# Diabetes & Blood Glucose Management

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## Using Your Reebok Wearable with Diabetes

Reebok wearables can help you track daily activity, workouts, and sleep as part of your general wellness routine. If you have diabetes, these features may help you understand your activity patterns, but it is important to know what your device can and cannot do.

**Your Reebok wearable does not measure blood glucose and cannot replace your diabetes monitoring equipment or prescribed care plan.**

## How Your Reebok Wearable Can Help

| Feature | How it can help |
|---|---|
| **Step tracking** | Track your daily steps and monitor your activity levels over time. |
| **Workout tracking** | Record supported workouts and review your activity progress. |
| **Heart rate monitoring** | View estimated heart rate readings during activity as a general fitness reference. |
| **Sleep tracking** | Review estimated sleep patterns and observe trends over time. |

Available features vary by model. These measurements are intended for general wellness purposes and are not designed to diagnose or monitor diabetes.

## Important Limitations

- **Blood glucose:** Your Reebok wearable does not measure blood glucose levels. Use your blood glucose meter or continuous glucose monitor (CGM) as directed by your healthcare professional.
- **Medication and insulin:** Do not use your watch's readings to calculate or adjust insulin doses, change medication, or make other treatment decisions.
- **High or low blood glucose:** Your watch cannot determine whether your blood glucose is too high or too low. Do not rely on heart rate, activity, or sleep data to identify or rule out changes in blood glucose.
- **Medical advice:** Your wearable does not replace professional medical advice, prescribed monitoring, or your personalized diabetes management plan.

## Using Your Watch with Other Medical Devices

If you use a continuous glucose monitor (CGM), insulin pump, or another wearable medical device, follow the safety and compatibility guidance provided by its manufacturer.

- Check whether any precautions apply when using your Reebok wearable alongside your medical device.
- If you are unsure whether the devices can be used together safely, consult your healthcare professional or the medical device manufacturer.
- Continue using your prescribed diabetes monitoring equipment and follow your usual monitoring schedule.

## Exercise & Activity

If you have diabetes, follow the activity recommendations provided by your healthcare professional or diabetes care team.

- **Follow your care plan:** Your healthcare team can advise you on exercising safely and managing your blood glucose around physical activity.
- **Watch for symptoms:** Dizziness, shaking, sweating, or sudden fatigue may have different causes, including low blood glucose. Do not rely on your watch to determine the cause.
- **Be prepared:** If recommended by your healthcare team, carry fast-acting carbohydrates, such as glucose tablets, during physical activity.
- **Know when to stop:** Stop exercising if you feel unwell and follow the guidance in your diabetes care plan. Seek medical assistance if symptoms are severe or do not improve.

## Important Disclaimer

Reebok wearables are intended for general fitness and wellness purposes only. They are not medical devices and are not designed to diagnose, treat, cure, or prevent diabetes or any other medical condition.

Always follow your personalized diabetes management plan and consult your healthcare professional before making changes to your activity level, medication, or treatment.