SMARTMETER
Engaging Health Data

National Diabetes Survey 2026

Testing habits, remote patient monitoring, and connectivity — what 214 U.S. adults told us

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Key Highlights

64%

would test more consistently if their provider automatically received their results

up from 54% in 2025

61%

would be more likely to test regularly if their meter sent readings with no Wi-Fi, apps, or setup

up from 53% in 2025

65%

agree remote patient monitoring could help them manage diabetes between visits

up from 63% in 2025

55%

would prefer a provider who uses remote monitoring tools; just 12% would not

up from 50% in 2025

68%

of people with a Bluetooth or Wi-Fi meter have connection, setup, or syncing issues at least sometimes

Only 8% never do

2×

more respondents have a meter that sends readings over a built-in cellular connection

8.9% in 2026 vs 4.0% in 2025

43%

Awareness is the opportunity. More than four in ten respondents have never heard of remote patient monitoring — yet a majority say they would choose a provider who uses it. Education and easy-to-use devices are the bridge.

Percentages are of all 214 respondents unless noted; the Bluetooth/Wi-Fi issue figure is based on the 110 respondents whose meter connects that way. 2025 comparison (n=201) is directional: the 2026 respondent mix is younger and includes more people with Type 1 diabetes.

1 Automatic sharing motivates testing

Patients say removing friction and sharing results would change behavior

Nearly two-thirds of respondents (64%) said they would test more consistently if their provider automatically received their results, including 31% who said "much more likely." A similar share (61%) said they would be more likely to test regularly if their meter sent readings without Wi-Fi, apps, or setup. Only about 4–5% said either change would make them less likely to test.

What it means: More consistent testing means more complete data between visits for care teams.

2 RPM is seen as a way to manage between visits

Interest is strong even where awareness is not

Two-thirds (65%) agree RPM could help them better manage their diabetes between visits, and 55% would choose a provider who uses remote monitoring tools. At the same time, only 30% say their provider always or often recommends treatment changes based on their glucose readings, and 43% have never heard of RPM.

What it means: Patients are open to monitoring; the gap is awareness and connecting readings to action.

3 Connectivity is the friction point — and cellular is the fix

Bluetooth and Wi-Fi setups create issues for most people who use them

Among respondents whose meter connects through Bluetooth or Wi-Fi, 68% experience issues with connection, setup, or syncing at least sometimes, and 30% say they *always* do. Only 8% report never having an issue. Meanwhile, built-in cellular connections more than doubled as a share of respondents (8.9% vs. 4.0%), and now account for 28% of meters that send readings automatically, up from 11%.

What it means: Cellular devices remove the app, pairing, and Wi-Fi steps where patients struggle.

About this survey

- **Sample:** 214 U.S. adults; survey created November 6, 2026. Most reported Type 2 diabetes (81%); 28% reported Type 1 (respondents could select both).

A Care & Testing Patterns

How often people test, see their provider, and review their data

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

Answered: 214

Less than once	26.2%	56
Once	24.8%	53
Twice	21.0%	45
Three times	11.7%	25
Four or more times	16.4%	35

Q2 How often do you see a healthcare professional for your diabetes care?

Answered: 214

Less than once a year	8.9%	19
Once a year	9.8%	21
Twice a year	28.5%	61
Three times a year	22.4%	48
Four or more times a year	30.4%	65

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

Answered: 214

Always	64.5%	138
Often	12.6%	27
Sometimes	14.0%	30
Rarely	5.1%	11
Never	3.7%	8

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

Answered: 214

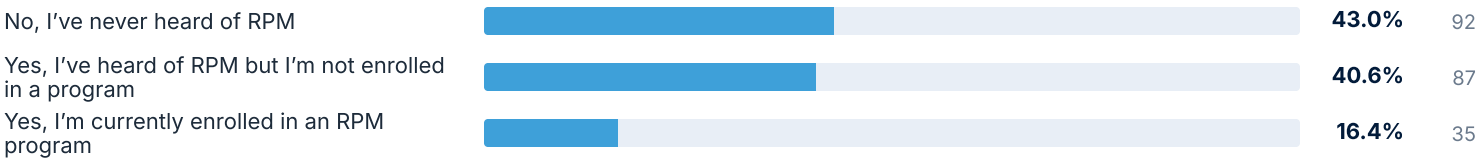
Always	14.5%	31
Often	15.9%	34
Sometimes	40.6%	87
Rarely	23.8%	51
Never	5.1%	11

B RPM Awareness & Experience

What people know about remote patient monitoring

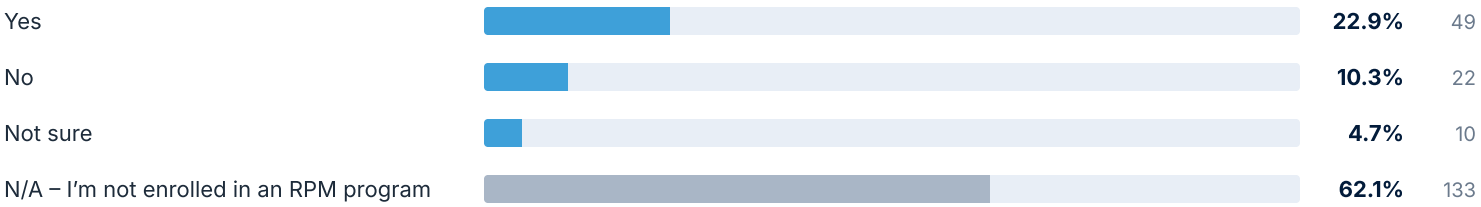
Q5 Have you heard of remote patient monitoring (RPM), where your glucose readings are shared automatically with your healthcare provider between visits?

Answered: 214



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

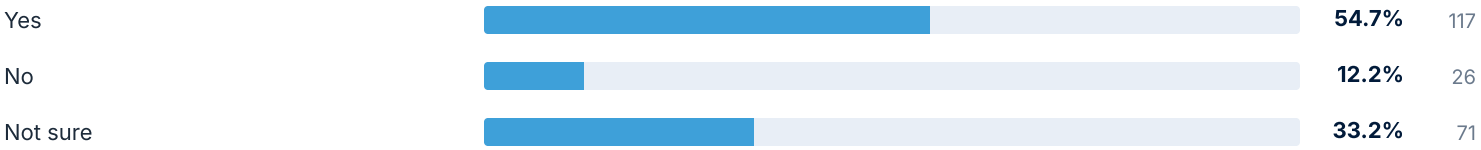
Answered: 214



Note: 81 respondents gave a non-"N/A" answer to Q6, more than the 35 who reported being enrolled in Q5. Interpret Q6 with caution.

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

Answered: 214

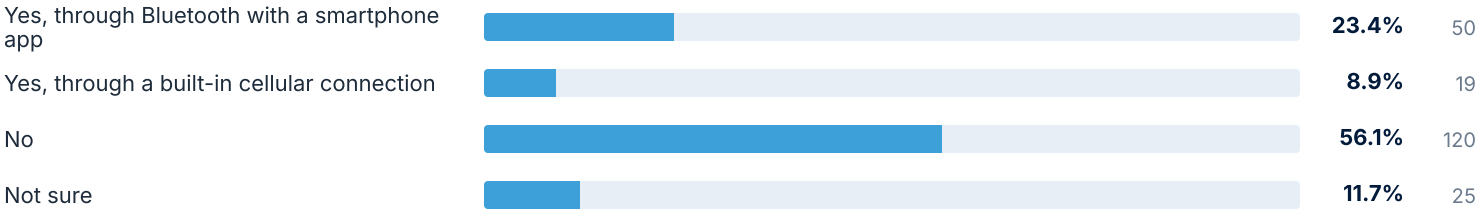


C Connectivity

How readings get to the care team — and where it breaks down

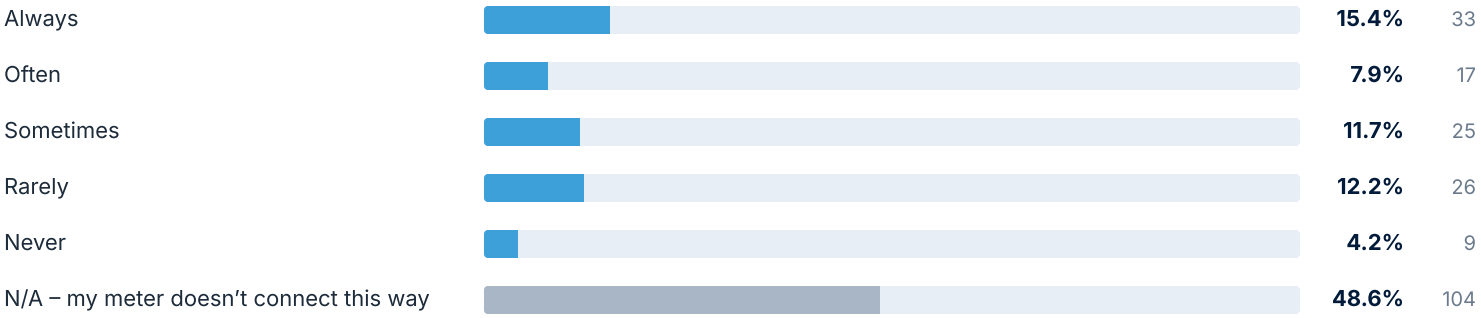
Q8 Does your glucose meter automatically send your readings to your provider?

Answered: 214



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

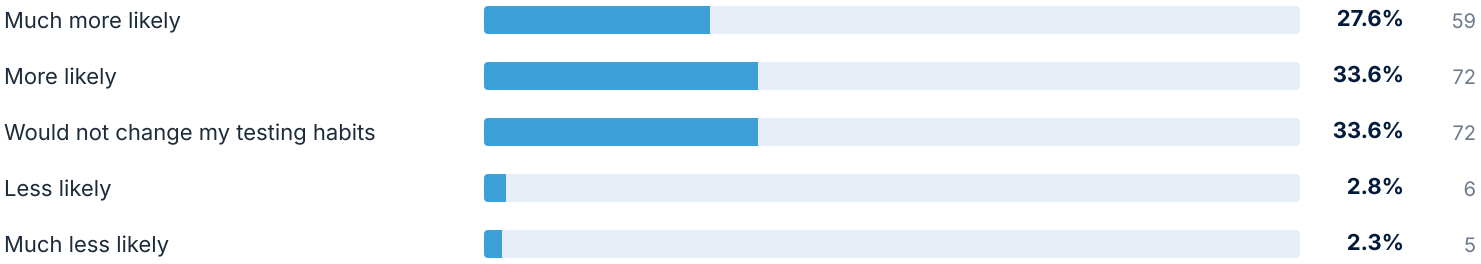
Answered: 214



68% **of Bluetooth/Wi-Fi meter users have issues at least sometimes.**
Of the 110 respondents whose meter connects this way (Q9 excluding "N/A"): 30% always, 15% often, 23% sometimes, 24% rarely, 8% never. Note Q9 asks about Bluetooth *or* Wi-Fi.

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?

Answered: 214



D Impact on Management & Behavior

How patients see RPM affecting their diabetes care

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

Answered: 214

Strongly agree	34.1%	73	
Agree	31.3%	67	
Neutral	28.0%	60	
Disagree	5.1%	11	
Strongly disagree	1.4%	3	

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

Answered: 214

Much more likely	30.8%	66
More likely	33.2%	71
No change	32.2%	69
Less likely	2.8%	6
Much less likely	0.9%	2

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

Answered: 211

Yes	72.5%	153
No	27.5%	58

E Respondent Profile

Who responded

Q14 What is your gender?

Answered: 212

Male	49.5%	105
Female	49.5%	105
Non-binary	0.5%	1
A gender not listed here	0.0%	0
Prefer not to say	0.5%	1

Q15 What is your age range?

Answered: 208

Under 29	11.1%	23
30–44	34.6%	72
45–60	28.4%	59
60+	26.0%	54

Region Major U.S. region

Answered: 214

East North Central	14.5%	31
East South Central	8.9%	19
Middle Atlantic	9.3%	20
Mountain	7.9%	17
New England	4.2%	9
Pacific	14.0%	30
South Atlantic	22.0%	47
West North Central	6.5%	14
West South Central	12.6%	27

Income Household income (grouped)

Answered: 214

Under $25,000	15.9%	34
$25,000–$49,999	20.6%	44
$50,000–$74,999	15.4%	33
$75,000–$99,999	14.5%	31
$100,000–$149,999	16.8%	36
$150,000+	14.0%	30
Prefer not to answer	2.8%	6

Dx Diabetes type (self-reported; multiple selections allowed)

Answered: 214

Type 2 diabetes	81.3%	174
Type 1 diabetes	27.6%	59

Questions about the findings or how cellular RPM devices can support your patients?
Contact your Client Success Manager, or reach us at www.smartmeterrpm.com | 1-813-773-4080