

## TEN BEST APPS FOR MEDICAL PROFESSIONALS and PATIENTS

### Patient:

**1 – BG Monitor Diabetes** – BG Monitor is a new diabetes tool, made for how you want to manage your diabetes. Blood glucose trends are identified to notify you of needed adjustments - saving you from staring at your logbook. Insulin is automatically calculated when you enter your blood glucose and food so that you can quickly get back to what matters most.

**Price: Free**

**Android:** <https://play.google.com/store/apps/details?id=com.wonggordon.bgmonitor>

**2 – Diamedic** – Diamedic © Diabetes Logbook offers a unique solution for the diabetic to easily record every glucose reading, insulin injection, lab result, carb intake, weight, medication and exercise workout.

**Price: \$5.99**

**iOs:** <https://itunes.apple.com/us/app/diamedic/id287188419?mt=8>

**3 – mySugr** – The mySugr App auto-logs your blood sugars, carbs, bolus, CGM, hypos, and activity data via connected devices.

**Price: Free**

**iOs:** <https://itunes.apple.com/app/id516509211?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=com.mysugr.android.companion>

**4 – DiabetesConnect** – With DiabetesConnect you have your diabetes under control at all times, regardless of where you are. Simply sign in and your documentation is a snap!

**Price: Free**

**iOs:** <https://www.apple.com/itunes/download/?id=657225296>

**Android:**

<https://play.google.com/store/apps/details?id=com.squaremed.diabetesconnect.android>

**5 – Sugar Sense** – An app to be in full control of tracking your personal health. Track your blood sugar level, glucose, carbs, weight, and more. The easiest and simplest way to track your health information.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/sugar-sense-diabetes-app-blood-glucose-mgmt/id880725347?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=org.medhelp.sugarsense&hl=en>

**6 – Glucose Buddy** – Glucose Buddy is a data storage utility for people with diabetes. Users can manually enter glucose numbers, carbohydrate consumption, insulin dosages, and activities. Then, you can view all of your data on your free glucosebuddy.com online account.

**Price: Free**

**iOs:** <https://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?id=294754639&mt=8>

**7 – Diabetes and Blood Glucose Tracker** – MyNetDiary’s Diabetes Tracker app is the easiest and most comprehensive diabetes tracker app for the iPhone. MyNetDiary can help you better understand and control diabetes and pre-diabetes - along with improving your diet, losing weight and providing feedback, support and motivation.

**Price: \$9.99**

**iOs:** <https://itunes.apple.com/us/app/diabetes-and-blood-glucose-tracker-by-mynetdiary/id541478695?mt=8>

**8 – Diabetes & Diet Tracker** – This app helps you understand and control all aspects of diabetes. It shows you the “big picture” of your blood glucose factors by counting carbs in the food you eat, recording medication intake, exercise and everything else you want to capture about your condition.

**Price: \$9.99**

**Android:**

<https://play.google.com/store/apps/details?id=com.fourtechnologies.mynetdiary.diabetes&hl=en>

**9 – MyNetDiary PRO** – Lose weight and get healthy with the world’s smartest diet app. The app takes care of everything - planning, counting calories and nutrients, exercising and eating better. Since 2008, over 7 million people chose MyNetDiary to lose weight.

**Price: \$3.99**

**iOs:** <https://itunes.apple.com/us/app/mynetdiary-pro-calorie-counter/id352247139?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=com.fourtechnologies.mynetdiary.ad>

**10 – One Drop for Diabetes Management** - Track what's important in diabetes — Glucose, Food, Meds, and Activity — all in one place. One Drop makes managing diabetes an integrated part of your lifestyle — something that empowers, keeps you mindful, and helps to motivate.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/one-drop-for-diabetes-management/id972238816?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=today.onedrop.android&hl=en>

**Clinician:**

**1 – AACE/ACE Comprehensive Type 2 Diabetes Management Algorithm 2016** - The Algorithm for the comprehensive management of persons with Type 2 diabetes (T2D) was developed to provide clinicians with a practical guide that considers the whole patient, their spectrum of risks and complications, and evidence-based approaches to treatment.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/aace-type-2-diabetes-management/id1086187099?mt=8>  
**Android:** <https://play.google.com/store/apps/details?id=com.aace.algorithm>

**2 – Baritastic** - Baritastic is the most robust app built specifically for the bariatric patient.

**Price: N/A**

<http://www.bariapps.com/>

**3 – Burnout Proof** - Burnout Proof is the first mobile app designed to prevent physician burnout, nurse burnout and burnout in all other healthcare workers. If you work with patients, these short (5-10) minute video and audio lessons will help lower your stress immediately.

**Price: \$9.99**

**iOs:** <https://itunes.apple.com/us/app/burnout-proof-physician-burnout/id1016033599?mt=8>  
**Android:** <https://play.google.com/store/apps/details?id=com.burnoutproof&hl=en>

**4 – TouchCare** - With TouchCare, you can now see your doctor via safe, secure, HIPAA compliant video calls.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/touchcare/id872841900?mt=8&ign-mpt=uo%3D4>  
**Android:** <https://play.google.com/store/apps/details?id=com.touchcare.android>

**5 – Doc Halo** - The Doc Halo clinical communication platform is the leading secure communication system for healthcare. The mobile app and online console provide HIPAA-compliant texting for the safe transmission of protected patient information.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/doc-halo/id473260569?mt=8>  
**Android:** <https://play.google.com/store/apps/details?id=com.dochalo.dochalo&hl=en>

**6 – Doximity Physician Network** - Doximity is the largest medical professional network in the US, with over 60% of clinicians as members. Through both mobile and web platforms, clinicians can use Doximity's free tools for HIPAA-secure communication, electronic faxing, reading custom-curated medical news, and career management.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/doximity-medical-network/id393642611?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=com.doximity.doximitydroid&hl=en>

**7 – Docphin** - With Docphin's app, staying up to date on the latest medical research has never been easier.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/docphin-medical-journals-pubmed/id542551481?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=com.docphinapp>

**8 – Everseat** - Everseat can help fill open appointments in your schedule.

**Price: Free for users**

**iOs:** <https://itunes.apple.com/us/app/everseat/id853311195?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=com.everseat>

**9 – Formulary Search** - Access a single source of formulary drug status and restriction information, updated every night by MMIT, that you can trust to guide your patients. Quickly understand how every health plan and PBM covers all FDA approved medications in your geography.

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/formulary-search/id834992816?mt=8>

**Android:**

<https://play.google.com/store/apps/details?id=testformularysearch.mmit.com.formulary&hl=en>

**10 – Nursing Central** - Nursing Central helps nurses and students be more efficient by providing detailed information on diseases, tests,

**Price: Free**

**iOs:** <https://itunes.apple.com/us/app/nursing-central/id300420397?mt=8>

**Android:** <https://play.google.com/store/apps/details?id=com.unbound.android.ubnc2l&hl=en>

From [www.DiabetesinControl.com](http://www.DiabetesinControl.com) The Free  
newsletter for medical professionals