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# Diabetes & Blood Glucose Management

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## Using Your Reebok Wearable with Diabetes

Reebok wearables are designed to support a healthy and active lifestyle by tracking daily activity, workouts, and sleep. Many people living with diabetes find these features helpful as part of their wellness routines. However, it is important to understand the limitations and use the device safely alongside your prescribed diabetes care plan.

## How Your Reebok Wearable Can Help

Feature	How It May Support You
<b>Step tracking</b>	Encourages daily movement and helps monitor physical activity levels.
<b>Workout tracking</b>	Allows you to record specific exercises and see progress over time.
<b>Heart rate monitoring</b>	Helps gauge intensity of activity (use only as a general reference).
<b>Sleep tracking</b>	Can help you better understand sleep patterns and identify trends.

## Important Limitations

- **This device does *not* measure blood glucose levels** and should not be used to make decisions regarding insulin or medication dosing.
- Data from your wearable is intended for general wellness purposes only and should not replace medical-grade equipment or clinical advice.

## Compatibility with Medical Devices

If you use a **continuous glucose monitor (CGM)**, insulin pump, or other wearable medical device:

- Check that the Reebok wearable will not interfere with the device when worn on the same wrist or arm.
- If unsure, consult your healthcare provider or the manufacturer of your medical device for guidance.

## Exercise & Activity Guidance

- Follow the **exercise recommendations** provided by your doctor or diabetes care team.
- Be mindful of **signs of low or high blood glucose** during workouts (e.g., dizziness, shaking, sweating, sudden fatigue).
- Keep fast-acting carbohydrates (like glucose tablets) available during physical activity, if advised by your healthcare team.

**Disclaimer:** Reebok wearables are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease. Always follow your personalized diabetes management plan and consult your healthcare professional before making changes to your activity level or treatment.