Additional file 1. Digital medicine tools

Digital medicine tools refer to devices or applications that support the monitoring, self-management, or treatment of diabetes through digital technology.

In this study, examples include:

Glucometer: A handheld device used to measure blood glucose levels using test strips. Often includes memory storage or connectivity features.

Continuous Glucose Monitor (CGM): A wearable device that continuously measures glucose levels in interstitial fluid and provides real-time data via connected apps or devices.

Insulin Smartpens: Insulin delivery pens with built-in memory or Bluetooth connectivity that track dose and timing and may sync with apps or clinician portals.

Insulin Pumps: Portable devices that deliver insulin continuously through a catheter, often programmable and increasingly integrated with glucose monitoring data.

Sensor-Enhanced Pumps / Automated Insulin Delivery (AID) Systems: Systems combining CGMs with insulin pumps to automate insulin delivery based on real-time glucose data (e.g., hybrid closed-loop systems).

Mobile Apps: Smartphone or tablet applications used for tracking glucose, meals, medications, activity, or symptoms. Some also enable data sharing with clinicians.

Patient Portals: Secure digital platforms allowing patients to view lab results, communicate with providers, schedule appointments, and access educational materials.

Telemedicine Platforms: Video or messaging systems used for remote diabetes consultations and care management.

Digital Blood Pressure Monitors: Automated cuffs that digitally measure and store blood pressure readings, often with app connectivity.

Smart Scales: Scales that measure weight and body composition metrics and sync with mobile apps or clinician portals.