mySugr

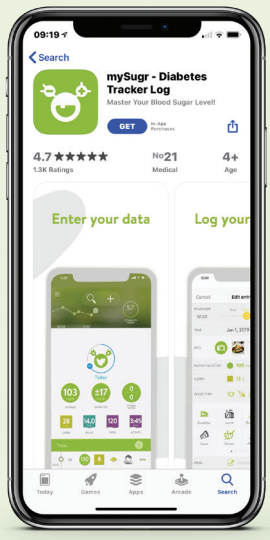
Roche

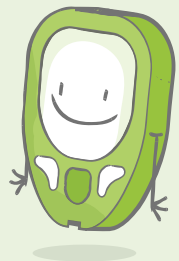
Your mySugr® App Set-up Guide

1 Download the App from the App Store or Google Play

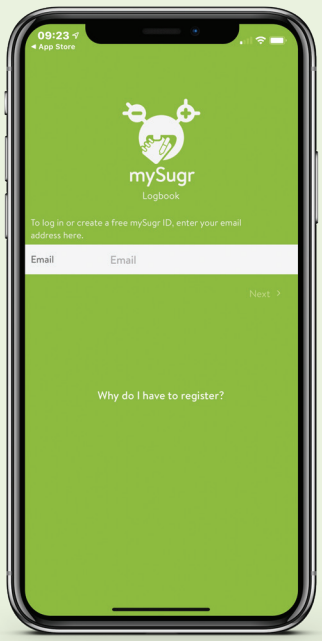
Download on the App Store

GET IT ON Google Play



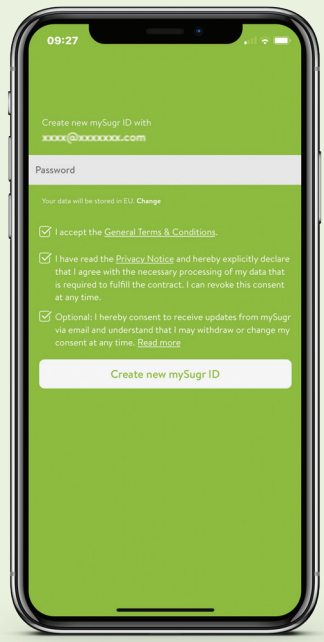


2 Setting up an account



Once the app is downloaded, enter an email address to create an account.

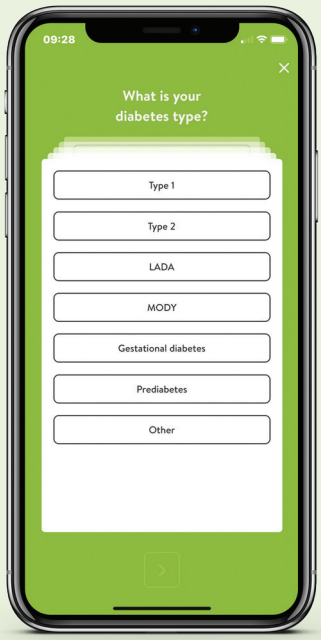
A verification code will be sent to the email address, enter it on the next screen.



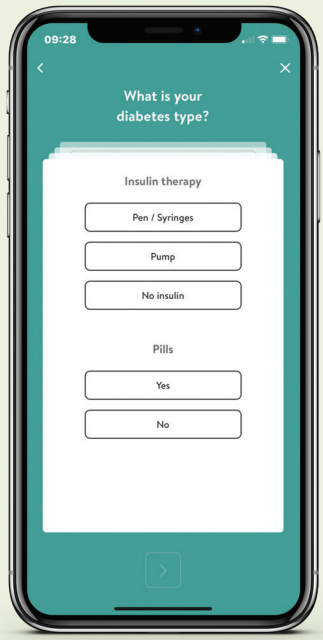
Enter a password of your choice.

Continued over

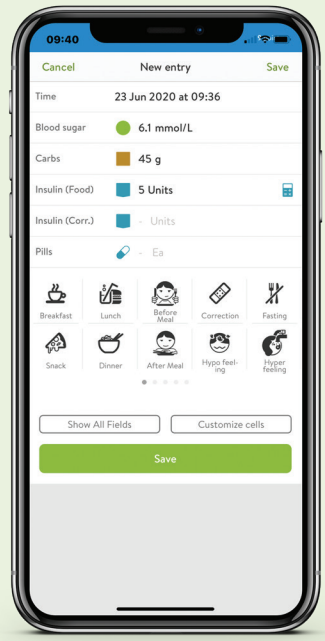
2 Setting up an account (cntd.)



Select your diabetes type.



Select how you manage your diabetes.

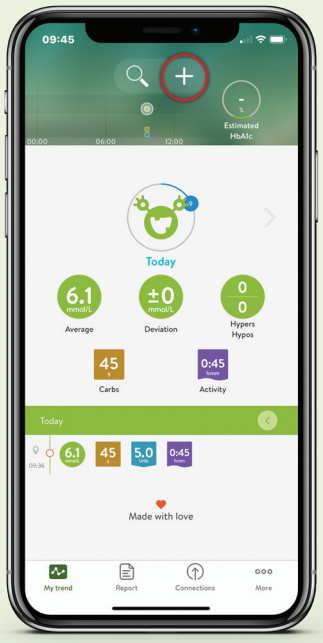


Select the unit type you are used to.

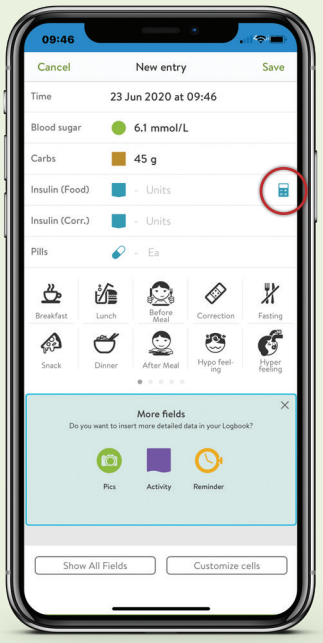
Set your target ranges.

And finally which meter you use.

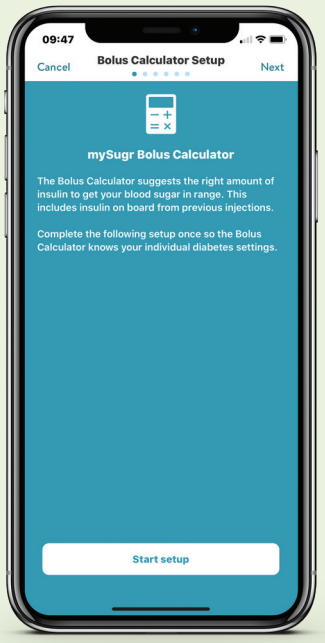
3 How to set up the bolus calculator*



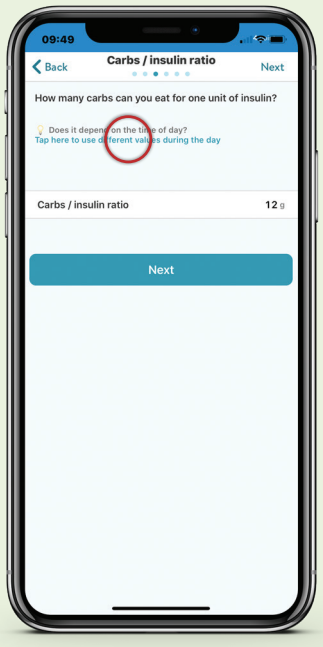
Tap the **'Plus' button** on your screen.



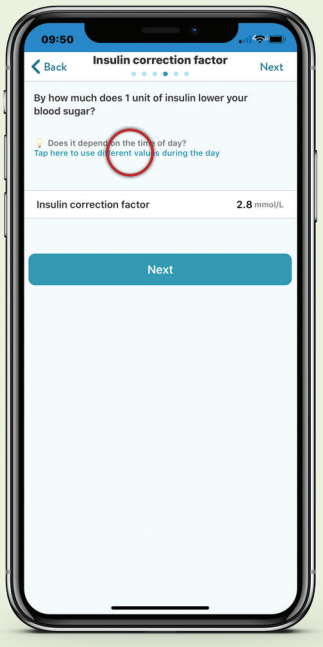
Add your values and press the calculator icon to begin.



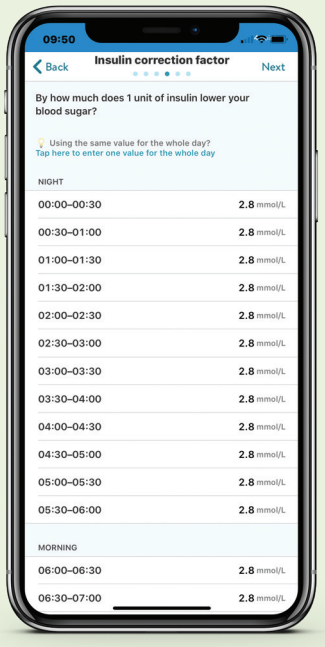
When the first Bolus Calcualtor screen appears, press "Start Setup" and complete with your details.



After choosing your settings, add your carbs-to-insulin ratio or select "**Tap here to use different values during the day**" to add a specific value.

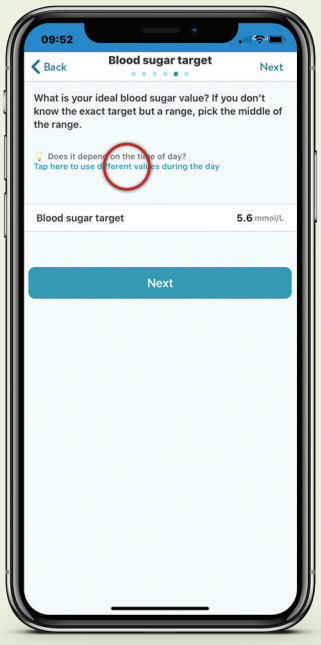


Add your different values for a more precise calculation select "**Tap here to use different values during the day**" to add specific values for a more precise calculation.

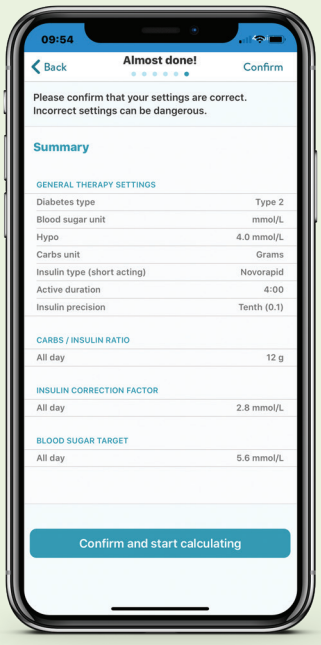


Add your specific Insulin Correction Factor values.

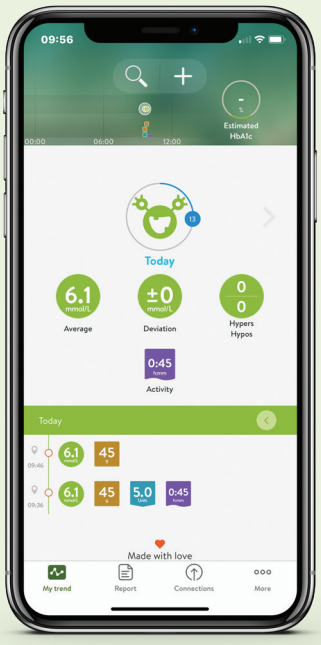
3 How to set up the bolus calculator (cntd.)



Blood Glucose Target: Add your Blood Glucose Target or select "**Tap here to use different values during the day**" to add specific values for a more precise calculation.



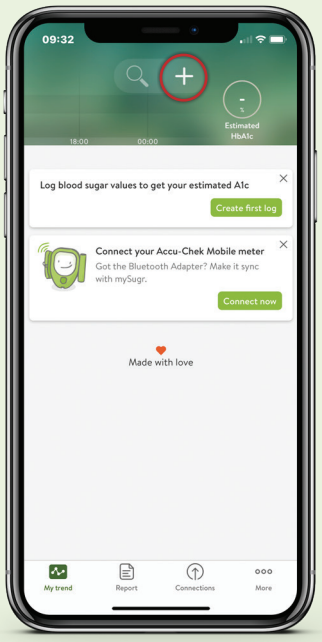
Double check the summary and press Confirm if correct.



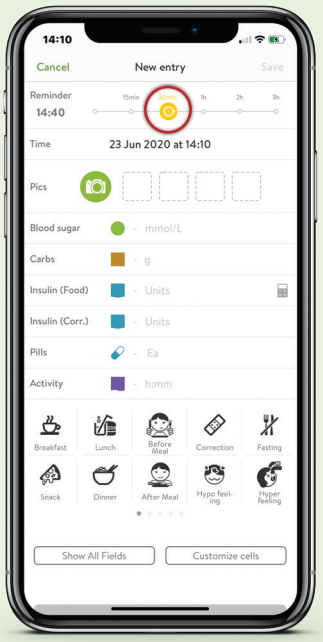
Your bolus calculator is now set up.

*Approved for adults with diabetes to support in calculating insulin doses. The intended use of the mySugr bolus calculator is 18+

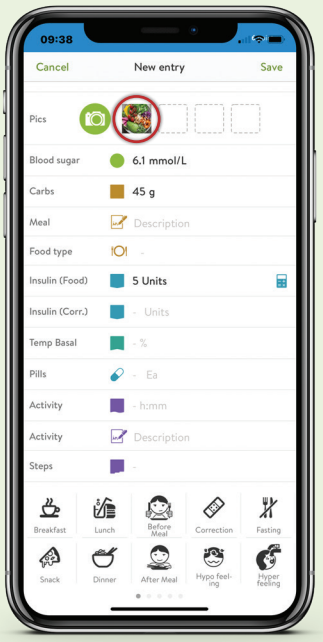
4 How to log an entry



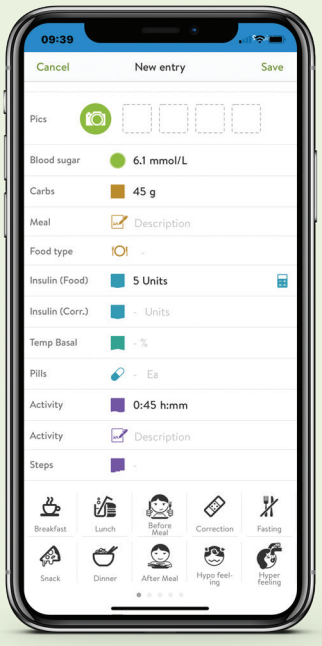
Tap the **'Plus' button** on your screen.



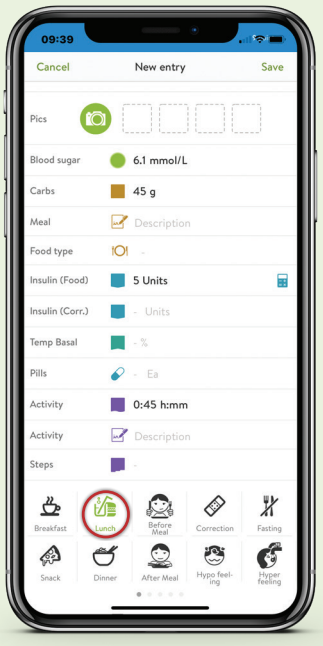
Set a reminder.



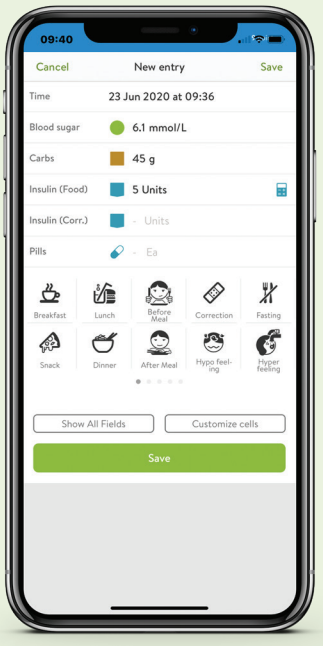
Take a picture of your food.



Enter values for your blood glucose, carbs, insulin, pills and activities.

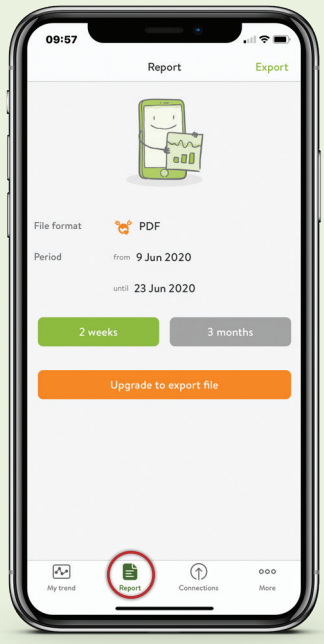


Select the tags you want to save.

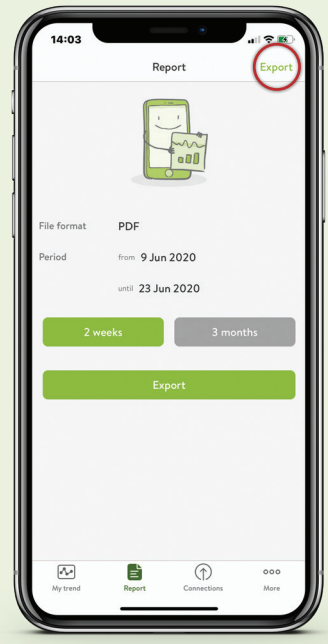


Save the entry.

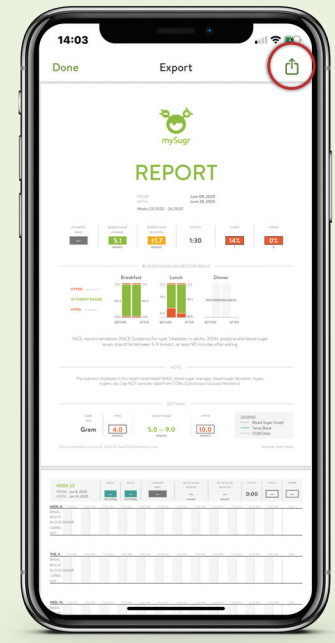
5 Producing a report & sharing the data



Click "**Report**".



Select the desired time period and click "**Export**".

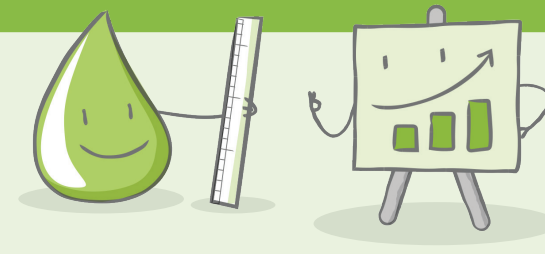


The report will be displayed; click the "**Share**" button.

Select the email app you want to use.

INCLUDED IN mySugr NHS APP LIBRARY

To find more information and videos about the mySugr app visit **www.accu-chek.co.uk**



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