

# Turn numbers into better outcomes<sup>1</sup>

The Accu-Chek Instant meter and mySugr® app help your patients better self-manage their diabetes and provide you with the accurate data you need to make personalised treatment decisions for better therapy outcomes.<sup>1,2</sup>



## Recommend the mySugr app to your patients using Accu-Chek

By encouraging your patients to connect their Accu-Chek blood glucose meter to the mySugr app, you could help them reduce estimated HbA1c (eHbA1c) and improve glycaemic management.<sup>1</sup>



### Effortless BG logging

Your patients' Accu-Chek Instant meter automatically transfers BG readings to the app every time they measure their blood glucose.<sup>1</sup>



### More efficient consultations

With so little time for each consultation, easily accessible and accurate diabetes data and analysis gives you more time for therapy optimisation discussions and can result in more structured consultations.



### Accurate and reliable BG data

Your patients won't need to manually log their BG measurements. Automatic data import minimises errors and prevents patients forgetting to record a reading, ensuring accurate BG data.<sup>2</sup>

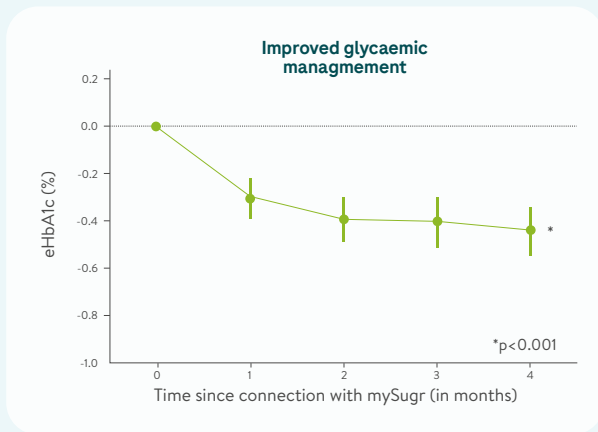


### Increased patient motivation

Patients have a complete overview of their diabetes-related data in one place<sup>1</sup>, with insights on how different factors influence their BG measurements. This can empower them to increase therapy adherence and improve self-management.<sup>1</sup>

# Help your patients improve their glycaemic management

Retrospective analysis\* of real-world data shows a significant improvement in diabetes management in patients with type 2 diabetes using a blood glucose meter connected to their mySugr app.<sup>3</sup>

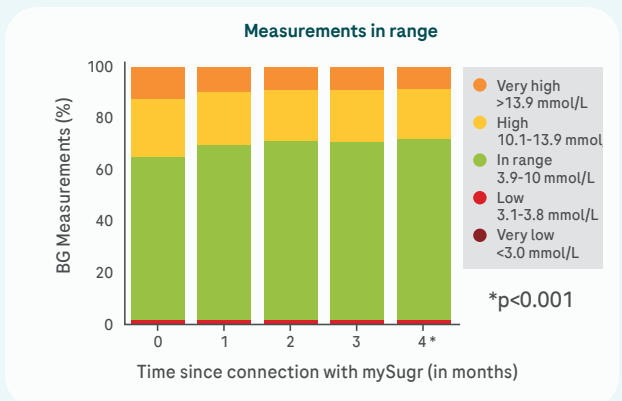


**0.44%**  
reduction in eHbA1c<sup>3</sup>

A statistically significant reduction of 0.44% in eHbA1c was observed after 4 months of BG meter and mySugr app connectivity.<sup>3</sup>

**6.93%**  
increase in measurements in range

The percentage of measurements in range by type 2 diabetes patients increased by 6.93% with mySugr app connectivity, with increases already observed after 1 month.<sup>3</sup>



\*A retrospective analysis of 1,229 users of Accu-Chek meters connected to mySugr® app\* with type 1 and type 2 diabetes users from the UK, who enrolled between March 2013 and May 2022, and were highly engaged (defined as  $\geq 2$  logs on at least 14 out of 30 days). Impact on eHbA1c and percentage of tests in range were calculated after 4 months of connecting the BG meters to the mobile app.<sup>3</sup>

# Which of your patients could benefit from this connection?



Most of the engaged mySugr users are type 2 patients, over 50 years old, with a substantial percentage of users over 60 years old.<sup>5</sup>

Clare increases engagement with her own self-management, resulting in her readings being 100% in range.<sup>6</sup>

Clare is in her 60s and has been living with type 2 diabetes for the past 20 years. She was referred to a diabetes specialist clinic with an HbA1c level of 102 mmol/mol, indicating poor glycaemic control.

Clare had been in denial about her diabetes management and had rarely checked her BG levels.

1

Clare was set up with the Accu-Chek meter and the mySugr app. She found the app sparked her interest in monitoring her BG readings.

2

She is now monitoring twice a day. Seeing her own data in the app helps motivate her.

3

Clare's HbA1c is now the lowest it's ever been in her life, at 44 mmol/mol.

4

Clare was discharged from the diabetes specialist service after 6 months. Now she feels she is in control of her own self-monitoring and diabetes care.



## Easily onboard your patients

Scan the QR code to find useful information, download links, videos and other support materials to share with your patients.

The images used are stock photos, not real patients. The mySugr logbook is licensed for people with diabetes over the age of 16 years. The mySugr Bolus Calculator is licensed for people with diabetes over the age of 18 years. Users will need to be at least 18 years old to register.

**References:** 1. Debono F, Mayer H, and Kober J. Real-World Assessments of mySugr Mobile Health App. *Diabetes Technol Ther.* 2019;21(S2):S235-S240. 2. Breitenbeck N, Brown A. Accuracy Assessment of a Blood Glucose Monitoring System for Self-Testing with Three Test Strip Lots Following ISO 15197:2013/EN ISO 15197:2015. *J Diabetes Sci Technol.* 2017 Jul;11(4):854-855. 3. Ide C, et al. Real World Data analysis shows a significant improvement in glycaemic management when using a blood glucose monitor connected with a mobile health application in UK users with Type 2 Diabetes. *Diabetes UK Professional Conference Poster Session, Liverpool, 26-28 Apr 2023, Poster 19* 4. Bankosegger R., Kober J., Mayer H., Sustainable Improvement in Quality of Blood Glucose Control in Users of mySugr's Integrated Diabetes Management Solution. *American Diabetes Association 79th Scientific Sessions, June 7-11 2019, San Francisco, California, USA.* 5. Roche Diabetes Care: mySugr app analytics, 2022. Data on file. 6. Roche Diabetes Care. Supporting patient engagement with digital health case study. Quotations sourced from recorded interviews as part of consultancy agreements with Roche Diabetes Care in 2022.

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