

Kwame Akoto, MD:

Diabetes can sometimes be a complex disease, so here at Kaiser Permanente we've got really robust tools to help our members. When you're at home, you would check your sugars like you normally do on your Bluetooth-enabled glucometer, which will immediately send those sugars over, so if we notice, "Hey, look, this last week your sugars have been up," we can make real time adjustments, changes to your medications, or just lifestyle recommendations and other guidance.

Diabetes is a disease that you can definitely manage. There's always, always hope. Let's work together to optimize your health.