

Smart Meter's 2025 National Diabetes Survey

November is National Diabetes Awareness Month. Each year, to better understand how people with diabetes feel about their care, we survey individuals about how they monitor their blood sugar, manage their condition, and their viewpoint on Remote Patient Monitoring (RPM). Our goal is to learn how patients perceive tools that automatically share glucose readings with their healthcare providers between visits, and how these tools may influence engagement, support, and overall diabetes management.

The insights below reflect what respondents shared about their current habits, their expectations, and how connected-care solutions like RPM could impact their day-to-day diabetes care.

Q1: How many times per day do you typically check your blood glucose?

ANSWER CHOICES	RESPONSES	
Once	44.28%	89
Twice	26.87%	54
Three	15.42%	31
Four or more times	13.43%	27
TOTAL		201

Q2: How many times a year do you see a health care professional for your diabetes?

ANSWER CHOICES	RESPONSES	
Once or less	9.95%	20
Twice	30.85%	62
Three times	29.35%	59
Four or more times	29.85%	60
TOTAL		201

Q3: When you meet with your provider, how often do they review your glucose readings and trends with you?

ANSWER CHOICES	RESPONSES	
Always	72.14%	145
Often	11.94%	24
Sometimes	10.45%	21
Rarely	3.48%	7
Never	1.99%	4
TOTAL		201

Q4: How often does your provider recommend changes to your diabetes treatment based on your glucose readings?

ANSWER CHOICES	RESPONSES	
Always	24.88%	50
Often	12.94%	26
Sometimes	36.32%	73
Rarely	18.91%	38
Never	6.97%	14
TOTAL		201

Q5: Have you heard of remote patient monitoring (RPM), where your glucose readings are shared automatically with your healthcare provider between visits?

ANSWER CHOICES	RESPONSES	
No, I have never heard of remote patient monitoring	31.34%	63
Yes, I have heard of remote patient monitoring, but I am not enrolled in a program	44.28%	89
Yes, I'm currently enrolled in an RPM program	24.38%	49
TOTAL		201

Q6: If you are currently enrolled in an RPM program, are your glucose readings currently being sent remotely to your healthcare provider?

ANSWER CHOICES	RESPONSES	
Yes	30.85%	62
No	7.46%	15
Not sure	2.49%	5
N/A - I am not enrolled in an RPM program	59.20%	119
TOTAL		201

Q7: If you could choose, would you prefer a provider who uses remote monitoring tools?

ANSWER CHOICES	RESPONSES	
Yes	50.25%	101
No	16.92%	34
Not sure	32.84%	66
TOTAL		201

Q8: Does your glucose meter automatically send your readings to your provider?

ANSWER CHOICES	RESPONSES	
Yes, through Bluetooth with a smartphone app	32.34%	65
Yes, through a built-in cellular connection	3.98%	8
No	58.21%	117
Not sure	5.47%	11
TOTAL		201

Q9: If your meter connects through Bluetooth or Wi-Fi, how often do you experience issues (connection, setup, syncing, etc.)?

ANSWER CHOICES	RESPONSES	
Always	21.89%	44
Often	4.98%	10
Sometimes	7.96%	16
Rarely	15.42%	31
Never	6.97%	14
N/A - my meter doesn't connect this way	42.79%	86
TOTAL		201

Q10: If your meter could automatically send readings to your doctor without needing Wi-Fi, apps, or setup, would that make you more likely to test regularly?

ANSWER CHOICES	RESPONSES	
Much more likely	33.83%	68
More likely	19.40%	39
Would not change my testing habits	41.79%	84
Less likely	2.99%	6
Much less likely	1.99%	4
TOTAL		201

Q11: How much do you agree: Remote patient monitoring could help me better manage my diabetes between visits.

ANSWER CHOICES	RESPONSES	
Strongly agree	32.84%	66
Agree	29.85%	60
Neutral	28.86%	58
Disagree	5.47%	11
Strongly disagree	2.99%	6
TOTAL		223

Q12: Would you test more consistently if your healthcare provider automatically received your results?

ANSWER CHOICES	RESPONSES	
Much more likely	31.34%	63
More likely	22.39%	45
No change	41.29%	83
Much less likely	1.99%	4
Much less likely	2.99%	6
TOTAL		201

Q13: Do you take your glucose meter with you when you travel?

ANSWER CHOICES	RESPONSES	
Yes	79.00%	158
No	21.00%	24
TOTAL		201

Q14: What is your gender?

ANSWER CHOICES	RESPONSES	
Male	47.24%	94
Female	51.76%	103
Non-binary	0.50%	1
A gender not listed here	0.00%	0
Prefer not to say	0.50%	1
TOTAL		201

Q15: What is your age range?

ANSWER CHOICES	RESPONSES	
Under 29	0.50%	1
30-44	19.60%	39
45-60	50.75%	101
60+	29.15%	58
TOTAL		201

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