

## First integration of health management app and CGM data in Japan

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### Adjustments in treatment and behaviour enabled by data visualisation of self-management and lifestyle habits



Health2Sync has announced to launch a new version of its mobile app that integrates continuous glucose monitoring (CGM) data from Abbott's FreeStyle Libre®. This will be the first of its kind in Japan to integrate CGM data along with other health data on a single app.

While it is important to self-manage lifestyle habits such as diet in diabetes, there have been few opportunities for patients to collectively visualize and reflect on their daily diet, exercise, medication, etc. and blood glucose fluctuations, while in some cases it is difficult for them to do so.

This data integration will allow people living with diabetes to view their diet, weight, blood pressure, exercise, and other data along with CGM data in the Health2Sync app, enabling comprehensive health management for people with diabetes.

In 2021, FreeStyle Libre Link was launched as Japan's first mobile app to enable discrete diabetes management with smartphone scanning. Currently, FreeStyle Libre is reimbursement for patients currently on intensive insulin therapy (IIT), or patients who use premixed insulin products more than twice a day after intensive insulin therapy, regardless of type 1 or 2 diabetes.

The service is currently being used by people with diabetes in Japan, but both parties plan to expand it to other Asian countries in the future.