

SHARING YOUR DIABETES INFORMATION

Some of the new diabetes devices allow you to share your diabetes information with others. Deciding whether or not to share data is an important decision. Below are four things to keep in mind when you are deciding to share your diabetes information with others.

It Can Bring Fear of Judgement

Some are concerned that they will be judged if they share their diabetes information. Many of the devices allow you to disconnect and reconnect the share feature. If you are fearing judgement, you may want to turn on the share connection only when you are traveling, sleeping, or sick.

It Can Seem Like Information Overload

To some people seeing your diabetes information may be overwhelming or seem like more responsibility. Be selective with who sees all your information. Loved ones and caregivers may be appropriate people to see your information.

It Can Serve As a "Safety Net"

Sharing your diabetes information can bring peace of mind to you, your loved ones, and caregivers. They may be able to help you in times of emergencies.

It Is Important To Have a Conversation

Every person with diabetes has a right to privacy. It is important to have a conversation about your privacy and expectations before sharing information. Below are some key conversation points:

- Talk to them about privacy. Let them know this information is personal, and you don't want to feel judged.
- Have a conversation about how much data you want to share. Keep in mind you can share your entire data stream or just parts of it. There is also an on and off switch on their side. Loved ones and caregivers can also decide at anytime that they do not want to see your information.
- Be sure to set expectations. Tell them what to do if they see an emergent low or high blood glucose number. You may want to suggest that they give you a certain amount of time to respond to the emergent low or high glucose number yourself.
- Decide with them what to do with non-emergent information. You may want to set a time aside to discuss non-emergent situations or concerns.
- Thank them for caring enough about you to want to see your diabetes data.