

LabStyle's DARIO

Changes
Two Type 1
Diabetics' Lives

+ **CASE
STUDY**

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EDITOR'S NOTE

PersonalTech MD is spending the third quarter of 2015 focusing on the various emerging and existing wearable, implantable, ingestible, carryable and @home devices for diabetic patients. To catch up on content including an in-depth report, as well as blogs, videos and slideshows, [click here](#). ◀

The Patients. Paul Barrett, 41, lives in Manchester, UK, where he works as a security guard for Her Majesty's Immigration Service. About a decade ago, his doctor diagnosed him with Type 1 diabetes.

Attorney Tamar Talmon, 28, specializes in commercial law in Israel. She received her Type 1 diabetes diagnosis more than three years ago while still in school.

The Challenges. For his part, Barrett felt he had to tackle his condition on his own after his doctor only spent five minutes discussing diabetes management with him. Afterward, Barrett read a book about diabetes and used a standard meter. But he did not like the bulkiness of the product; carrying it around was difficult, especially given the nature of his job. And even though he checked his glucose four times a day, Barrett had trouble making sense of the readings.

For Talmon, the meter her HMO issued, and which she used per doctor's orders, felt "like pulling out a medical device. Everything stopped and everyone stared," she said.

The Solutions. Both Barrett and Talmon found LabStyle Innovations Corp.'s DARIO Diabetes Management Solution. The system combines a blood glucose meter, smartphone app (iOS and Android) with treatment tools and an online forum.

In terms of physical form, the all-in-one system features a lancet for obtaining blood samples, a proprietary disposable test strip cartridge and a smartphone-driven glucose meter. Here's how it works: Flipping a switch on the side of the device pops out the DARIO smart meter that plugs into a mobile device's headphone jack; there's no need for other cords or cables. Lifting the lid on the other end of the device reveals a cartridge holding 25 test strips. When the user runs out of strips, she just swaps the empty cartridge for a full one. The DARIO device delivers the glucose reading in six seconds, with the built-in lancet requiring only 0.3 nanoliters of blood.

▶ "Until you have lived with diabetes, you can't really understand what it's like."
—Paul Barrett



There's no need for a separate battery, as DARIO runs off the phone's battery. It also fits in a pocket.

Regarding automation and information, the DARIO platform syncs with the meter when connected to the smartphone. DARIO provides data analysis and pattern recognition to help users understand why their blood glucose levels change. It also sends alerts and reminders; lets users add and track carbs and insulin; and comes with localized food menus.

LabStyle further created the DARIO app for personal diabetes management. The software contains real-time tools and actionable information for easy tracking and better understanding of glucose levels. Users may share their results, such as hypo alerts, with loved ones, caregivers and others at any time. Finally, LabStyle built an online community for its DARIO users.

As of August 2015, DARIO was approved for use in all CE Mark countries as well as Canada, Australia and New Zealand. LabStyle had filed with FDA for U.S. approval, too.

The Results. Barrett started using the DARIO more than a year ago; it goes everywhere with him. Viewing the meter reading and knowing, without a doubt, that he sits within 85 percent of where he wants to be “gives me visual incentive to eat right and get some exercise to get to 100 percent,” he said. To that point, Barrett said the DARIO has made his hypoglycemic episodes less frequent and less severe, when he does experience them. Barrett participates in the DARIO Facebook page, too. “If I am having trouble with the app or if I have a questions about my condition, I can post a message and in minutes, I have someone helping me,” he said. “Until you have lived with diabetes, you can't really understand what it's like. Being able to talk to people who really understand, who really know, is the best part of the DARIO.”

Talmon, meanwhile, purchased the Dario in early 2015. Now, instead of attracting attention for holding



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It's cool.” —Tamar Talmon

a bulky meter, she attracts curiosity. “It was a complete change,” she said. “I take the DARIO out and suddenly, everyone wants to see it, thinking maybe I've got something they need to get. It's cool.”

Talmon remains meticulous about managing her condition and regularly sees an A1C reading of 6.1. She accomplishes this without insulin and shares some of the credit with her DARIO, a device with which her doctor is “simply amazed,” she said. +