

- Self-monitoring of blood glucose (SMBG) frequency is associated with better control in type 1 diabetes; despite this only a small proportion of patients achieve the recommended frequency.
- We performed a randomized controlled trial of the Accu-Chek Mobile™ (F. Hoffmann-La Roche AG, Basel, Switzerland) system - a strip-less SMBG device - compared to the strip-based Freestyle Optium™ (Abbott, North Chicago, IL, USA) system in a cross-over design.
- Primary outcome measure was SMBG frequency; secondary outcomes included: glycemic control, diabetes treatment satisfaction, confidence in treating diabetes, and diabetes distress.
- SMBG frequency increased in both groups but participants monitored significantly more often using the Accu-Chek Mobile meter (SMBG/week median: 19 vs. 10; $P = 0.04$); after 3 months using each meter, 77% of participants indicated a preference for the Accu-Chek Mobile meter and monitoring frequency in this group remained higher than baseline during the three-month post-cross-over follow-up period.
- Our results indicate that the Accu-Chek Mobile meter improves SMBG frequency.

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