

The Ups and Downs of Managing Type 2 Diabetes on Insulin.

What is in YOUR Toolbox?

PARTICIPATE IN A BASAL INSULIN DOSE ADJUSTMENT MOBILE APP STUDY



INSULIN DEGLUDEC TITRATION USING MOBILE INSULIN DOSING SYSTEM (MIDS)

The clinical research team at Scripps Whittier Diabetes Institute is conducting a new study for people with type 2 diabetes on long acting insulin. This study will evaluate whether the use of a smartphone app that helps with insulin management can improve blood glucose control.

TO BE ELIGIBLE*, YOU MUST:

- Be 18 years of age or older
- Be diagnosed with type 2 diabetes mellitus
- Be currently on long acting insulin (i.e. Lantus, Tresiba, Levemir, Toujeo, Basaglar) or about to start a long acting insulin
- Not be on mealtime insulin or steroids
- Have HbA1c between 7.5-12.5%
- Have a smart mobile device (iPhone, Android phone, etc.) with data or Wi-Fi capability
- Actively use a blood glucose meter
- Be able to speak, read, and write in English

PARTICIPATION INVOLVES:

- Three or four in-person study visits (at a Scripps Clinic) over a 16-week period; participants will be compensated for each completed visit (\$300 total for all visits)
- Tresiba insulin, lancets, strips supply for 16 weeks period (at no cost to the patient)
- Lab tests (at no cost to the patient) for HbA1c
- Check your fasting blood sugar daily
- Bringing in your blood glucose meter to upload at the study visits
- Complete questionnaires on feelings and attitudes towards diabetes at two study visits

This is a voluntary study and you have the option of withdrawing at any time. Your information will be kept confidential.

*Additional inclusion/exclusion criteria may apply.

To find out more information or if you have any questions, please feel free to contact us.

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