

CARELINK[™] SOFTWARE ACTIONABLE INSIGHTS FOR BETTER DIABETES MANAGEMENT

CARELINK REPORTS GUIDE

> Mectronic Further, Together

CARELINK[™] REPORTS ACTIONABLE INSIGHTS FOR BETTER DIABETES MANAGEMENT

The CareLink[™] Personal Software helps you visualize your diabetes information with charts, statistics and events that can help you identify and understand patterns and trends. The reports can highlight the most relevant insights from your Insulin Pump, Continuous Glucose Monitoring (CGM) and Blood Glucose Meter (BG) and pull these together to help guide you in making informed and timely decisions with your diabetes team who can assess and support you to refine your individual plan.





TABLE OF CONTENTS

1.	Preparation and individual settings	6
2.	Uploading the data from your devices	7
3.	Selecting the reports to review	8
4.	Reviewing CareLink Personal Reports	
	Therapy Management Dashboard	10
	Adherence Report	12
	Sensor and Meter Overview	14
	Logbook Report	20
	Device Setting Snapshot	22
	 Daily Detail Report 	24
5.	Summary and key takeaway	26



It is important to check the default settings in the CareLink[™] Personal Software and to adjust them to your individual situation and goals so that the evaluations are relevant to you.

Please speak with your diabetes care team about your individual target range. The settings shown in this report guide are only used as an example.

You can always adjust the settings to your individual needs in the Additional Settings under Preferences.



For those on the MiniMed™ 630G insulin pump, use the Contour® Next Link wireless blood glucose meter that came with your pump.

Previous pump models data can still be uploaded with the white CareLink USB or with the previous Contour Next Link wireless blood glucose meter.









AN EFFECTIVE COMMUNICATION TOOL WITH YOUR DIABETES CARE TEAM

You are also encouraged to enable automatic data transmission to your diabetes care team for either a remote consultation and /or in preparation for your next appointment.

Please discuss with your diabetes care team about providing access to your CareLink Personal Account. They will access this through software specific to them (CareLink Professional) which will allow them to access your uploads and data trends for discussion at your next appointment.

3 SELECTING THE REPORTS TO REVIEW

Bundles of reports are now available to guide you in selecting valuable reports for your specific needs. The below provides an overview of the reports dashboard.



REPORTING PERIOD

You may select a relative reporting period starting from the current day and going back to the desired duration. You may also select Custom and specify a specific start and end date.

SUGGESTED REPORT BUNDLES FOR DIFFERENT USE CASES Report bundles are now available to provide you the most suitable reports for your specific needs.

SINGLE REPORTS

In addition to the package of reports advised for your needs, you are also able to select specific single reports



3

ORIGINAL REPORTS

To access the original CareLink Personal reports*, you may click on the hyperlink at the bottom of the Reports Page

* Reports that were previously available in CareLink Personal.



GET THE MOST OF CARELINK PERSONAL INSIGHTS

Based on your needs, the following reports are recommendations to help you get started.

Bundle	Bundle Used When:	Dashboard & Episode- summary	Adherence	Sensor & Meter overview	Logbook	Device settings snapshot	Daily detail
		1	111111 111111 111111			111 111	- 16
How can I view my progress and trends?	I would like to know how I am doing overall I would like to know my glucose trends	\checkmark		\checkmark			
How does mealtime affect my glucose levels?	l would like to know how much insulin to take for food and exercise I would like to know how much food I am eating	\checkmark		\checkmark	\checkmark		
What causes my highs and lows throughout the day?	I would like to know if there are patterns before highs and lows I would like to know how my actions impact highs and lows	\checkmark		\checkmark			
What if I only wear the pump and no sensor?	I only have a pump without continuous glucose monitoring		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark
What are my pump settings?	l would like to save my settings before changing l would like to keep track of my current settings					\checkmark	

More information about each individual reports is provided in the next section of this guide.

Note: The information provided in the reports is based on whether you are uploading data from an insulin pump, and/or blood glucose meter.



REVIEWING CARELINK PERSONAL REPORTS THERAPY MANAGEMENT DASHBOARD

Action Pla

This report is intended to provide a comprehensive summary to help you determine the level and quality of glucose control you have achieved during the selected period. It provides detailed information of glycemic patterns throughout the day and data related to meals and basal/bolus insulin delivery. At least 5 days of CGM data in the selected period are needed to generate the report.

5

6

One of the first items you can identify are hypoglycemic patterns, also known as low glucose patterns. In this example, a low glucose is identified as a value less than 3.9mmol/L.

These shaded red areas represent the moments when you have been in this glucose range. The darker the area, the more often you have spent time below 3.9mmol/L. Repeated occurrence of hypoglycemia might highlight a pattern to be discussed with your diabetes care team.

Another pattern to look at are any hyperglycemic patterns, according to your individual settings (above 7.8mmol/L in this example). Notice in this report how some areas are darker than others. The darker the area, the more often you have experienced time in hyperglycemia (> 7.8mmol/L) at that time of the day.

Take a look at your report: do you notice any patterns that stand out to you? If you're unsure, use the dotted black line as a place to focus your attention. This dotted black CGM line is your average of all your sensor glucose readings

3

2

Use these overnight and meal 'buckets' to see patterns surrounding bedtime, wake up, and meal times. The information above each graph contains average SG values before (pre-meal) and after (post-meal) a bolus. You will also be able to see on average how many carbohydrates are eaten per meal.

Remember, not all hyperglycemic excursions are 'bad' especially after eating, however your glucose values should return to pre-meal range within 3-4 hours after a meal¹

1. Freckmann G, et al. J Diabetes Sci Technol. 2007;1(5):695-703





nmol/L mmol/L

Reviewed By
Date Time

Use these Statistics to quickly glance at your progress. Did your average BG improve from the last time you looked at your CareLink Personal report?

How many BG readings are you performing per day? How many carbs should you eat?

Everyone is different, so check with your diabetes care team for the appropriate recommendations.

Use this table for Hypoglycemic and Hyperglycemic Patterns to confirm the times that sensor glucose consistently goes above or below your target for an extended period of time.

This table shows you the distribution of your insulin usage. First, take a look at your Insulin Total Daily Dose (TDD). How much insulin do you use on average per day? This is helpful to calculate how many vials of insulin you need every month.

Second, take a look at your Basal/Bolus Ratio. Please discuss with your healthcare provider on possible needs to adjust some of your settings.

Third, review your Manual Boluses and Bolus Wizard[™] usage. Using the Bolus Wizard[™] is the recommended method of taking insulin for meals and correction. If you currently rely on manual boluses to take insulin, speak to your diabetes care team about how to use the Bolus Wizard[™] feature.

Take a look at your Sensor Use. Does your average SG appear to be in the range of your glucose control goals? In addition to that, the Standard Deviation (SD) of average sensor glucose (SG \pm SD) will indicate the variability of your glucose values. The larger the Standard Deviation, the larger the variability.

Do you see more SG alarms than you can manage? Please discuss with your diabetes care team when your average SG is higher than your glucose control goals or if your sensor settings need to be changed.

10



2

REVIEWING CARELINK PERSONAL REPORTS ADHERENCE REPORT

The Adherence Report presents data from your insulin pump, blood glucose meter, and glucose sensor (if used). It can provide insight into your diabetes management behavior according to the indices of glucose measurements, bolus events and insulin pump activities.

Take a look at your blood glucose readings every day. Best practice is to check your blood glucose before each meal and before bedtime. That's about 4 BG readings per day.

How often are you checking your glucose each day?

If you are wearing a Continuous Glucose Monitor (CGM), knowing your sensor duration is beneficial in managing tight glucose control.

It has been proven that higher usage is linked to better outcomes.²

Take a look at your Manual Boluses (giving a set amount of insulin) vs Bolus Wizard Events.

It is recommended you use the Bolus Wizard when taking insulin for food and correcting high blood glucose readings³.

When using the MiniMed[™] 630G system, the Bolus Wizard feature will track the amount of insulin, which is still 'active' in your body.

2. Bergenstal et al., N Engl J Med. 2010 22;363(4):311-20 3. Ramotowska et al., Diabetes Metab Res Rev. 2014;30(2):146-53

Medt	onic 2	dherence (1 /13/2017 - 2/	of 2) 26/2017					
1	Bolus Events		3			Fil		
	BG Readings	Sensor Duration (h:mm)	Manual Boluses	Bolus Wizard Events	With Food	With Correction	Overridden	
Monday 2/13/2017	4	21:20	1	3	1	2		
Tuesday 2/14/2017	3	23:25		3	2	1		
Wednesday 2/15/2017	3	21:05	2	3	3			
Thursday 2/16/2017	4	13:35	2	6	4	4		
Friday 2/17/2017	1	5:50	1	3	2	1		
Saturday 2/18/2017	5	23:25	3	6	3	3		
Sunday 2/19/2017	3	23:05	1	4	3	1		
Monday 2/20/2017	3	23:45		5	4	1		5
Tuesday 2/21/2017	3	24:00		4	3	1		Γ
Wednesday 2/22/2017	2	16:25		5	3	2		
Thursday 2/23/2017	4	12:45		2	2			
Friday 2/24/2017	4	23:05		4	3	1		
Saturday 2/25/2017	4	20:40	1	1	1			
Sunday 2/26/2017	4	22:35		4	3	2		
Summary	3.4/day	11d 11h 00m	0.8/day	3.8/day	69.8%	35.8%	0.0%	

Note: Partial days

						Λ
	Fill Events					4
erridden	Rewind	Cannula Fills	Cannula Amount (U)	Tubing Fills	Tubing Amount (U)	Suspend Duration (h:mm)
	1	1	0.3	1	14.2158	2:14
						3:55 9
						1:44
	1	1	0.3	1	11.7066	0:26
						6:47
l	5					1:59 📍
	1	1	0.3	1	12.0848	0:15
		1	0.3			2:01

If you notice your pump suspended for a couple of hours and you have a suspend symbol (Suspend On Low), then this indicates that there was a time when your sensor glucose SG levels were low and your pump had to suspend your insulin delivery.

If there is significant duration of suspend events, be sure to discuss it with your diabetes care team



4

Note how many times you Rewind your pump and how often. Remember you should be changing your reservoir and infusion set every 2-3 days⁴⁵ for optimal clinical outcomes, so you should see a Rewind event occur every 2-3 days.

4. Schmid et al. J Diabetes Sci Technol 2010;4(4):976-82 5. Thethi, TK. et al. J Diabetes Complication. 2010;24(2):73-78

Partial day TSuspend Suspend On Low

will not be included in summary averages. Days on which a time change occurred are considered to be partial days.

0.3U

19h 21m

12.7U/fill



REVIEWING CARELINK PERSONAL REPORTS SENSOR AND METER OVERVIEW (1 OF 3)

The Sensor and Meter Overview Report presents data from your insulin pump, glucose meter, and glucose sensor. Report 1 of 3 focuses on sensor data, highlighting areas of interest for further investigation.

4

Use this information to see whether you have lows or highs during the night.

Use these meal buckets to see patterns surrounding meal times. See on average, how many carbohydrates are eaten per meal, amount of insulin taken and carbs/insulin ratio.

Remember, not all hyperglycemic excursions are bad, especially after eating, however your glucose values should return to pre-meal range within 3-4 hours after a meal.

Note: You can adjust these times to be accurate to your meal and sleep schedule by going to preferences in the CareLink website.*

timeframe from when you go to sleep to the time

glucose patterns or hypoglycemic patterns. Can you identify some period where you are frequently going below your target glucose

The shaded red areas represent the moments when you have been in low glucose range

Then look at your bedtime hours and determine if your overnight pattern appears to have more highs, represented by the yellow peaks which get darker

If you identify hyperglycemic patterns during bedtime hours, you can try to determine some possible causes:

> - Did you go to sleep high or have a bedtime snack?

- Was dinner a larger meal than usual and perhaps a correction bolus was needed to correct a high BG afterwards?

These are all great discussion points to ask your diabetes care team. You are able to fine tune your settings and recognize behaviors that will get you closer to your goals.





1

REVIEWING CARELINK PERSONAL REPORTS SENSOR AND METER OVERVIEW (2 OF 3)

The Sensor and Meter Overview Report presents data from your insulin pump, glucose meter, and glucose sensor. This report focuses on meter data and can be used if you use a pump without CGM, to have an overview of your glycemic control.

Look at the overnight period (bedtime to wakeup). Every line represents a day in the reporting period and a faded dot represents the time a BG was recorded.

Do you see a pattern of more than 3 occasions when your BG was below or above set limits? Consider talking to your diabetes care team about adjusting your overnight basal. You can also determine your Average BG by looking at the placement of the diamonds and if they fall outside the pre-set glucose target range (diamonds with dots).

Look at the period before meals. These meal buckets provide an average BG one hour before the meal. Do you see an average of lows or highs before the meal? Consider talking to your diabetes care team about it, as it might be linked to several reasons.

In this example, lunch and dinner times appear to have an average BG before meal above target range and could possibly require an adjustment.

3

Look at the period after meals and determine if you see a pattern of severe lows after eating, or a consistency of high BGs.

Perhaps an adjustment in your Insulin Carb Ratio or insulin sensitivity can help improve your post meal BG. Use this report to start a discussion with your diabetes care team.



Sensor & Meter Overview (2 of 4)



----- BG reading 🔹 BG reading 🔨 Off chart 🔶 Average within target range 🔷 Average outside





e target range

4 Us pro las

5

Use these Statistics to quickly glance at your progress. Did your average BG improve from the last time you looked at your CareLink Personal report?

The statistics will also give you information about your carb intake.

This table shows you the distribution of your insulin usage in Total Daily Dose (TDD).

Take a look at your Basal/Bolus Ratio. Please discuss with your diabetes care team on possible needs to adjust some of your settings.





1

REVIEWING CARELINK PERSONAL REPORTS SENSOR AND METER OVERVIEW (3 OF 3)

This report summarizes meter glucose, sensor glucose, carbohydrate, and insulin information. It provides an overview of your glycemic control (daily, overnight, and at meal times). From a day to day comparison, this report displays changes in your blood glucose fluctuations and allows you to identify patterns.

- Review consistency of SG readings and on trends in this report. Are they always high, or are they frequently low? This report can also help you to identify day(s) when a specific event might have happened (exercise, travel, illness)
- Take a look at the times a bolus was given. Does it have a meal or snack and BG paired with the bolus each time?
 - This is called a correction bolus, when there are no carbs entered with a BG event. Insulin was given for a high BG and you can see the effect of that bolus by looking at the next BG.





③ Time change

Injected insulin (U)

Exercise
 Other

Solid dots = BG readings Solid line = sensor or SG readings.

This SG reading line shows your glucose levels between BG readings.

Note: Carbohydrate entries that indicate a meal or a snack eaten are in black.

Note: These buckets indicated a Suspend on Low (SmartGuard) event.

The wideness of the bucket indicates the length of the suspend event. No suspend event will be longer than 2 hours.



00 Multiple readings (most extreme shown)

Manual bolus or bolus with correction

8 Suspend

Suspend C

nlow

The Logbook Report presents two weeks of data from your insulin pump and blood glucose meter in a tabular format.

Α

B

() Time change

www. Skinned meal

Partial day

He Pump rewind

Exercis Other

Note: These meal labels are used to indicate the

times when a certain meal is eaten. Use these meal buckets to organize the approximate time

You can set these times in the preferences

Note: This is a bolus with no carbs entered and a

section of the CareLink website.*

correction bolus was given.

you eat each meal.

Each row is a different day of this reporting period.

Refer to your Daily Totals to see Average Glucose compared to other days

2

20

1

All 3 numbers do not have to be present to be recorded. Any number can be displayed by itself or all at the same time.

- The top number is your BG reading. In this example, the BG is 4.9 mmol/L. -The middle number in the black bar is your carb entry. In this example, 56 grams of carbs were consumed at this time.

-The bottom number is the insulin dose given. In this example, 4.10 units were given for this bolus event.

Do you see a trend in BG values above target (yellow) or below target (red)?

Did you forget to enter a meal or perhaps you were fasting on a particular day?

These squiggles indicate a skipped meal.

> 7.8mmol/l

< 3.9mmol/L

REVIEWING CARELINK PERSONAL REPORTS



REVIEWING CARELINK PERSONAL REPORTS **DEVICE SETTING SNAPSHOT**

The Device Settings Snapshot report presents the customized settings of your diabetes management devices on the date and time when your device was uploaded.

4

Take a look at your Standard pattern on your device settings report.

These basal rates are your Basal Settings. The Basal 1 pattern is your regular basal pattern. You may have a single set or several basal rates set.

These are the 4 settings that make up your Bolus

The (active) indicates what basal pattern is currently active at the time of your upload.

2

Wizard Settings:

- Carbohydrate RatioInsulin Sensitivity
- Blood Glucose (BG) Target
- Active Insulin Time

Review your settings with your physician in accordance with your findings in your Personal report. You may only have one number for Insulin Carb Ratio and Insulin Sensitivity or you may need several.

This report page will record all changes to your pump settings. It is recommended to record these and hold onto your Bolus Wizard settings.

More information about device settings can be found in the second device settings page.

🛞 Medtronic	Device Set Monday 3/2	2	
Basal			Bolus
Maximum Basal Rat	te 2.00 U/Hr		Bolus Wizard On
Basal 1 (active)	Day Off	Workday	Urits g, mg/dL
24-Hour Total 19.350 U	24-Hour Total	24-Hour Total	Active insulin Time (h:mm) 3:00
Time U/Hr	Time U/Hr	Time U/Hr	Carbohydrate Batic Jaculia
0:00 0.700			(a/U) (mmol/L
3:00 0.800			Time Patio Time
6:00 0.800			0:00 85 0:00
12:00 0.800			12:00 12:0 6:00
17:00 0.950			17:00 8.1 17:00
22:00 0.650			21:00
			Preset Bolus Preset Bolus Name No Breakfast Dinner Lunch Snack Bolus 3 Bolus 3 Bolus 4 Preset Temp
			Name Rate Duration
			High Activity
			Moderate Activity 60% 1:15
			Low Activity % 2:00
		5	Sick



Up to 8 basal patterns can be created. Day off and Workday are pre-named basal patterns you can program in the pump.

Those who have different basal needs for different days will use these different basal patterns and shift between them as needed.

Ask your diabetes care team if your weekly schedule requires different basal patter to be set-up.

This section contains your Sensor Settings. Speak to your Healthcare Professional for adjustment of your sensors alarms to ensure optimal use of the sensor-augmented pump features according to your daily routine.



REVIEWING CARELINK PERSONAL REPORTS DAILY DETAIL REPORT

The Daily Detail Report presents data from your insulin pump, blood glucose meter, and glucose sensor (if used). This report focuses on one specific day. You can take a closer look at the events that occurred for that day and review pump use and activities such as Bolus Events.

Δ

1

This table will list all Bolus Events up to ten

Statistics for each bolus event is listed under the designated number.

You can historically view a bolus amount given by the pump and see how the bolus was calculated.

2

You can view a Suspend on Low event that occurred from a sensor glucose (SG). The bells above the suspend indicate the beginning and end of that suspend event.

Take a look at your own CareLink Personal report. Do you notice plenty of suspend events throughout the day and are they reoccurring everyday?

Speak to your diabetes care team about the potential need to adjust your settings.

12				111	0	realized		110
Glucose								
mmol(L) 15.0-								1
ab (2)							84	
7.8 03						-		
3.0	-	~ -						
larbs (g)						100		
63								
15- Insulin							1.6	
3-							- 1	1.0
0			100			-	-	
12 AM	2.4M		4 AM	0 AM		8 AM	10 AM	
alua Fuanta							9 9	2
Bolus	Event	1	2	3	4			
20103	Time	9:30 AM	10:21 AM	12:43 PM	11:46 PM			
Bolu	s Type	Normal	Normal	Normal	Normal			
Delivered Bolus No	erm (U)	1.60	1.00	4.60	0.300			
	h:mm)	-	-	-	-			
+ Square Portion (U,		1.60		4.60	0.300			
+ Square Portion (U, Recommended Bo	ius (U)				-			
+ Square Portion (U, Recommended Bo Differer	nce (U)	-						
+ Square Portion (U, Recommended Bo Differer Ca	nce (U) rbs (g)	-	-	60	-			
+ Square Portion (U, Recommended Bo Differer Ca Carb Ratio Setting	nce (U) rbs (g) g (g/U)	 9.5	-	60 13.0	 9.0			
+ Square Portion (U, Recommended Bo Differer Ca Carb Ratio Setting Food Bo	nce (U) rbs (g) g (g/U) lus (U)	 9.5 		60 13.0 4.60	 9.0 			
+ Square Portion (U, Recommended Bo Differer Ca Carb Ratio Setting Food Bo BG (m	nce (U) rbs (g) g (g/U) lus (U) mol/L)	 9.5 9.5		60 13.0 4.60	 9.0 7.7			

		-	_		22
4.5	•	• •	j.		4 144
2 PM 4 PM	6 PM	8 PM	10	PM	12 43
	4 istics	2/13		2/13 -	(4) 2/27
	Avg BG (mmol/L)	7.5		7.1 :	3.6
	BG Readings	4		52	3.5/day
	Readings Above Target	1	25%	14	27%
	Readings Below Target	-	0%	10	19%
	Sensor Avg (mmol/L)	7.4	± 3.4	7.4 ±	± 3.0
	Avg AUC > 7.8 (mmol/L)	1.23	0d 21h	1.01	12d 11h
	Avg AUC < 3.9 (mmol/L)	0.05	0d 21h	0.02	12d 11h
	Daily Carbs (g)	60		143 :	58
	Carbs/Bolus Insulin (g/U)	8.0		7.5	
	Total Daily Insulin (U)	24.80		37.97 ±	± 9.2
	Daily Basal (U)	17.30	70%	18.92	50%
	Daily Bolus (U)	7.50	30%	19.05	50%
	Fills	2	14.516U	9	50.670U

Sensor trace BG reading OAT Linked BG - Basal ---- Bolus TA Off chart + Calibration BG ----- Temp basi He Pump rev

1.40 0.500

Active Insulin (U)



This bolus activity is numbered and referenced in the table labelled Bolus Events.

You are able to view your BG reading from your meter, paired with your sensor tracing. If a bolus was given, you are able to see the bolus amount in green, paired with the carbohydrate entry in black.

During the day, you may use a temporary basal, which is shown by the dotted green line. A temporary basal is used if you need more or less basal insulin than what is already set in your pump for a temporary period of time (e.g. before and during physical activity or illness).

Here are your daily statistics similar to the Therapy Management Dashboard or Sensor & Meter Overview reports.

Compare your average BG with the average of the reporting period. Was this day out of the ordinary or within average of your glucose control?

Did you check your BG about 4 times a day as recommended? Were your readings mostly above your target range or below?

Take a look at your insulin distribution and carbohydrates eaten. Compare it to your reporting period average.



KEY TAKEAWAY

TIP: First try to address the glucose values below your defined target range (hypoglycemia), followed by values above your target range (hyperglycemia)

1	

DISCUSS your individual glucose target range with your diabetes care team and enter them in the preference section of CareLink Personal.



IDENTIFY the topic you want to analyze and select the corresponding bundle or single report.

CARELINK REPORTS GUIDE SUMMARY AND



When looking at a report, try to **IDENTIFY THE PATTERNS AND TRENDS** and think about the action (meals, activity) that can be related to each of the patterns identified.

ADDRESS any findings with your diabetes care team and discuss any potential adjustment that can be made.

WHEN QUESTIONS COME UP WE WON'T LET YOU DOWN ALWAYS BY YOUR SIDE



For more information on Medtronic please visit www.medtronicdiabetes.ca

Medtronic Further, Together

Medtronic Canada 99 Hereford Street Brampton, ON L6Y 0R3

Tel: 1.800.284.4416

medtronicdiabetes.ca * Products that appear on this web site may not all be approved in your country. Please contact your local affiliate for further information.

This document does not replace the Instructions for Use of the CareLinkTH Personal software. Use of CareLink Personal is subject to Terms & Conditions and Medtronic's Privacy Statement. For more information and to register¹, visit https://carelink.minimed.eu

©2017 Medtronic. All rights reserved. UC201805613 EC

