalWorks electronic health records (EHRs).
- Offers secure access to your medical records – view vitals, labs, referrals and your appointments.
- Fitness trackers link to the healow™ app.
- Email your health care team.
- Report your blood sugar, blood pressure, activity and body mass index (BMI).

MyFitnessPal App

- Set calorie goals.
- Share goals with friends.
- Track your food with an in-depth food diary by scanning bar codes for easy food entry.
- Track your weight over time.

MyNetDiary App

- Includes food, exercise and medication trackers
- Tracks blood sugars over time and has blood sugar reminders

iHealth® Wireless Gluco-Monitoring System

- Pocket-sized, Bluetooth compatible blood sugar monitor and app
- FDA approved
- Five easy steps for 5-second results
- Inexpensive testing strips

Tracking Using iHealth®

- Easy-to-read results from the iHealth Gluco-Monitoring System
  - Logbook reflects food intake that may have affected your blood sugar.
  - Set reminders for medications and testing.
  - Send results to your provider in Microsoft Excel, Adobe Acrobat (PDF file) or in a spreadsheet (CSV file). (May not directly incorporate into your patient chart.)