



Medical Innovation and Your Diabetes

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A brave new world?

Whether you use a Continuous Glucose Monitor (CGM) or the older fingerstick glucose strips to help calculate your blood sugar, you'll get a good idea of your glucose levels at any given moment. But soon AI will be able to predict your blood sugar changes based on your unique glucose patterns. AI chatbots can already counsel you about your disease and help you manage stress.

According to the Centers for Disease Control (CDC), more than 40 million people—about 12 percent of the population—in the United States have diagnosed or undiagnosed diabetes. An additional 115 million have prediabetes. The power tools of AI can be applied to this kind of large-scale medical need with astonishing success. It may be time to speak with your doctor to learn about the ways AI can help you improve glycemic control, exercise more efficiently, and eat better.

Following are few examples of Medical Innovation for people with diabetes.



Predicting blood sugar levels

Your CGM can give you fairly accurate up-to-the-minute glucose readings, which your insulin pump can then address. These artificial pancreas systems are the result of intensive scientific work and cutting-edge tech. But if an AI model was trained across the CGMs of hundreds of people with diabetes who eat and exercise in roughly the same way you do—without giving away any personal health data—you would have a way of predicting how your blood sugar will react on a given day at a given time with a given type of meal, with AI alerting you to what level of insulin you will need.

If the collective nature of this data sharing is worrisome, your AI-paired CGM may also be able to function in a way that is unique to your habits by collecting blood sugar and insulin pump readings over time so it can predict when your glucose may be going up and suggest appropriate steps before that happens, whether through exercise, rest, diet, or medication.

Detecting diabetes retinopathy

Ophthalmologists and retinologists are already using AI-powered systems to detect diabetic retinopathy, which is a serious complication of diabetes. AI tools can analyze retinal images in seconds to spot early signs of the disease and increase access to eye care that can help prevent serious vision loss or even blindness.

Blood sugar control in the future

In the not-so-distant future, scientists are predicting some exciting AI innovations:

- ✓ Automatic detection when you are exercising to help avoid hypoglycemia.
- ✓ Automatic adjustment of insulin dosage to manage recurrent events, like weekends, menstruation, or illnesses.
- ✓ Automatic detection of systemic failures within your CGM or insulin pump.
- ✓ Help in developing new GLP-1 drugs, which will be tailored more individually to targeted weight loss, longevity, and anti-inflammatory issues.

Words of caution

AI works best from large sets of data, so personal privacy and protection of your healthcare information is important. AI chatbots have been known to “hallucinate” information—come up with wildly inaccurate data—and make mistakes, just as humans do, most likely because their algorithms or data are out of date. Always check with your doctor before making any important changes to your diabetes care plan.



Sources: | <https://diatribe.org/diabetes-technology/how-artificial-intelligence-changing-diabetes-care> | <https://www.hopkinsmedicine.org/news/newsroom/news-releases/2025/10/ai-powered-diabetes-prevention-program-shows-similar-benefits-to-those-led-by-people> | <https://foliamedica.bg/article/153728/> | <https://stanmed.stanford.edu/ai-tool-manage-diabetes-smart-speaker/> | <https://www.cdc.gov/diabetes/php/data-research/index.html> | <https://www.nsf.gov/news/ai-delivers-smarter-glucose-predictions-without-compromising> | <https://dharab.com/us-company-unveils-ai-designed-longevity-focused-glp-1-program/>

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