

2025 GLOBAL DIABETES REPORT

Transforming Diabetes
Management with Thorough
Actionable Insights



Foreward

Diabetes management today faces significant challenges, from isolated healthcare experiences to fragmented data and inconsistent clinical workflows. At Glooko, we recognize these challenges and are committed to addressing them head-on by turning complexity into clarity and insights into action.

This year's Global Diabetes Report highlights how real-world diabetes data, when unified and intelligently analyzed, can reveal meaningful patterns and better inform clinical decision making. With billions of data points captured across geographies, device types, and clinical settings, Glooko is uniquely positioned to offer a panoramic view of what drives diabetes management — including glycemic outcomes, technological adoption, and individual behaviors.

These insights are not theoretical. They are real, measurable, and actionable — and they not only represent the vast capabilities of the Glooko platform, but also our commitment to helping people with diabetes and their clinicians achieve more connected, informed, and effective diabetes care.



Mark Clements, M.D., Ph.D.
Chief Medical and Strategy Officer



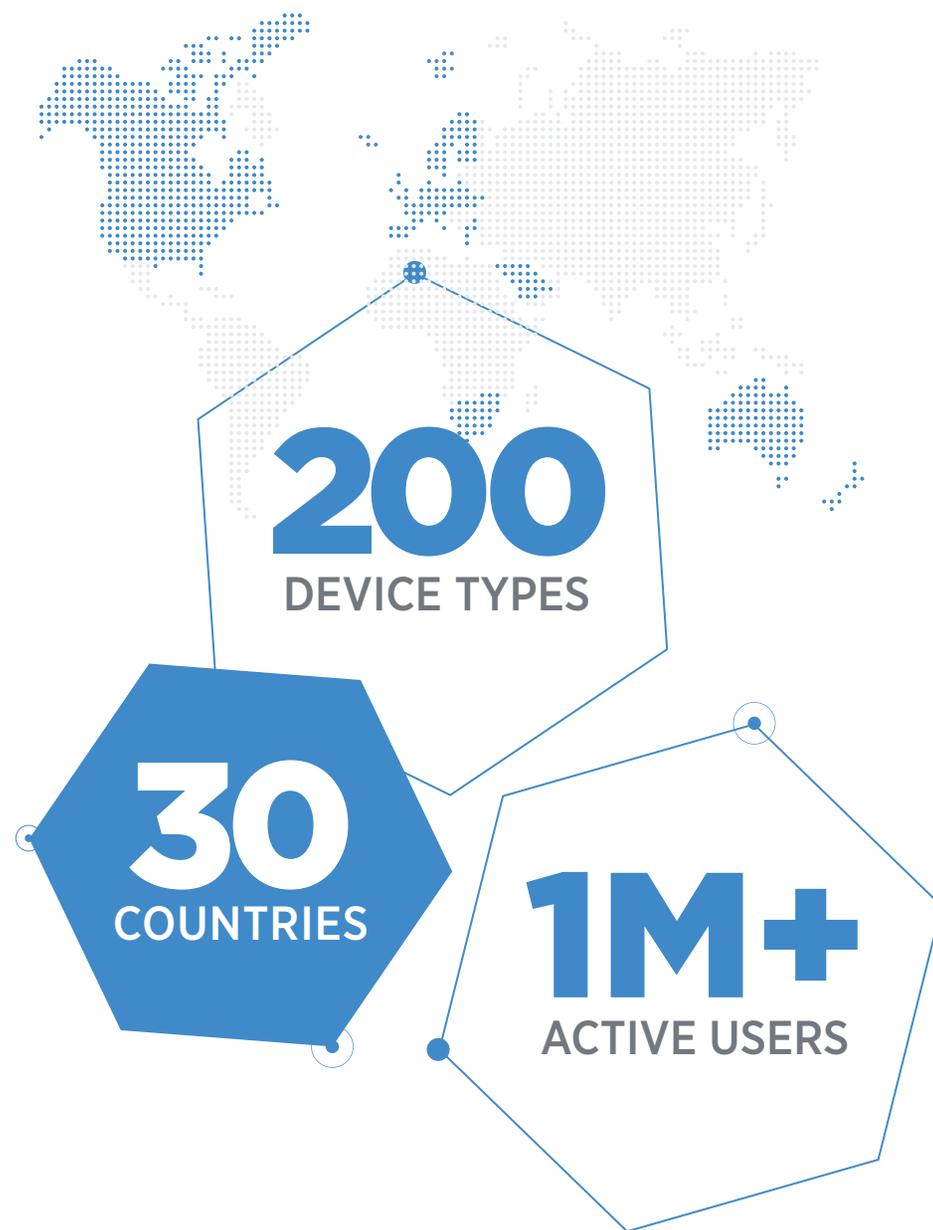
Trisha Martinez, M.B.A., B.S.N., R.N.
Senior Clinical Transformation Director

Note: Real-world data and summaries presented herein are intended for educational purposes.

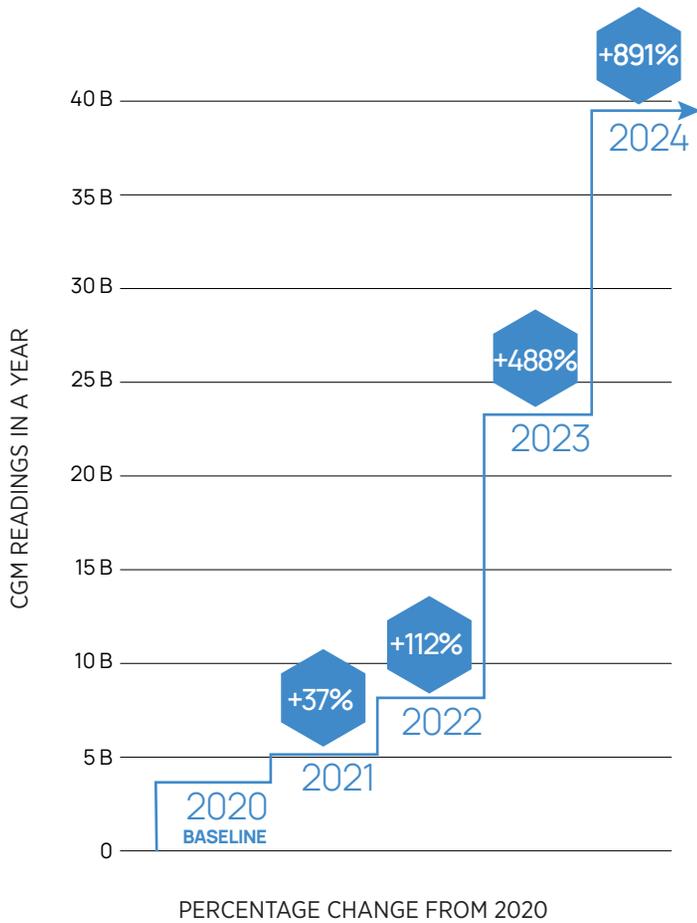
Glooko Connected Care Platform and Its Data Management Capabilities

With billions of data points and growing, the Glooko platform captures one of the largest and most diverse datasets in real-world diabetes care. This includes continuous glucose monitoring (CGM) data, automated insulin delivery (AID) system data, medication and meal logging, insulin dosing, physical activity, and more, spanning over 200 device types and millions of patients across 30+ countries.

Since 2020, the exponential growth of connected devices and remote monitoring has expanded our ability to surface trends, identify clinical risks, and benchmark outcomes across populations. This dataset not only reflects how diabetes is managed today — it offers a window into how it can be improved tomorrow.



Global CGM Readings Captured Since 2020



30B+
CGM
READINGS

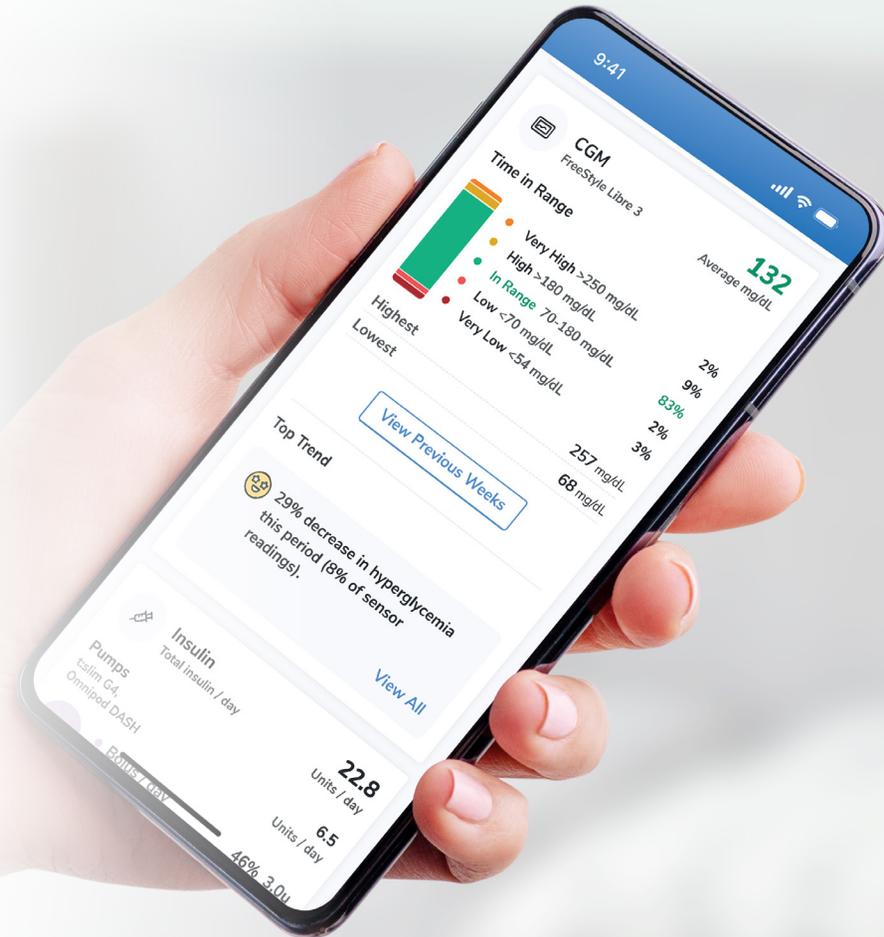
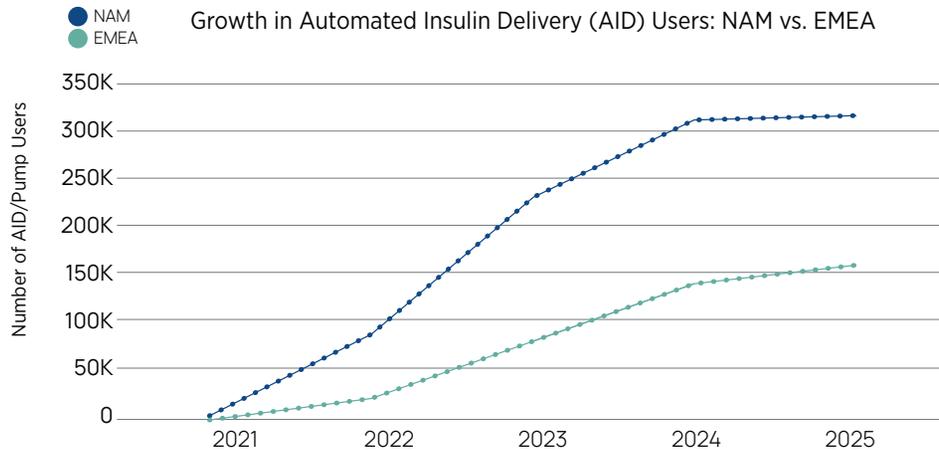
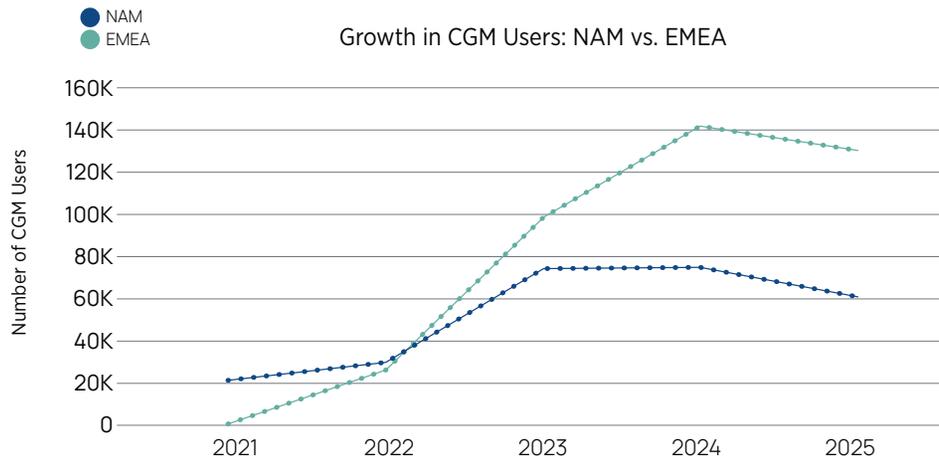
800+%
GROWTH
SINCE 2020

This rich dataset enables precise pre/post intervention analysis, supporting evidence-based diabetes management and research breakthroughs.

Internal Glooko data; based on active Glooko users that synced during 2024

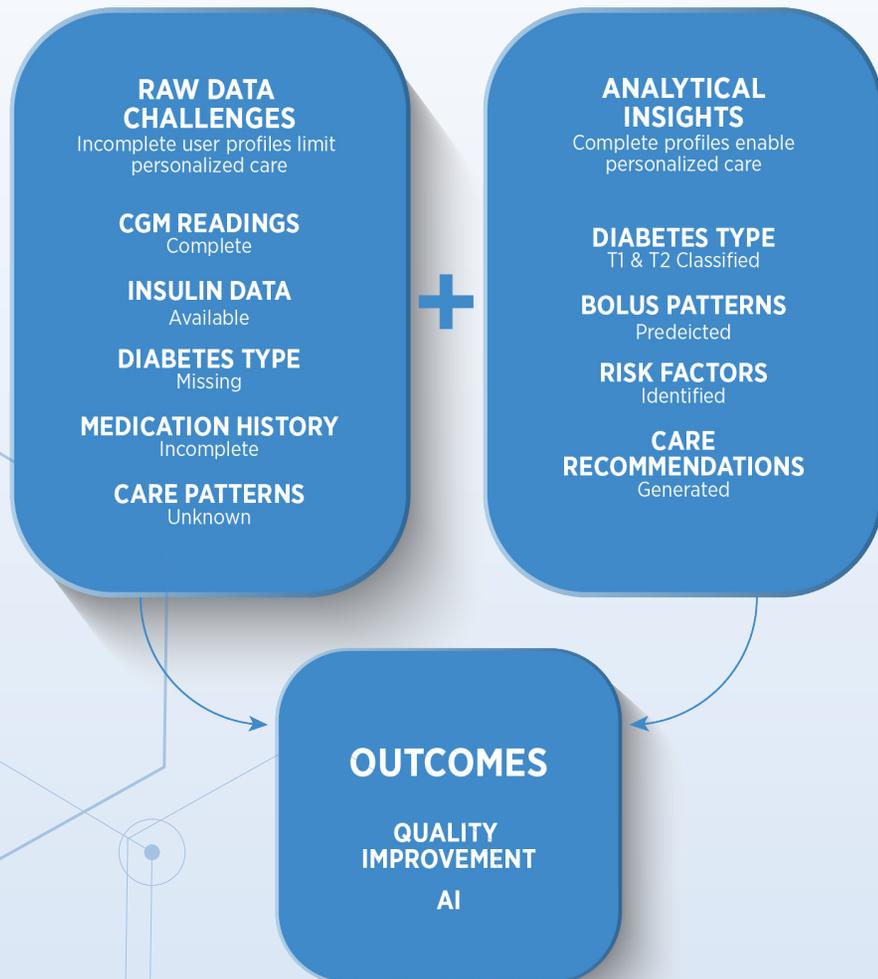


Global CGM Readings and AID Readings Across Key Geographies



Data collected from North America (NAM) and Europe, Middle East, Africa, New Zealand, and Australia (EMEA). The product images are for illustrative purposes only. Not actual patient data. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott and used with permission. Important Safety Information: For full FreeStyle Libre systems safety information, please visit <https://www.freestyle.abbott/us-en/safety-information.html>.

Possibilities: Enabling Personalized Care Through Predictive Data Models



In remote diabetes care, missing data can lead to challenges in personalizing care. Patient data can be incomplete, medication records can be inconsistent, and behavioral trends can be hard to quantify. Through Glooko's vast data universe, we can address these gaps through machine learning models that enhance the utility of real-world data.

Our proprietary classification algorithms infer diabetes type with high accuracy, even when medical records are incomplete. From there, we apply intelligent analytics to uncover:



Patterns in bolus insulin usage that may indicate adherence issues



Timing and duration of hypoglycemia to predict risk windows

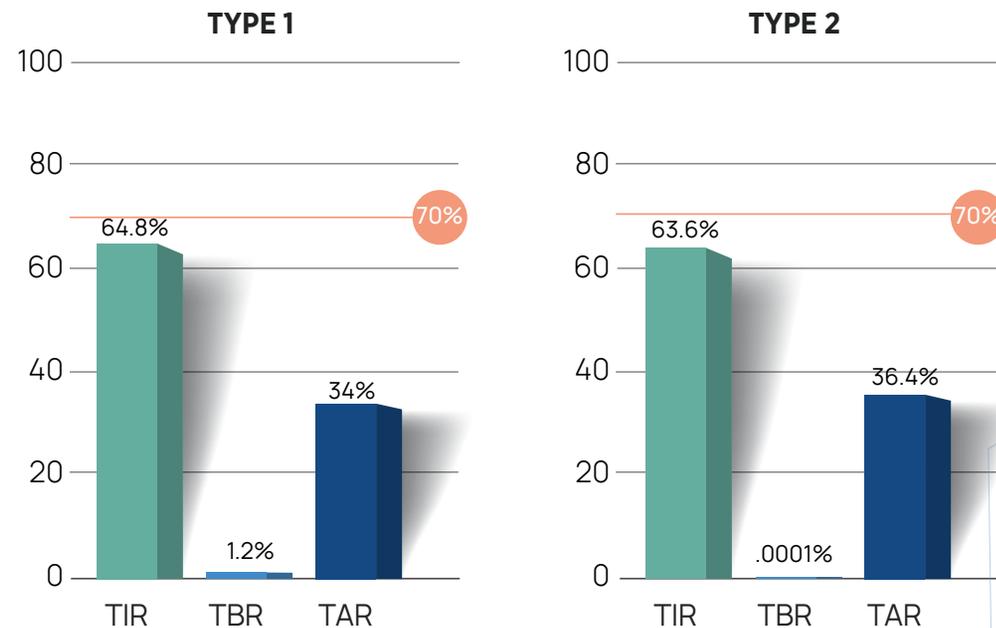


Correlations between glucose trends and medication behaviors

This approach has the potential to transform passive data into proactive insights, supporting more personalized and timely care interventions, without adding provider burden.

Analyzing Glycemic Metrics Across Diabetes Types

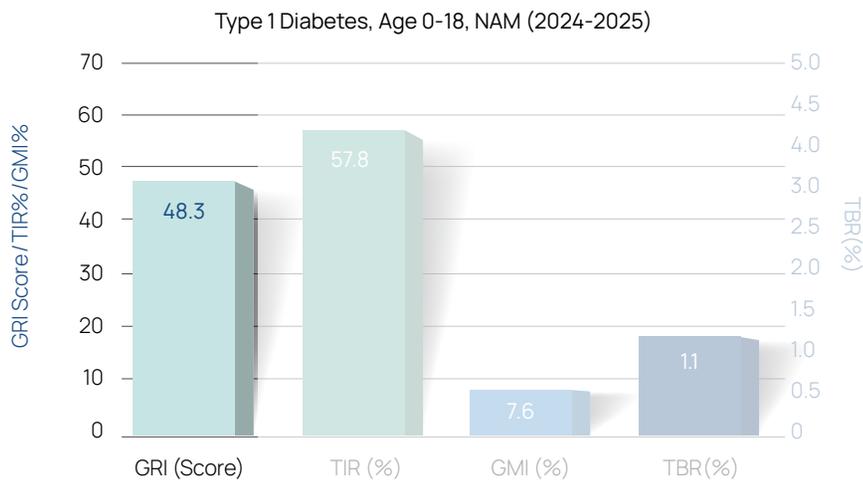
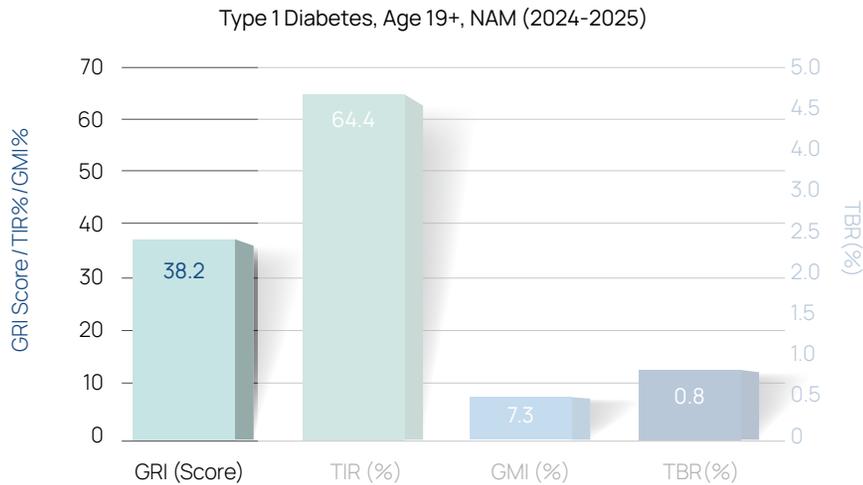
By calculating standardized glycemic metrics — such as time below range (TBR), time in range (TIR), time above range (TAR) and other glycemic metrics, Glooko can also enable robust comparisons across patient populations with Type 1 and Type 2 diabetes.



Internal Glooko data; reflects trends from June 2024 - June 2025

These metrics can offer clinicians and researchers a clearer understanding of outcomes in naturalistic settings. With more than one million users included in this analysis, we can identify meaningful differences and temporal trends that can inform both individual care and population health initiatives. This includes the Glycemia Risk Index (GRI).

Glycemia Risk Index (GRI)



The GRI is a composite metric that quantifies overall glycemic risk by integrating both hyperglycemic and hypoglycemic exposures into a single score.

Traditional metrics offer fragmented views:

- GMI reflects average glucose but obscures variability
- Time in Range (TIR) measures control but does not weigh risk
- Time Below Range (TBR) captures hypoglycemia but lacks context

GRI can address these gaps by providing a unified, interpretable score that supports:

-  Ongoing risk assessment
-  Treatment goal-setting
-  Enhanced communication between providers and patients

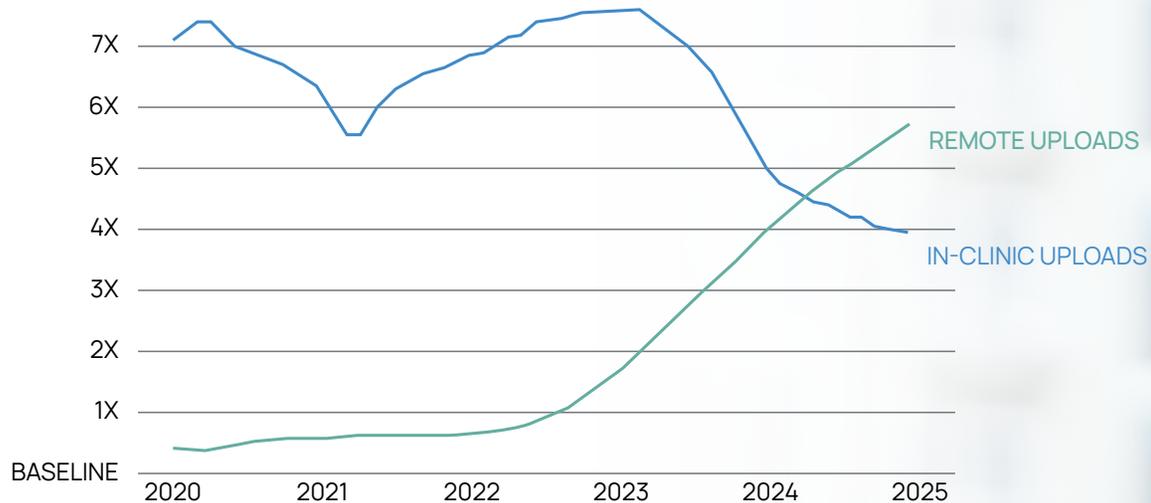


Five Years of Remote Monitoring: Global Diabetes Management Trends from 2020-2025

Since 2022 we've seen the start of a dramatic shift from in-clinic to remote diabetes data uploads largely due to popularity of new devices, particularly cloud connected devices. Remote uploads have steadily increased, while in-clinic uploads have declined. This sustained growth reflects a broader transformation in how people with diabetes engage in their care: more consistently, more independently, and increasingly from home.

By early 2024, the number of remote users surpassed in-clinic users, and by the end of 2024 remote uploads were ~1.5X higher than in-clinic.

Remote vs. In-Clinic Diabetes Data Uploads (2020-2025)



*Includes all sync information across NAM & EMEA, including cloud-to-cloud syncs, from June 2020 - June 2025



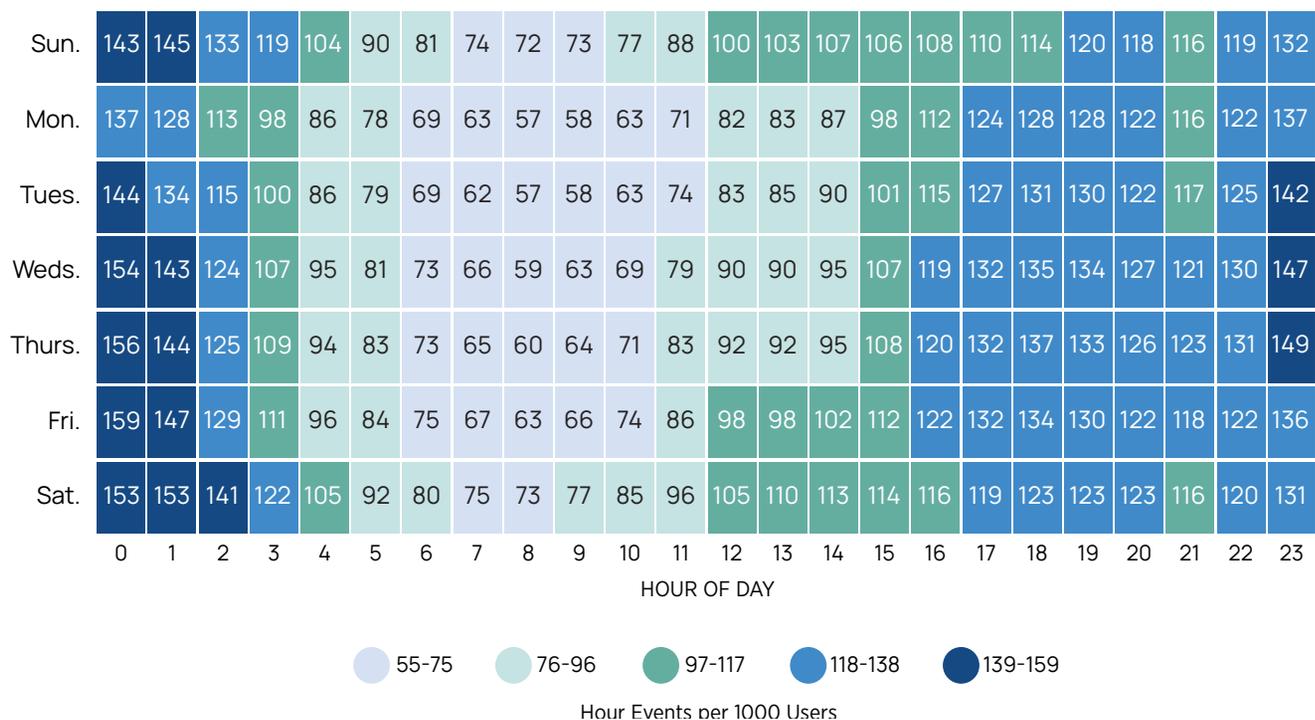
Five Years of Remote Monitoring: Global Diabetes Management Trends from 2020-2025

Since 2020, longitudinal analysis of CGM and self-monitoring data from the Glooko platform reveals recurring trends in glycemia over time. Similar to findings in our [2020 report](#), we continue to observe that:

- Overnight hypoglycemia risk is significantly elevated - Events peak at 140-160 per 1000 users during midnight-3am across all days, representing the highest risk period when patients are asleep and unable to recognize symptoms.
- Clear daily pattern with midday safety window - Risk drops to lowest levels (55-85 events per 1000 users) during 7am-2pm, then rises again in evening hours, indicating a predictable bimodal distribution that can guide monitoring and intervention strategies.

These insights suggest that behavioral patterns and engagement levels remain key drivers of glycemia, regardless of diabetes type.

Event Rate per 1000 User by Hour and Day (Clinically significant hypoglycemia (level 2) episodes)

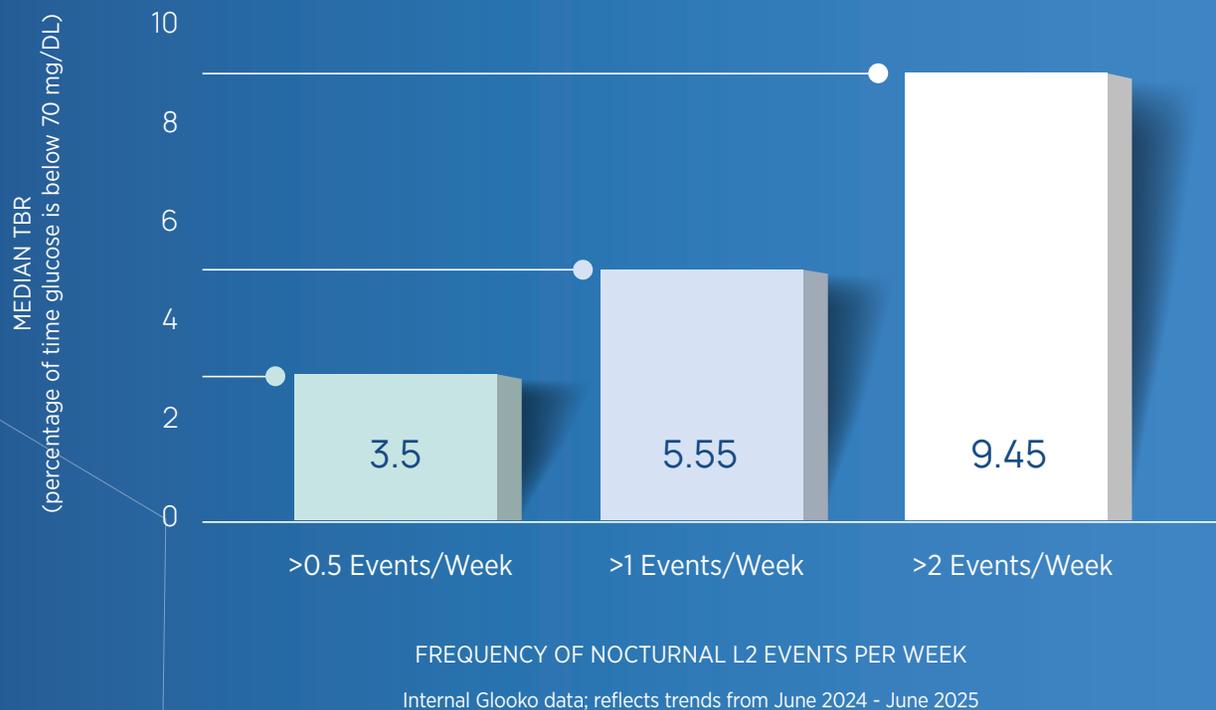


Five Years of Remote Monitoring: Global Diabetes Management Trends from 2020-2025

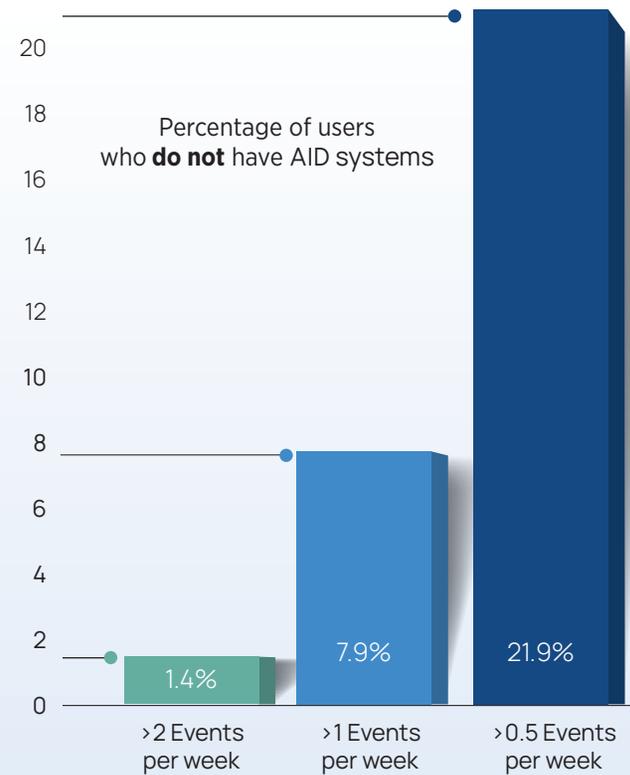
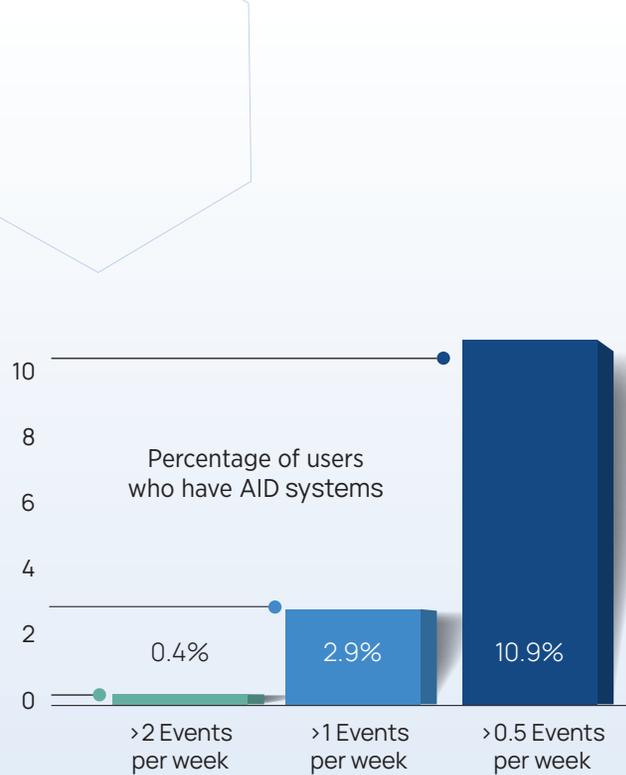
By analyzing billions of glucose readings from the Glooko platform, it becomes clear that hypoglycemic events aren't random — they often follow distinct temporal patterns, have predictable durations, and respond differently to technological interventions like AID devices.

The graphic below depicts the relationship between number of nocturnal Level 2 Hypoglycemia events (L2s) per week and time below range (TBR). Higher frequencies of nocturnal L2s are associated with higher median TBR.

MEDIAN TIME BELOW RANGE BY FREQUENCY OF NOCTURNAL LEVEL 2 HYPOGLYCEMIA



Tech Focus: When it Comes to Hypoglycemic Events, Diabetes Technology Matters



Internal Glooko data; reflects trends from June 2024 - June 2025

Increased use of advanced diabetes technologies, including CGMs and AID systems, is also correlated with reduced glycemic variability and improved time-in-range.

These real-world insights demonstrate the importance of timing, frequency, and device use in optimizing outcomes.

Events in this graph are Level 2 hypoglycemia — defined as glucose values below 54 mg/dL sustained for at least 15 consecutive minutes — occurring overnight (11:00 PM to 7:00 AM).



Turning Data into Action

At Glooko, we believe that data must serve a higher purpose: improving the lives of people with diabetes. That means delivering insights that are:



Clinically relevant



Easy to interpret and apply



Secure, compliant, and scalable

As we look ahead, our commitment is to continue supporting health systems, clinicians, device partners and people with diabetes with tools that simplify care and elevate outcomes.

The insights in this report are just some examples of what the Glooko platform is capable of. Learn more about Glooko's full data capabilities and insights:



ABOUT GLOOKO

Glooko is focused on improving health outcomes for people with diabetes through our personalized, intelligent, connected care platform. Our proven technologies strengthen connections between patients and providers, drive patient engagement and adherence via digital therapeutics, with more than 4.4 million people around the world using the Glooko platform. By seamlessly integrating with electronic health records, providing a unified device ecosystem, and delivering actionable insights, Glooko aims to enhance clinical workflows and improve outcomes for people with diabetes and their care providers. For more information, visit glooko.com.

