

Key Features of MySugr App:

- **A1C estimate**; requires patient to test 3 times a day for 7 days consecutively.
- MySugr syncs with **Apple Health or Google Fit**. Any activity will be automatically logged in MySugr reports and logbook.
- Reports are available to share in Excel and **PDF** format.
- Patient can add multiple pictures to a result (up to 4). Ex. Food, activity etc.
- Can easily view **7-14-30-90 day averages** from logbook by swiping left.
- Motivation games included in the app, to encourage a patient to add more detail to their results. This is only if the patient wishes to participate in this.
- **Search function**: allows patients and health care professionals to search within the logbook for specific data. Ex. Lows, highs, types of food, activities, moods etc.
- **Studies** available that support the benefits of patients using this app. Results of studies show lowering of A1C and lower number of Hypoglycemic events.

Steps to Download and Pair MySugr

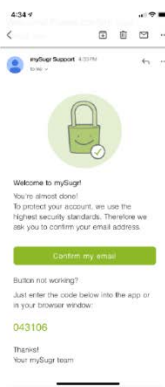
1. Search MySugr in Appstore/Google play



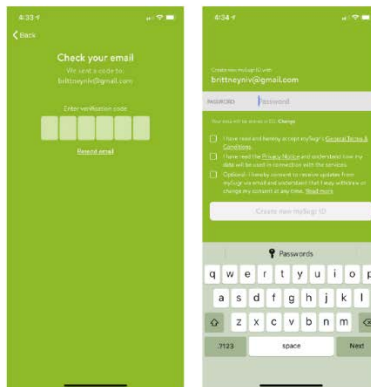
2. Input Email



3. Receive Code from Email and Input



4. Create a Password

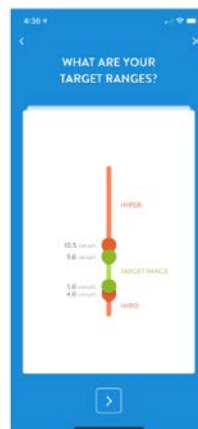


Continued...

5. Input Data to complete profile



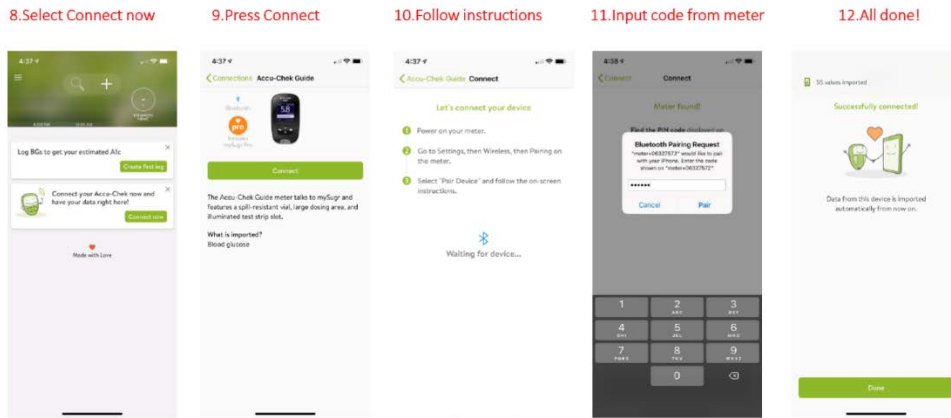
6. Choose Target Ranges



7. Choose Meter



Continued...



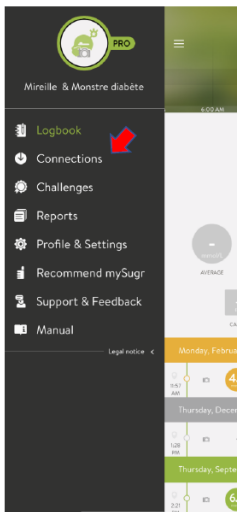
A Quick Look at the App: (Swipe left to see averages below)



Steps to Add Fitness Tracker:

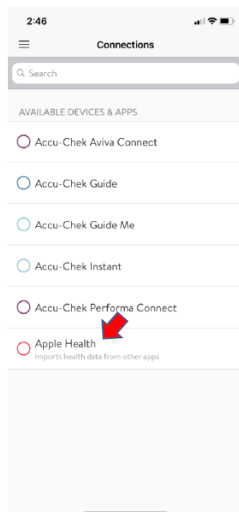
Step 1

In the MySugr application, click Connections.



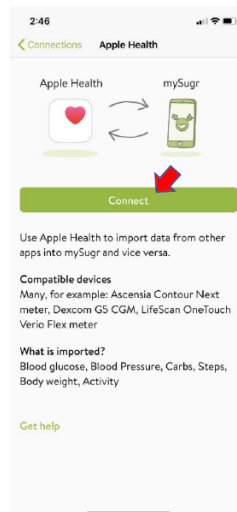
Step 2

Check Apple Health.



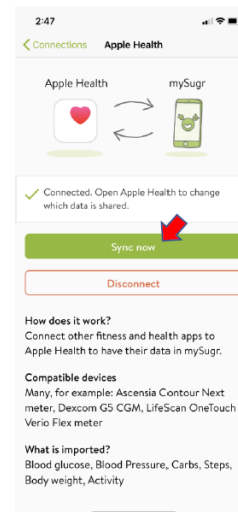
Step 3

Press Connect.



Step 4

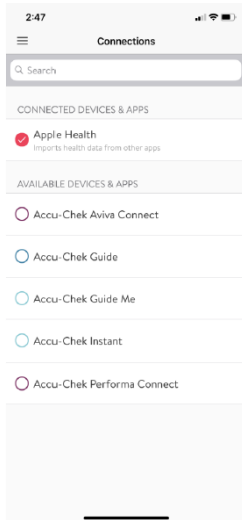
Press Sync now.



Roche AccuChek Guide Meter and MySugr App; March 2019

Step 5

MySugr is now connected to the Apple Health application.



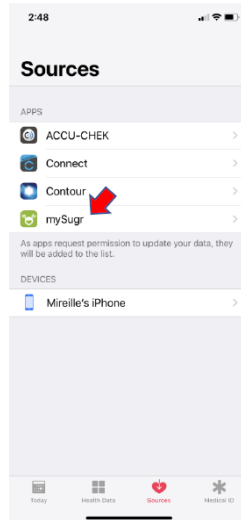
Step 6

In the Apple Health application, click Sources.



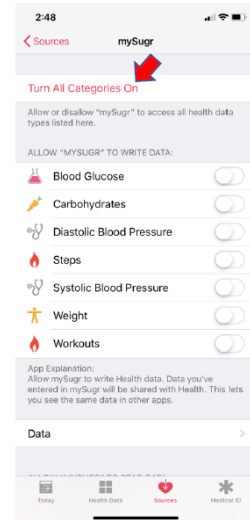
Step 7

Select MySugr.



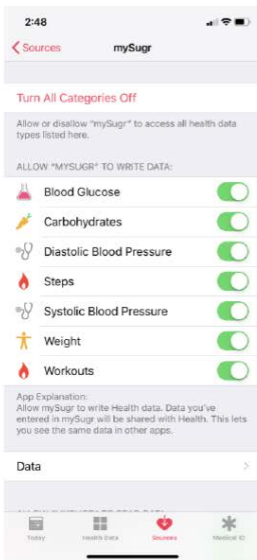
Step 8

Click Turn All Categories On.



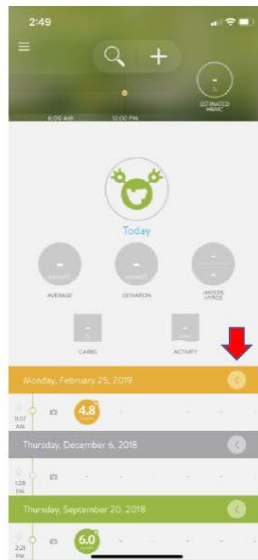
Step 9

MySugr and Apple Health can now share their data.



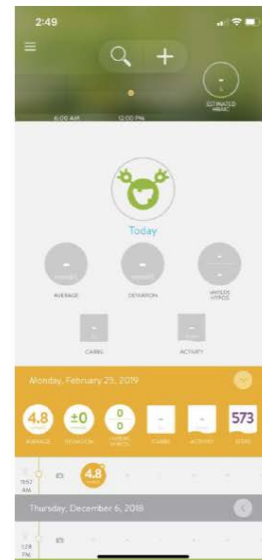
Step 10

In the MySugr application, click the last arrow.



Step 11

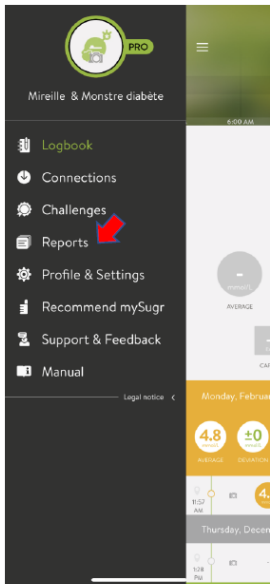
You will see the number of steps made to date.



Steps to Email Reports:

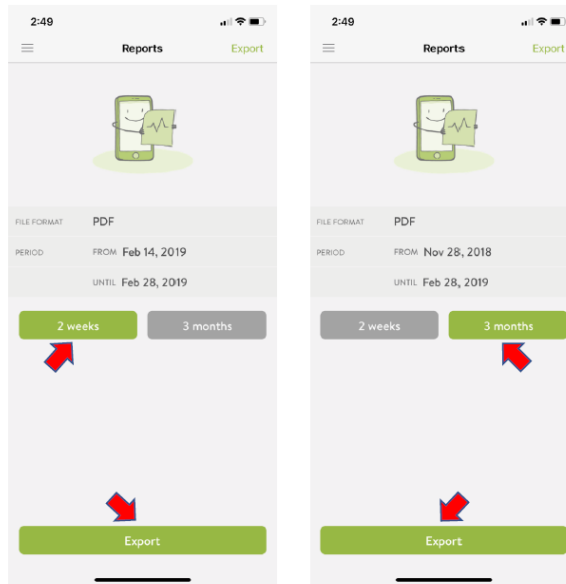
Step 1

Click Reports



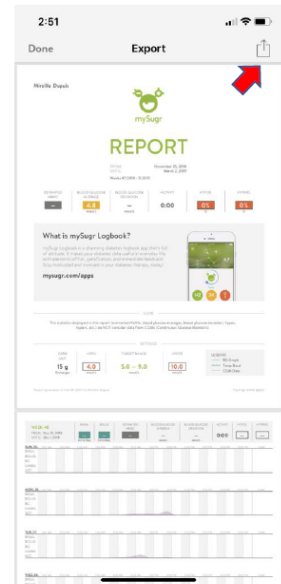
Step 2

Select the desired time period and click Export.



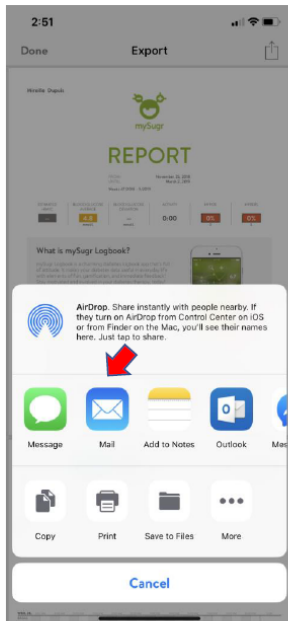
Step 3

The report will be displayed, click the Share button.



Step 4

Select the transmission mode.



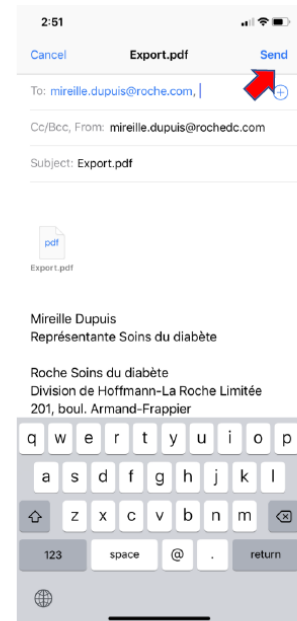
Step 5

Enter the recipient's email address.



Step 6

Click Send.



Report Interpretation

- Basal, Bolus, and Carbs are entered manually by the patient into the app.
- **Red Shading** indicates the patient is out of target range and experiencing a high or low.
- **Purple shading** indicates activity tracked by Apple Health or Google Fit, sharp peak = high intensity.
- Grey line indicates BG trend over the course of the day.
- Each BG result has a small number associated with it; this corresponds to additional detail a patient has added, which refers to the footnote.

Sample Report:

