

BLOOD GLUCOSE MONITOR COMPARISON

	Ketones	Bluetooth	App	Sample size	Lancet device	Memory	Battery	Strip size (approx)	Notable features
 FreeStyle Lite	No			0.3 µL	Larger button on the lancet device. Single-use lancet	400 readings	CR2032 coin cell battery	33 mm × 8 mm	Backlight helps those with low vision, works with a small sample size
 FreeStyle Optium	Yes			0.6 µL	Larger button on the lancet device. Single-use lancet	450 readings	CR2032	40 mm × 8 mm	Ketone checking, multi-strip compatibility. Backlight aids visibility
 Glucokey	No	USB/Bluetooth	Glucokey	~0.5 µL	Single-use lancet	Varies	Rechargeable lithium (USB)	35 mm × 8 mm	App connectivity, compact design
 CareSens N	No	USB	Smart Log (manual entry)	0.5 µL	Single-use lancet	1,000 readings	CR2032	38 mm × 8 mm	Slim design, hypo indicator, strip expiry alarm. Large memory and reminders are useful for those with low vision
 CareSens Pro Dual	Yes	Bluetooth	Smart Log	0.5 µL	Single-use lancet	1,000 readings	CR2032	38 mm × 8 mm	Dual glucose/ketone monitoring, reminders and app integration
 Accu-Chek Guide	No	Bluetooth	MySugr	0.5 µL	Considered less painful—uses a drum of 6 retractable lancets	720 readings	2×AAA	44 mm × 10 mm	Spill-resistant strip port, smart app integration, and high accuracy
 Contour Next	No	Bluetooth	Contour Diabetes	0.6 µL	Single-use lancet	800 readings	CR2032	40 mm × 8 mm	Backlight, high accuracy, second chance sampling, app sync and colour-coded readings
 CareSens N Voice	No		Smart Log (manual entry)	0.5 µL	Black single-use lancet strip (improves visibility)	~500 readings	2×AAA	38 mm × 8 mm	Excellent for blind/low vision users. Talking function, large screen, strip ejector, provides averages