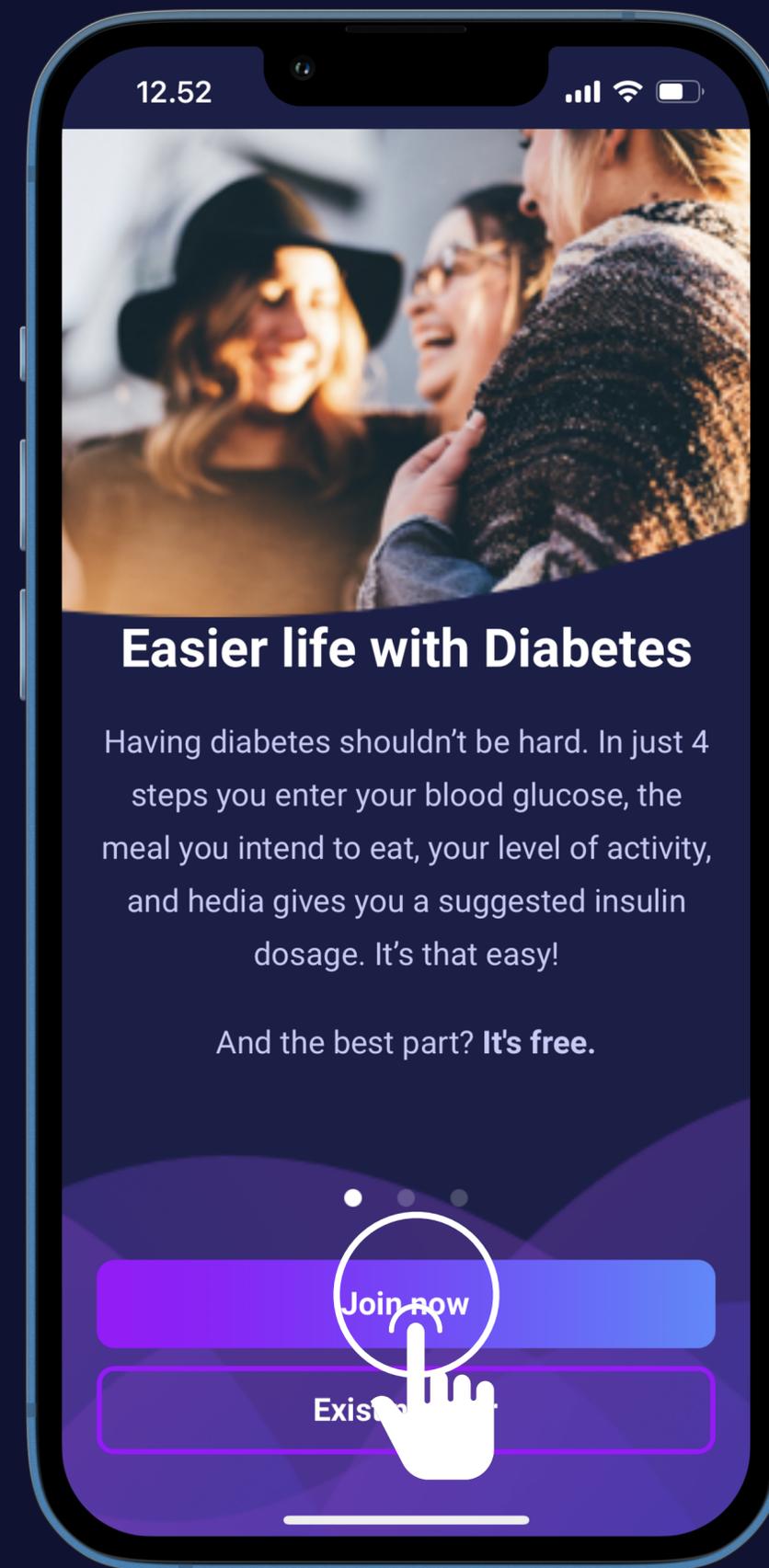




Let's begin by setting up your profile (1)

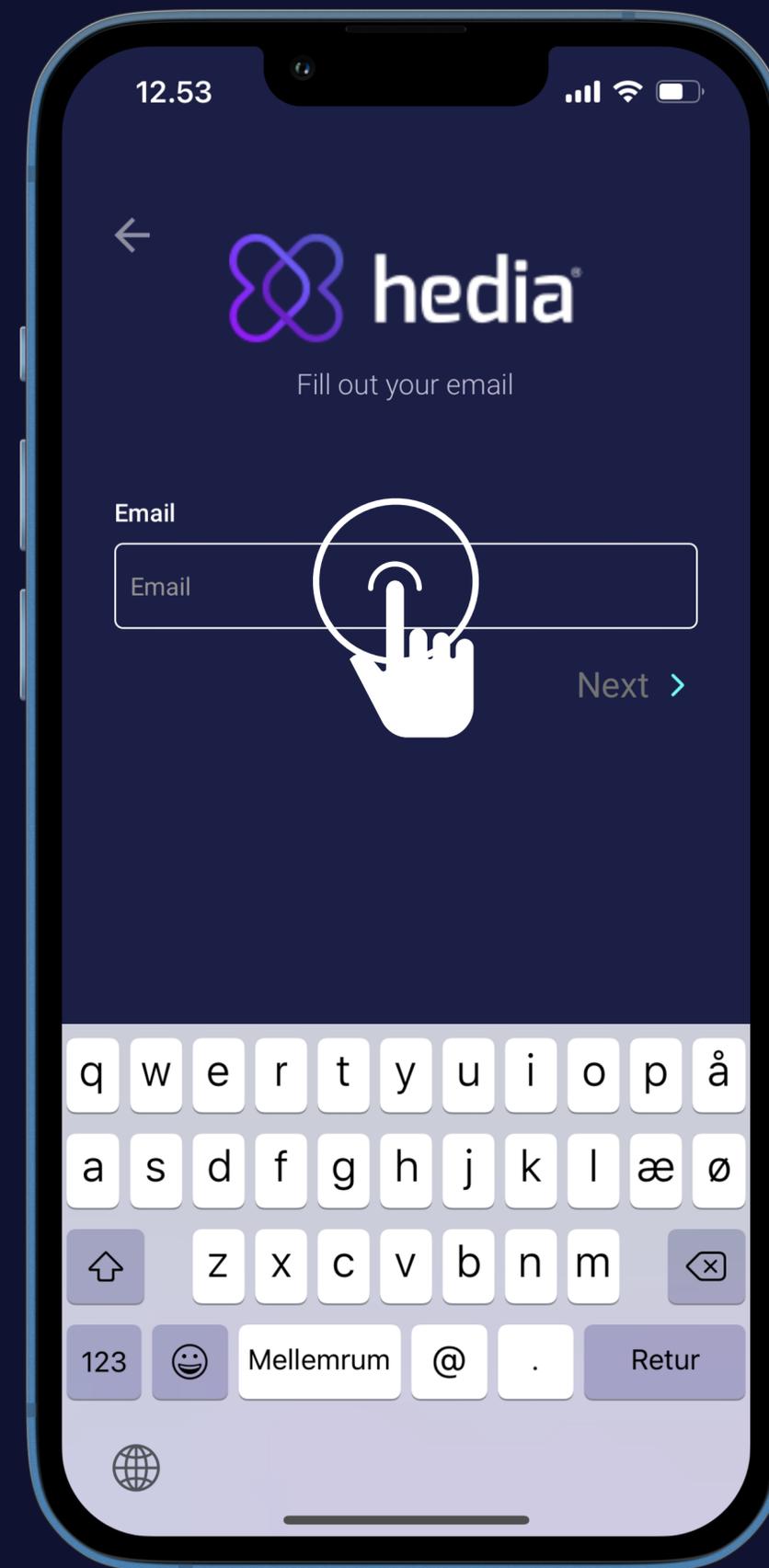
- Press the “Join now” button





Let's begin by setting up your profile (2)

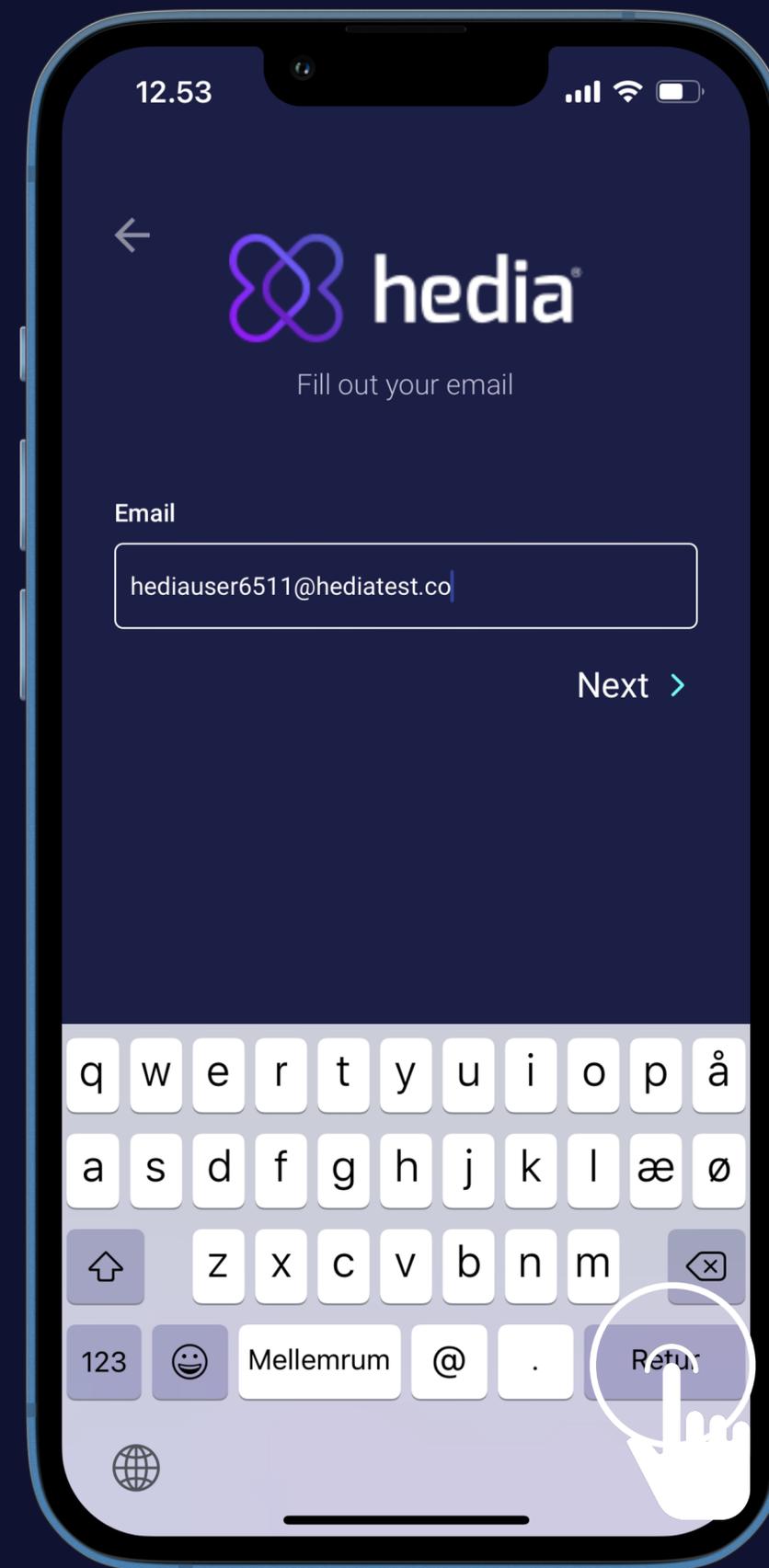
- Press the "Join now" button
- Press the "Email" field





Let's begin by setting up your profile (3)

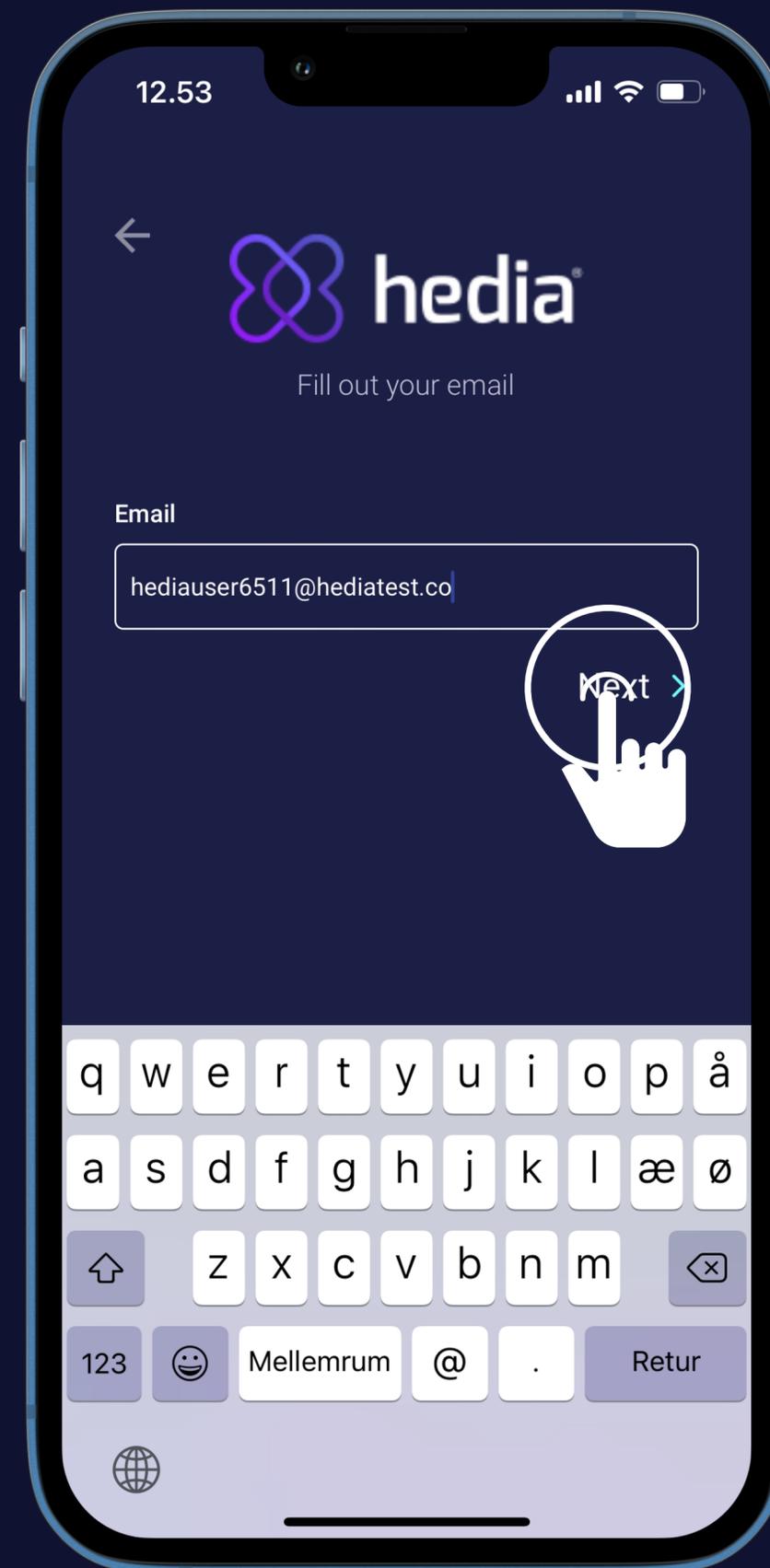
- Press the “Join now” button
- Press the “Email” field
- Type your email on the keyboard





Let's begin by setting up your profile (4)

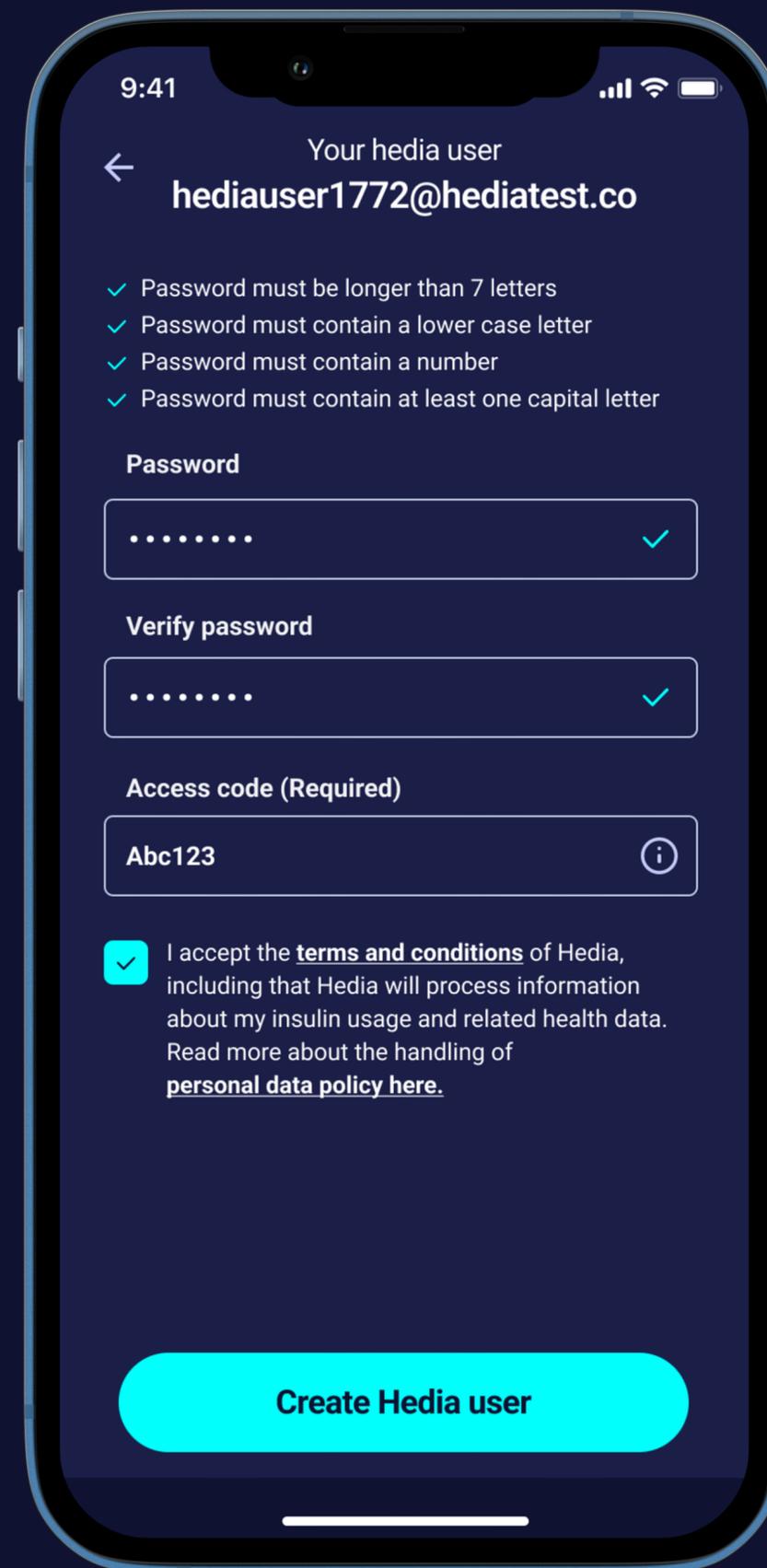
- Press the "Join now" button
- Press the "Email" field
- Type your email on the keyboard
- Press the "Next" button





Choose your password and insert access code (1)

- Make sure the password is safe





Choose your password and insert access code (2)

- Make sure the password is safe
- Press the “Password” field

The image shows a smartphone screen with a dark theme. At the top, the status bar shows the time 9:41, signal strength, Wi-Fi, and battery icons. Below the status bar, the text "Your hedia user" is centered, followed by the email address "hediouser1772@hediatest.co". A list of password requirements is shown with green checkmarks: "Password must be longer than 7 letters", "Password must contain a lower case letter", "Password must contain a number", and "Password must contain at least one capital letter". There are two password input fields, both with dots for masked text and a green checkmark on the right. A white hand icon with a pointing finger is overlaid on the first password field. Below the password fields is an "Access code (Required)" field containing "Abc123" and an information icon. At the bottom, there is a checkbox with a checkmark and the text: "I accept the [terms and conditions](#) of Hedia, including that Hedia will process information about my insulin usage and related health data. Read more about the handling of [personal data policy here](#)." At the very bottom is a large, rounded, orange button labeled "Create Hedia user".



Choose your password and insert access code (3)

- Make sure the password is safe
- Press the “Password” field
- Type your password on the keyboard

A smartphone screenshot showing the Hedia user creation interface. The screen is titled "Your hedia user" and displays the email address "hediauser1772@hediatest.co". It includes a list of password requirements, two password input fields with checkmarks, an "Access code (Required)" field with the value "Abc123", a terms and conditions checkbox, and a "Create Hedia user" button at the bottom.

9:41

Your hedia user
hediauser1772@hediatest.co

- ✓ Password must be longer than 7 letters
- ✓ Password must contain a lower case letter
- ✓ Password must contain a number
- ✓ Password must contain at least one capital letter

Password

..... ✓

Verify password

..... ✓

Access code (Required)

Abc123 ⓘ

I accept the [terms and conditions](#) of Hedia, including that Hedia will process information about my insulin usage and related health data. Read more about the handling of [personal data policy here](#).

Create Hedia user



Choose your password and insert access code (4)

- Make sure the password is safe
- Press the “Password” field
- Type your password on the keyboard
- Verify your password

A smartphone screen displaying the Hedia user creation form. The screen shows the time 9:41, signal strength, Wi-Fi, and battery icons at the top. The title is "Your hedia user" with a back arrow and the email "hediauser1772@hediatest.co". There are four password requirements listed with green checkmarks: "Password must be longer than 7 letters", "Password must contain a lower case letter", "Password must contain a number", and "Password must contain at least one capital letter". The "Password" field contains six dots and a green checkmark. The "Verify password" field also contains six dots and a green checkmark. A hand icon is pointing to the "Verify password" field. The "Access code (Required)" field contains "Abc123" and an information icon. Below the fields is a checkbox with a green checkmark and the text: "I accept the [terms and conditions](#) of Hedia, including that Hedia will process information about my insulin usage and related health data. Read more about the handling of [personal data policy here](#)." At the bottom is a large red button labeled "Create Hedia user".

9:41

Your hedia user
hediauser1772@hediatest.co

- ✓ Password must be longer than 7 letters
- ✓ Password must contain a lower case letter
- ✓ Password must contain a number
- ✓ Password must contain at least one capital letter

Password

..... ✓

Verify password

..... ✓

Access code (Required)

Abc123 ⓘ

I accept the [terms and conditions](#) of Hedia, including that Hedia will process information about my insulin usage and related health data. Read more about the handling of [personal data policy here](#).

Create Hedia user



Choose your password and insert access code (5)

- Make sure the password is safe
- Press the “Password” field
- Type your password on the keyboard
- Verify your password
- Enter your access code*

*If you're a new user in the UK or Germany, you need an access code. Learn more here www.hedia.com/find-your-clinic. In all other cases, you don't need an access code.

A smartphone screen displaying the Hedia user creation form. The screen shows the time 9:41, signal strength, Wi-Fi, and battery icons at the top. The title is "Your hedia user" with a back arrow and the email "hediauser1772@hediatest.co". Below are four password requirements with green checkmarks: "Password must be longer than 7 letters", "Password must contain a lower case letter", "Password must contain a number", and "Password must contain at least one capital letter". There are three input fields: "Password" (with a checkmark), "Verify password" (with a checkmark), and "Access code (Required)" (containing "Abc123" and an info icon). A hand icon is pointing to the "Access code" field. At the bottom is a large red button labeled "Create Hedia user".

9:41

Your hedia user
hediauser1772@hediatest.co

- ✓ Password must be longer than 7 letters
- ✓ Password must contain a lower case letter
- ✓ Password must contain a number
- ✓ Password must contain at least one capital letter

Password

..... ✓

Verify password

..... ✓

Access code (Required)

Abc123 ⓘ

I accept the [terms and conditions](#) of Hedia, including that Hedia will process information about my insulin usage and related health data. Read more about the handling of [personal data policy here](#).

Create Hedia user



Create HDA User (1)

- Press the “Check” box

A smartphone screen displaying the Hedia user creation interface. At the top, the time is 9:41 and the status bar shows signal, Wi-Fi, and battery icons. The page title is "Your hedia user" with a back arrow and the email address "hediauser1772@hediatest.co". Below this, there are four green checkmarks indicating password requirements: "Password must be longer than 7 letters", "Password must contain a lower case letter", "Password must contain a number", and "Password must contain at least one capital letter". The form fields are: "Password" (masked with dots and a green checkmark), "Verify password" (masked with dots and a green checkmark), and "Access code (Required)" (containing "Abc123" and an information icon). Below the form is a consent statement: "I accept the [terms and conditions](#) of Hedia, including that Hedia will process information about my insulin usage and related health data. [Find more about the handling of personal data policy here.](#)" A white hand icon is pointing to the "Check" box (a small blue circle) next to the consent statement. At the bottom is a large blue button labeled "Create Hedia user".



Create HDA User (2)

- Press the “Check” box
- Press the “Create Hedia User” button

A smartphone screen displaying the Hedia user creation form. The screen shows the time 9:41, signal strength, Wi-Fi, and battery icons at the top. The title is "Your hedia user" with a back arrow and the email address "hediauser1772@hediatest.co". There are four green checkmarks indicating successful validation: "Password must be longer than 7 letters", "Password must contain a lower case letter", "Password must contain a number", and "Password must contain at least one capital letter". The form fields are: "Password" (masked with dots and a checkmark), "Verify password" (masked with dots and a checkmark), and "Access code (Required)" (containing "Abc123" and an info icon). A checkbox is checked, with the text: "I accept the [terms and conditions](#) of Hedia, including that Hedia will process information about my insulin usage and related health data. Read more about the handling of [personal data policy here](#)." At the bottom, a large red button labeled "Create Hedia user" is highlighted with a white hand icon pointing to it.



Now a little bit about you (1)

- Choose “Male” or “Female”

12.53 📶 🔋

Your name (optional)

What would you like us to call you?

What is your biological sex?

Male **Female**

What is your diabetes type?

Type 1

Type 2

In which unit do you measure blood glucose?

mmol/L	mg/dL
Example	Example
High - 12 mmol/L	High - 220 mg/dL
Target - 8 mmol/L	Target - 140 mg/dL
Low - 3 mmol/L	Low - 60 mg/dL

Next >



Now a little bit about you (2)

- Choose “Male” or “Female”
- Choose Type 1 or Type 2

A screenshot of a smartphone displaying the hedia app's registration form. The screen shows a progress indicator at the top with two dots, the first of which is filled. The form includes a text input for a name, a selection for biological sex (Male/Female), a selection for diabetes type (Type 1/Type 2), and a selection for blood glucose units (mmol/L/mg/dL) with example values. A 'Next' button is at the bottom.

12.53

Your name (optional)

What would you like us to call you?

What is your biological sex?

Male Female

What is your diabetes type?

Type 1

In which unit do you measure blood glucose?

mmol/L mg/dL

Example

High - 12 mmol/L High - 220 mg/dL

Target - 8 mmol/L Target - 140 mg/dL

Low - 3 mmol/L Low - 60 mg/dL

Next >



Now a little bit about you (3)

- Choose “Male” or “Female”
- Choose Type 1 or Type 2
- You have the option to type your name

A smartphone screenshot of the hedia app registration screen. The status bar at the top shows the time 12:53, signal strength, Wi-Fi, and battery icons. The screen content includes:

- A text input field for "Your name (optional)" with the placeholder text "What would you like us to call you?". A hand icon is shown tapping this field.
- A question "What is your biological sex?" followed by two buttons: "Male" and "Female".
- A question "What is your diabetes type?" followed by two buttons: "Type 1" and "Type 2".
- A question "In which unit do you measure blood glucose?" followed by two columns of options:
 - mmol/L**: Example High - 12 mmol/L, Target - 8 mmol/L, Low - 3 mmol/L.
 - mg/dL**: Example High - 220 mg/dL, Target - 140 mg/dL, Low - 60 mg/dL.
- A large blue "Next" button with a right-pointing chevron at the bottom.



Now a little bit about you (4)

- Choose “Male” or “Female”
- Choose Type 1 or Type 2
- You have the option to type your name
- Press the “Next” button

12.54

Your name (optional)

John

What is your biological sex?

Male Female

What is your diabetes type?

Type 1

Type 2

In which unit do you measure blood glucose?

mmol/L

mg/dL

Example

High - 12 mmol/L
Target - 8 mmol/L
Low - 3 mmol/L

Example

High - 220 mg/dL
Target - 140 mg/dL
Low - 60 mg/dL

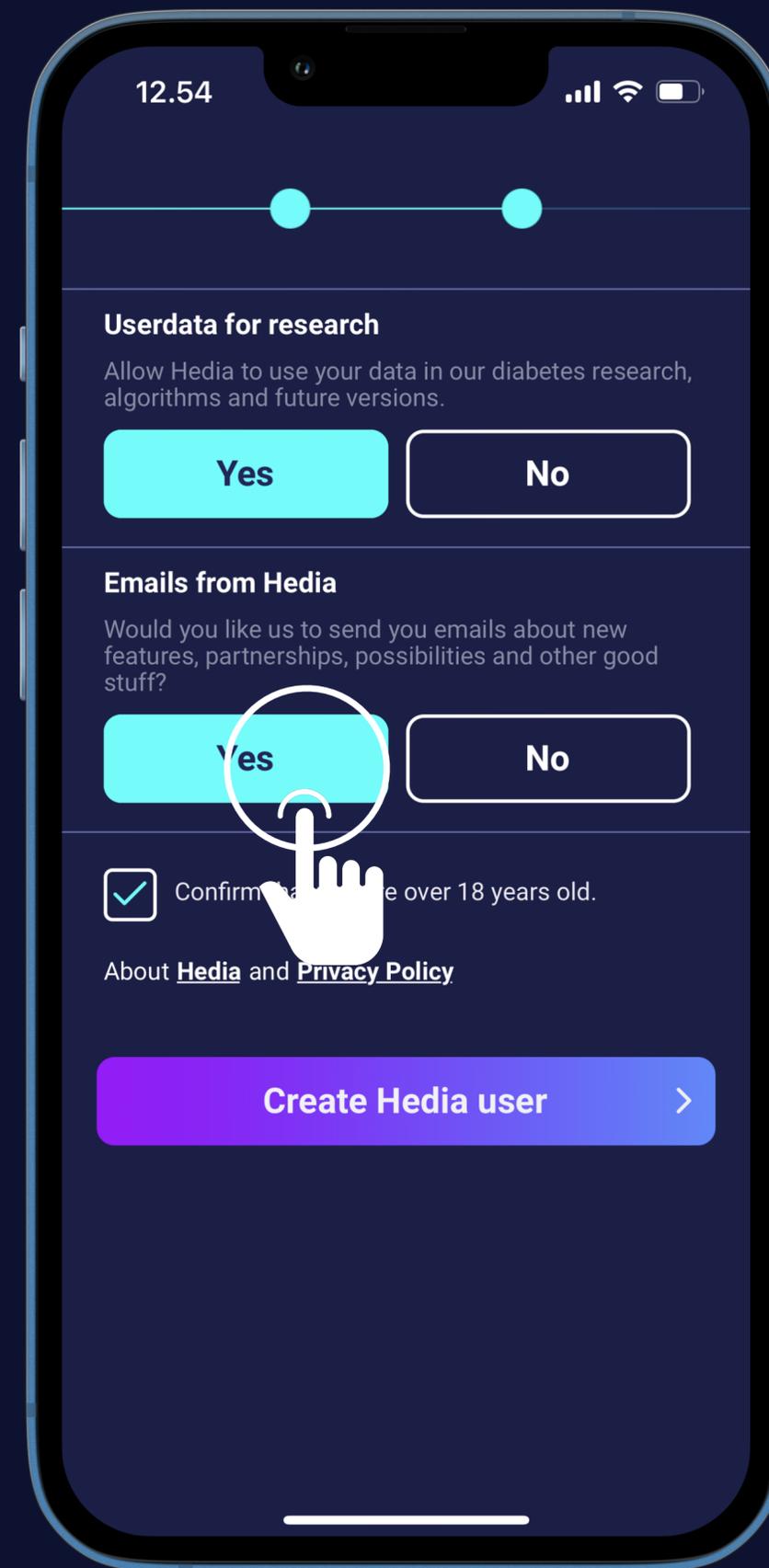
Next >

The image shows a smartphone screen with a registration form. At the top, the time is 12.54. The form has four sections: 1. 'Your name (optional)' with a text input field containing 'John'. 2. 'What is your biological sex?' with two buttons: 'Male' (highlighted in red) and 'Female'. 3. 'What is your diabetes type?' with two buttons: 'Type 1' (highlighted in red) and 'Type 2'. 4. 'In which unit do you measure blood glucose?' with two columns. The left column has a red 'mmol/L' button and an example: High - 12 mmol/L, Target - 8 mmol/L, Low - 3 mmol/L. The right column has a 'mg/dL' button and an example: High - 220 mg/dL, Target - 140 mg/dL, Low - 60 mg/dL. At the bottom, there is a blue 'Next' button with a right arrow, which is being pointed to by a hand icon.



User data for research and emails (1)

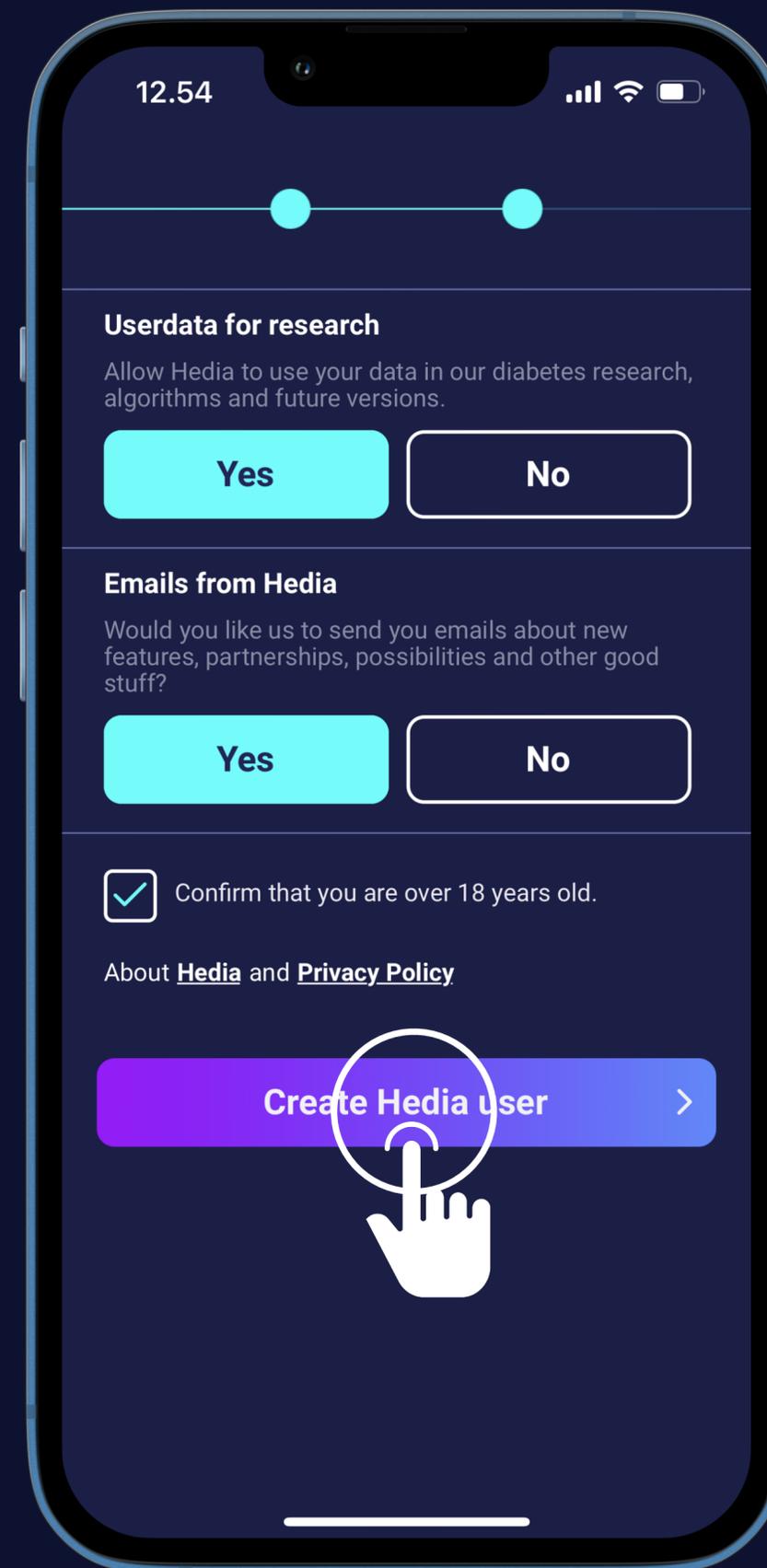
- Choose "Yes" or "No" to allow user data for research
- Choose "Yes" or "No" if you want news from Hedia on email





User data for research and emails (2)

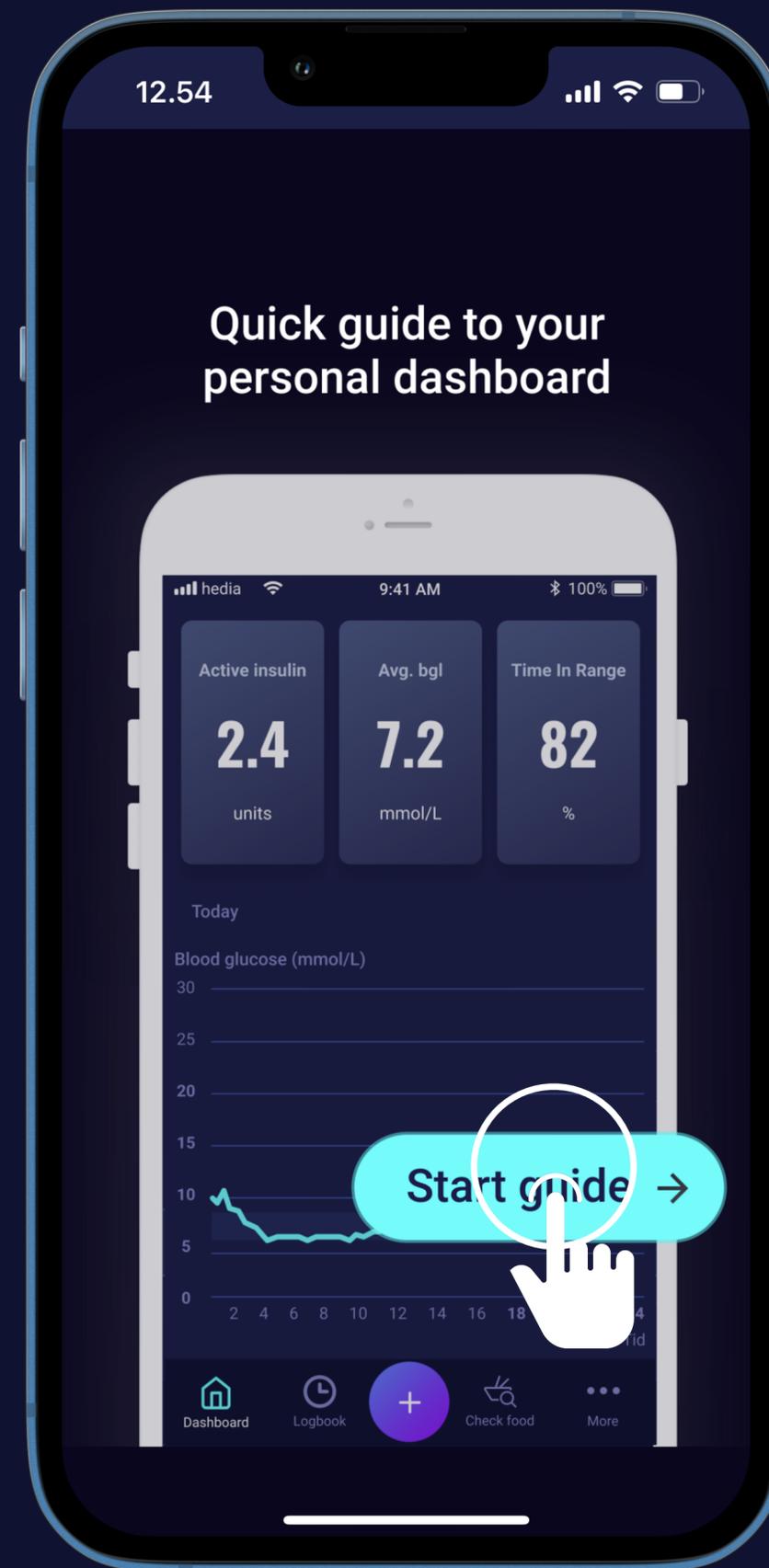
- Choose "Yes" or "No" to allow user data for research
- Choose "Yes" or "No" if you want news from Hedia on email
- Press the "Create Hedia user" button





Watch the HDA guide (1)

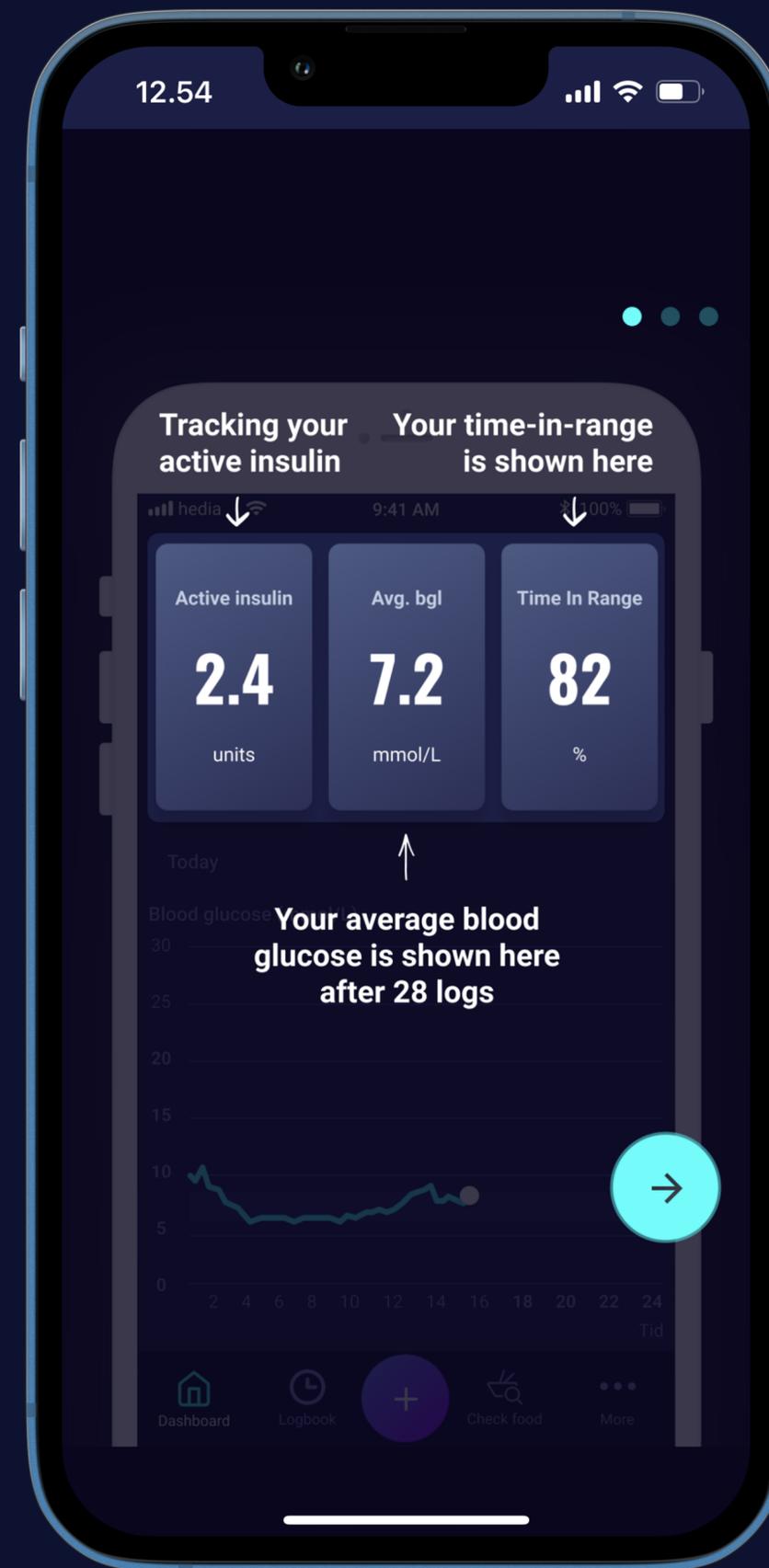
- Press the “Start guide” button





Watch the HDA guide (2)

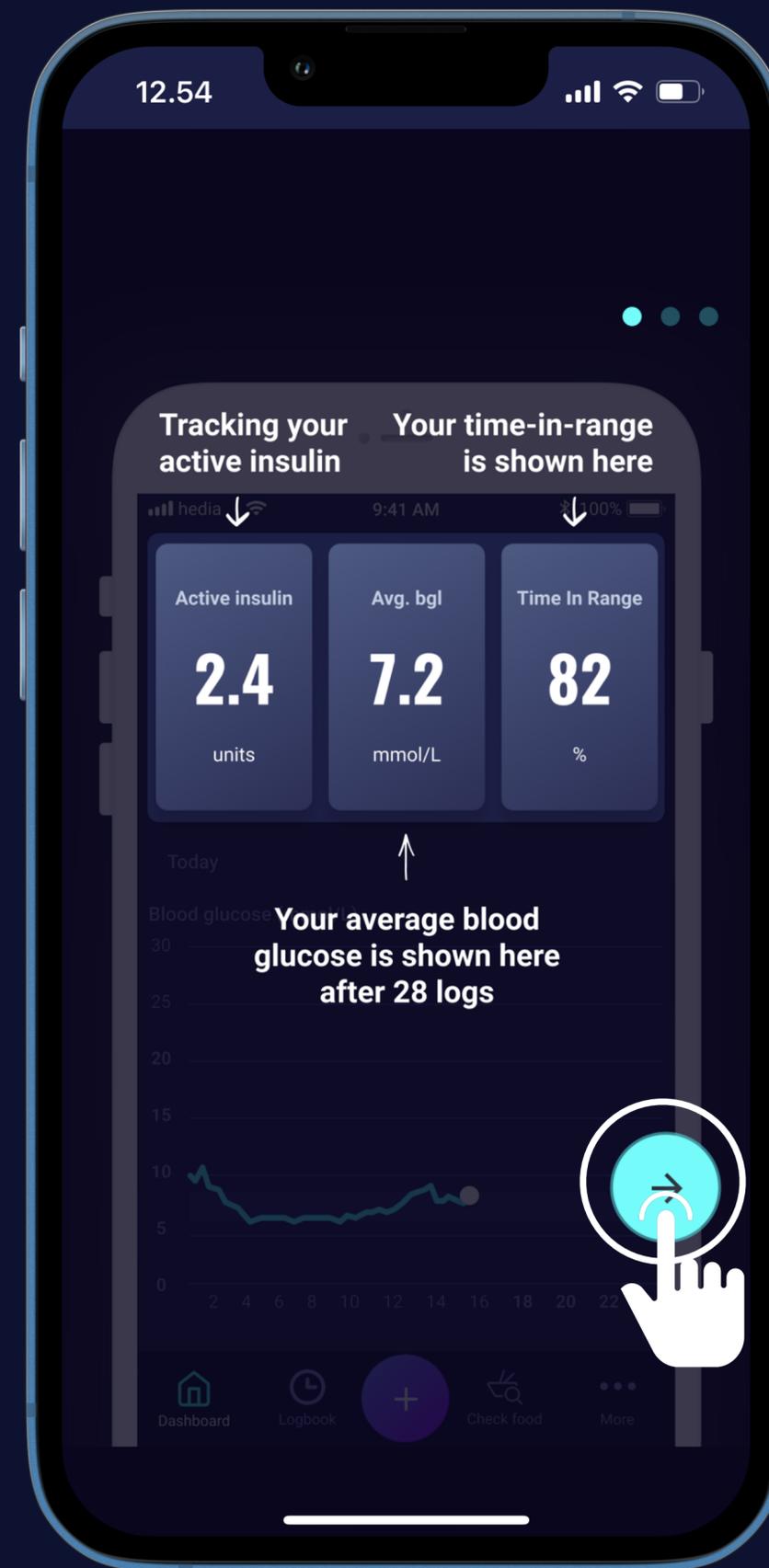
- Press the “Start guide” button
- See where to find active insulin, average blood glucose level and time-in-range





Watch the HDA guide (3)

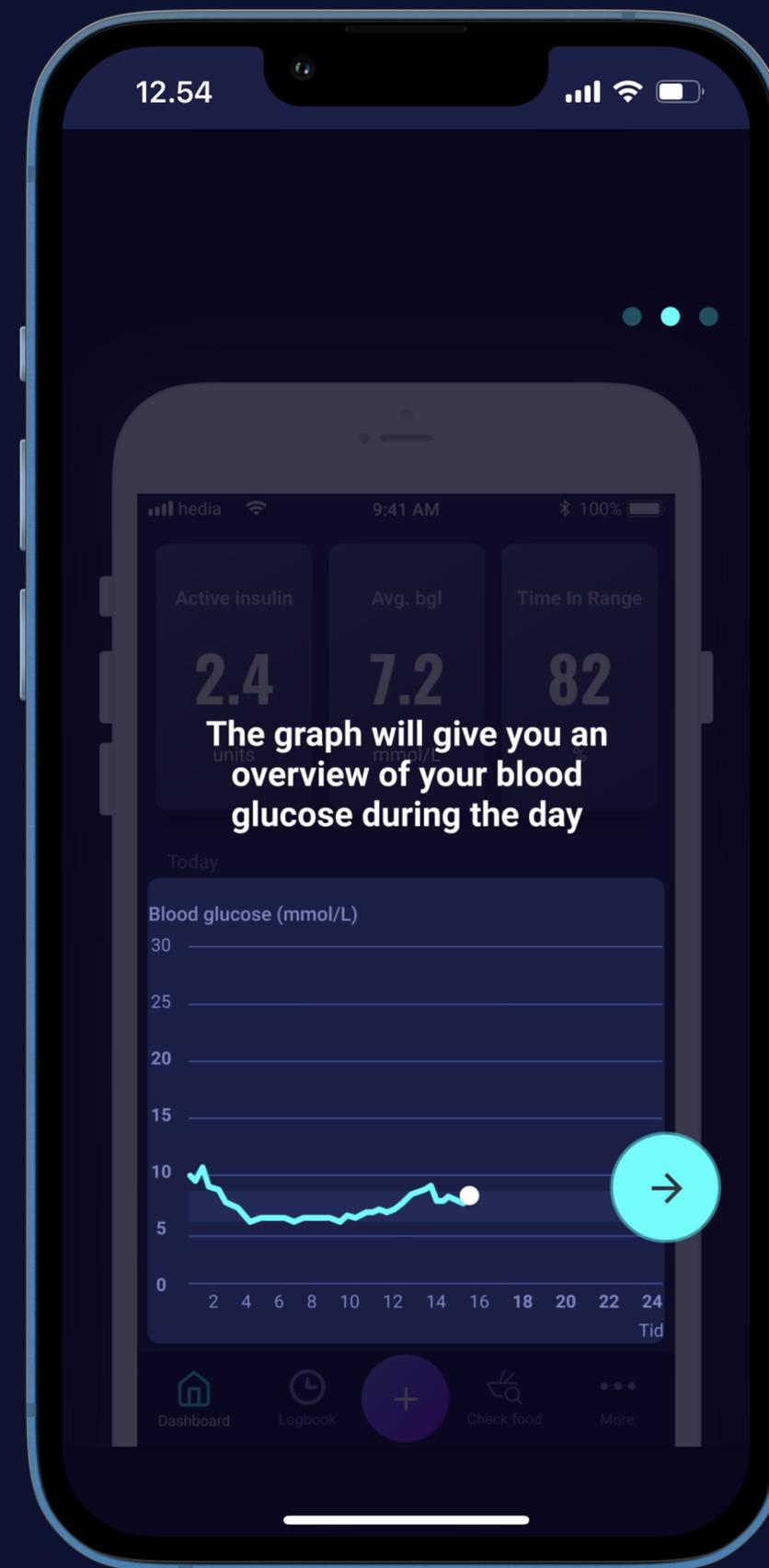
- Press the “Start guide” button
- See where to find active insulin, average blood glucose level and time-in-range
- Press the “Arrow” button





Watch the Hedia guide (4)

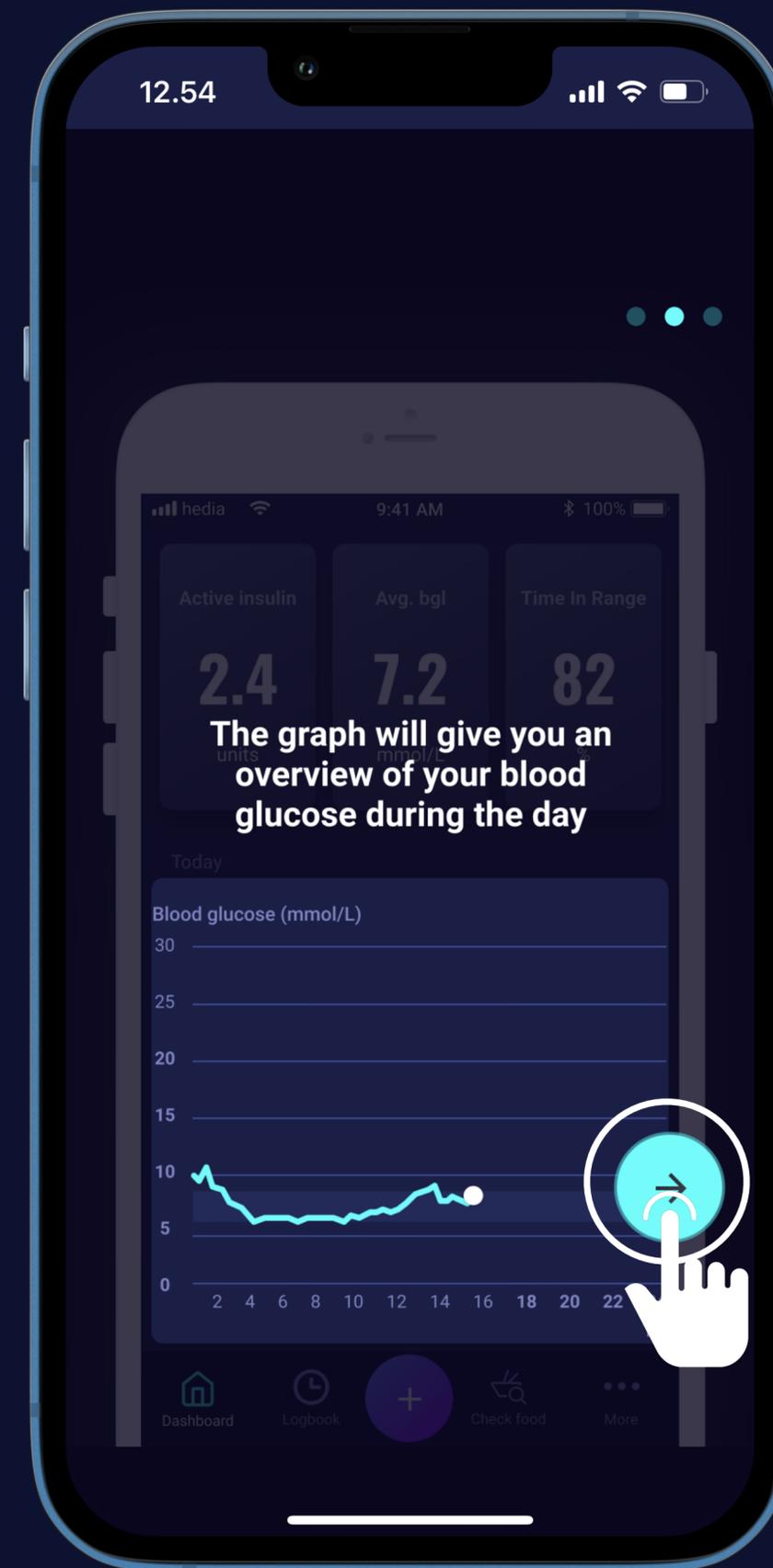
- See an overview of your BG levels during the day





Watch the Hedia guide (5)

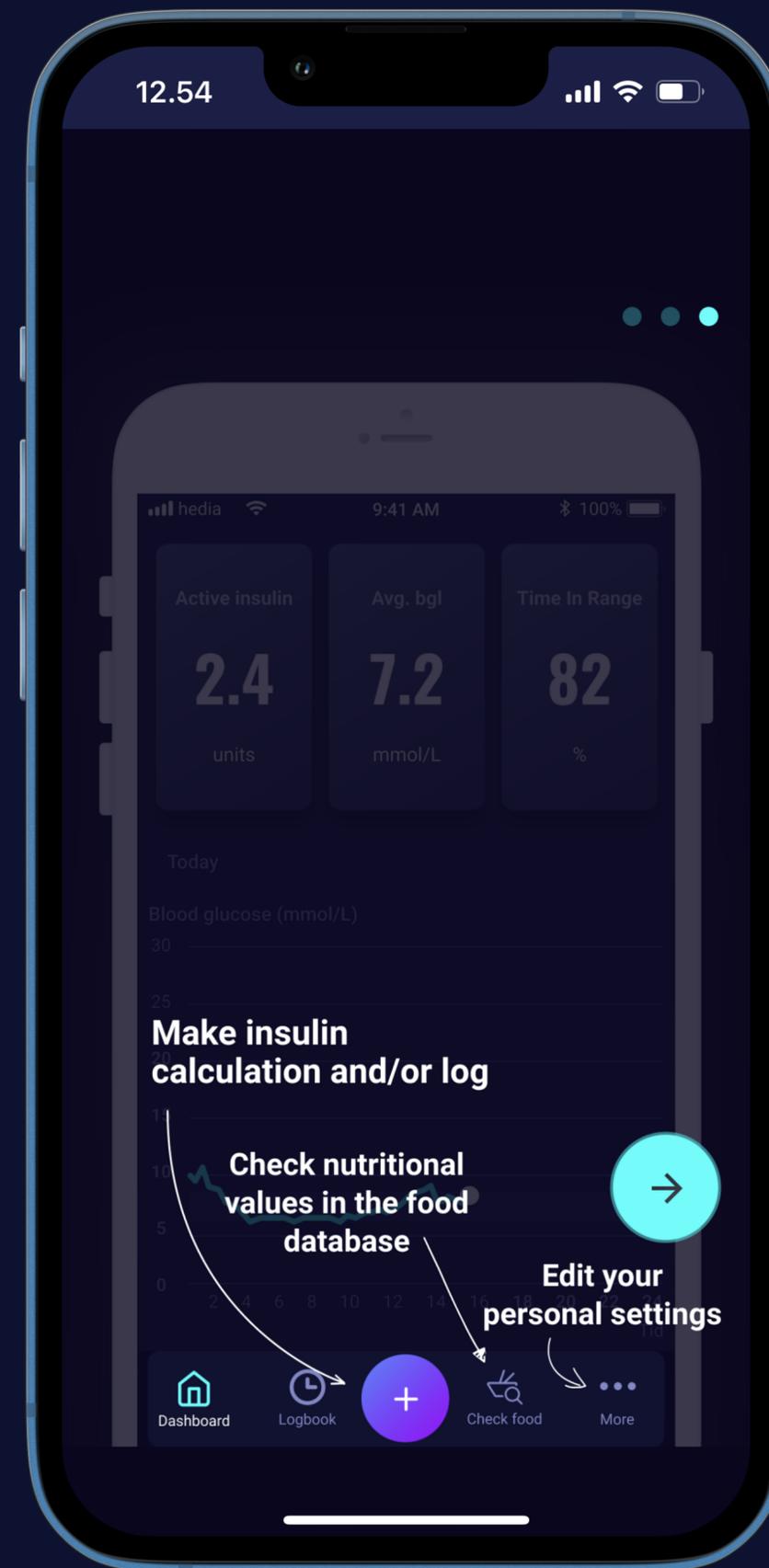
- See an overview of your BG levels during the day
- Press the “Arrow” button





Watch the Hedia guide (6)

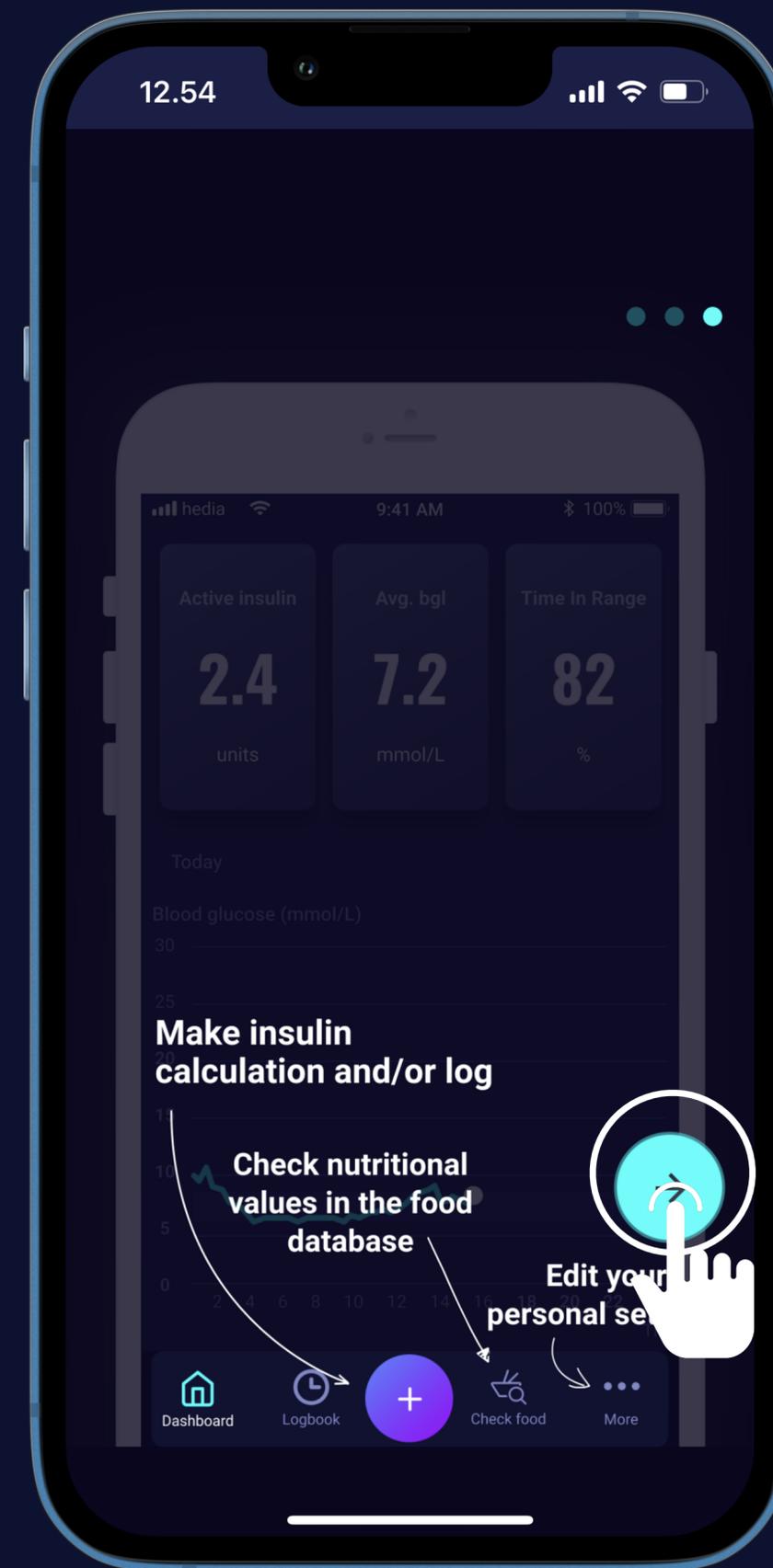
- See where to make insulin calculations, check food database and edit your settings





Watch the Hedia guide (7)

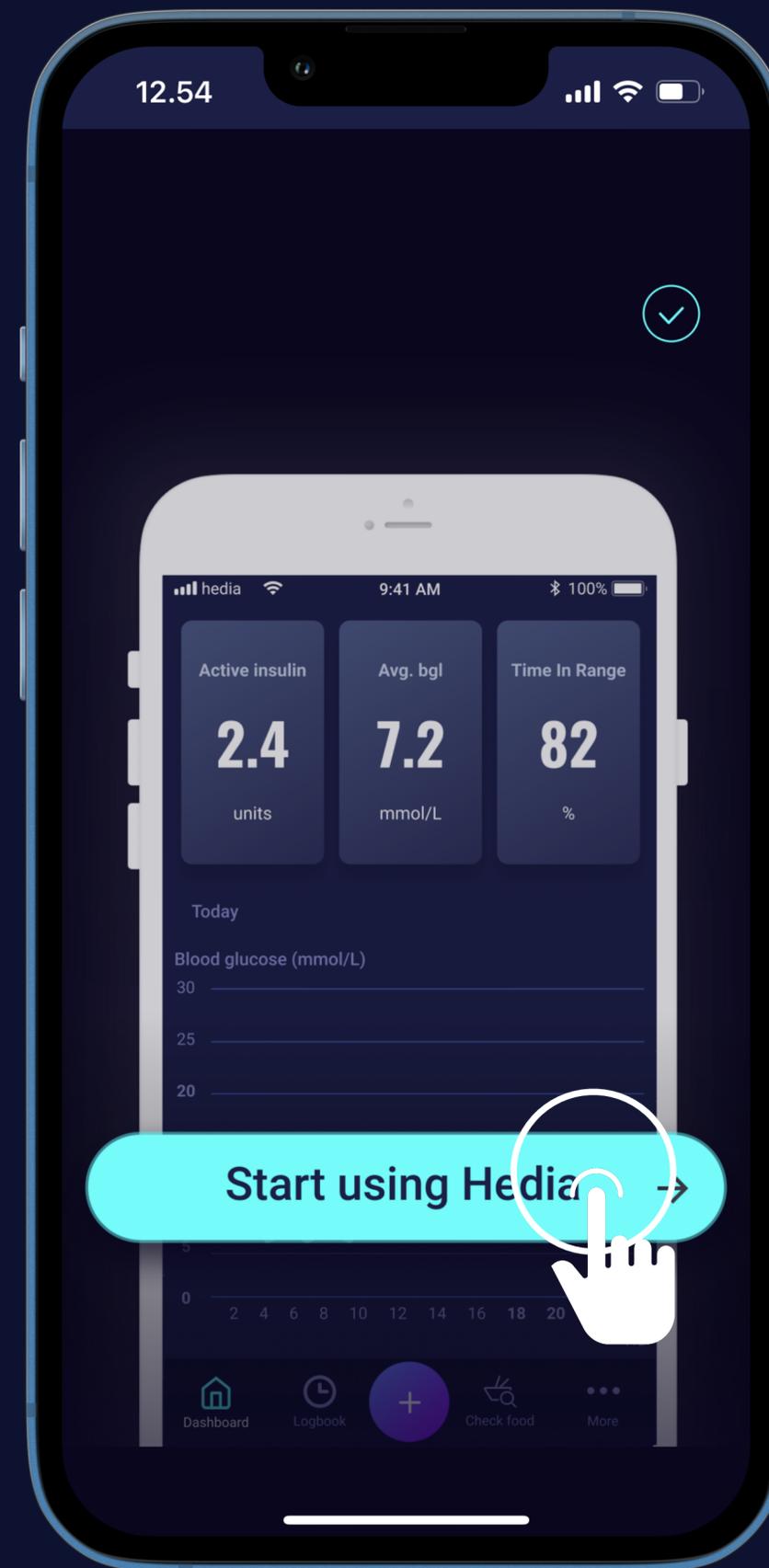
- See where to make insulin calculations, check food database and edit your settings
- Press the “Arrow” button





You are now ready to explore HDA or set up your insulin settings (1)

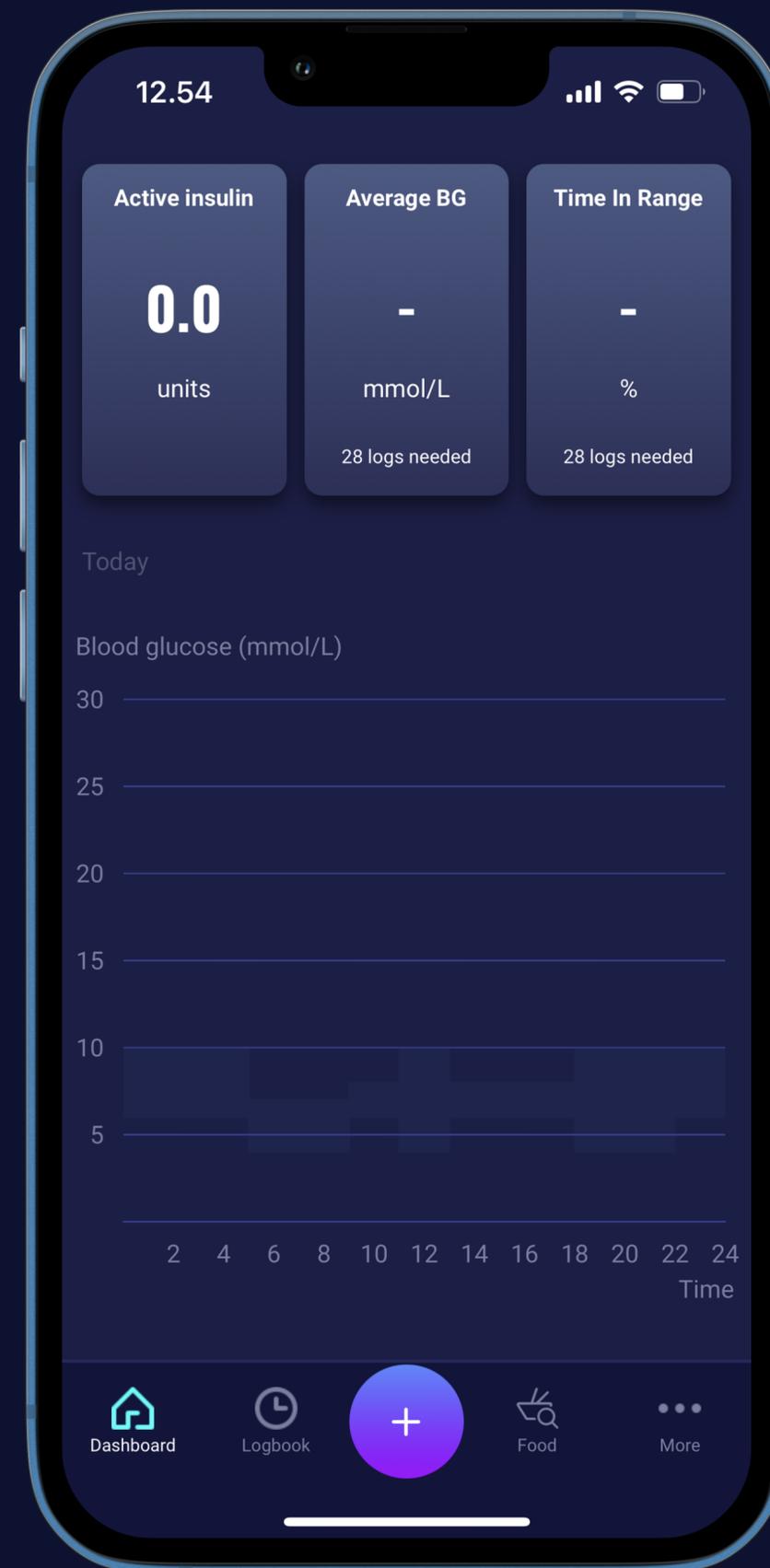
- Press the button "Start HDA"





You are now ready to explore HDA or set up your insulin settings (2)

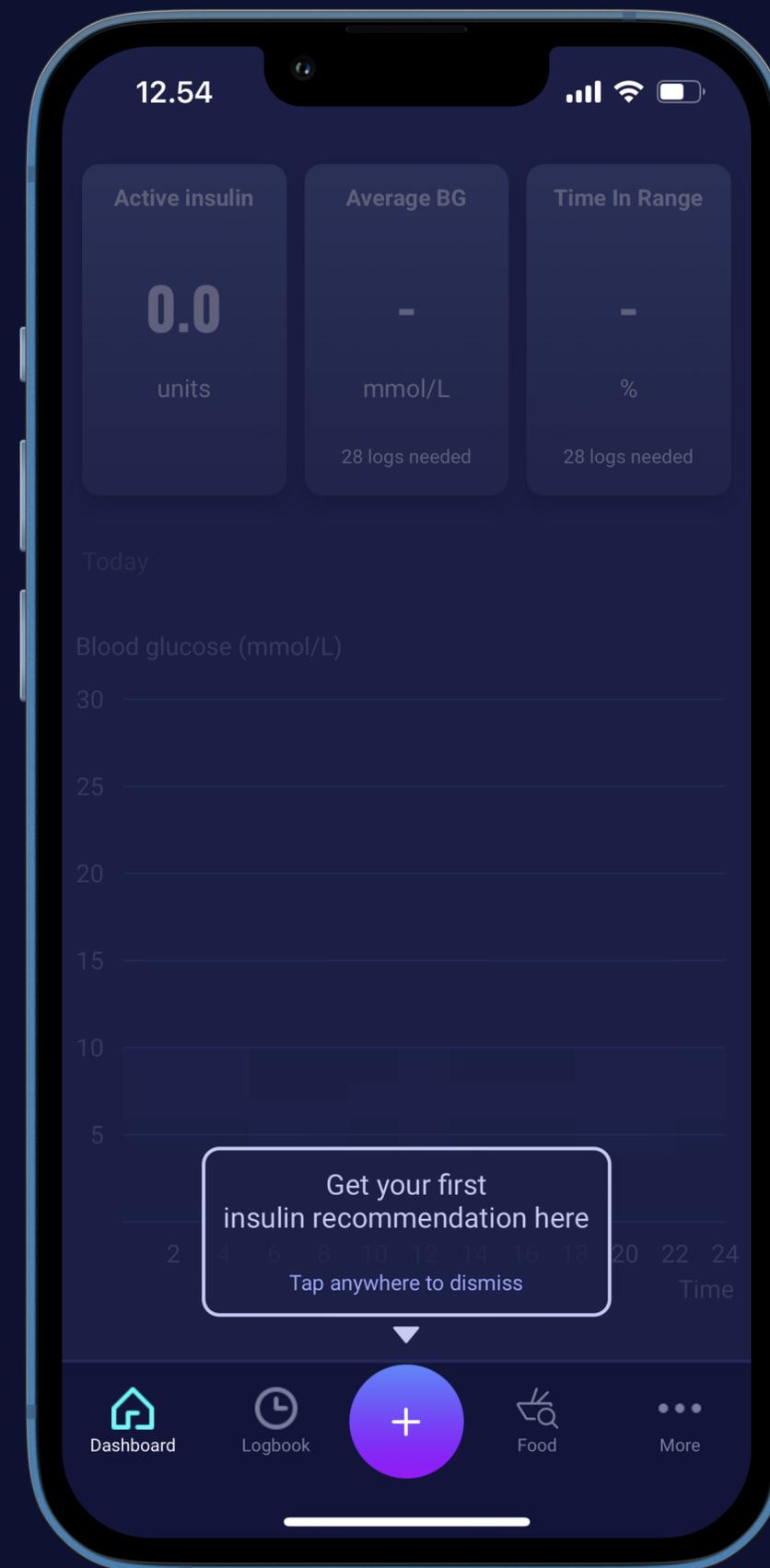
- Press the button “Start HDA”
- Play around too see for yourself





You are now ready to explore HDA or set up your insulin settings (3)

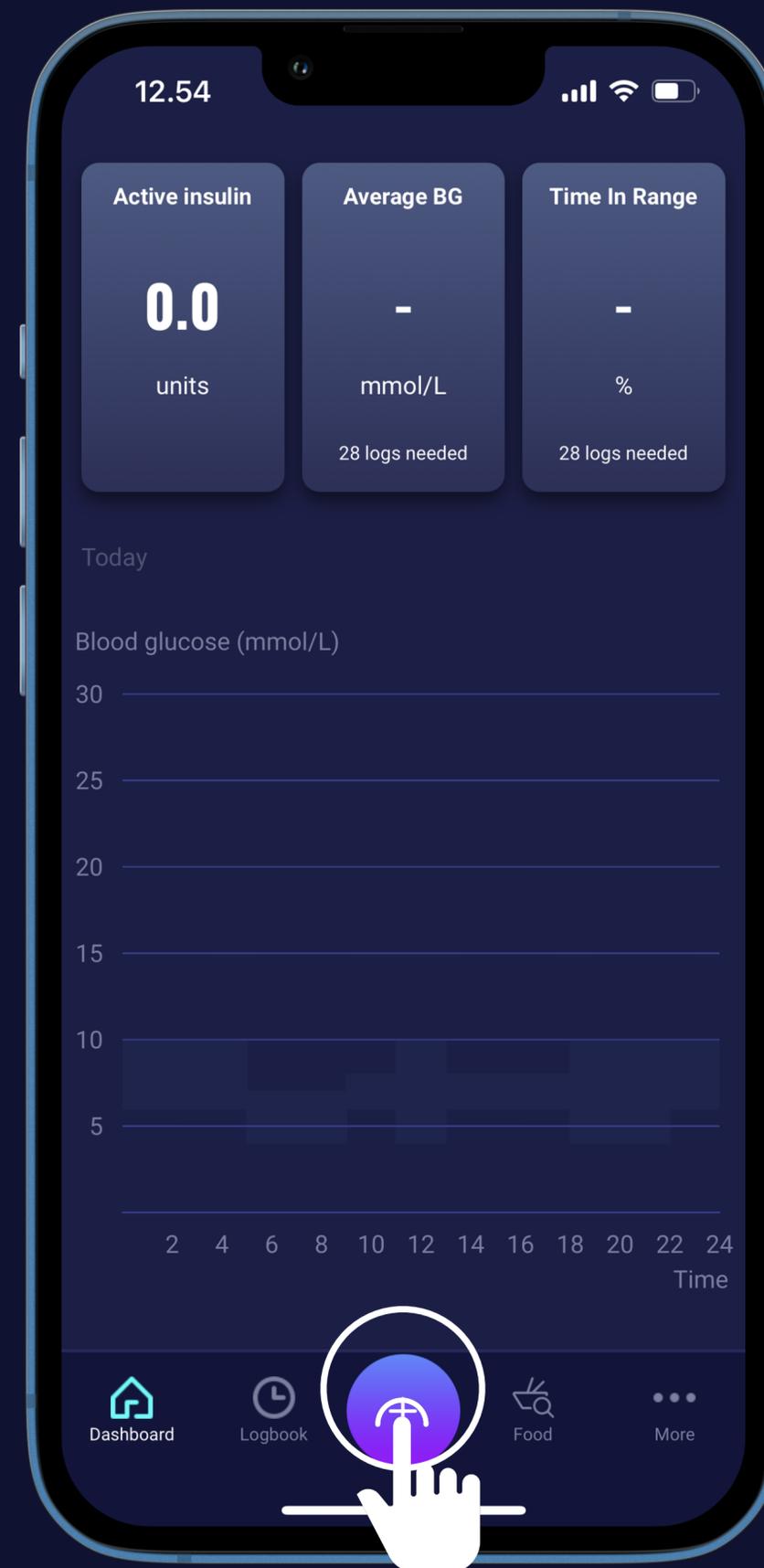
- Press the button “Start Hedia”
- Play around too see for yourself
- Or set up and get your first insulin recommendation





Let's set up the basics (1)

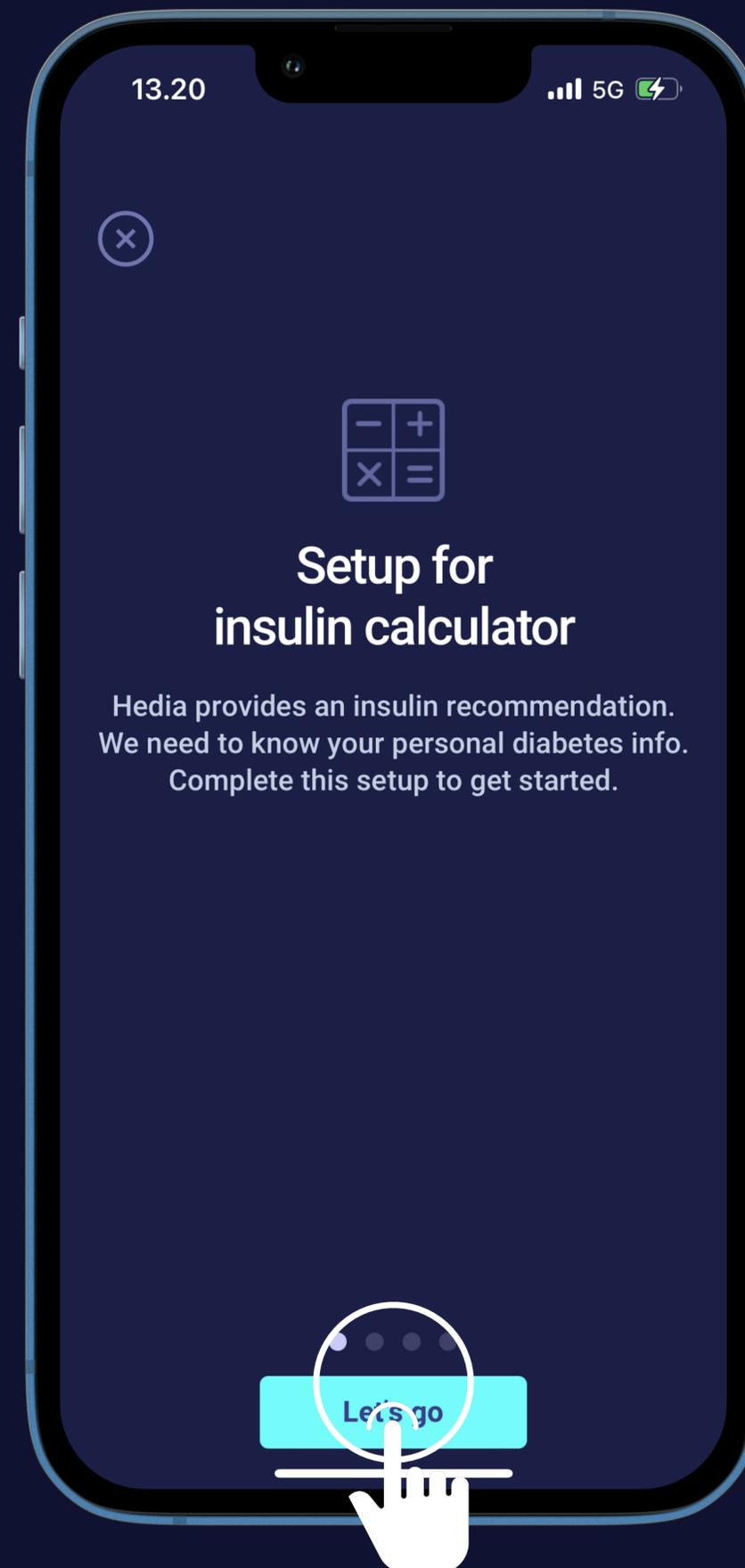
- Press the round “+” button





Let's set up the basics (2)

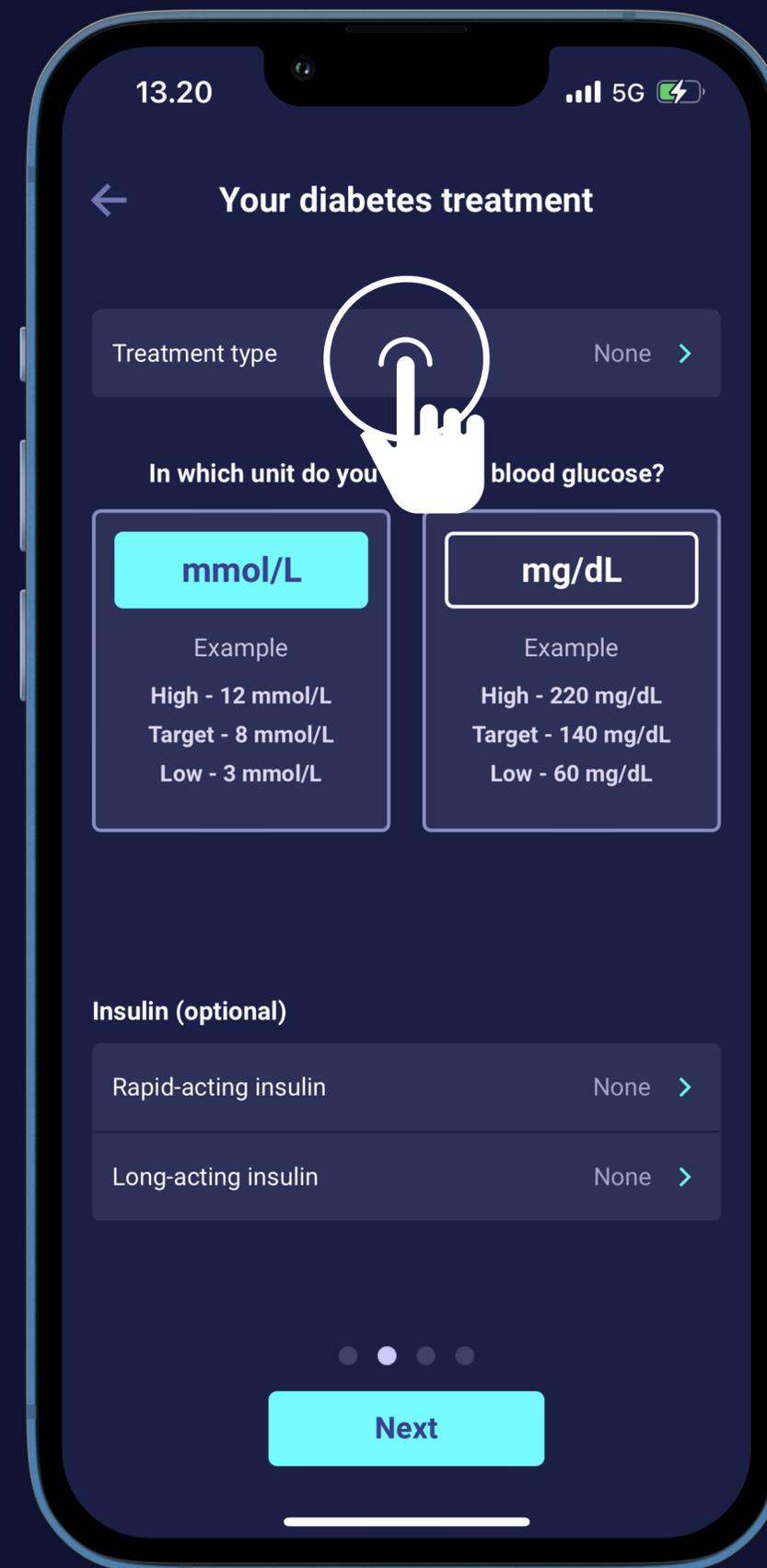
- Press the round “+” button
- Press the “Let's go” button to set up your insulin calculator





Your diabetes treatment (1)

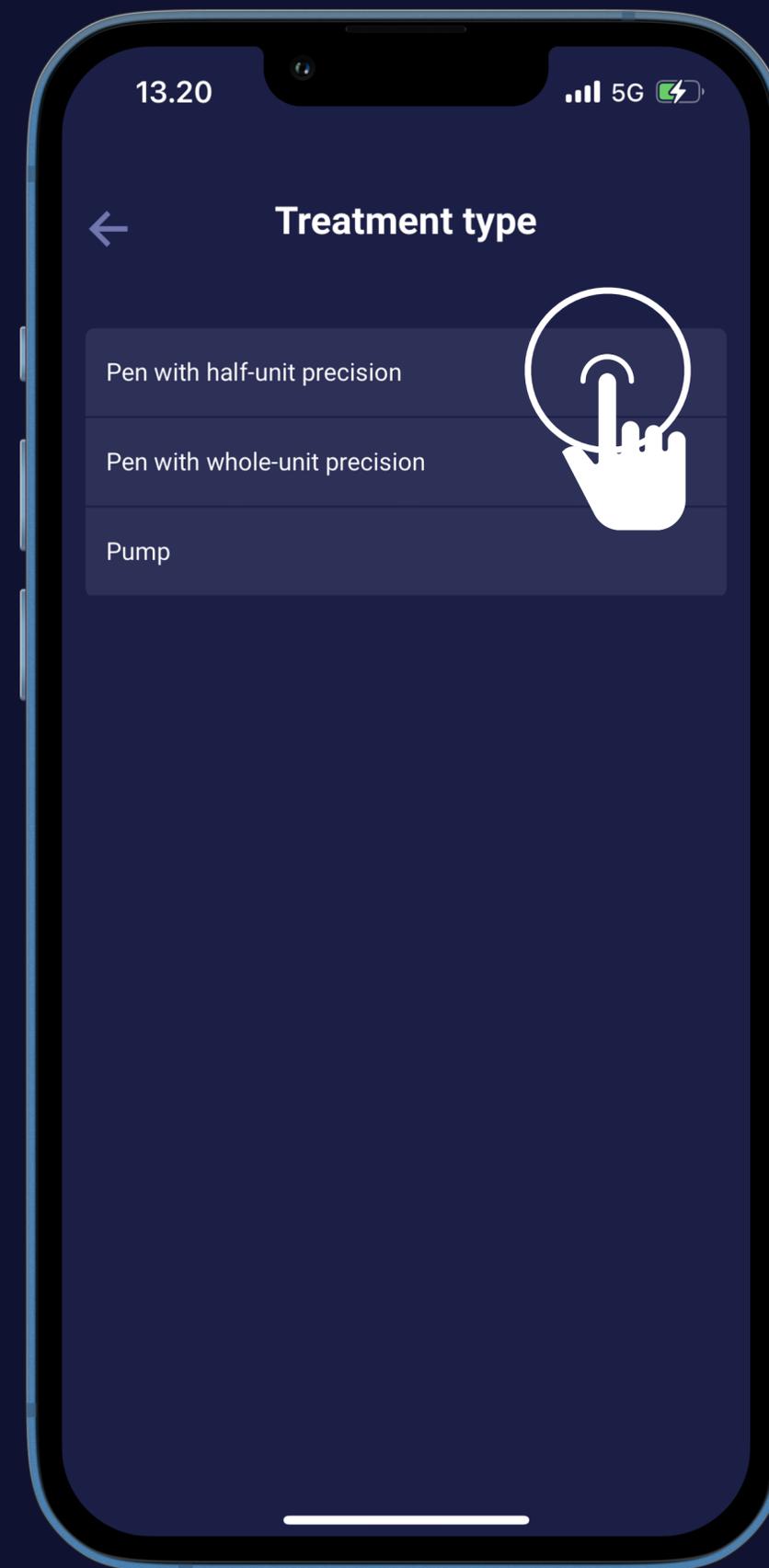
- Press the “Treatment type” box





Your diabetes treatment (2)

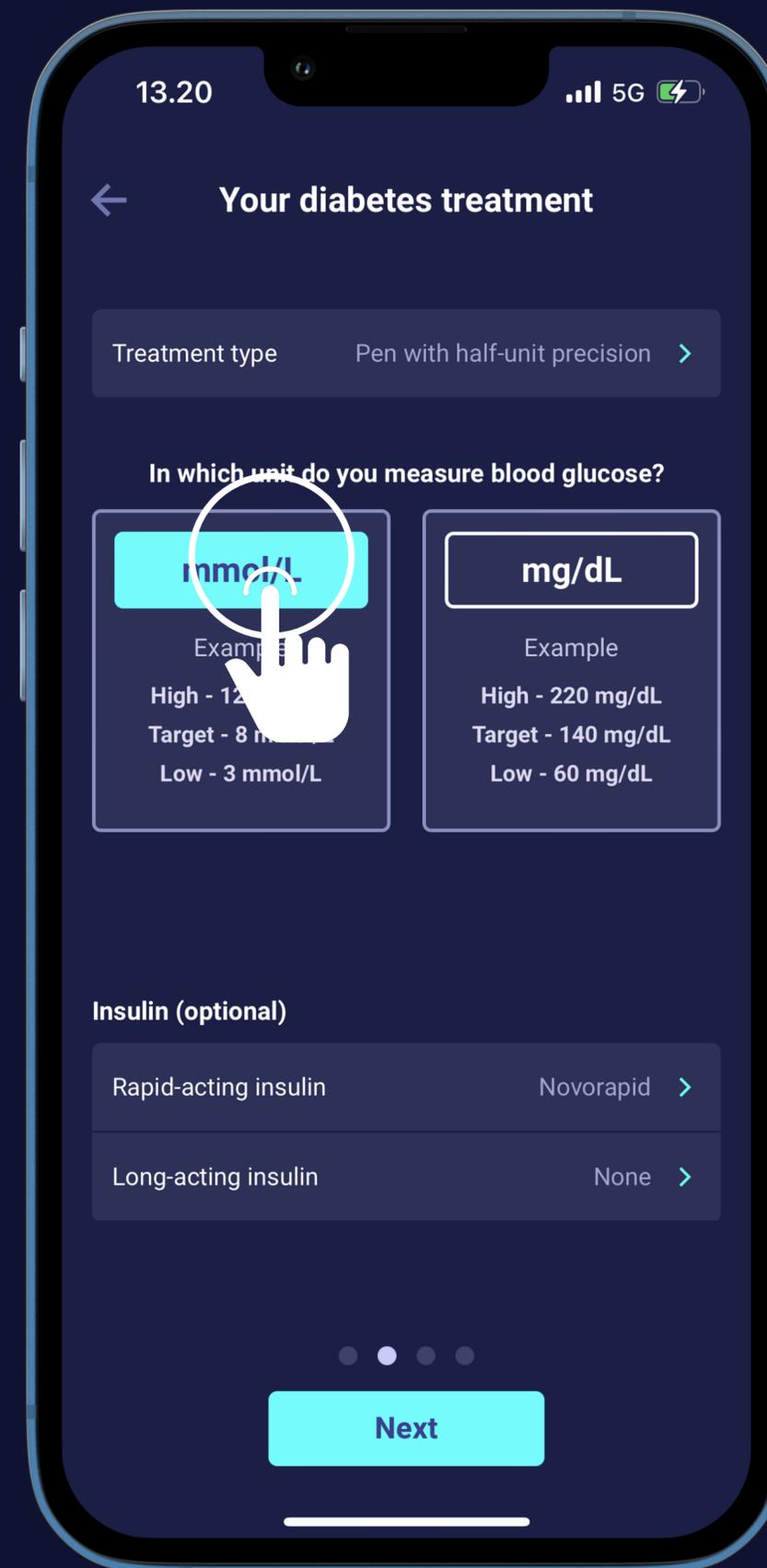
- Press the “Treatment type” box
- Choose pen or pump





Your diabetes treatment (3)

- Press the “Treatment type” box
- Choose pen or pump
- Choose unit to measure blood glucose





Your diabetes treatment (4)

- You have the option to choose Fast-Acting or Long-Acting Insulin

13.20 5G

Your diabetes treatment

Treatment type Pen with half-unit precision >

In which unit do you measure blood glucose?

mmol/L	mg/dL
Example	Example
High - 12 mmol/L	High - 220 mg/dL
Target - 8 mmol/L	Target - 140 mg/dL
Low - 3 mmol/L	Low - 60 mg/dL

Insulin (optional)

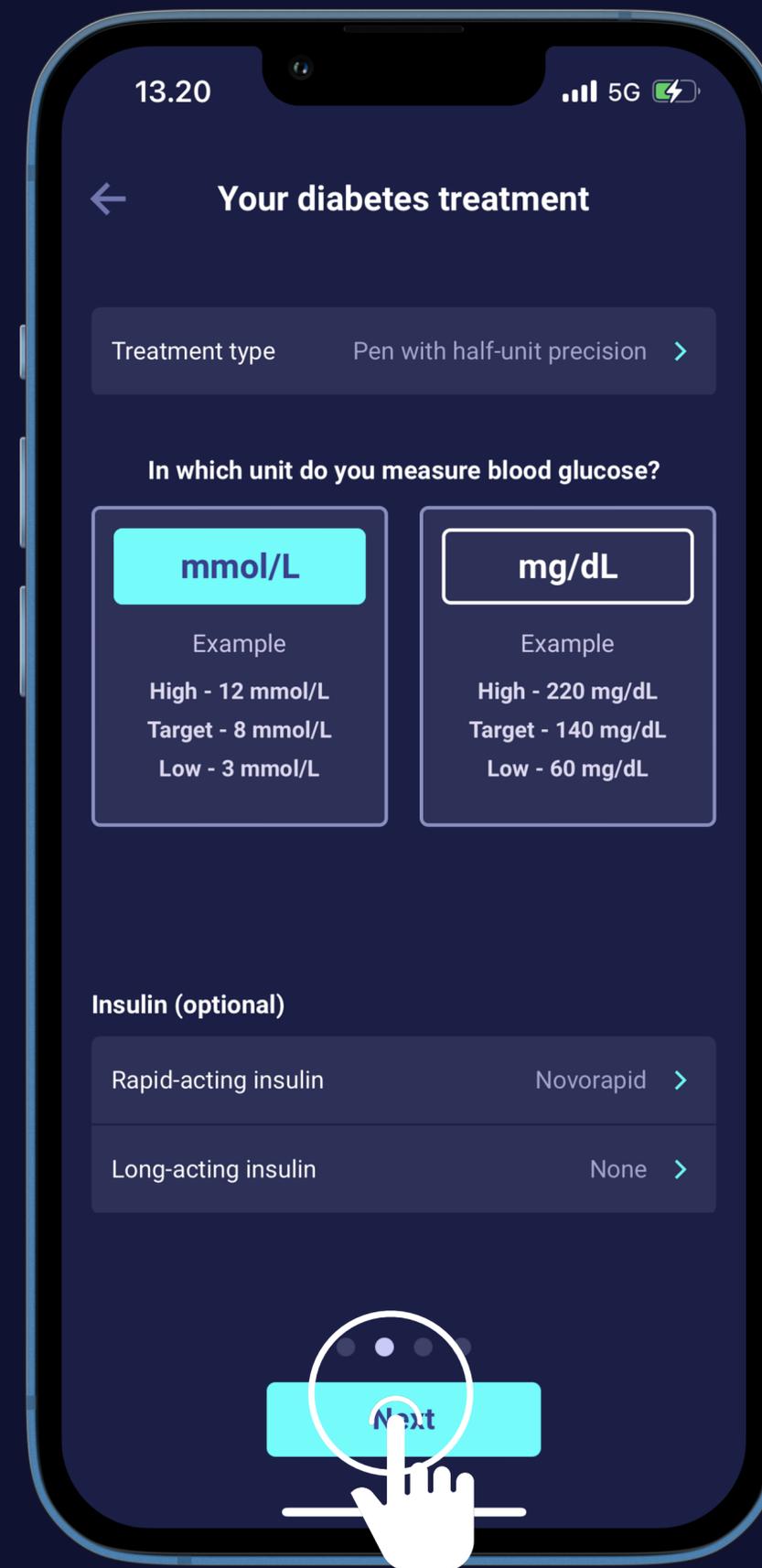
Rapid-acting insulin	Novorapid >
Long-acting insulin	None >

Next



Your diabetes treatment (5)

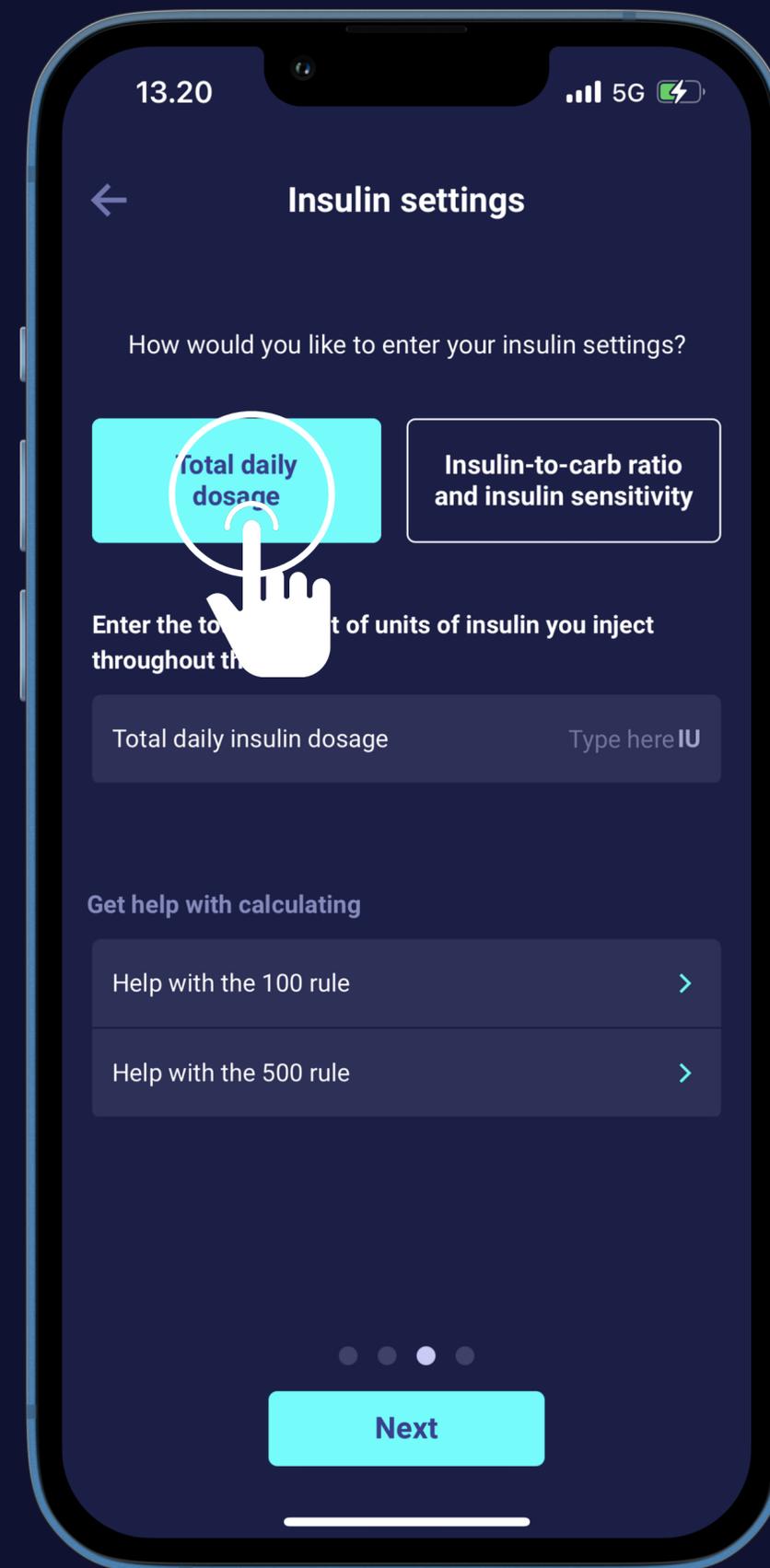
- You have the option to choose Fast-Acting or Long-Acting Insulin
- Or press the “Next step” button right away





Create your insulin settings (1)

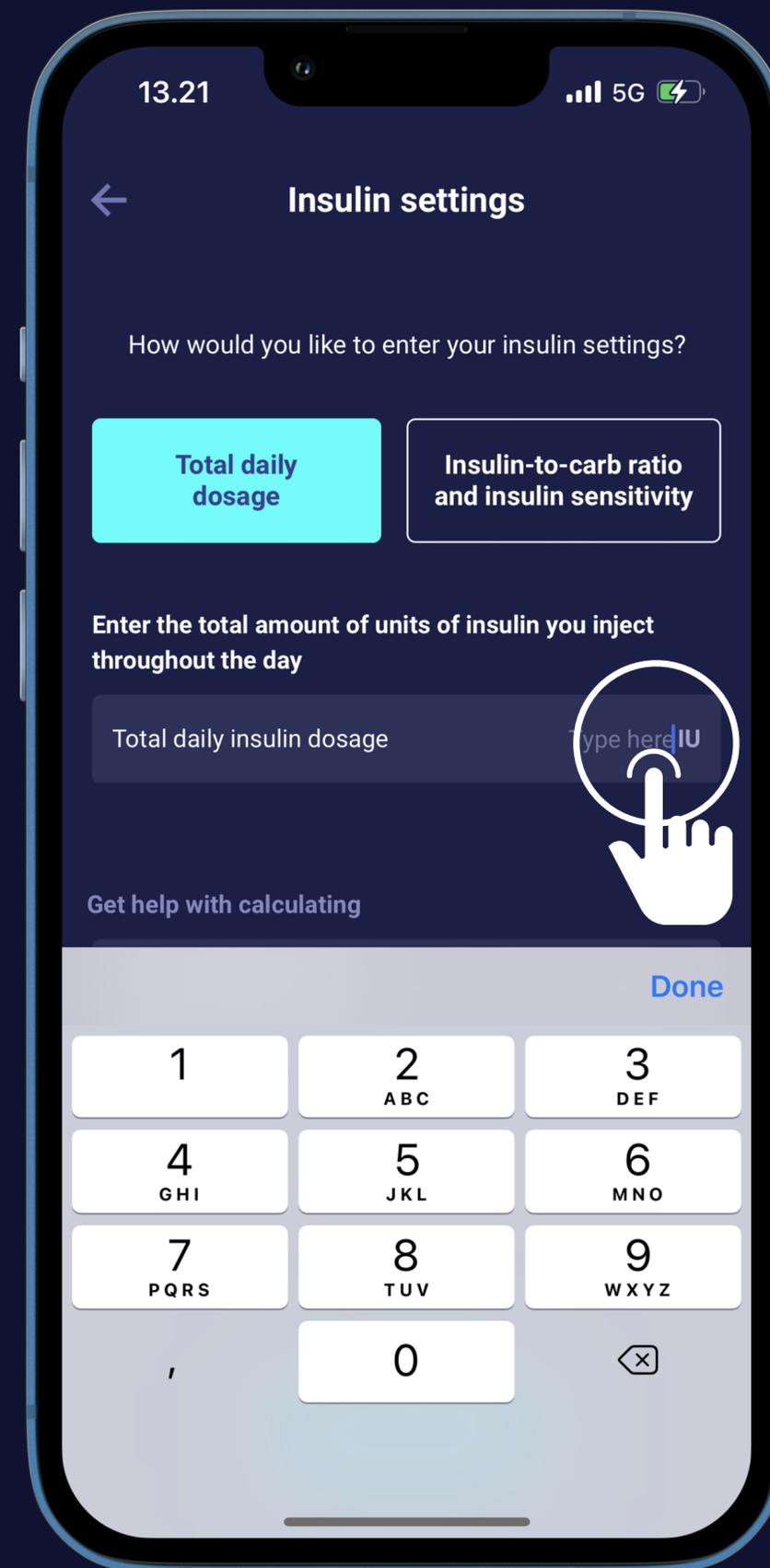
- Choose “Total daily dosage” or “Insulin-to-carb ratio and insulin sensitivity”





If you have chosen “Total daily dosage” (1)

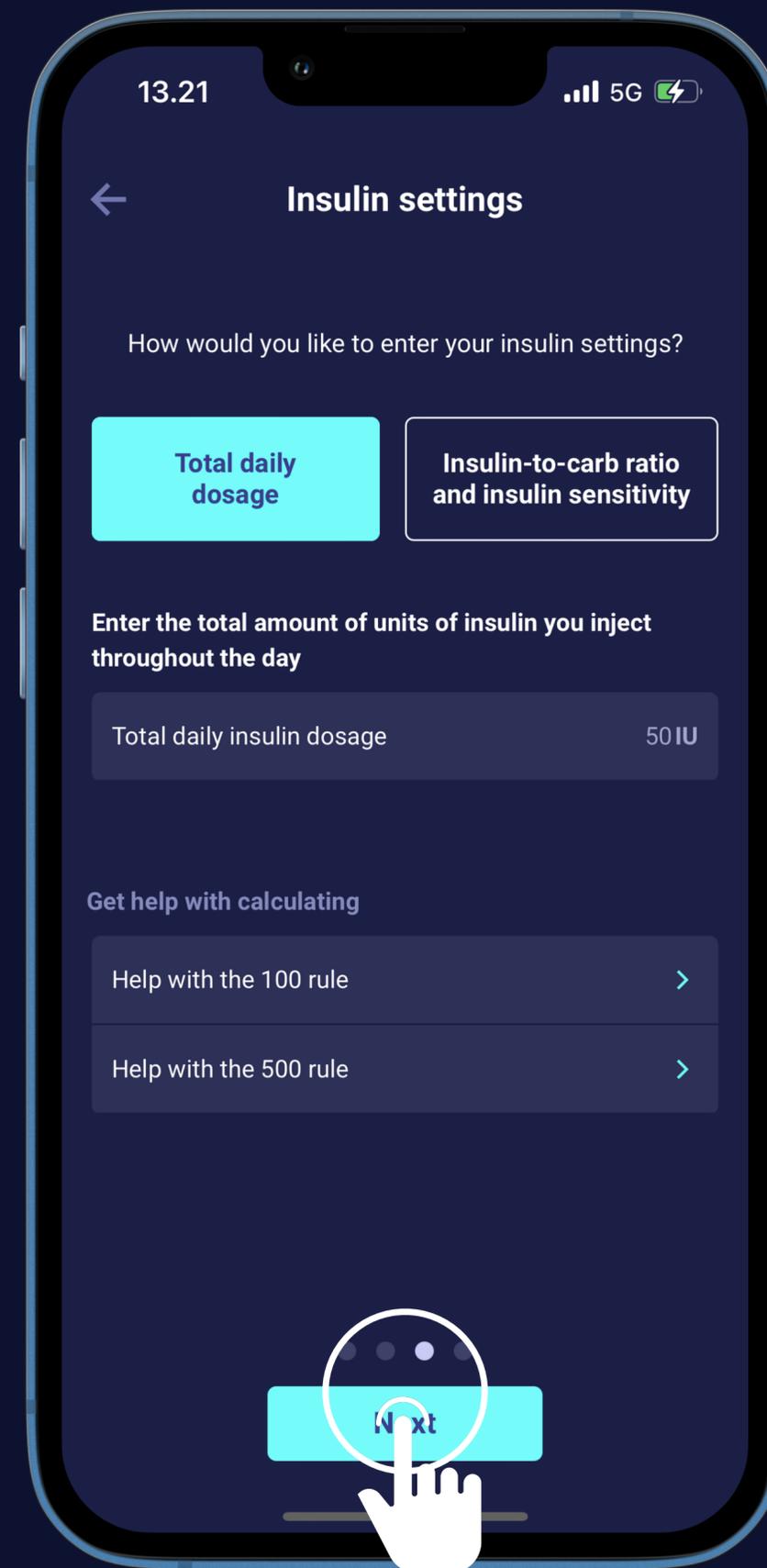
- Type your total daily insulin dosage in the box





If you have chosen “Total daily dosage” (2)

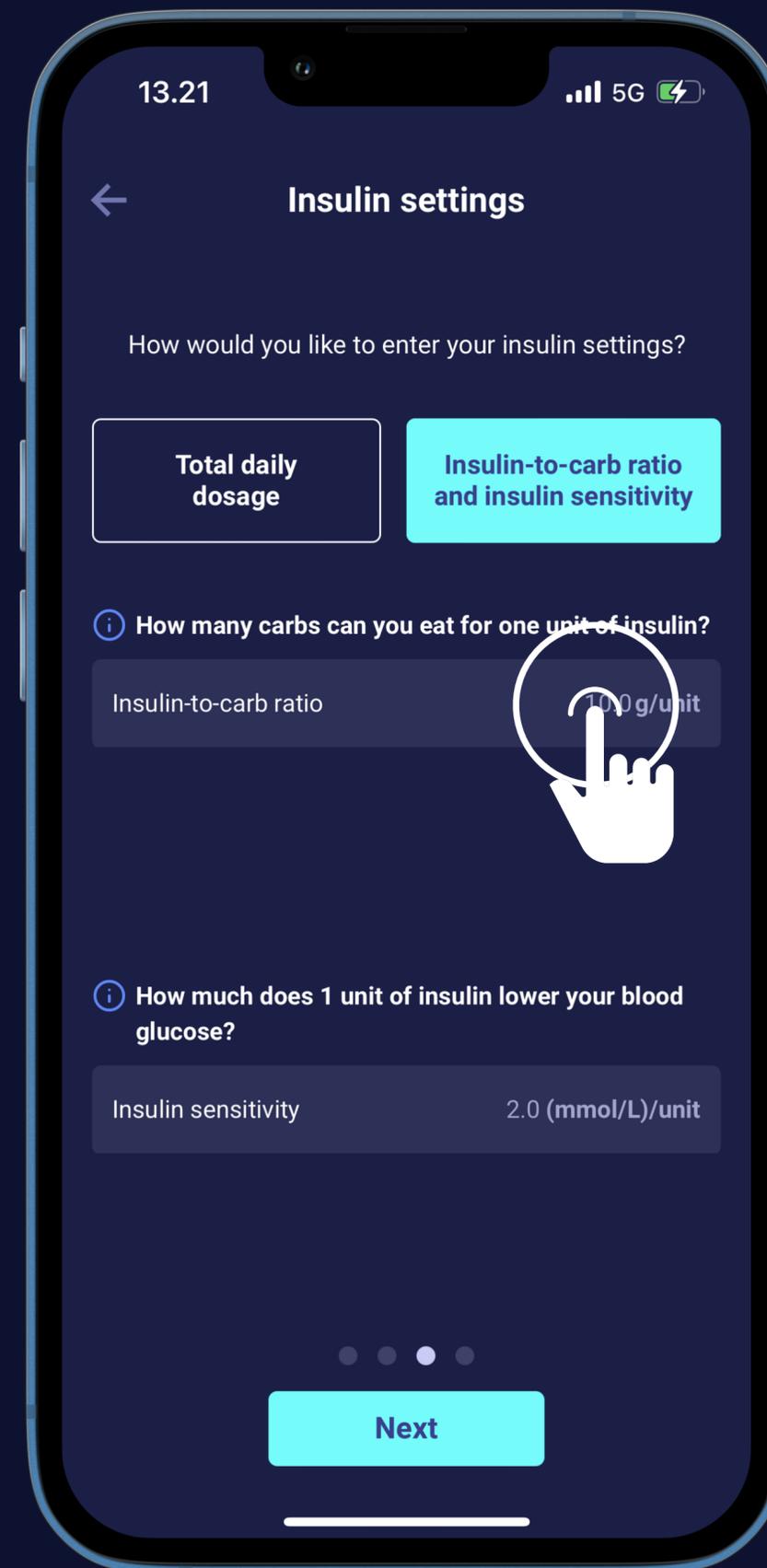
- Type your total daily insulin dosage in the box
- And press the “Next step” button





If you have chosen “Insulin-to-carb ratio and insulin sensitivity” (1)

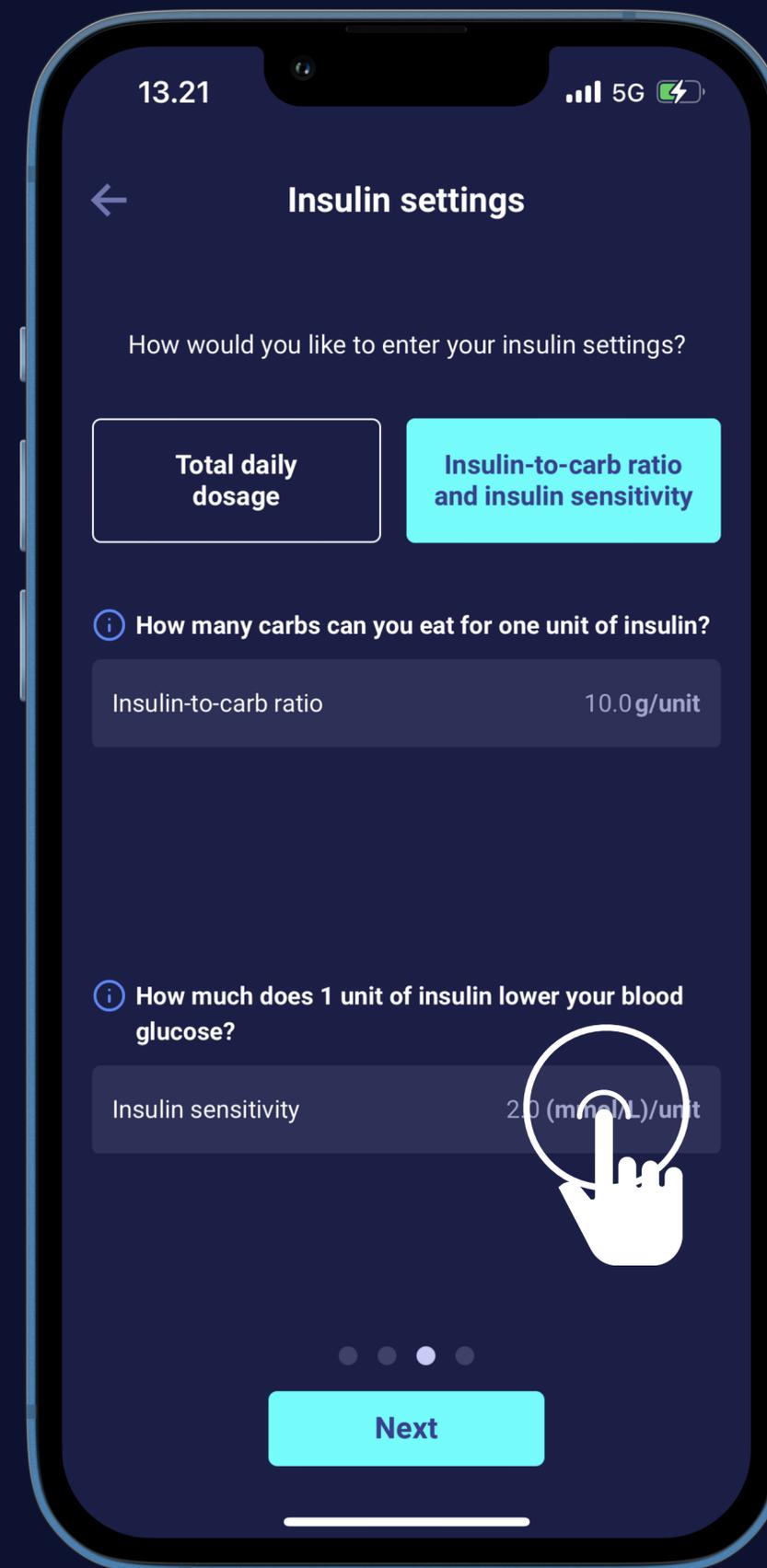
- Type your insulin-to-carb ratio in the box





If you have chosen “Insulin-to-carb ratio and insulin sensitivity” (2)

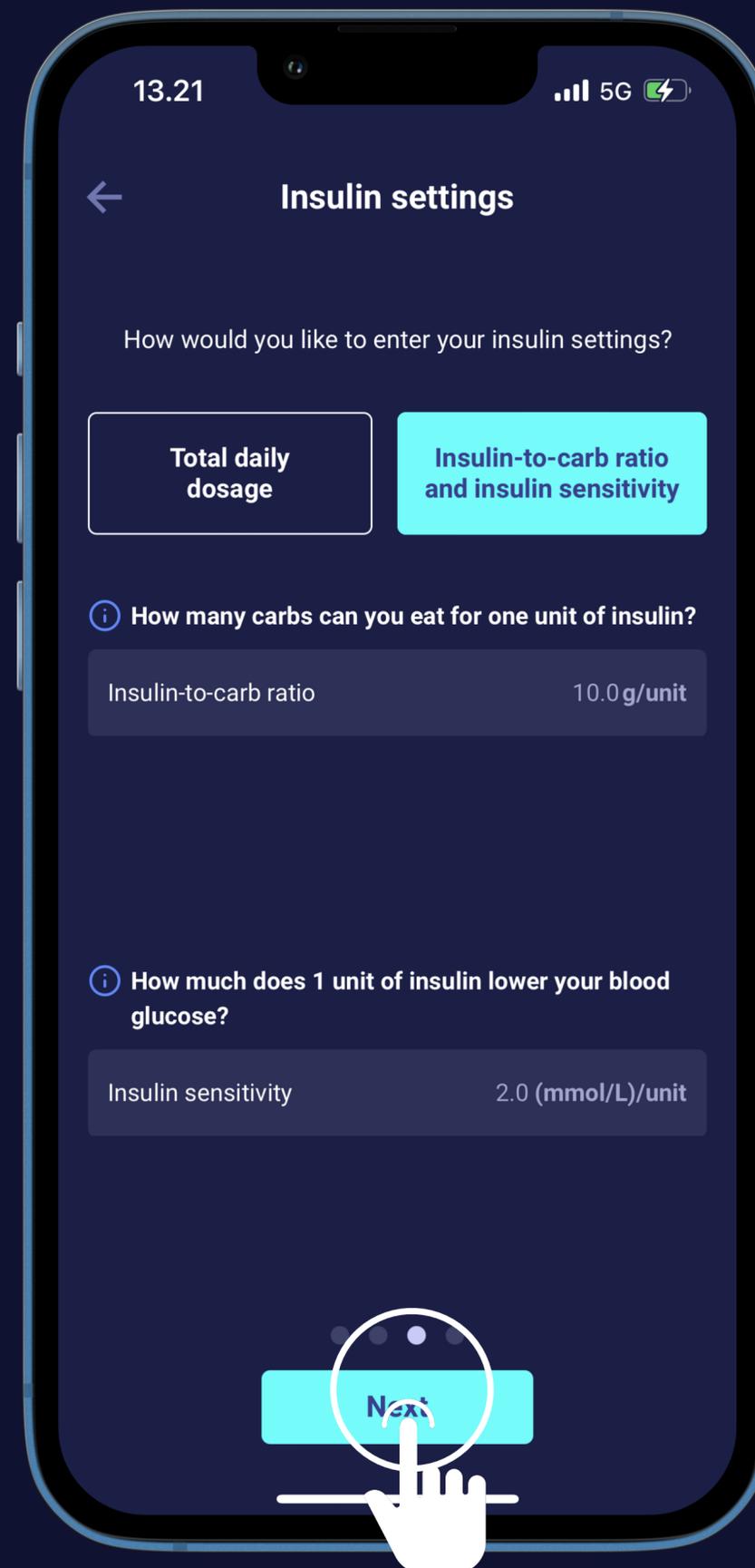
- Type your insulin-to-carb ratio in the box
- Type your insulin sensitivity





If you have chosen “Insulin-to-carb ratio and insulin sensitivity” (3)

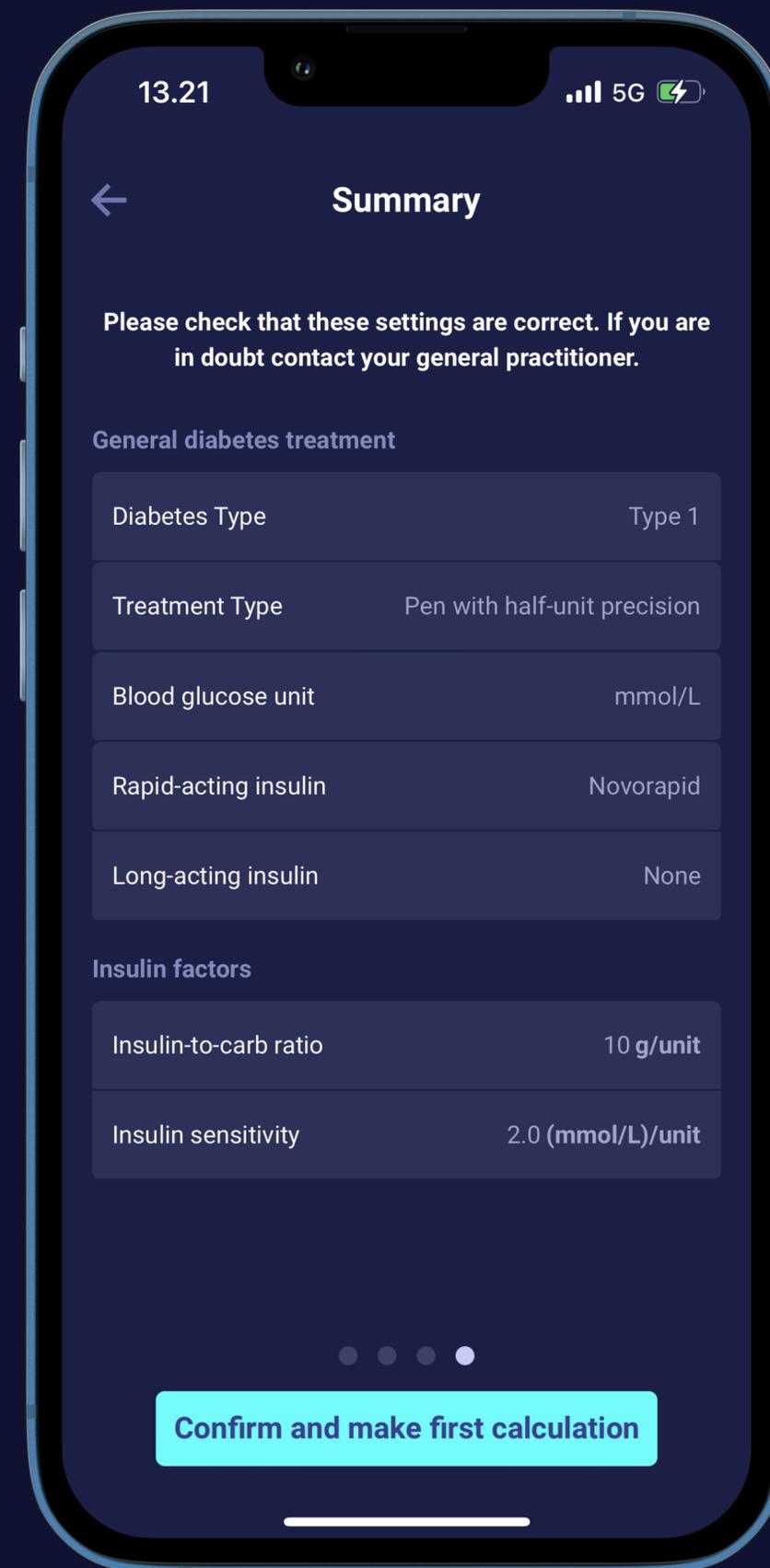
- Type your insulin-to-carb ratio in the box
- Type your insulin sensitivity
- And press the “Next step” button





That's it. You are now ready to begin your first calculation (1)

- Check if your settings are correct





That's it. You are now ready to begin your first calculation (2)

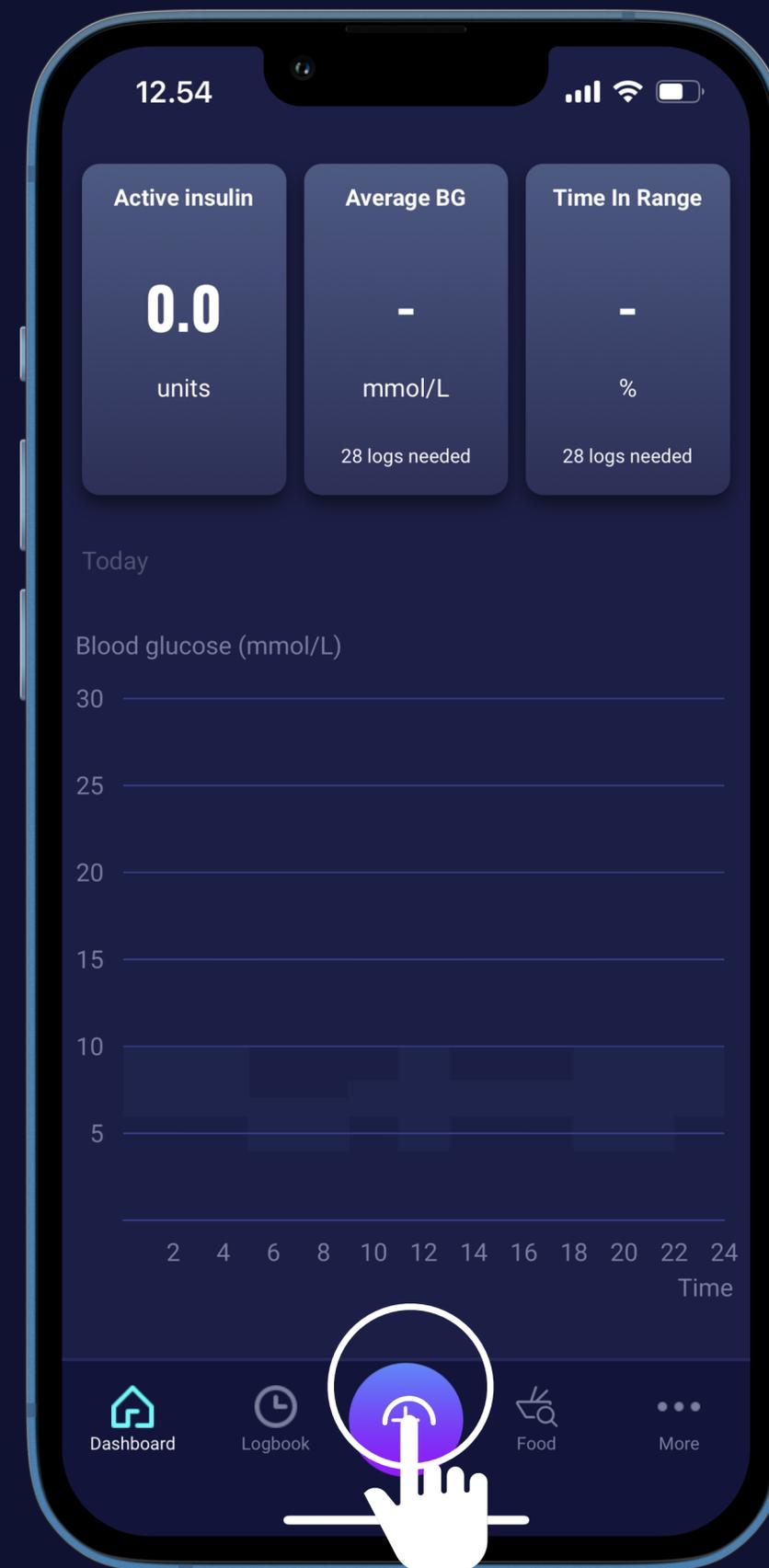
- Check if your settings are correct
- Press “Confirm and make first calculation”





Let's measure your blood glucose level (1)

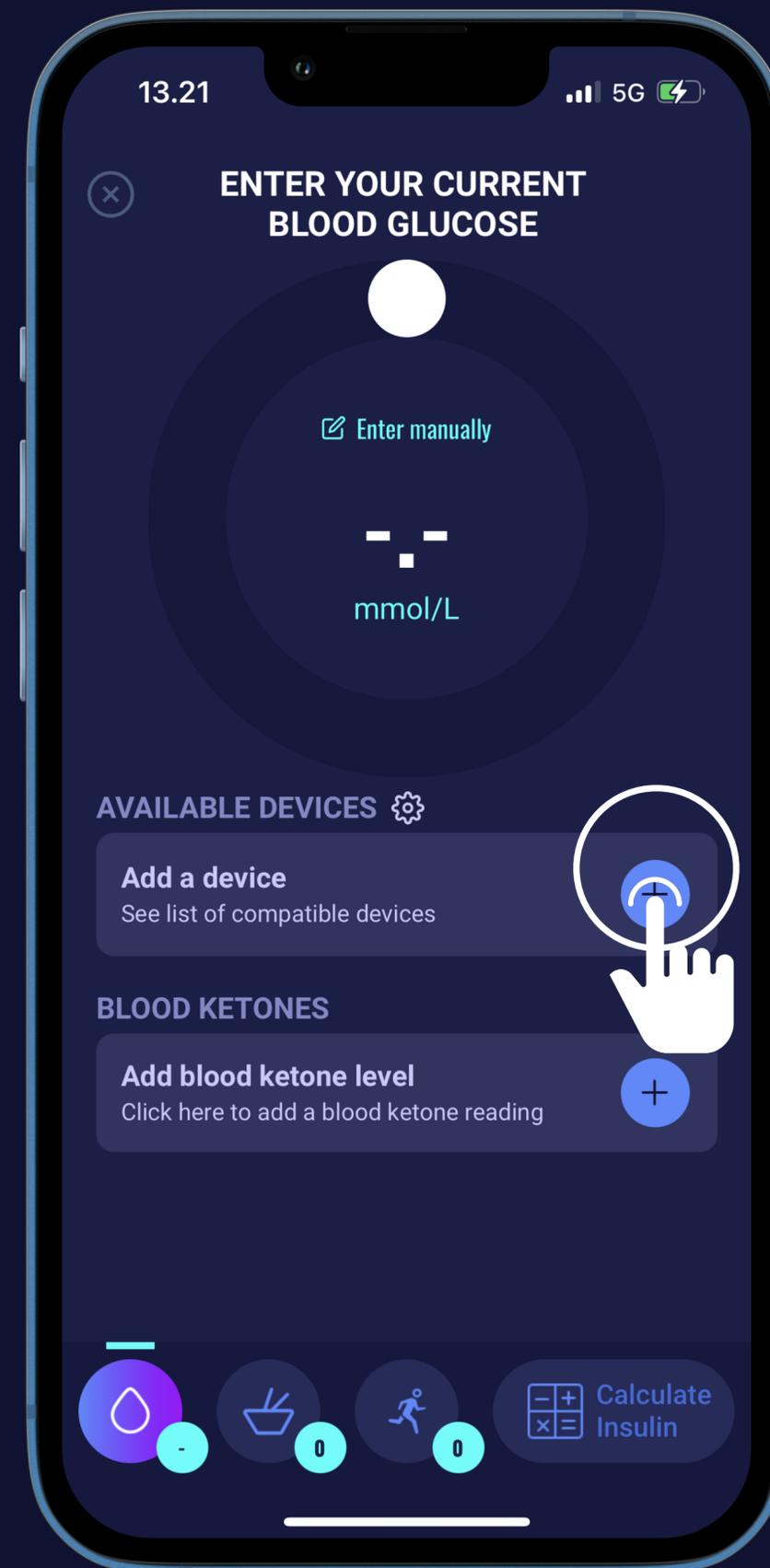
- Press the round “+” button





Let's measure your blood glucose level (2)

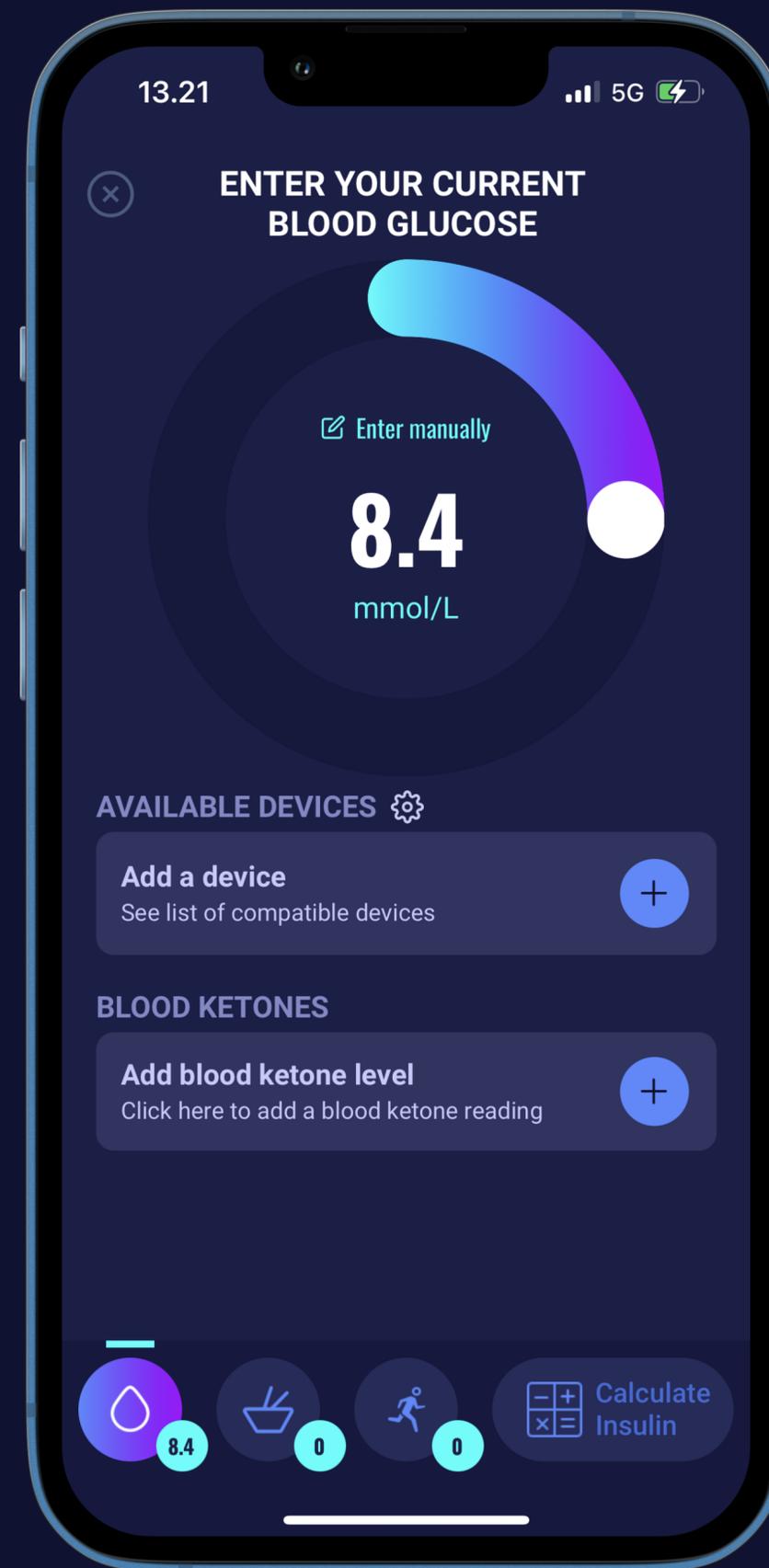
- Press the round “+” button
- Choose “Enter manually” or the “SYNC WITH DEVICE” button





If you want to enter your blood glucose level manually (1)

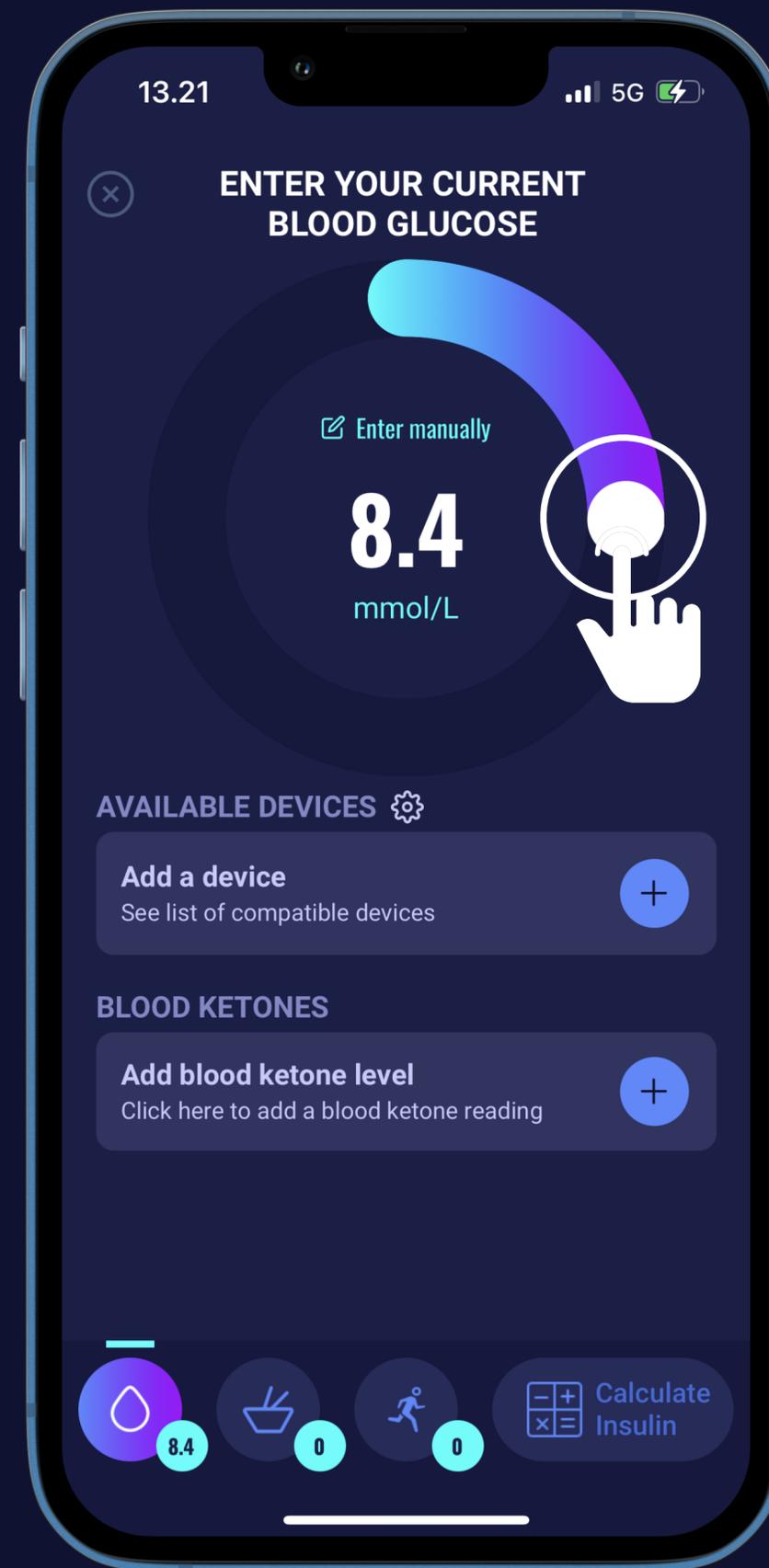
- Type your BG on the keyboard





If you want to enter your blood glucose level manually (2)

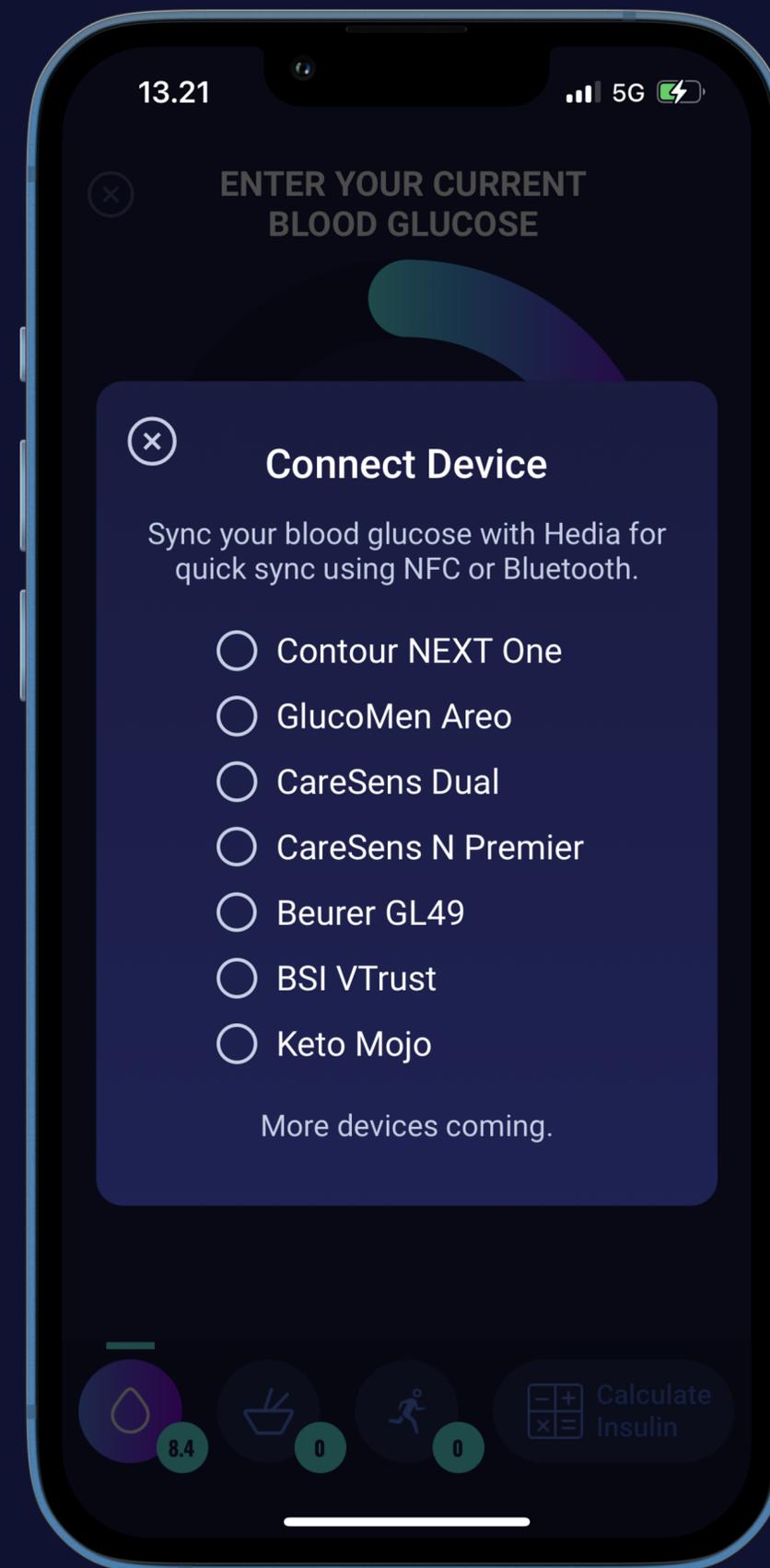
- Type your BG on the keyboard
- Or use the slider





If you want to enter your blood glucose level with a device

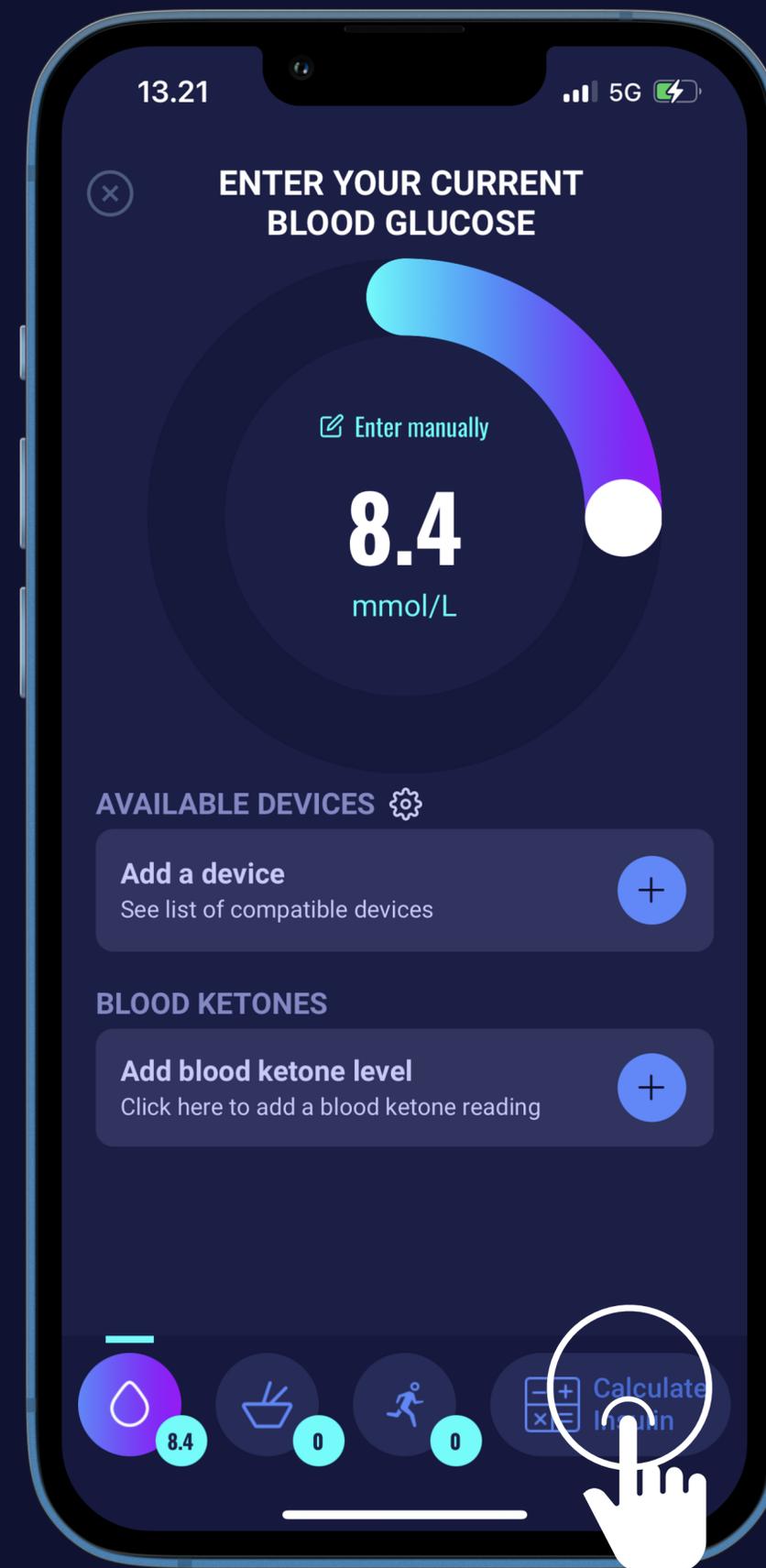
- Choose your device from the list to pair and get BG





Time to get your recommendation (1)

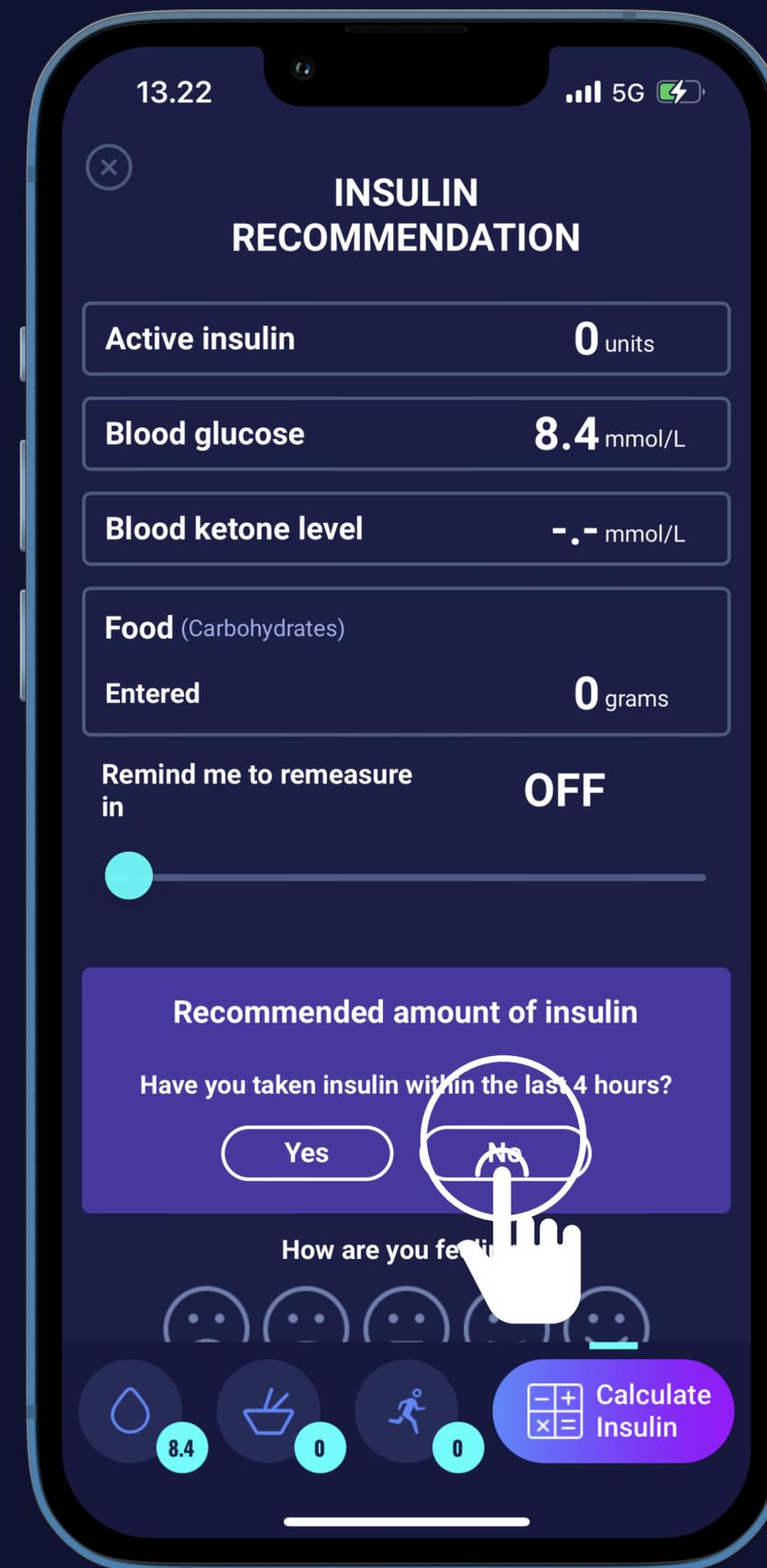
- Press the “Calculate Insulin” button





Time to get your recommendation (2)

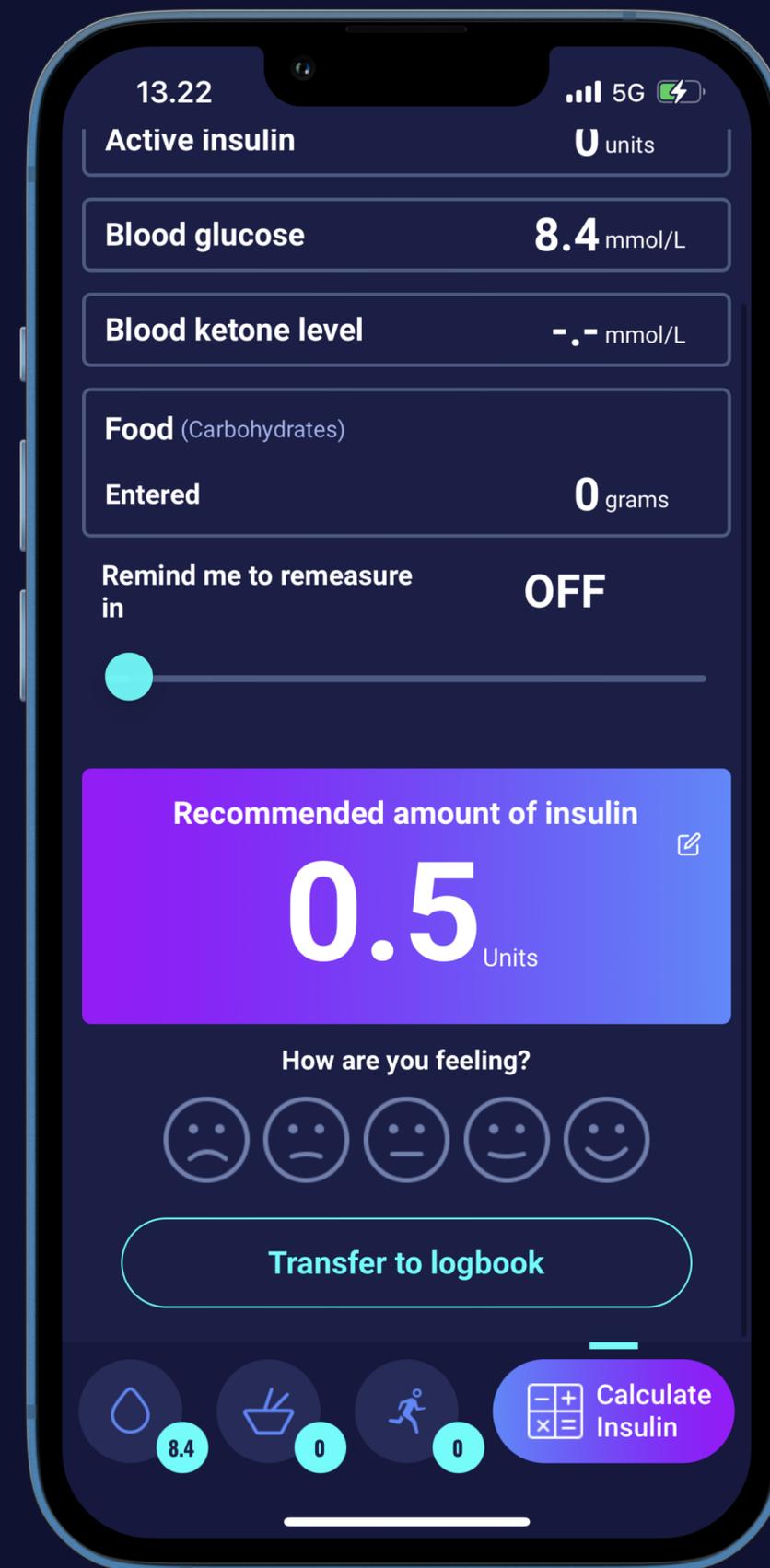
- Press the “Calculate Insulin” button
- Press “Yes” or “No” if you have taken insulin within the last 4 hours





Time to get your recommendation (3)

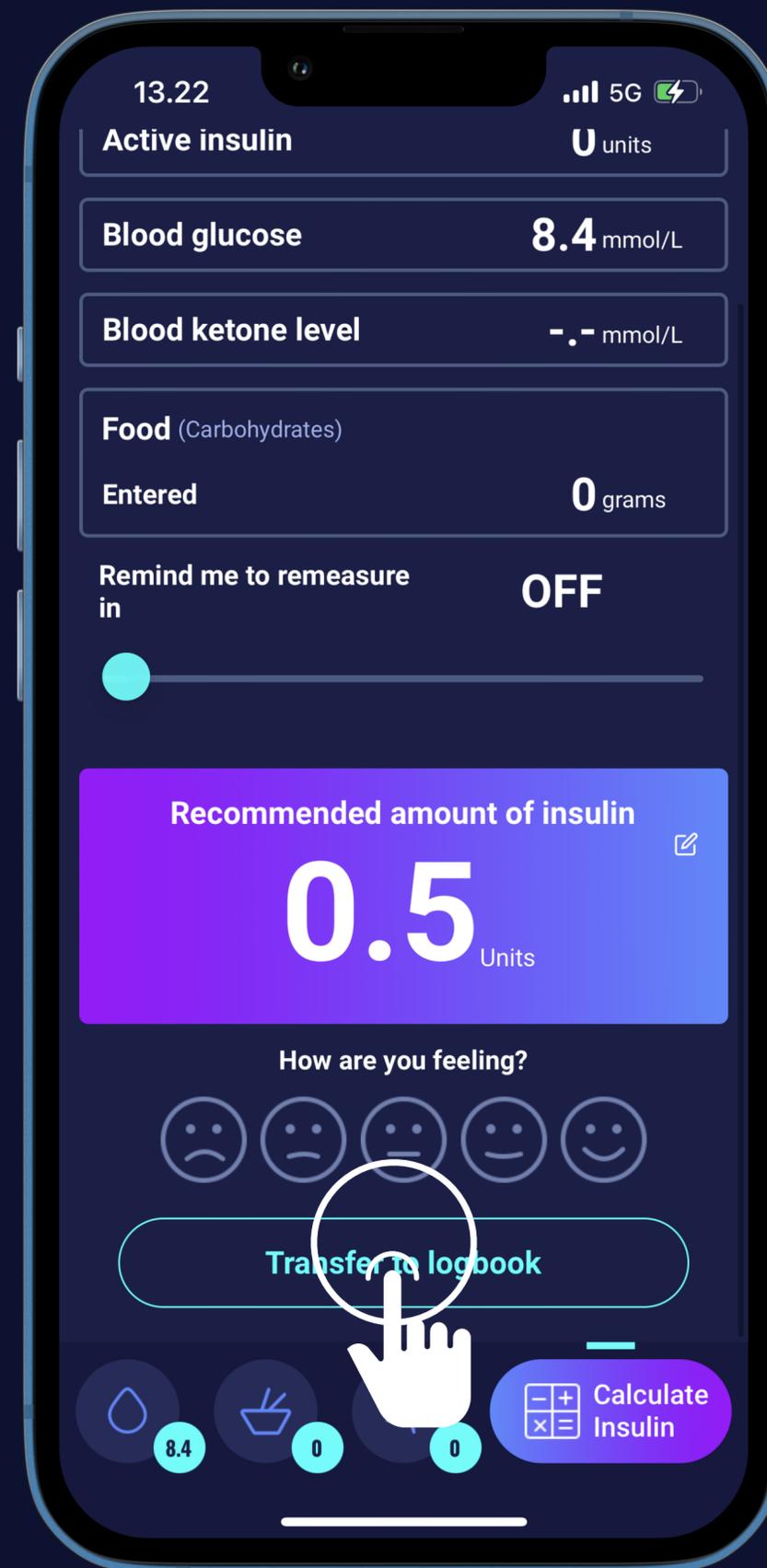
- Press the “Calculate Insulin” button
- Press “Yes” or “No” if you have taken insulin within the last 4 hours
- That’s it! Here is your recommendation





Time to get your recommendation (4)

- Press the “Calculate Insulin” button
- Press “Yes” or “No” if you have taken insulin within the last 4 hours
- That’s it! Here is your recommendation
- Press the “Transfer to logbook” button to keep track and improve

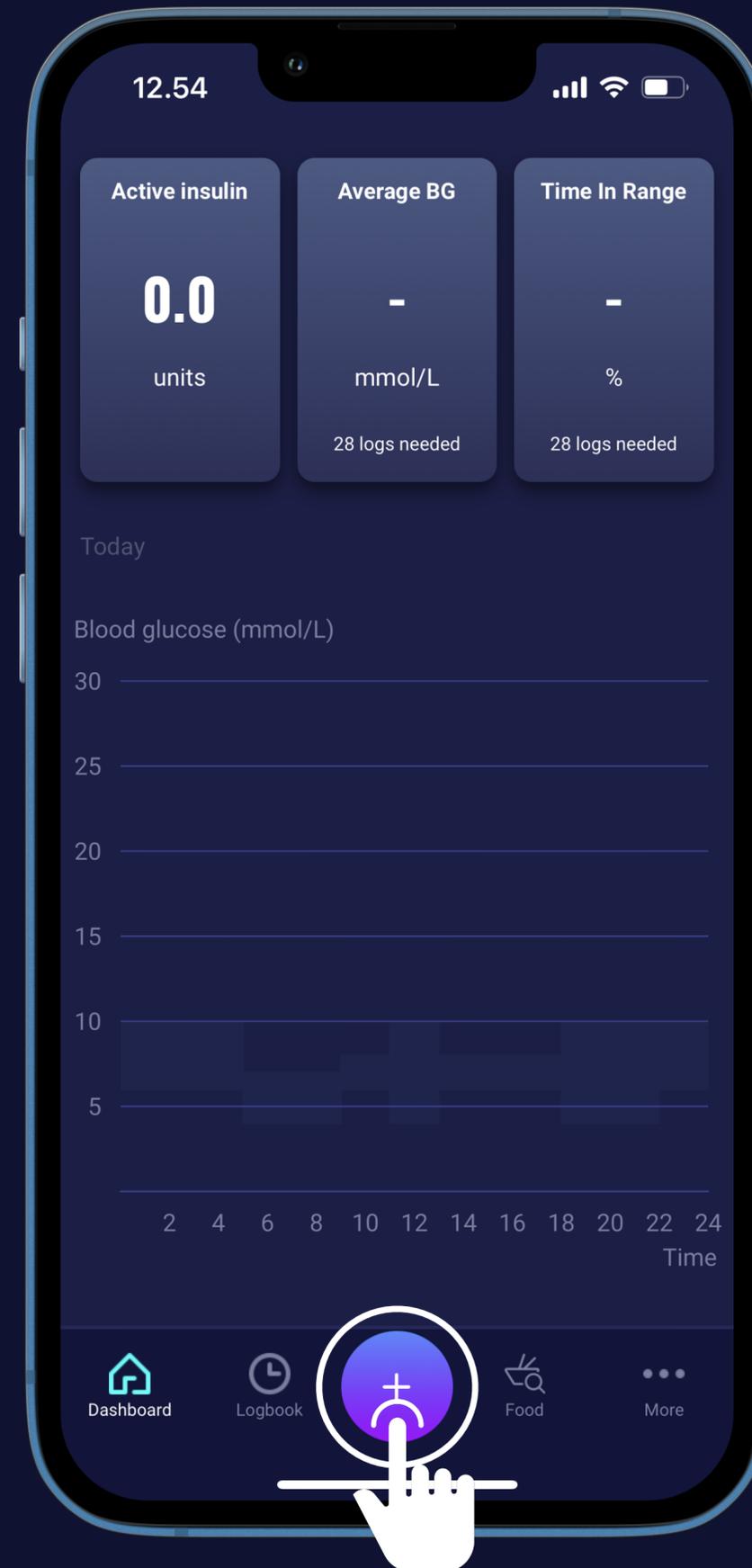




Guide to the food database

Let's count your carbs (1)

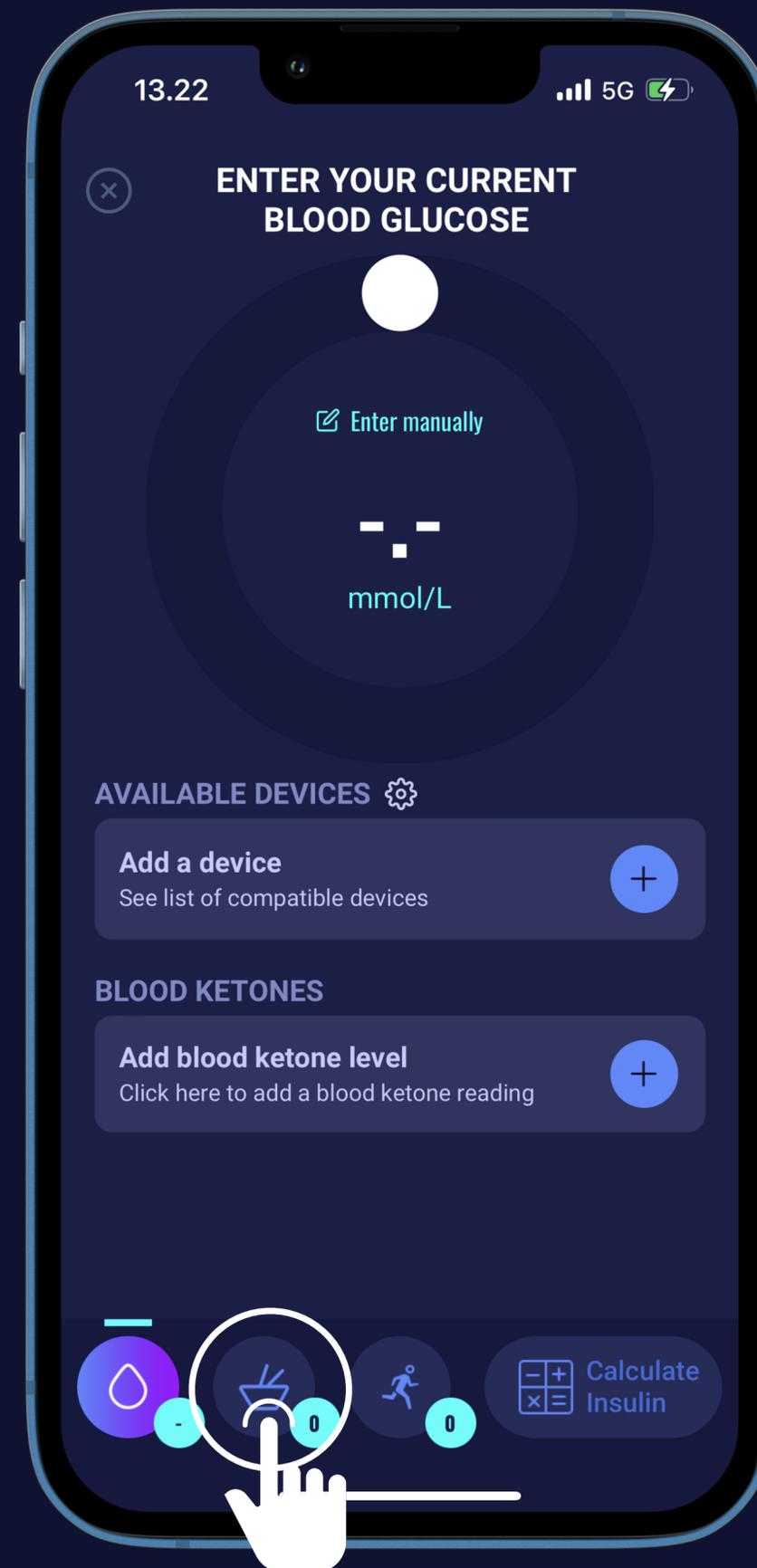
- Press the round “+” button





Let's count your carbs (2)

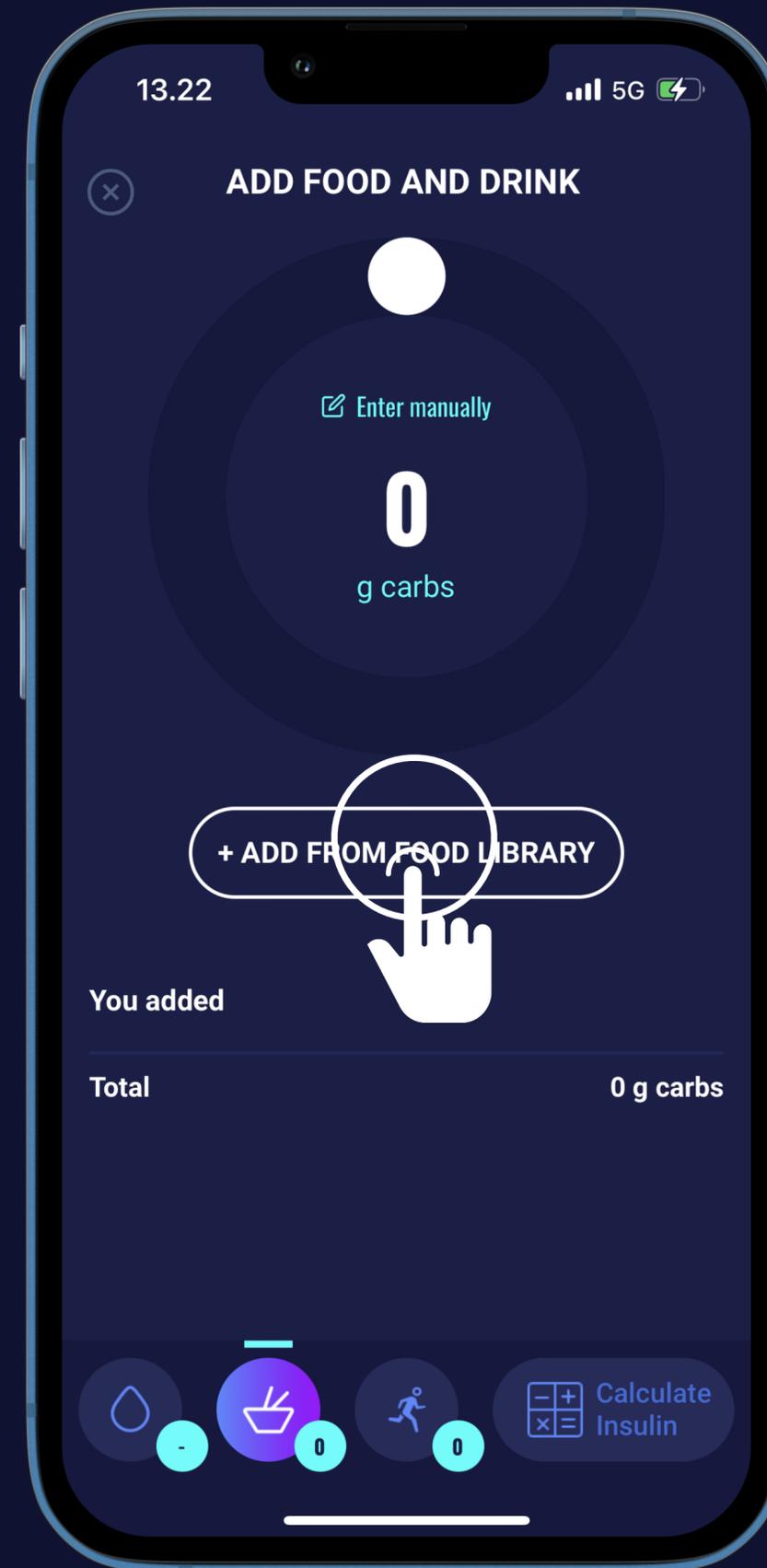
- Press the round “+” button
- Press the “food” icon





Let's count your carbs (3)

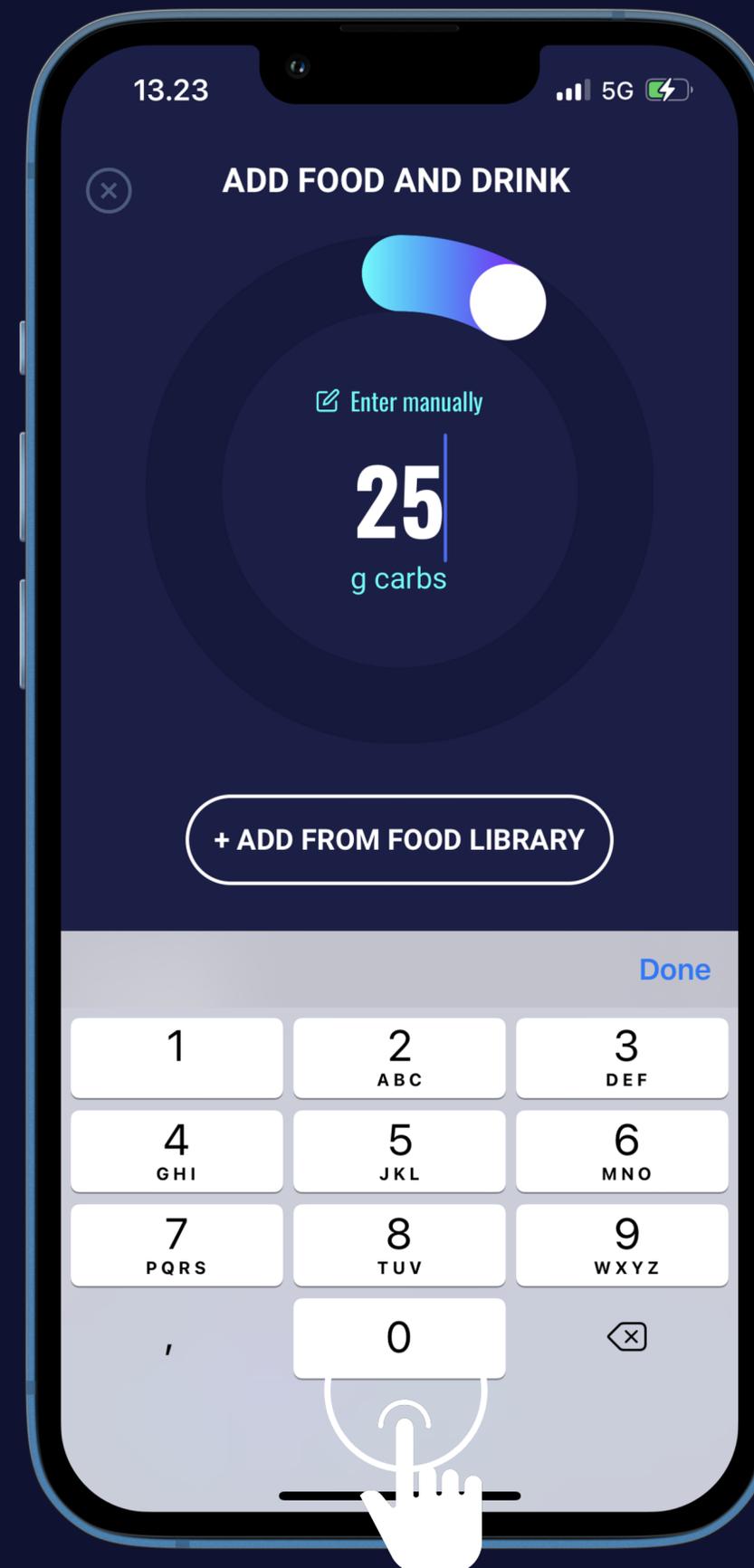
- Choose "Enter manually" to use keyboard or press the "+ ADD FROM FOOD LIBRARY" button





If you want to enter your carbs manually (1)

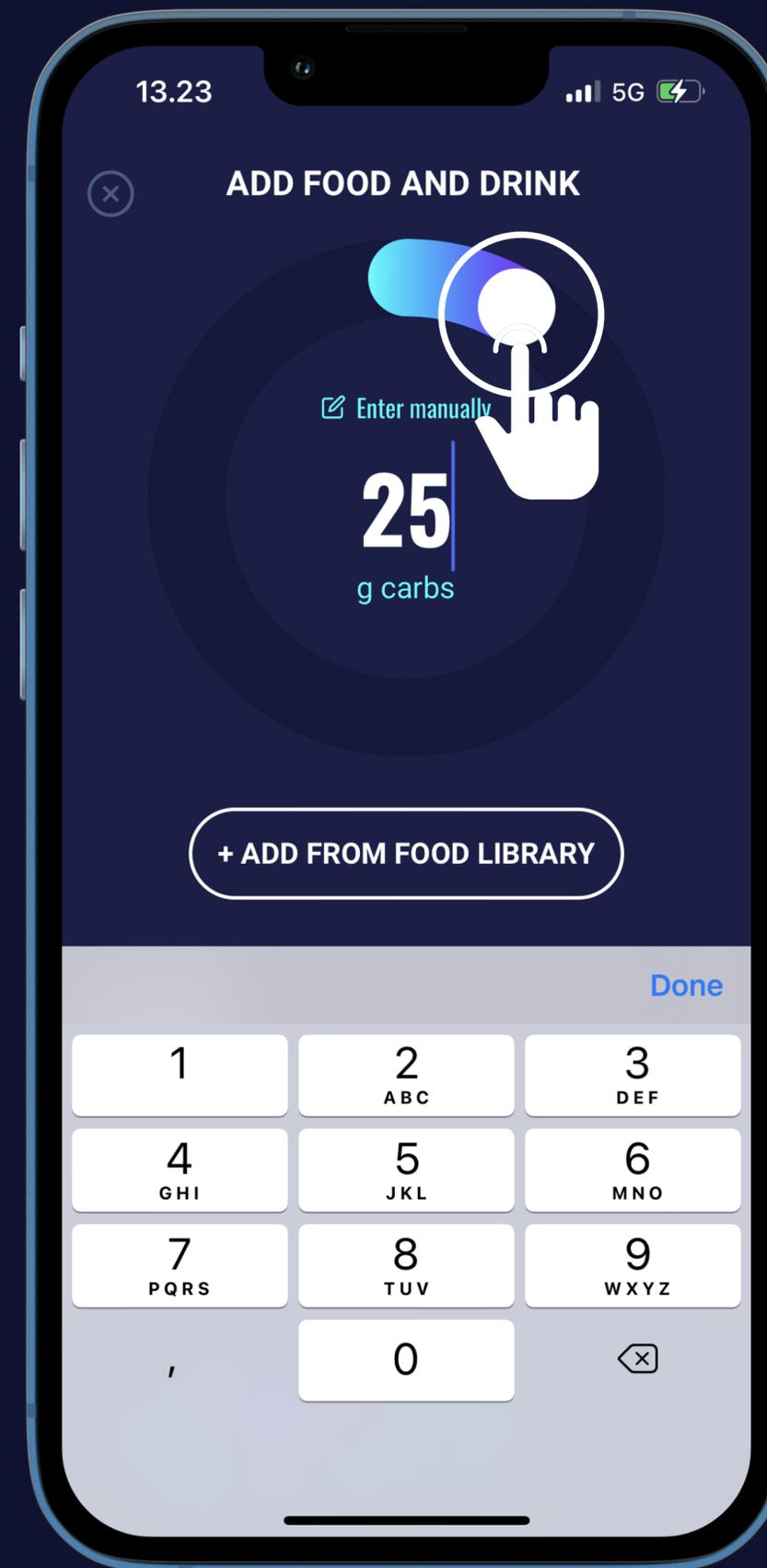
- Type carbs on the keyboard





If you want to enter your carbs manually (2)

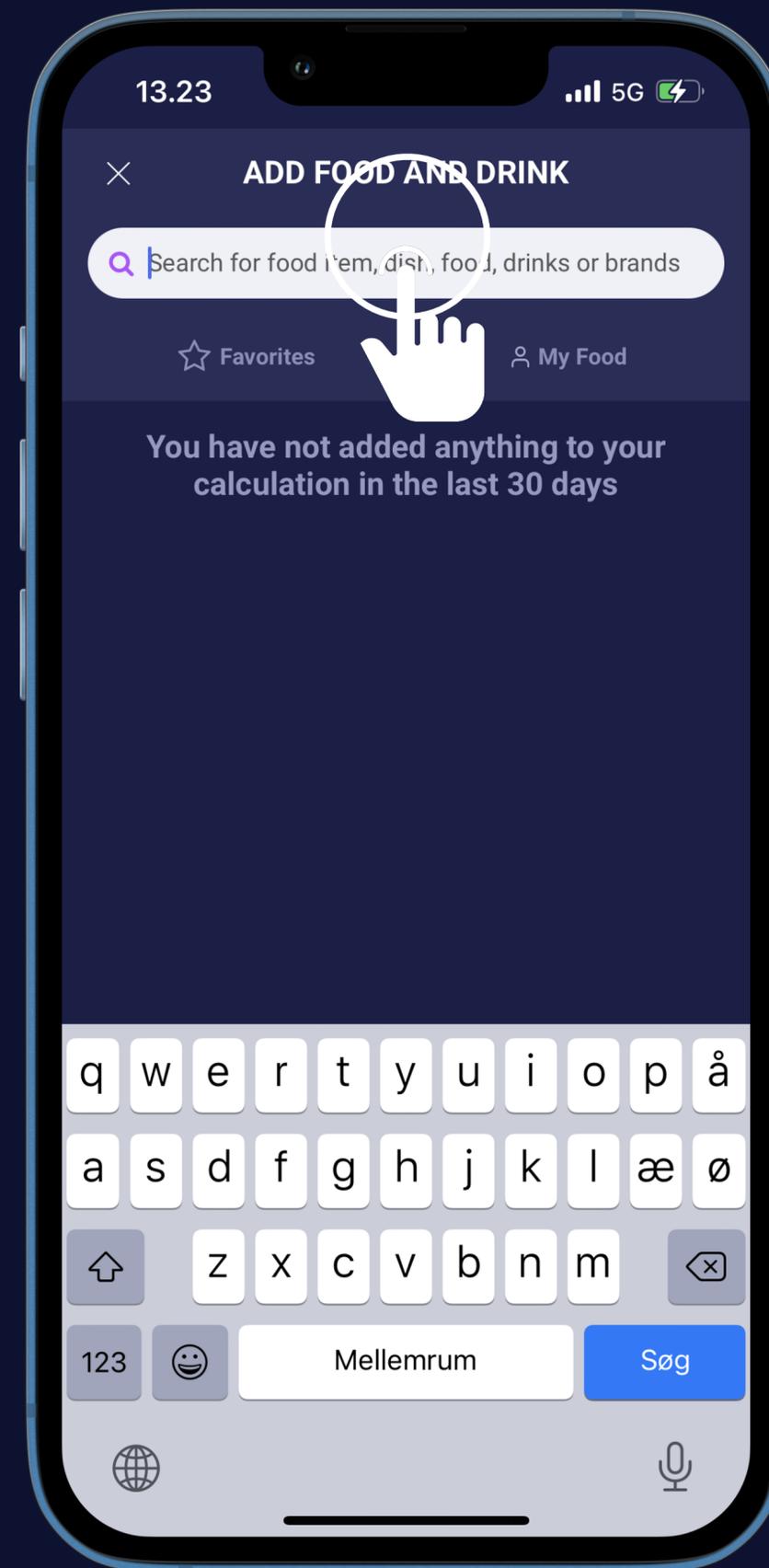
- Type carbs on the keyboard
- Or use the slider





If you want to use the food and drinks database (1)

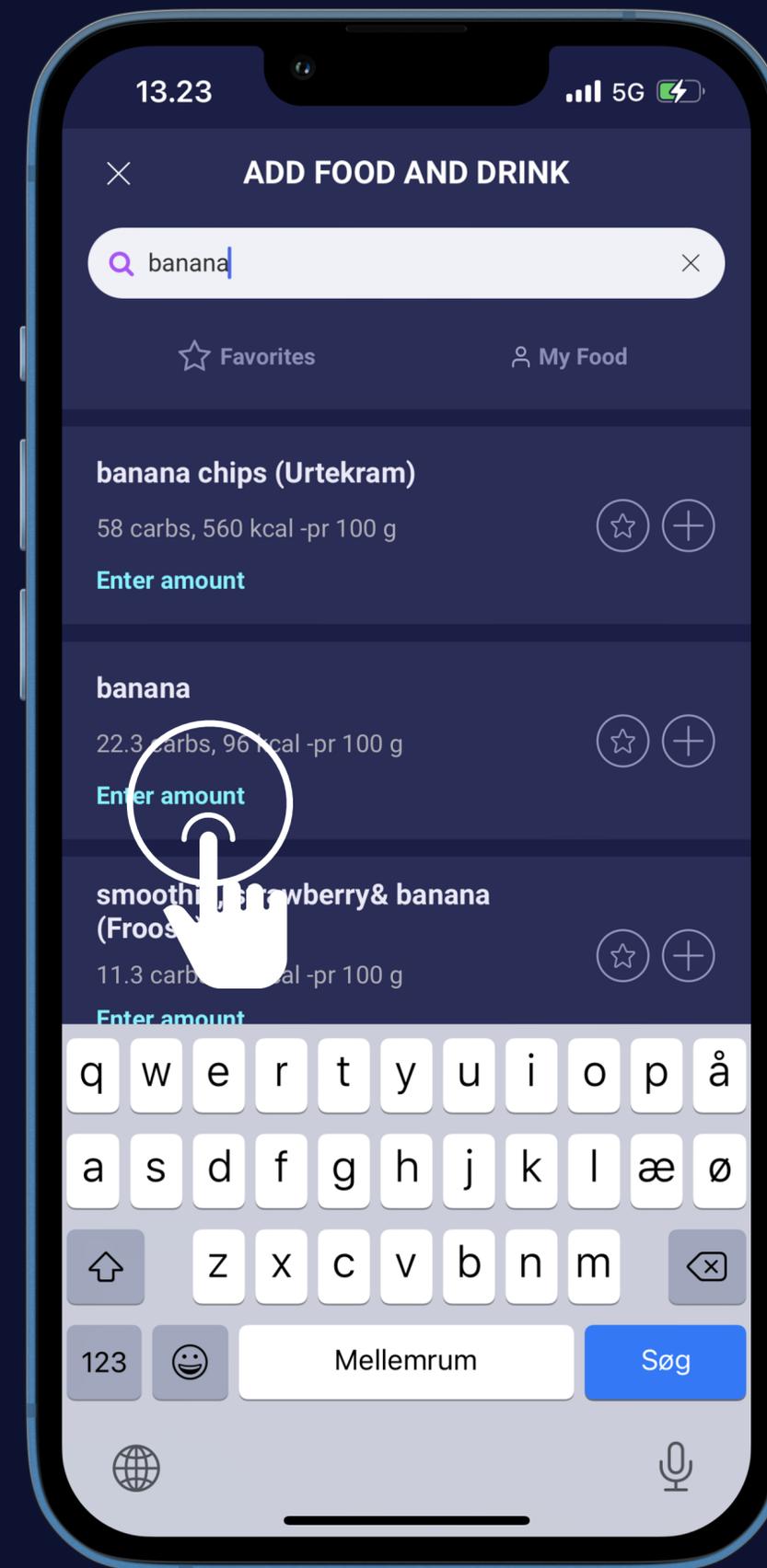
- Press the search bar to find your food or drink





If you want to use the food and drinks database (2)

- Press the search bar to find your food or drink
- Pick your food or drink





If you want to use the food and drinks database (3)

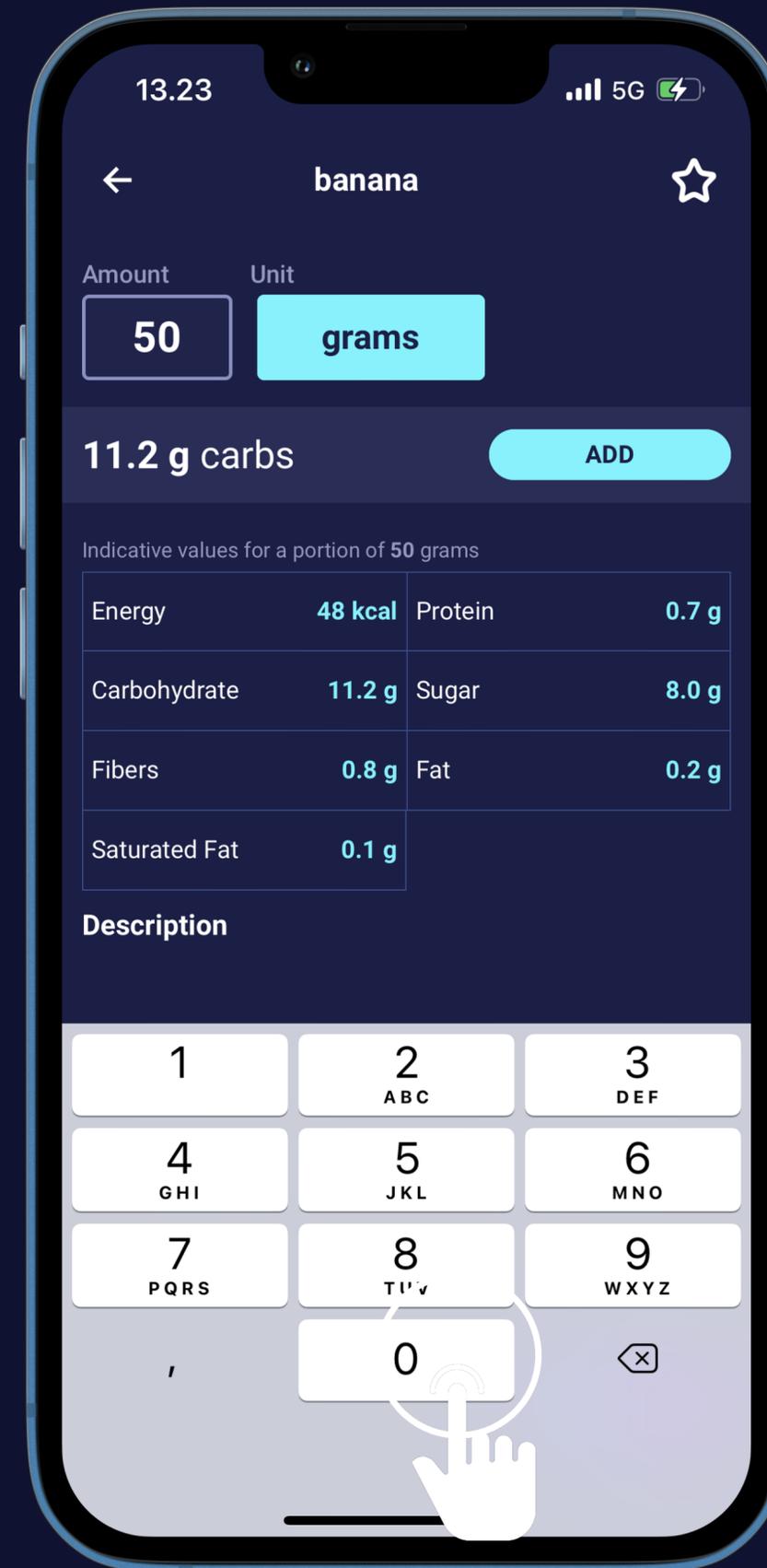
- Press the search bar to find your food or drink
- Pick your food or drink
- Press the “Amount” box





If you want to use the food and drinks database (4)

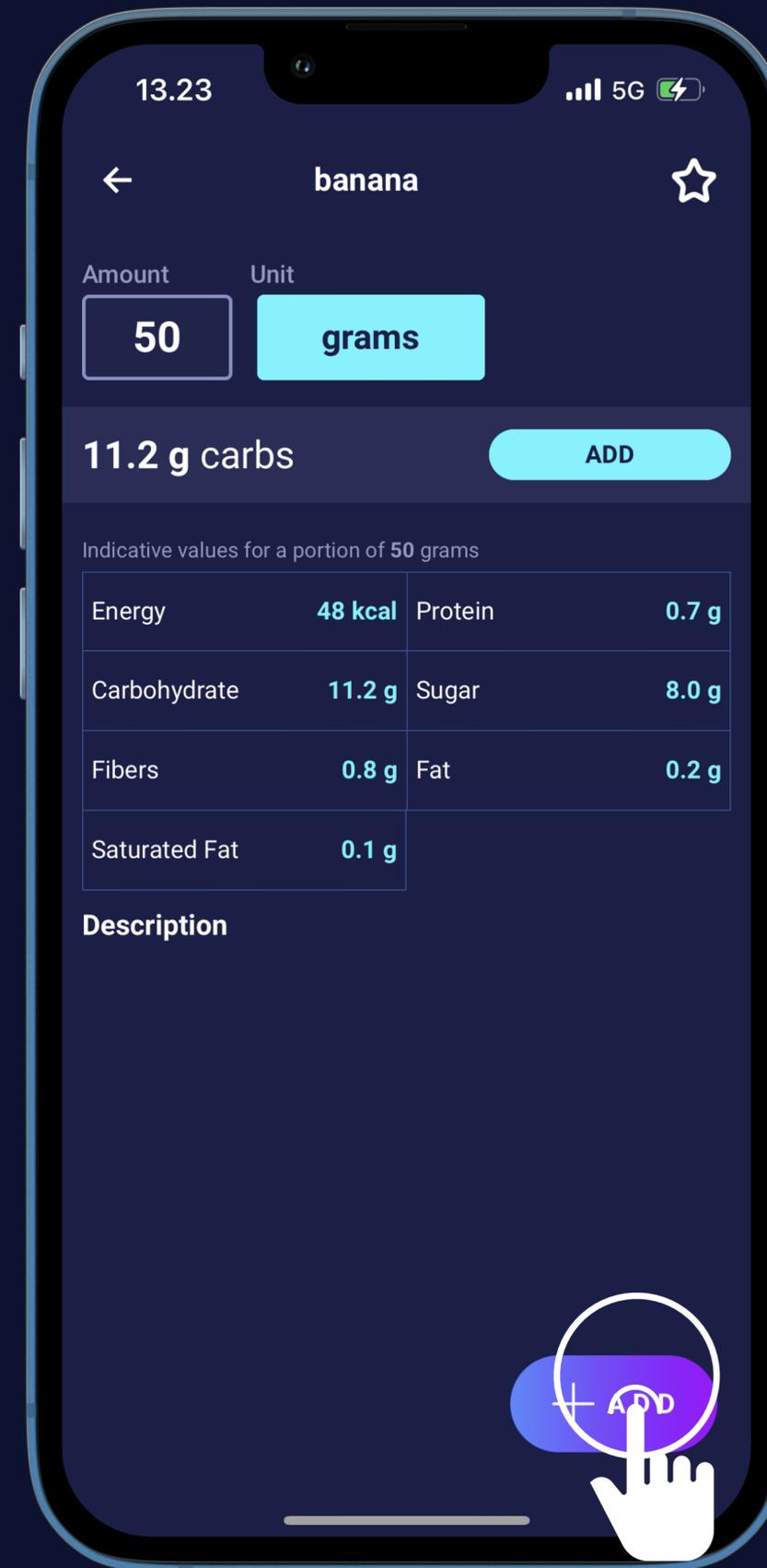
- Press the search bar to find your food or drink
- Pick your food or drink
- Press the “Amount” box
- Type amount on the keyboard





If you want to use the food and drinks database (5)

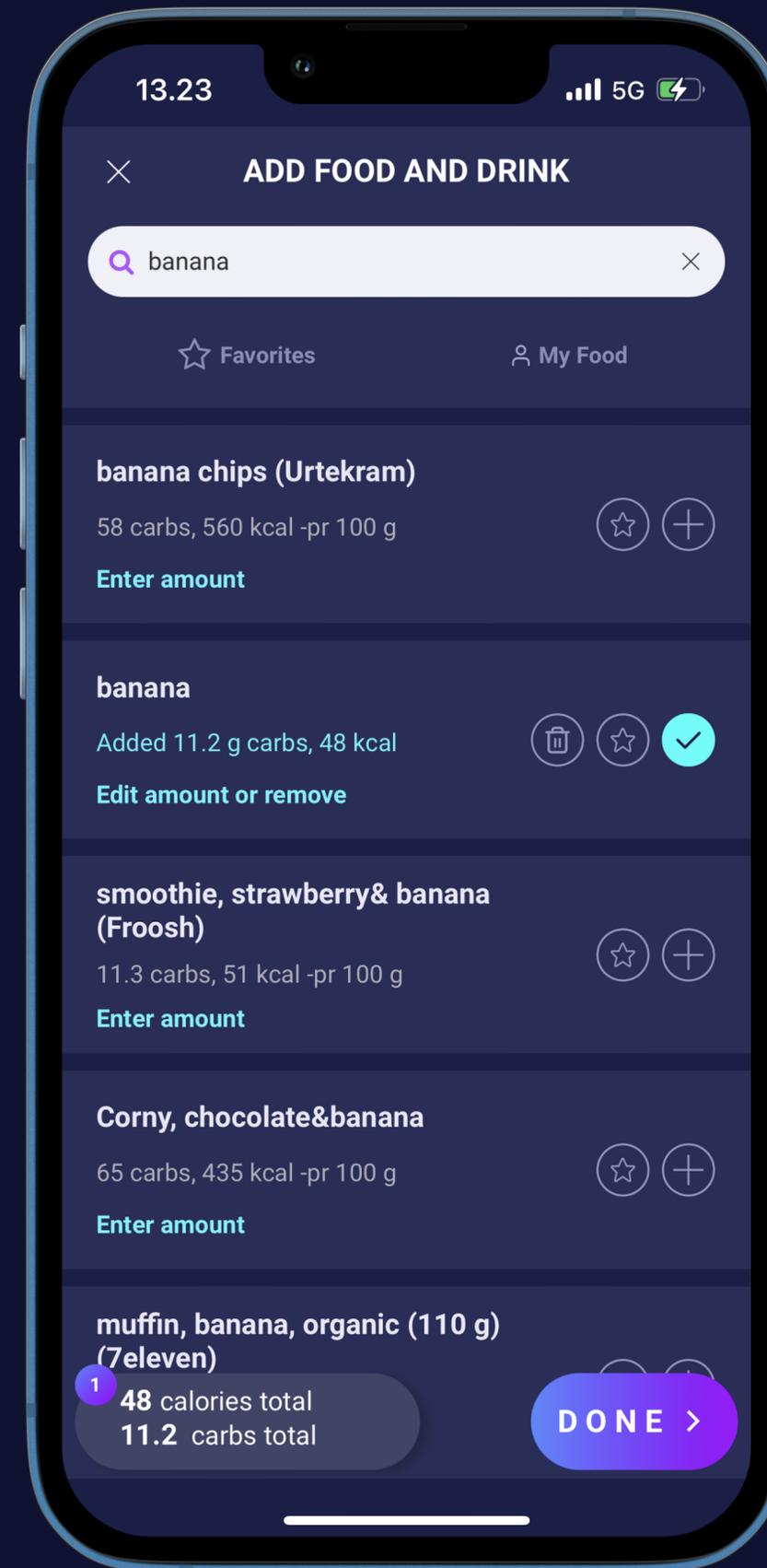
- Press the search bar to find your food or drink
- Pick your food or drink
- Press the “Amount” box
- Type amount on the keyboard
- Press the “+ADD” button





If you want to use the food and drinks database (6)

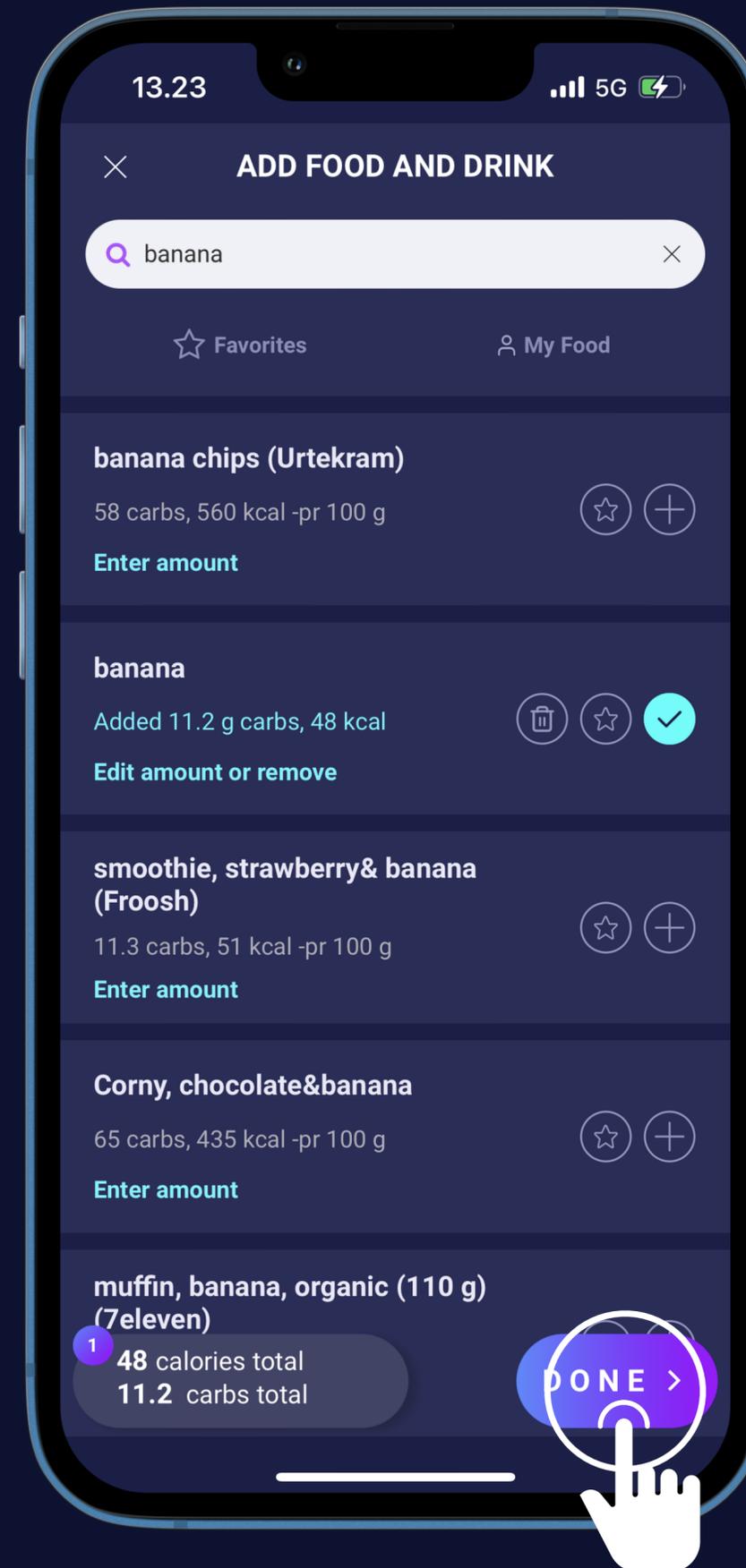
- See total amount of calories and carbs





If you want to use the food and drinks database (7)

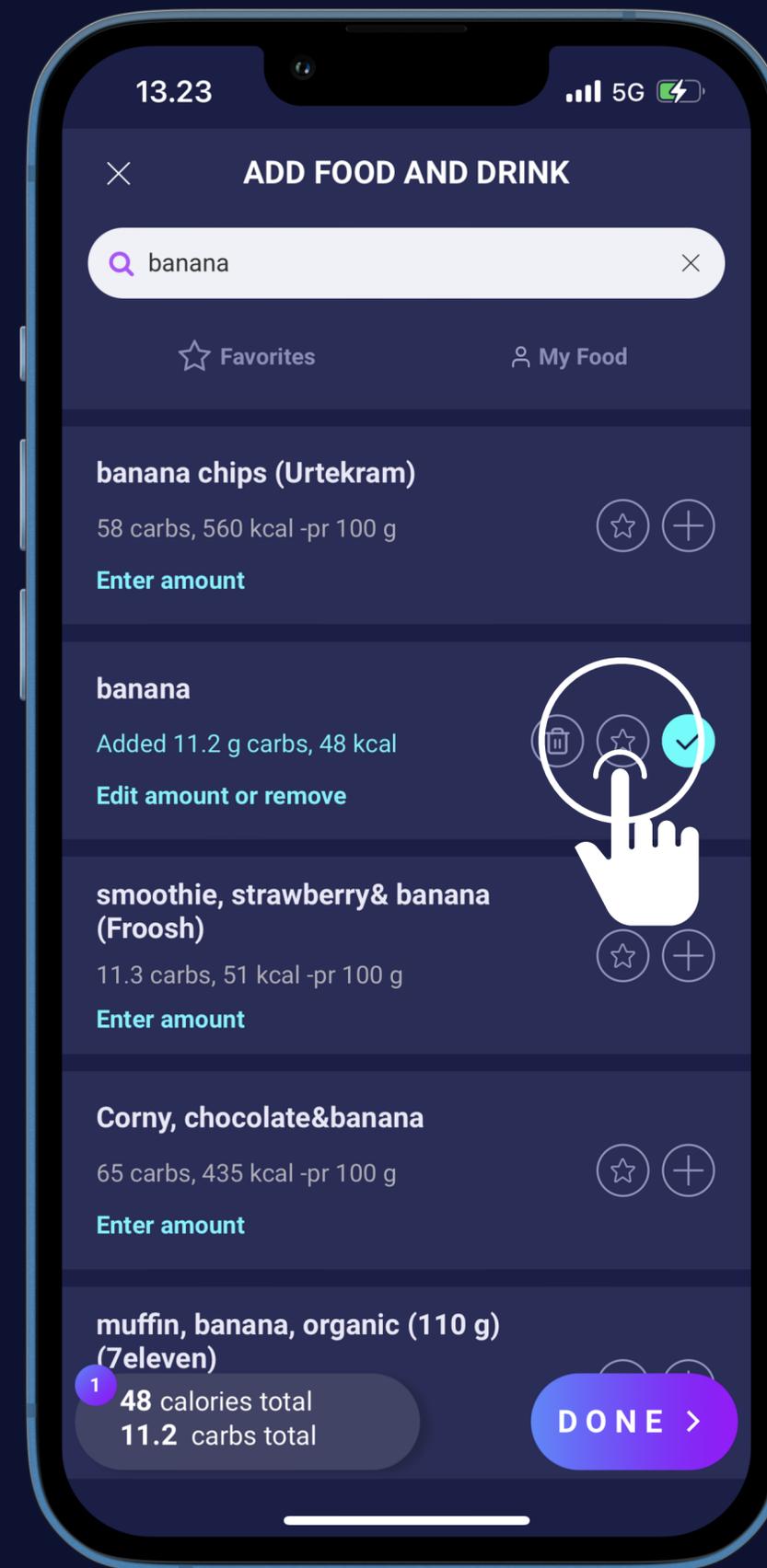
- See total amount of calories and carbs
- If you have finished press the “DONE” button





If you want to use the food and drinks database (8)

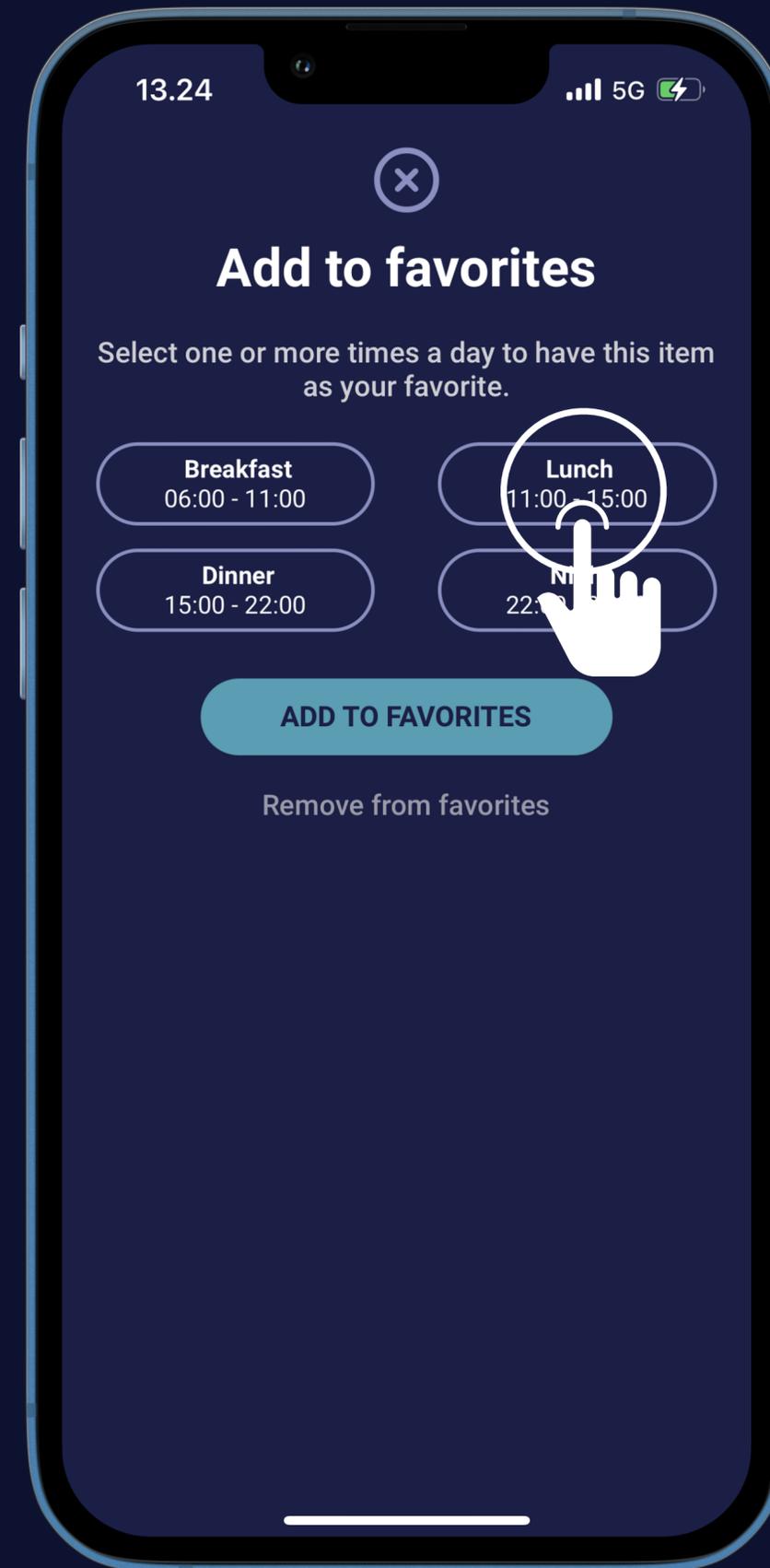
- See total amount of calories and carbs
- If your have finished press the “DONE” button
- Or press the star circle if you want to save your favorites





If you want to use the food and drinks database (9)

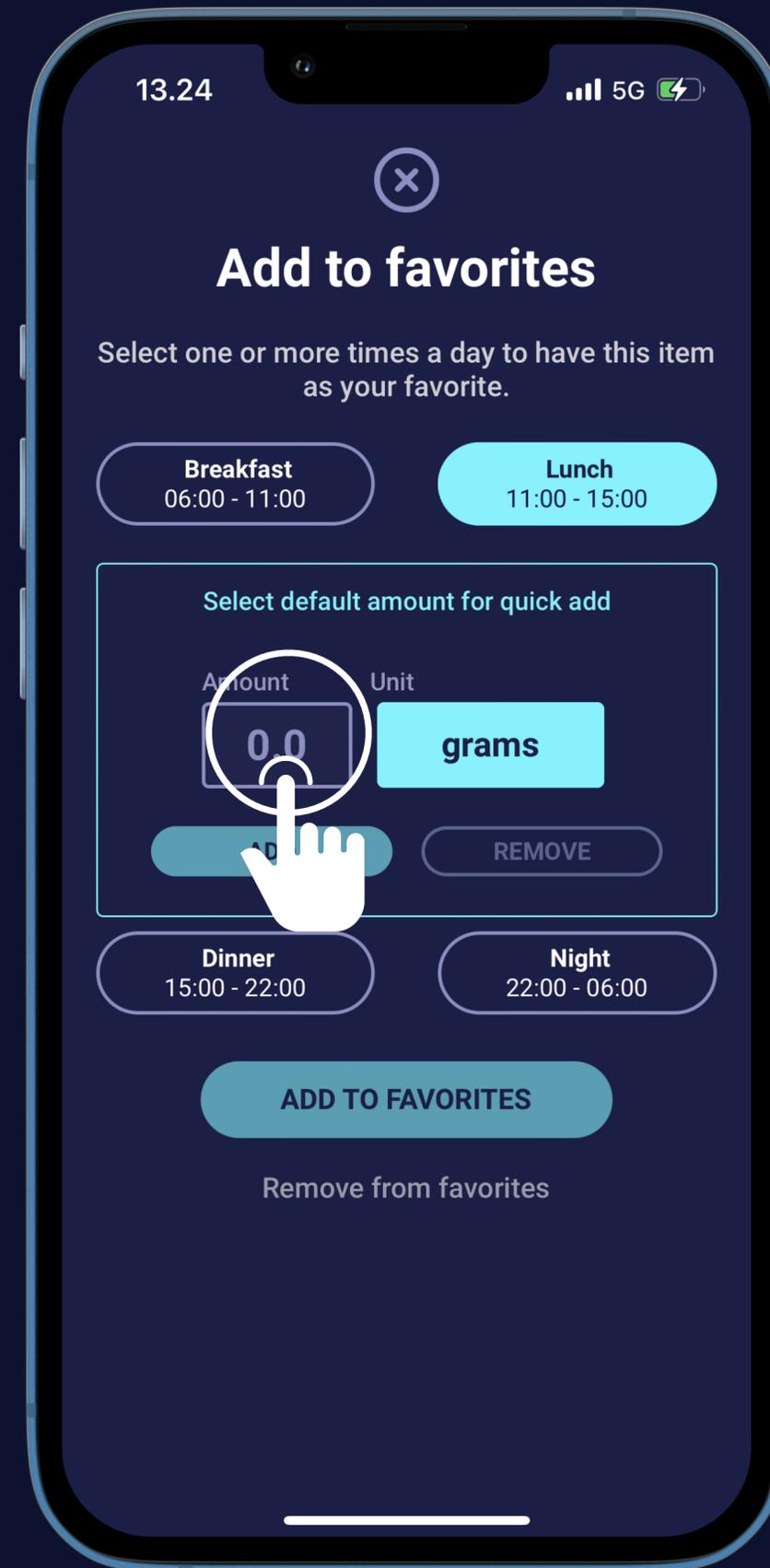
- Select one or more times a day to have this item as a favorite





If you want to use the food and drinks database (10)

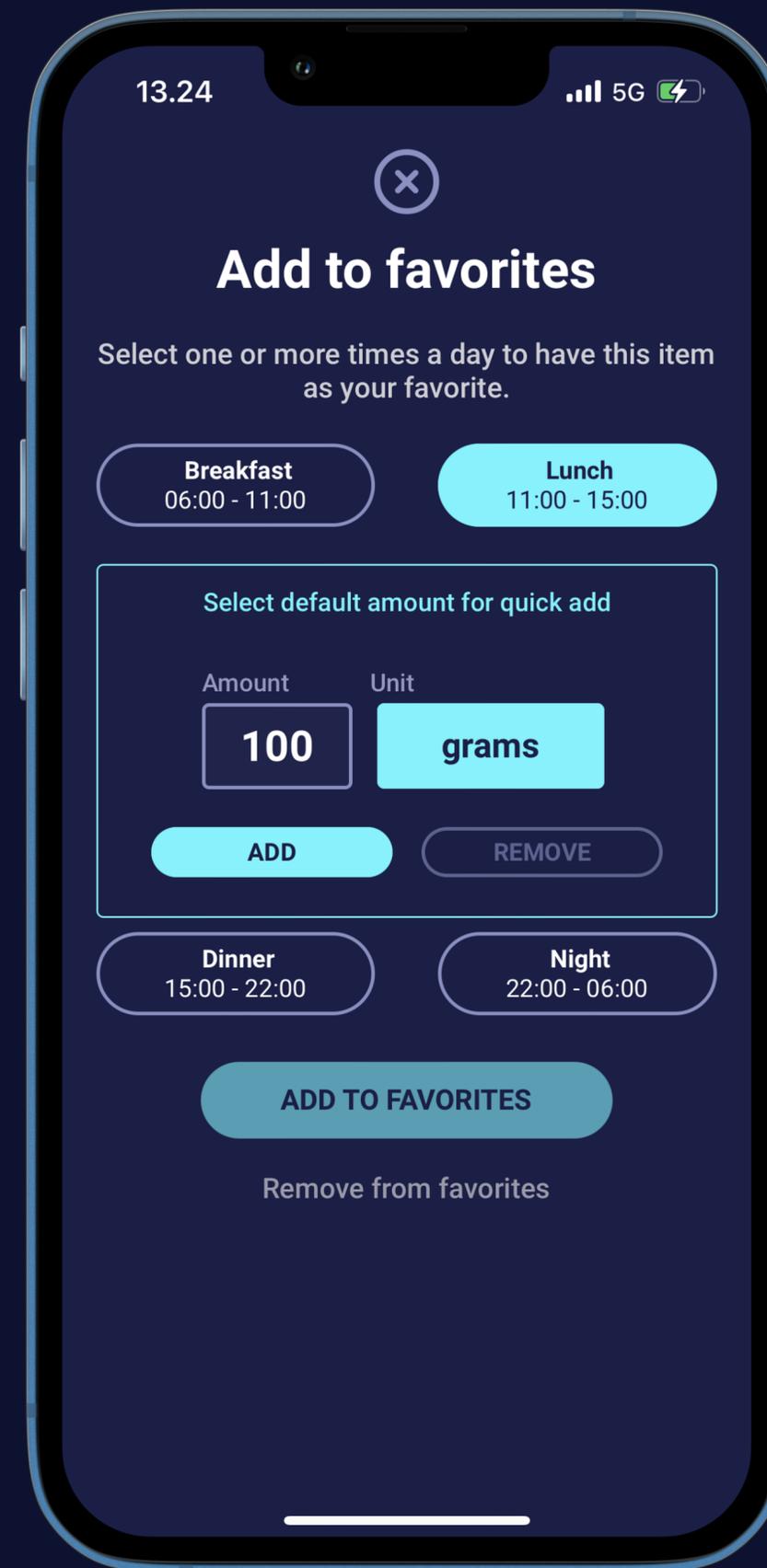
- Select one or more times a day to have this item as a favorite
- Press the “Amount” box





If you want to use the food and drinks database (11)

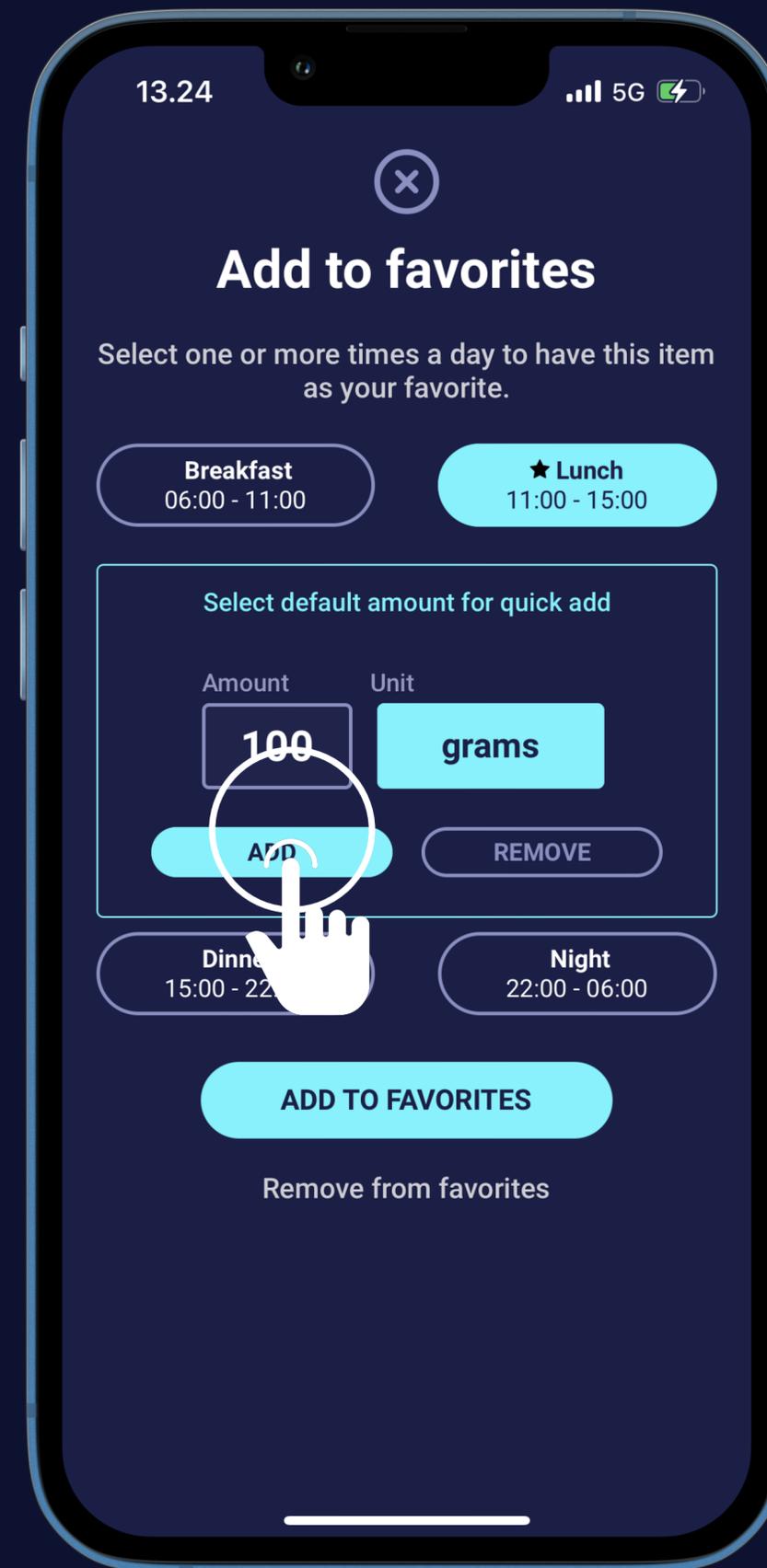
- Select one or more times a day to have this item as a favorite
- Press the “Amount” box
- Type amount on keyboard





If you want to use the food and drinks database (12)

- Select one or more times a day to have this item as a favorite
- Press the “Amount” box
- Type amount on keyboard
- Press the green “ADD” button





If you want to use the food and drinks database (13)

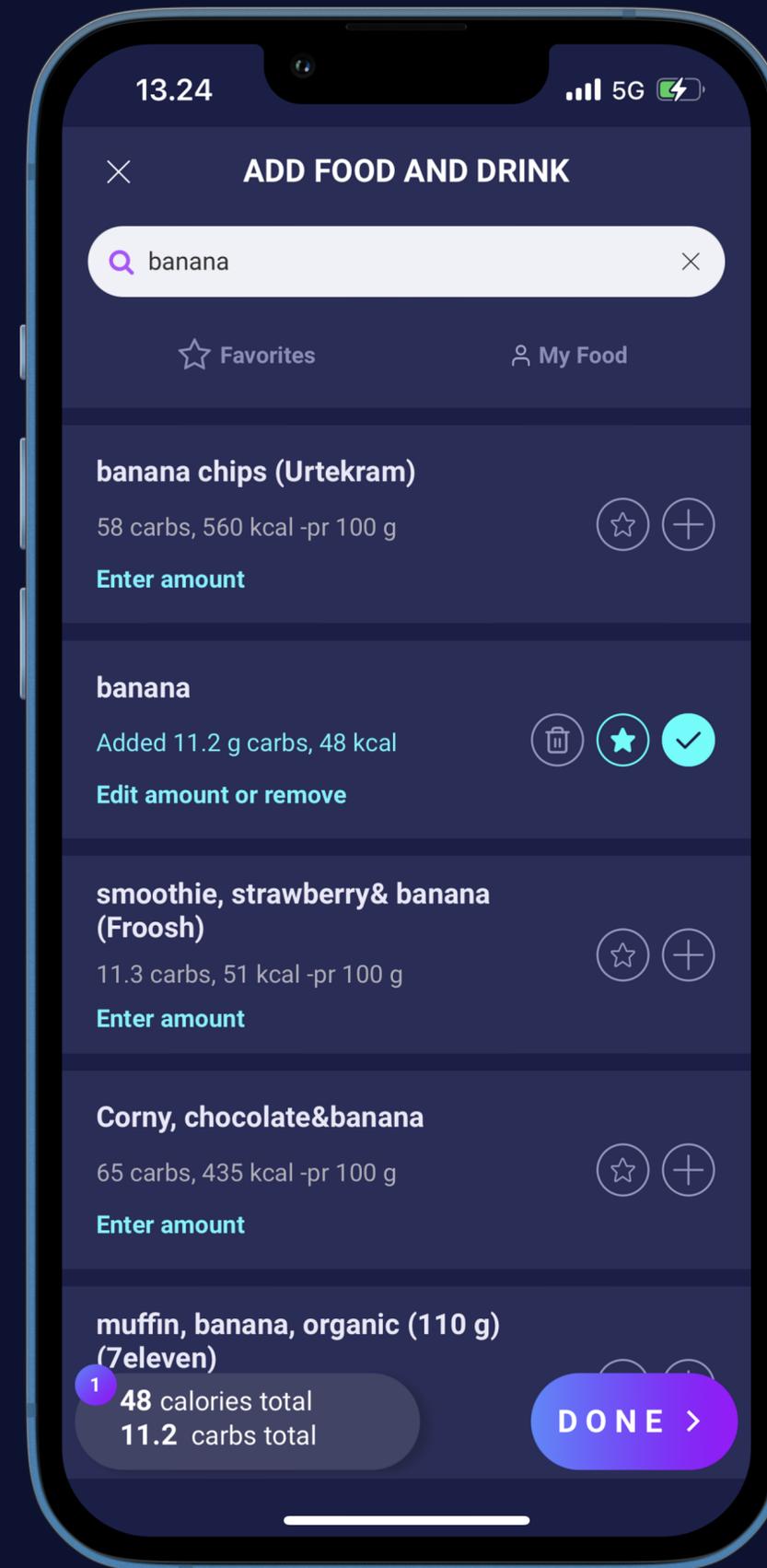
- Select one or more times a day to have this item as a favorite
- Press the “Amount” box
- Type amount on keyboard
- Press the green “ADD” button
- Press the green “ADD TO FAVORITES” button





Time to get your recommendation (1)

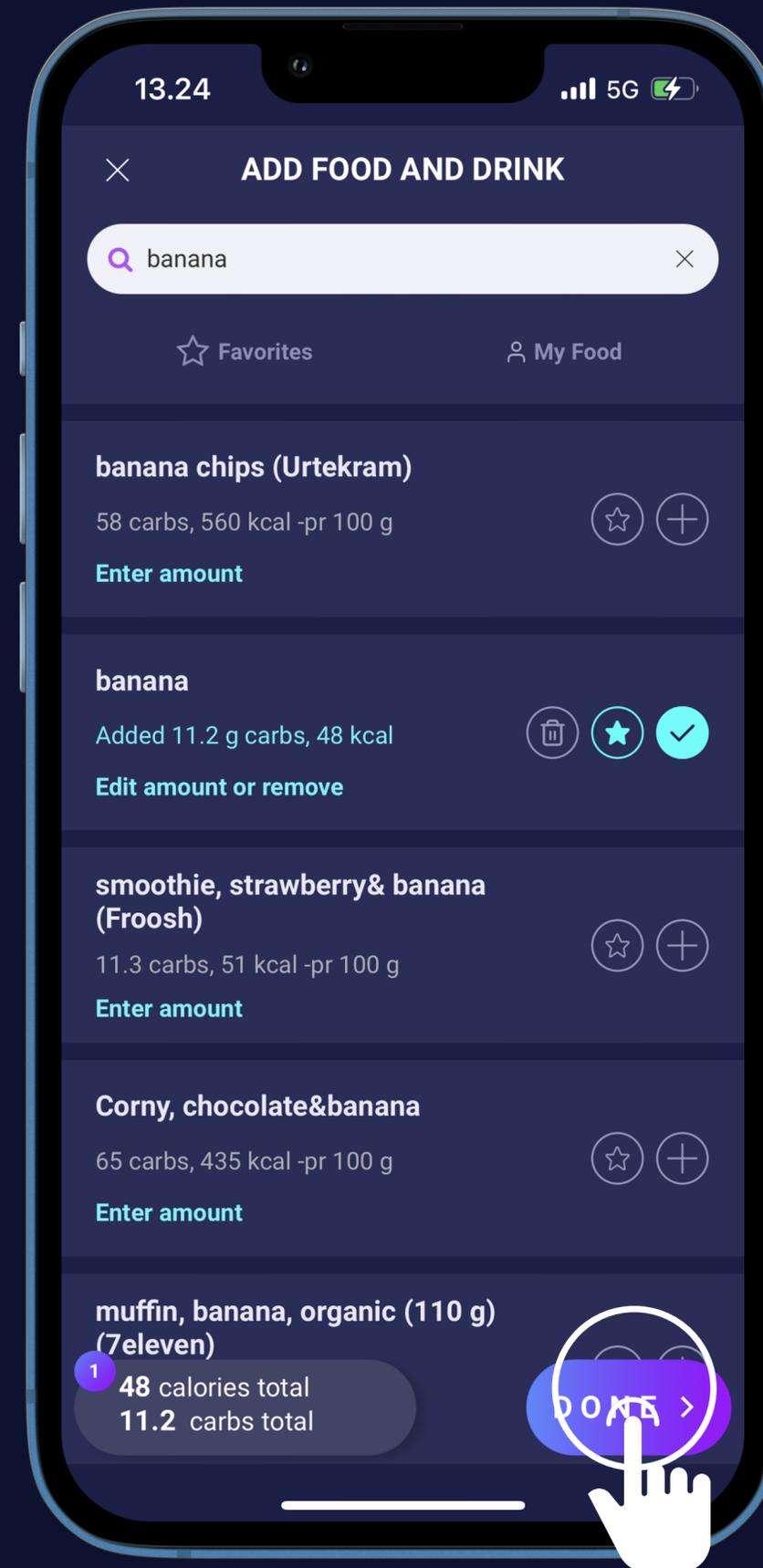
- The star icon is green and your favorites are added





Time to get your recommendation (2)

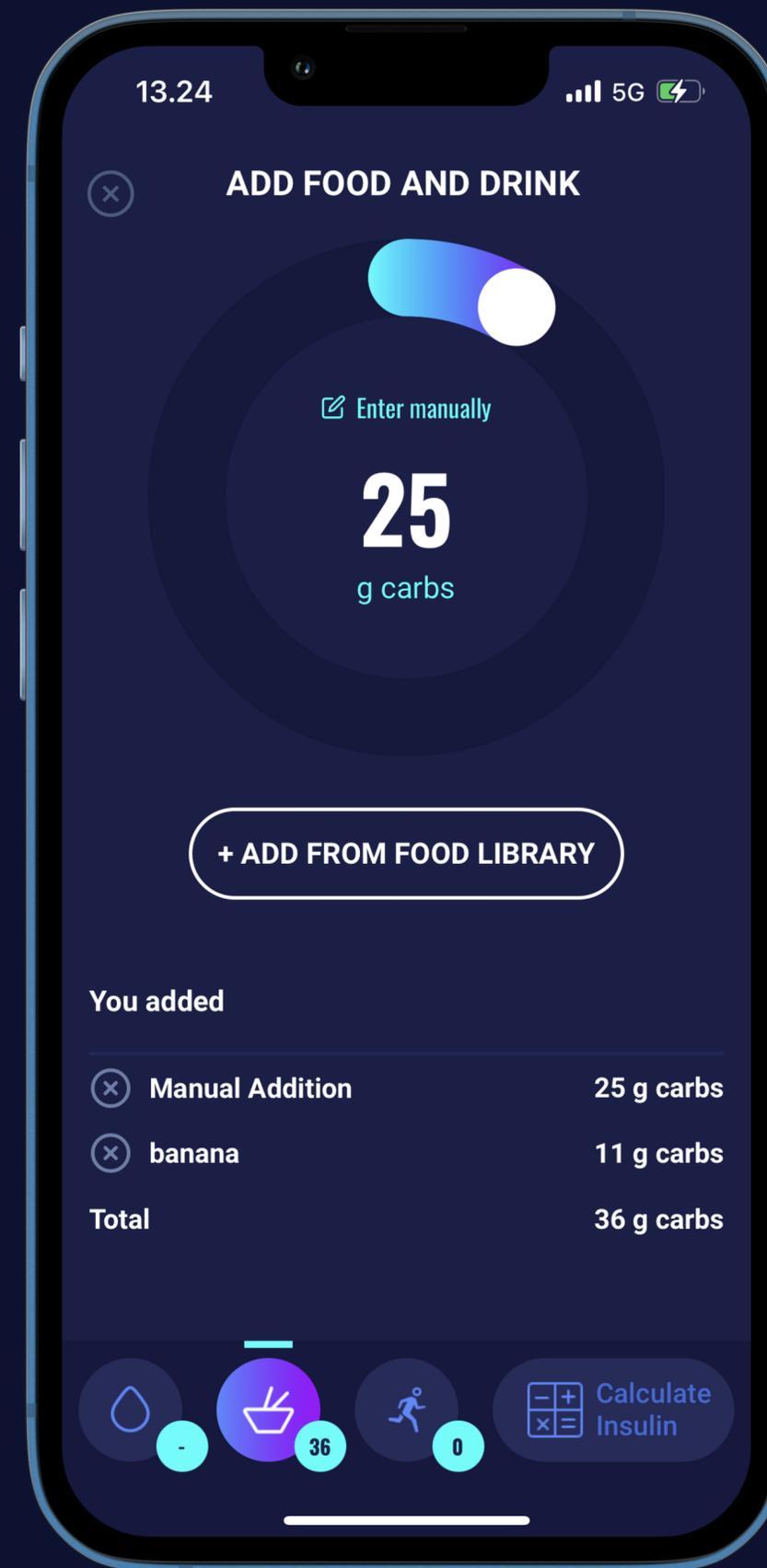
- The star icon is green and your favorites are added
- If you have finished press the "DONE" button





Time to get your recommendation (3)

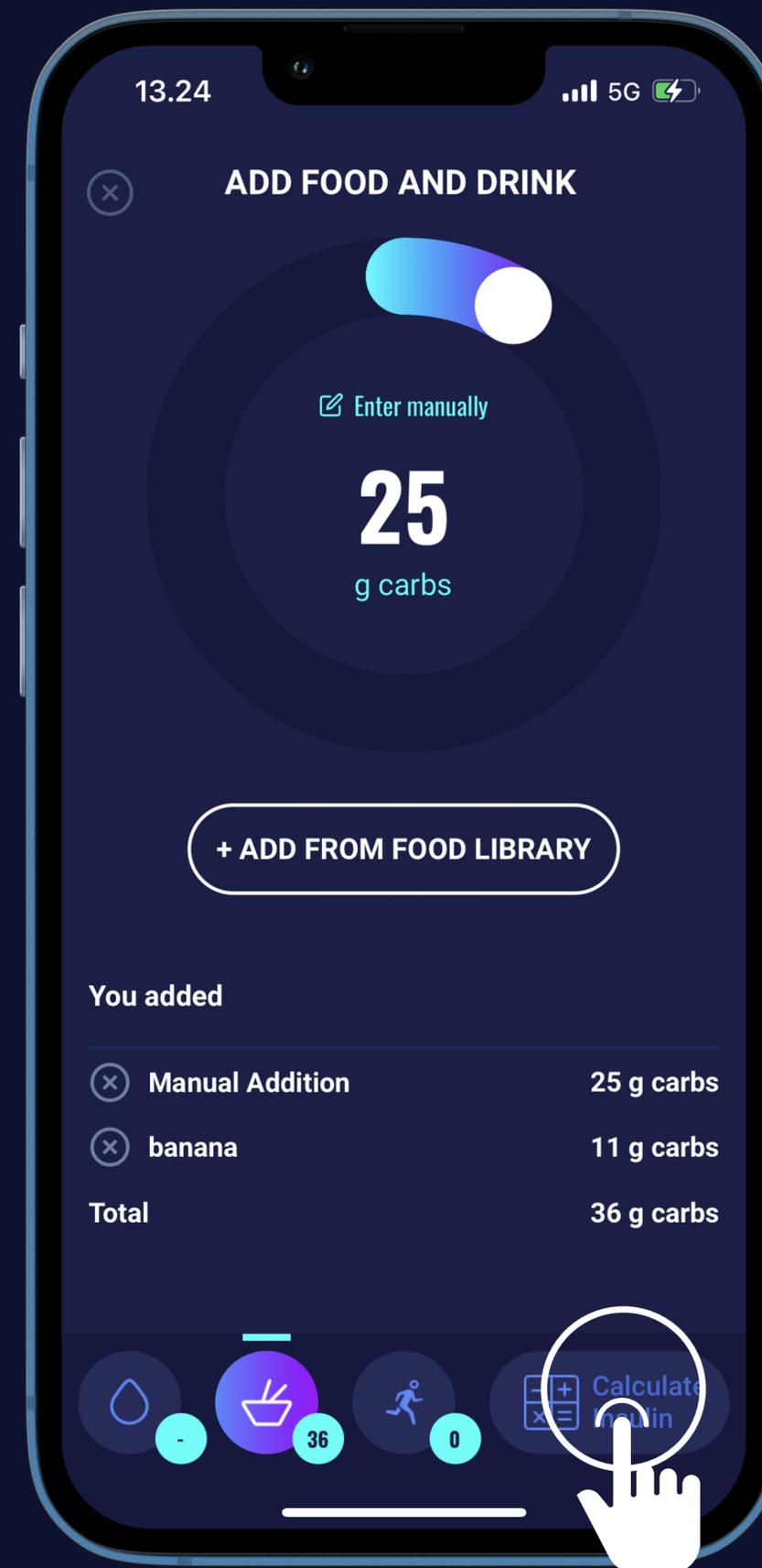
- The star icon is green and your favorites are added
- If you have finished press the “DONE” button
- See an overview of carbs added





Time to get your recommendation (4)

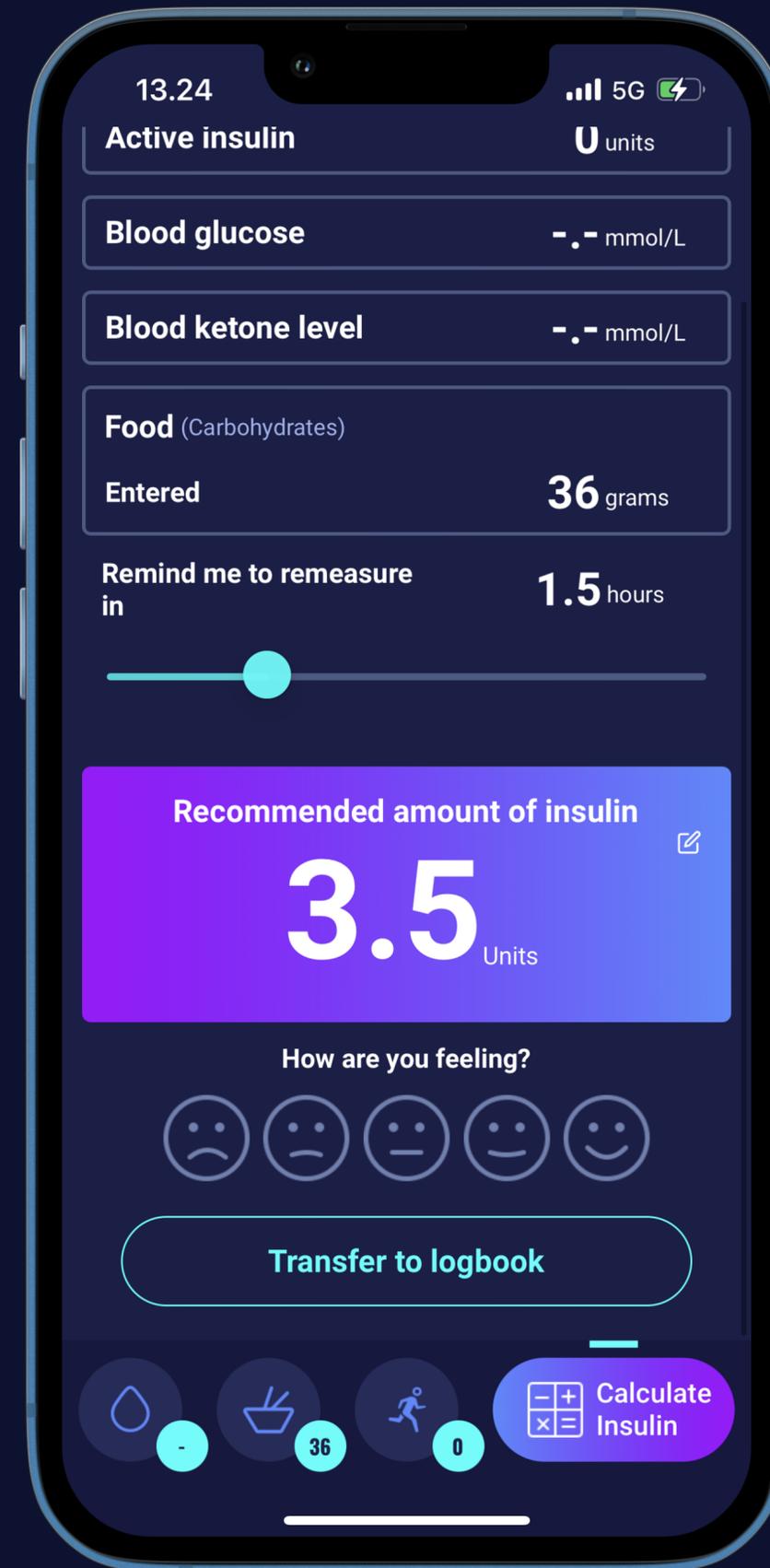
- The star icon is green and your favorites are added
- If you have finished press the “DONE” button
- See an overview of carbs added
- Press the “Calculate Insulin” button





Time to get your recommendation (5)

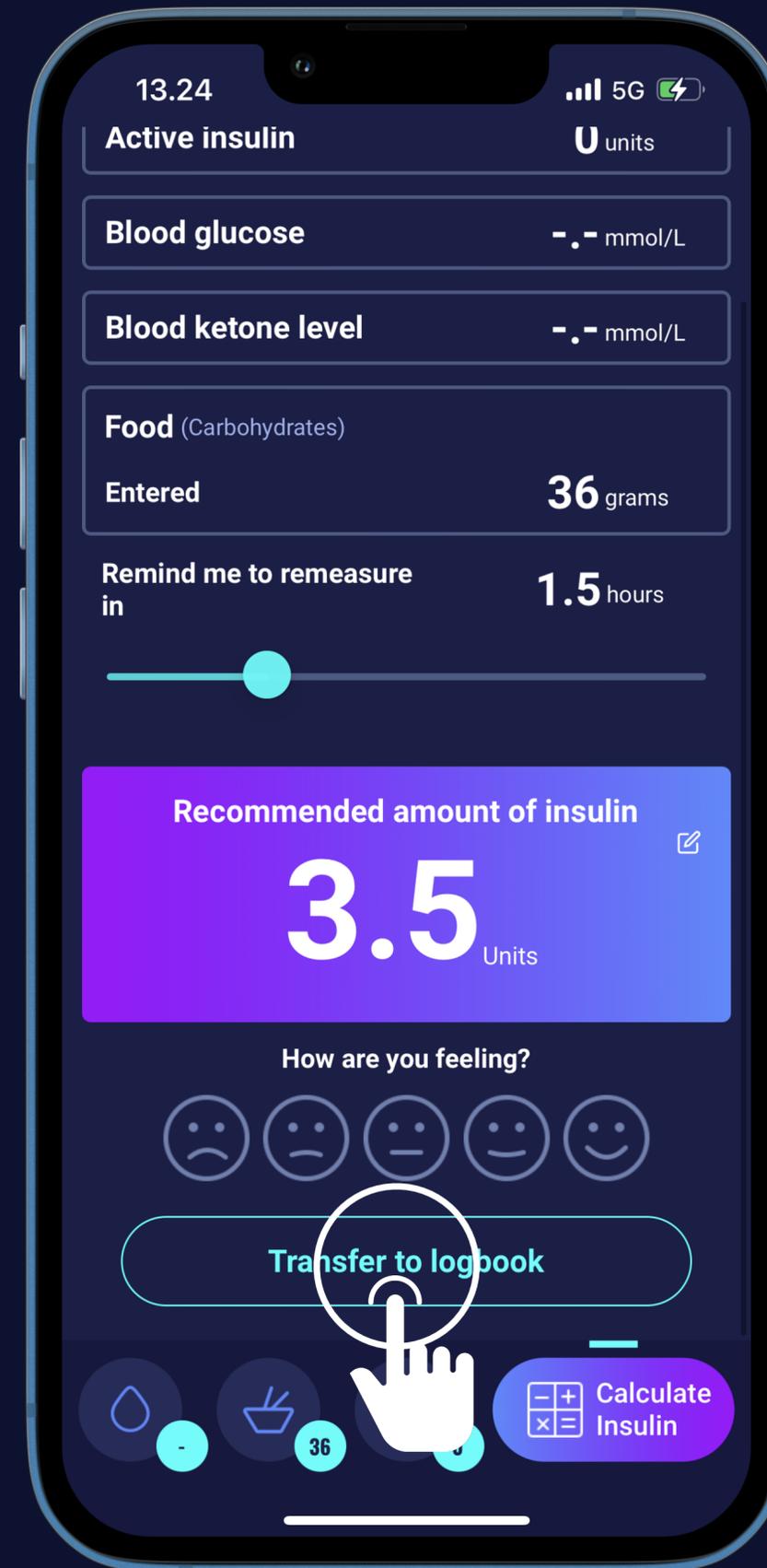
- Press “Yes” or “No” if you have taken insulin within the last 4 hours
- That’s it! Here is your recommendation.





Time to get your recommendation (6)

- Press “Yes” or “No” if you have taken insulin within the last 4 hours
- That’s it! Here is your recommendation.
- Press the “Transfer to logbook” button to keep track and improve

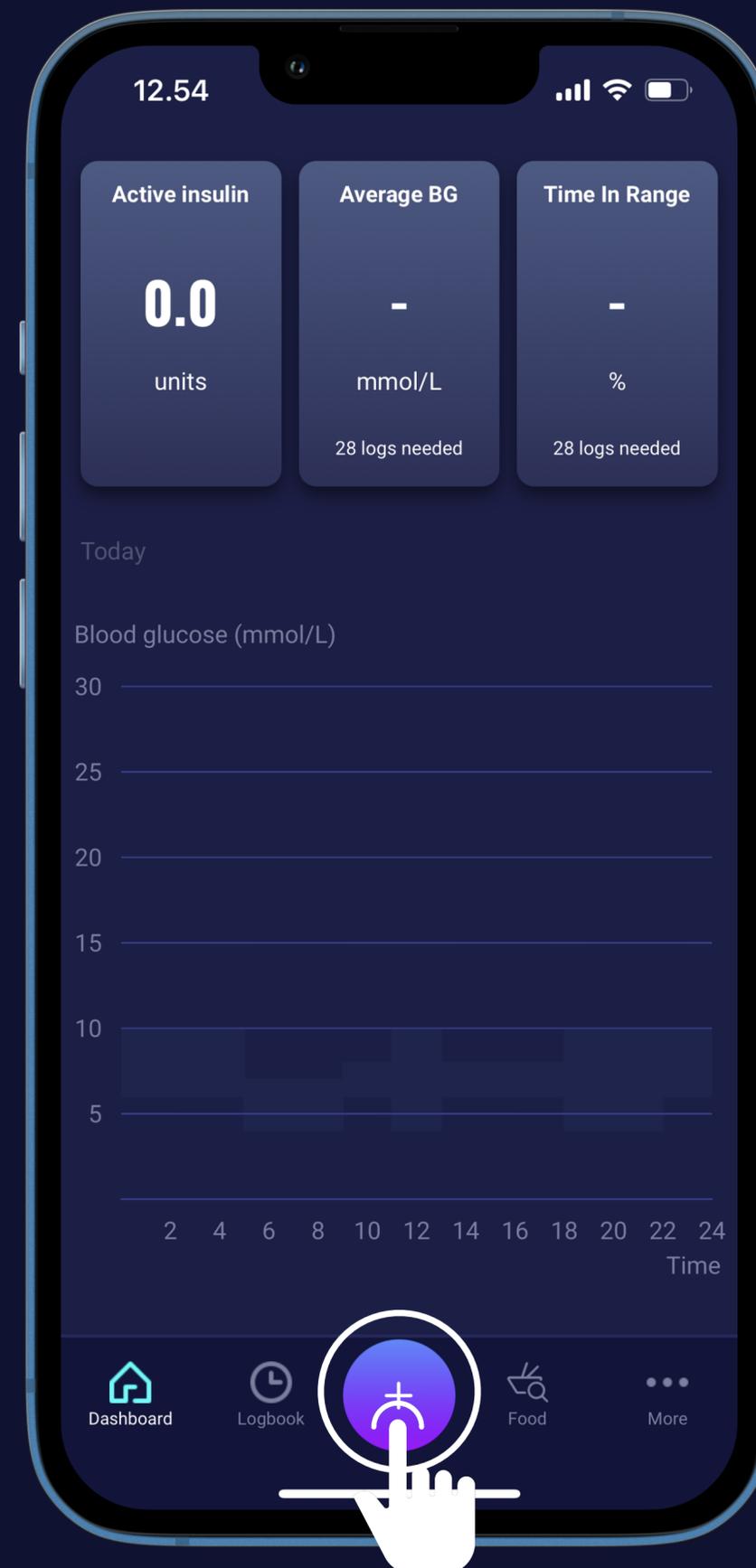




Guide to the physical activity module:

Let's measure your blood glucose level (1)

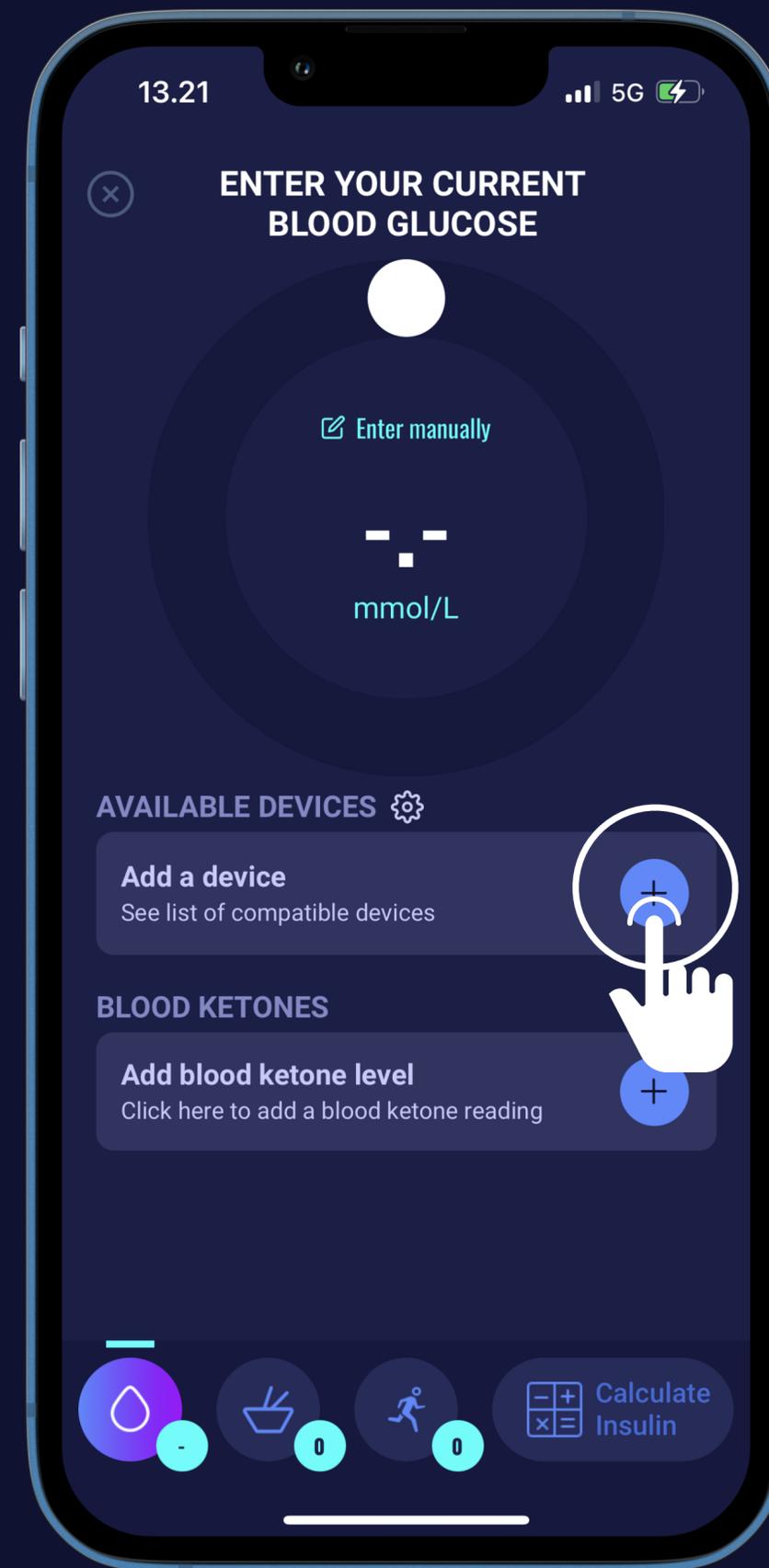
- Press the round “+” button





Let's measure your blood glucose level (2)

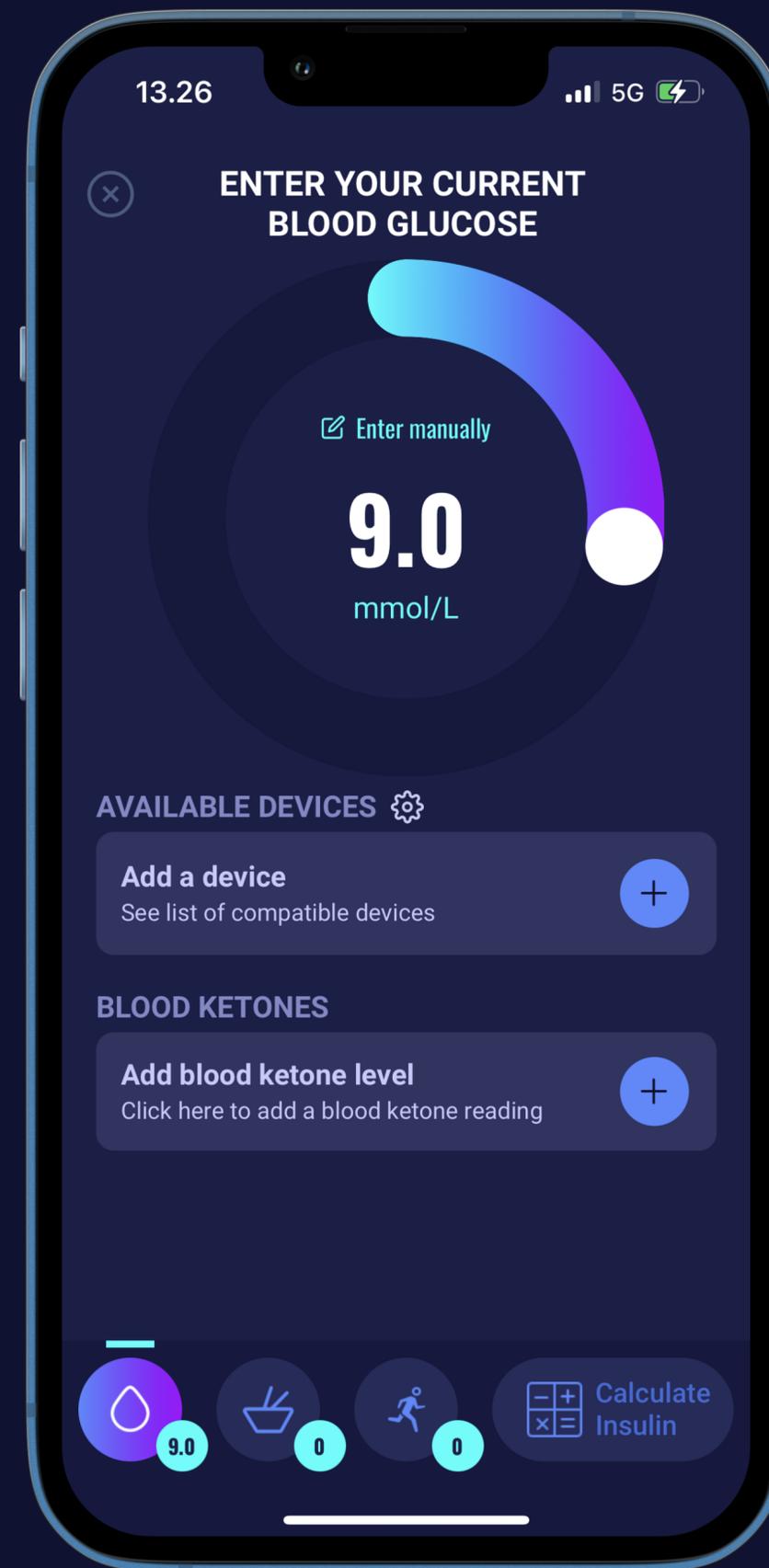
- Press the round “+” button
- Enter your BCG manually or use your device





Let's measure your blood glucose level (3)

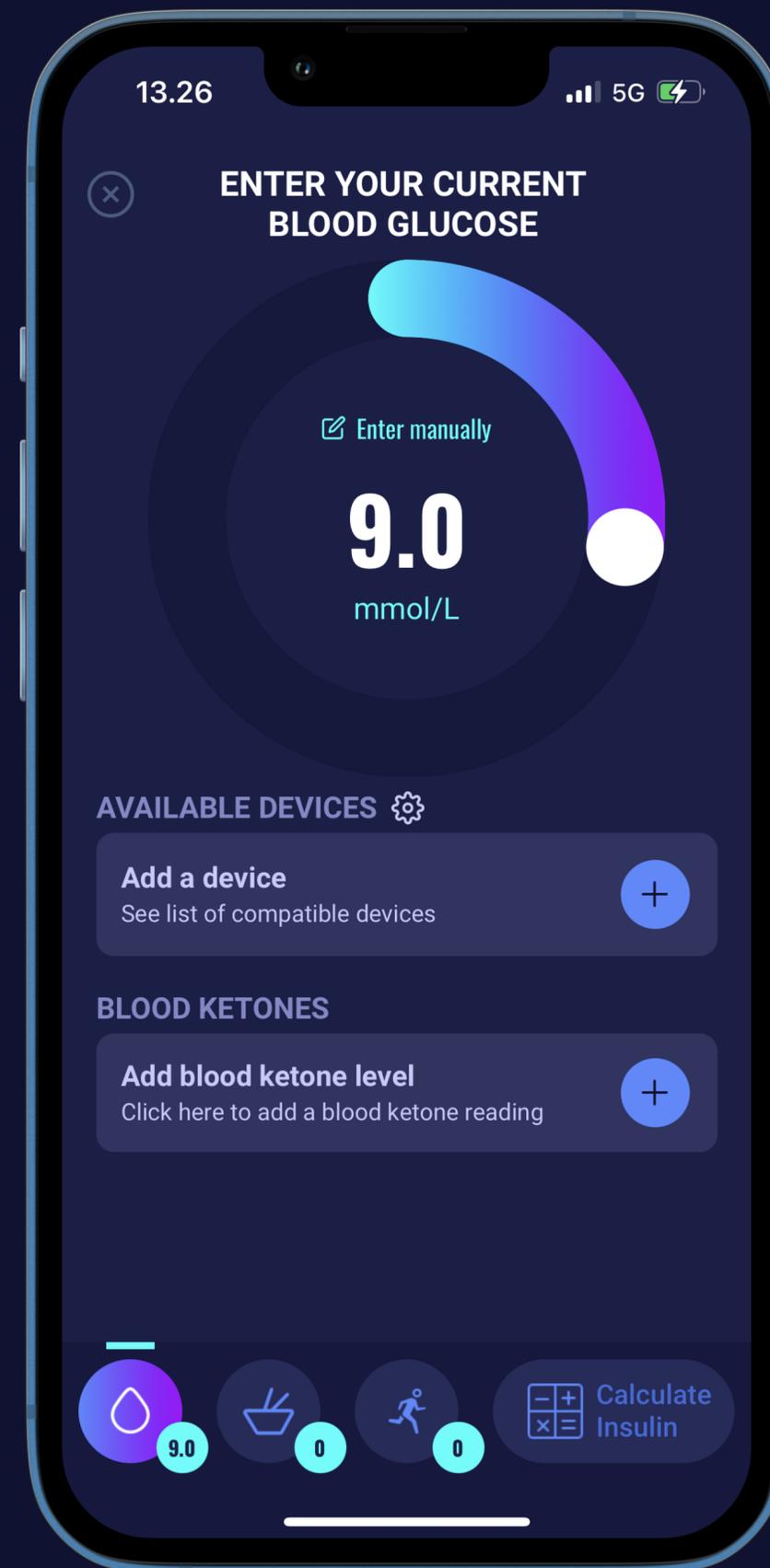
- Press the round “+” button
- Enter your BCG manually or use your device
- Now you can see your BG level





Let's measure your blood glucose level (4)

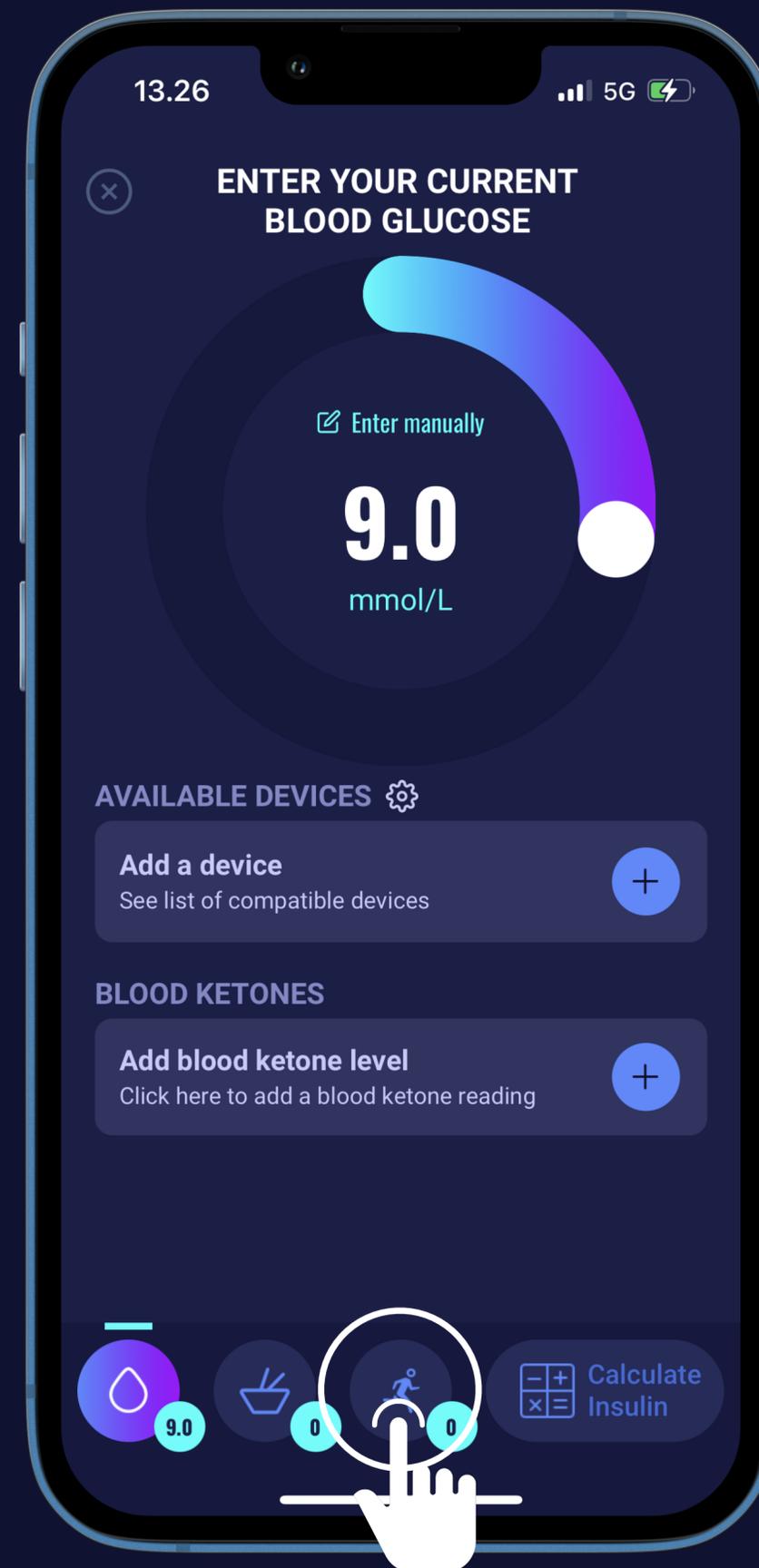
- Press the round “+” button
- Enter your BCG manually or use your device
- Now you can see your BG level
- For more info on measuring BG levels follow “How to HDA” on YouTube





Next is your activity (1)

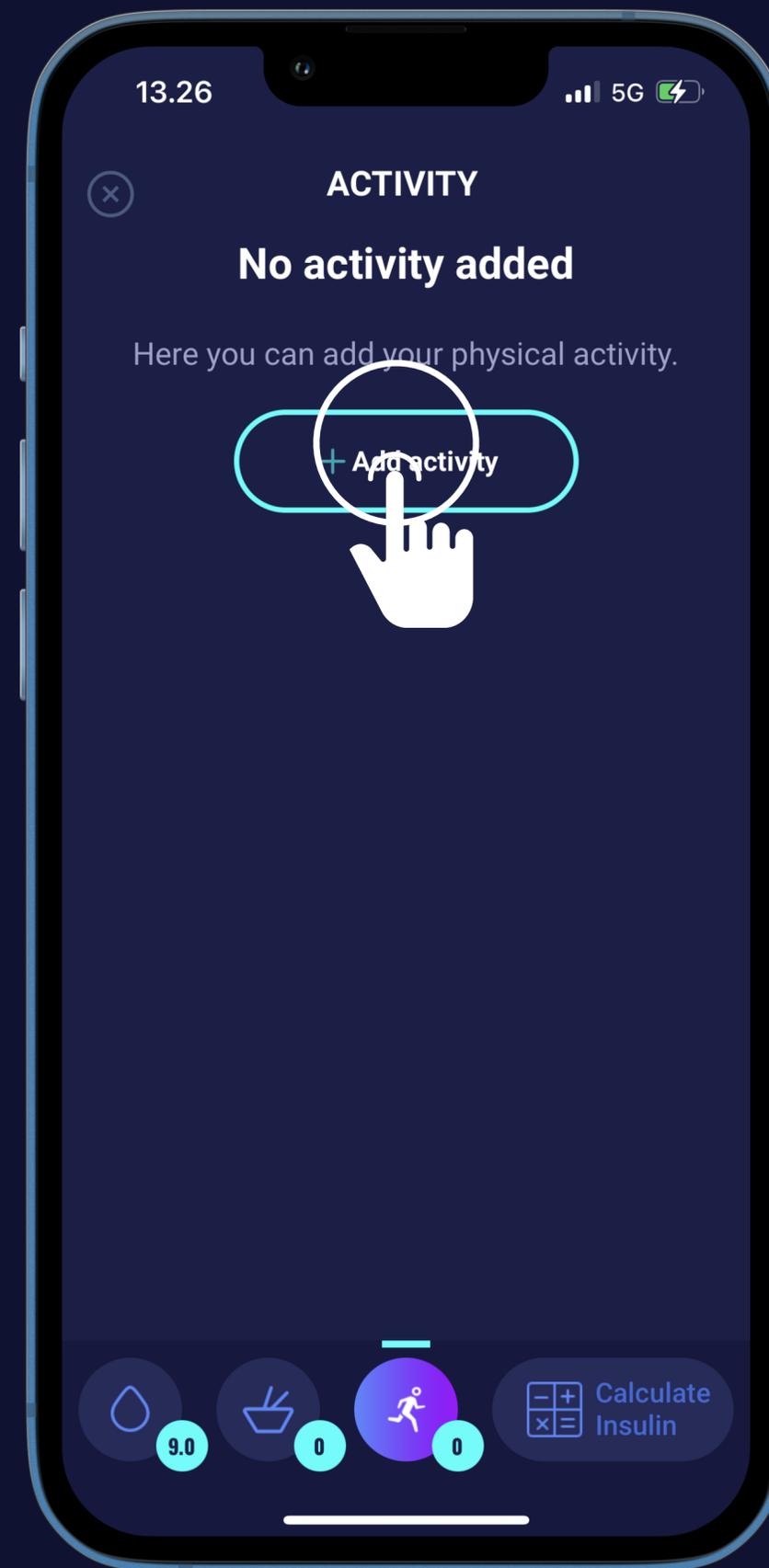
- Press the “Activity” icon





Next is your activity (2)

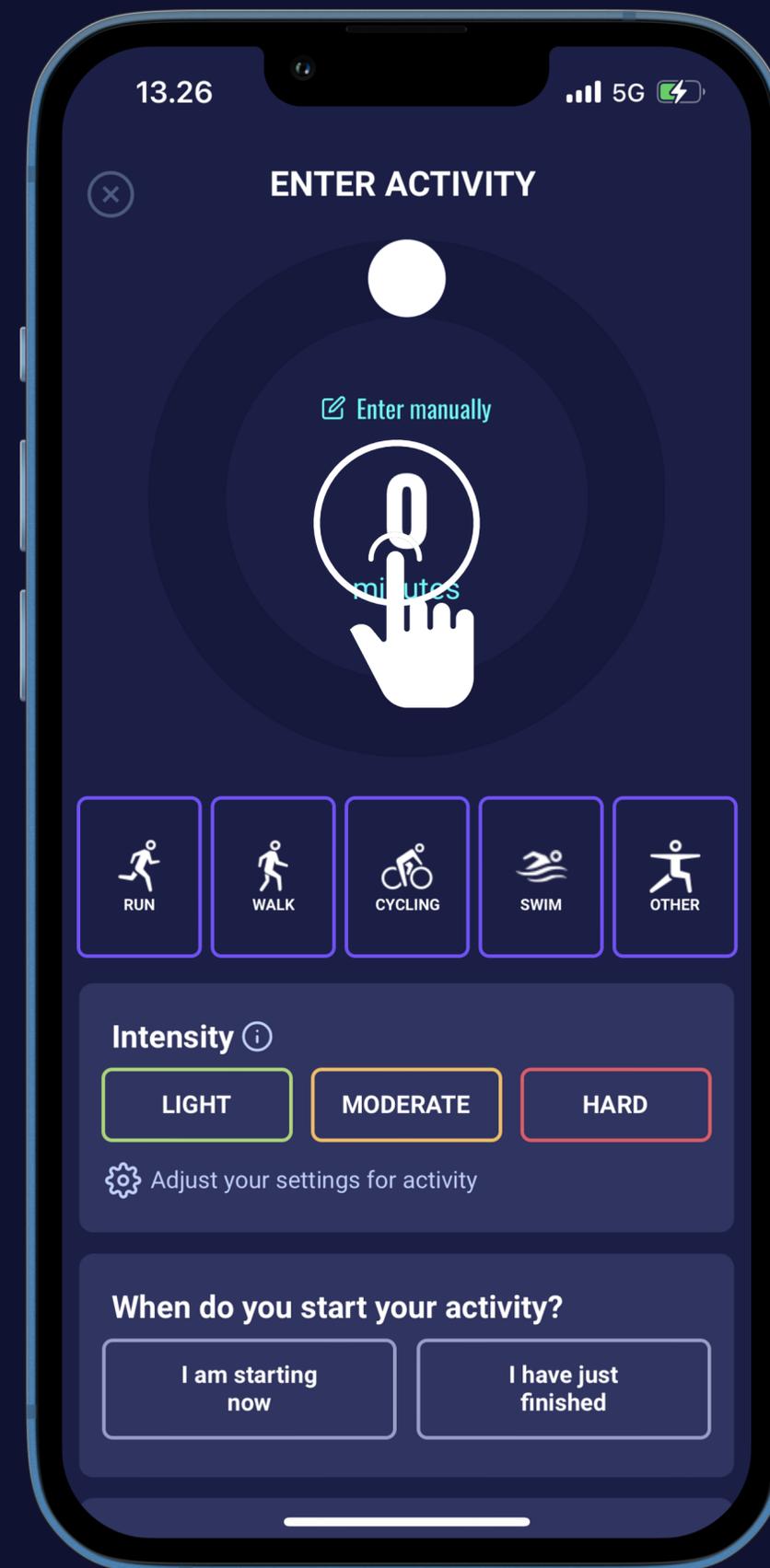
- Press the “Activity” icon
- Press the “+ Add activity” button





Next is your activity (3)

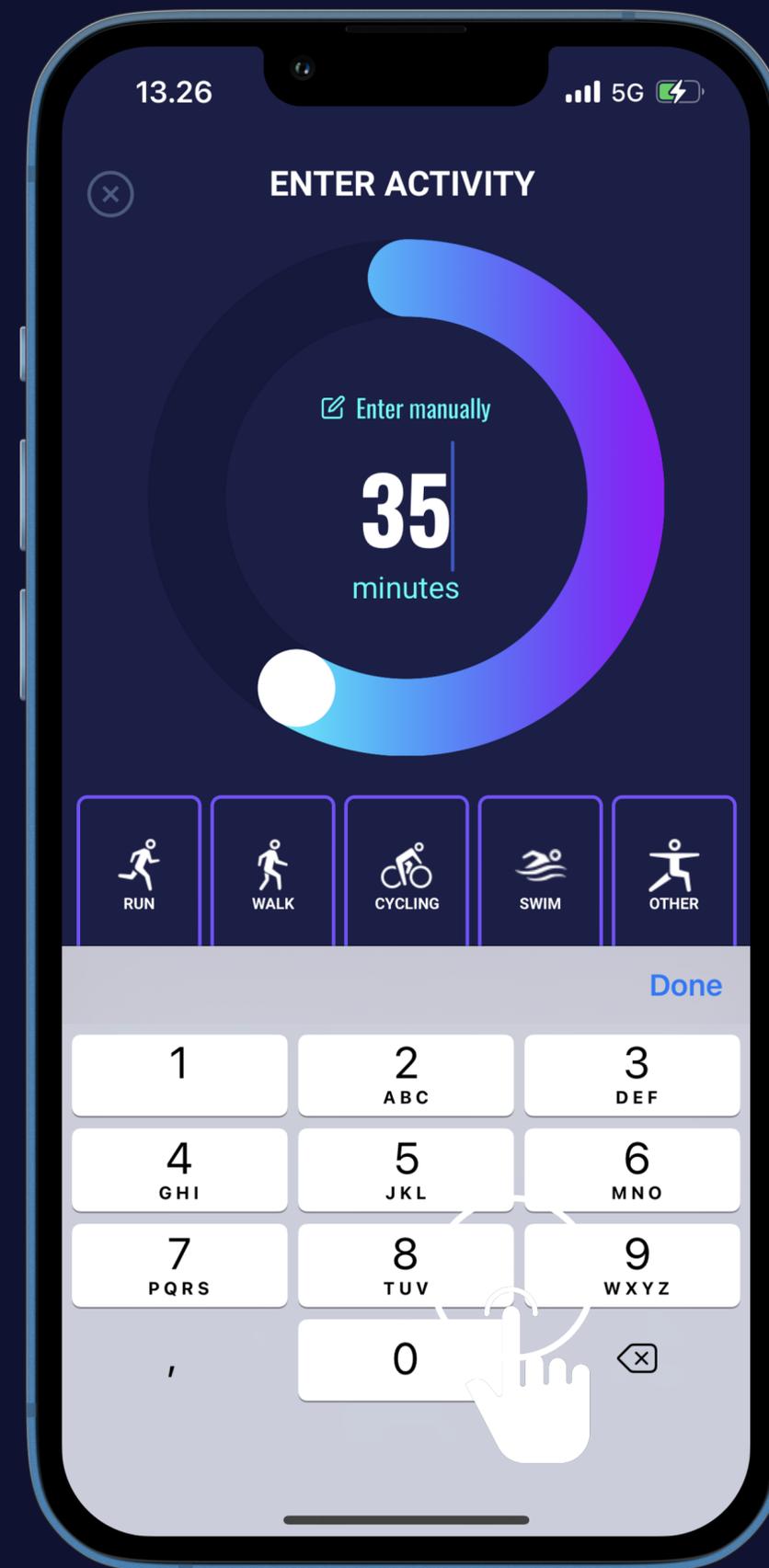
- Press the “Activity” icon
- Press the “+ Add activity” button
- Press “Enter manually”





Next is your activity (4)

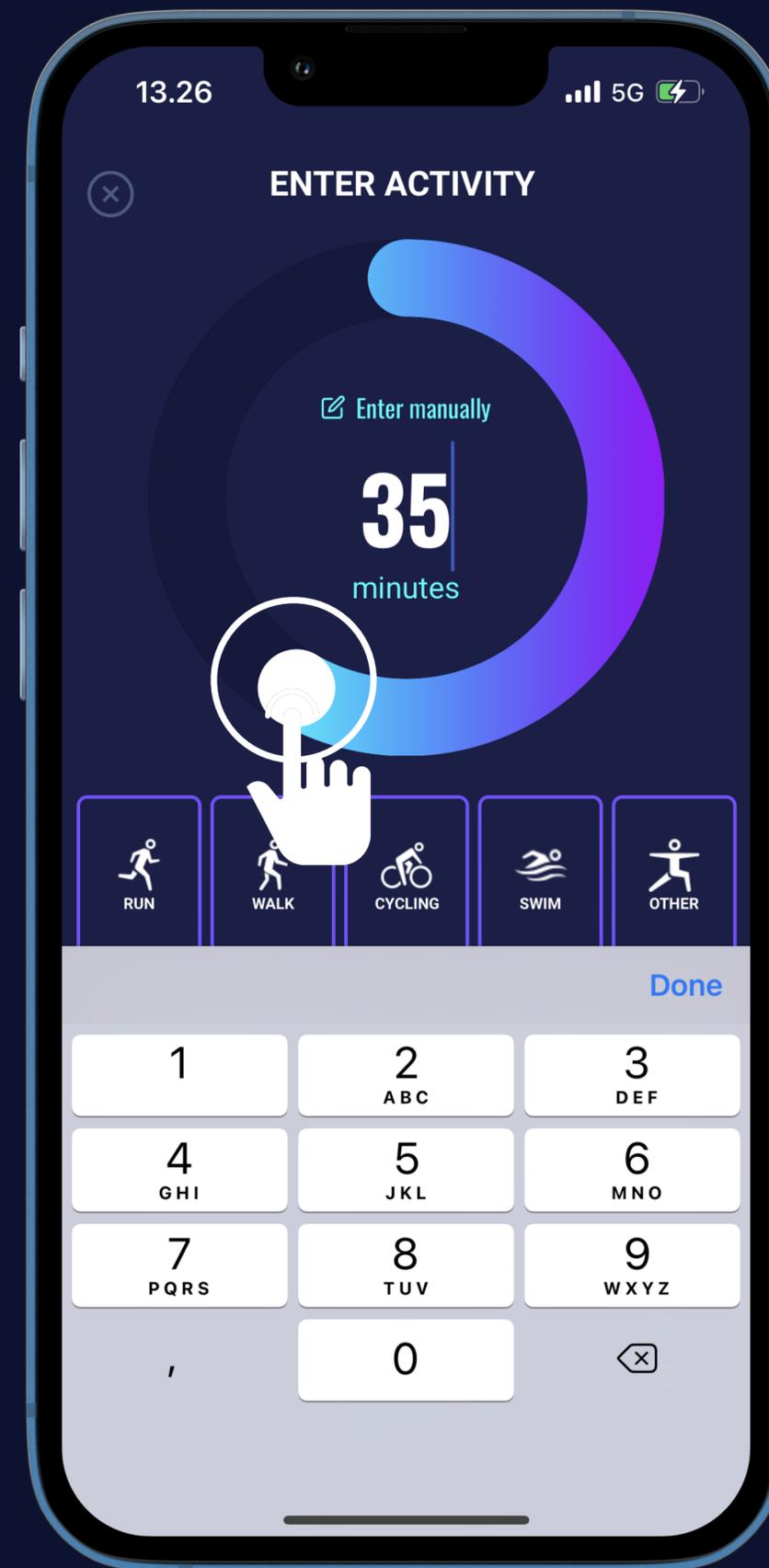
- Press the “Activity” icon
- Press the “+ Add activity” button
- Press “Enter manually”
- Type minutes on keyboard





Next is your activity (5)

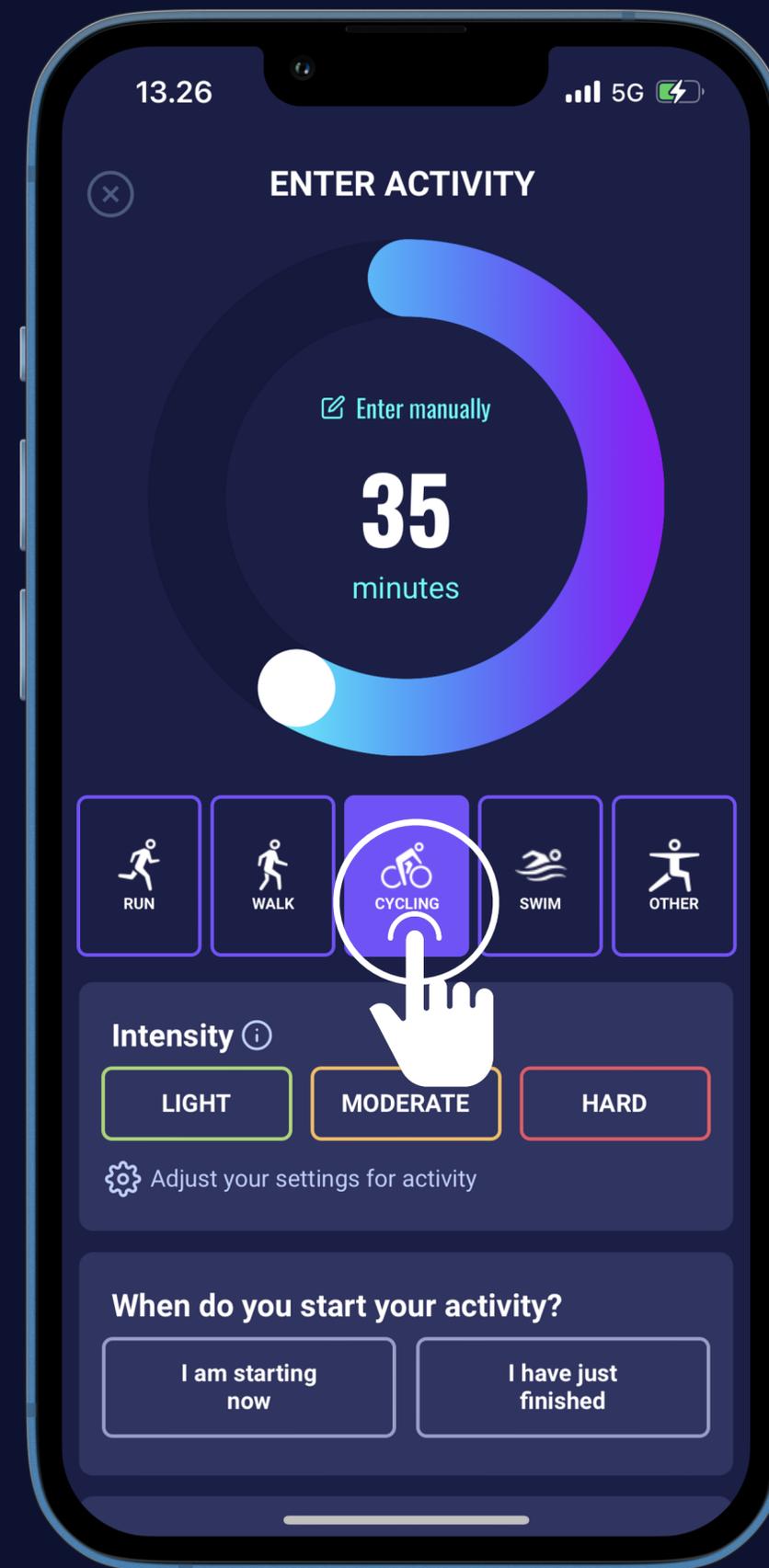
- Press the “Activity” icon
- Press the “+ Add activity” button
- Press “Enter manually”
- Type minutes on keyboard
- Or use the slider





Next is your activity (6)

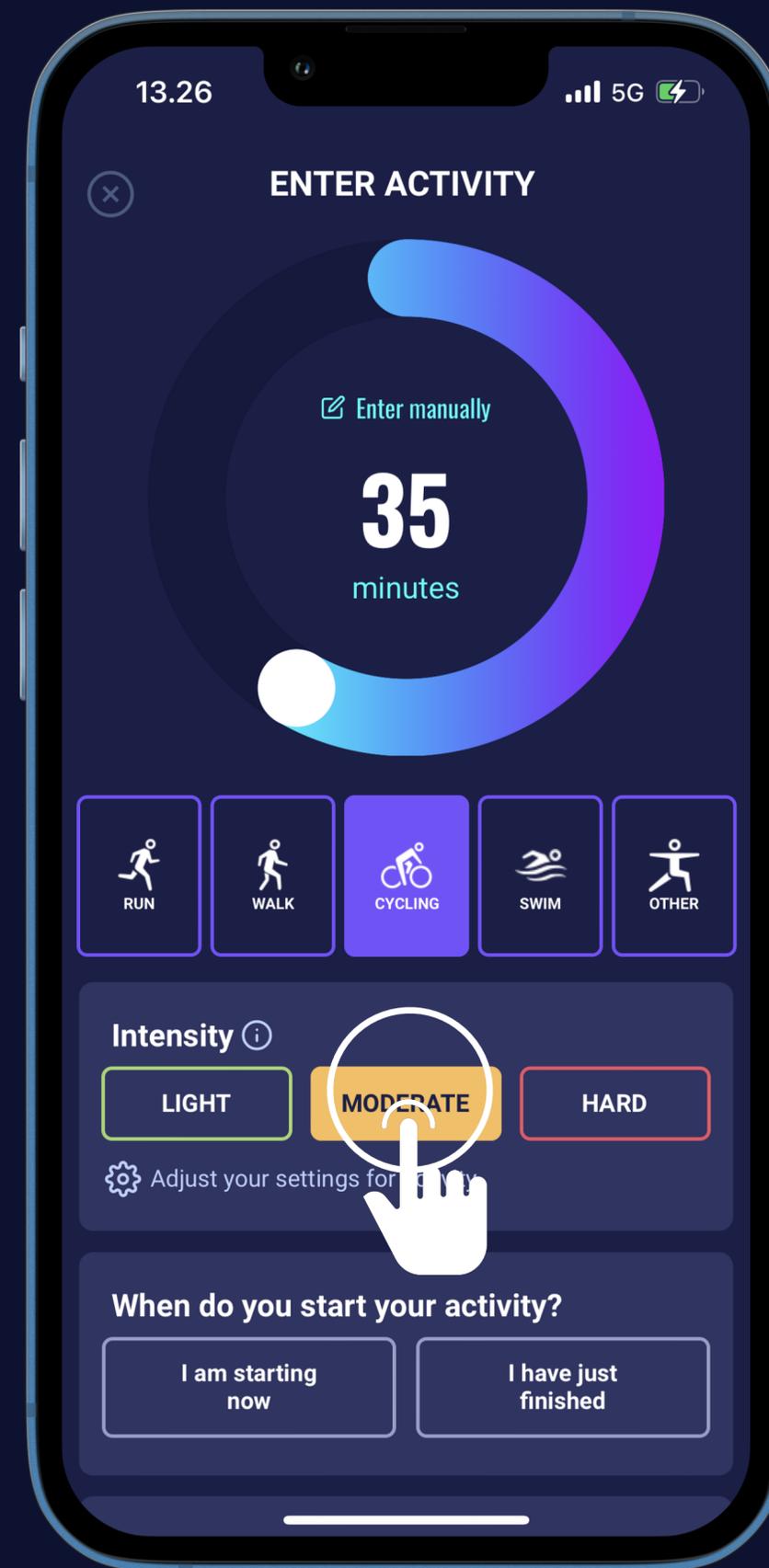
- Choose your type of exercise





Next is your activity (7)

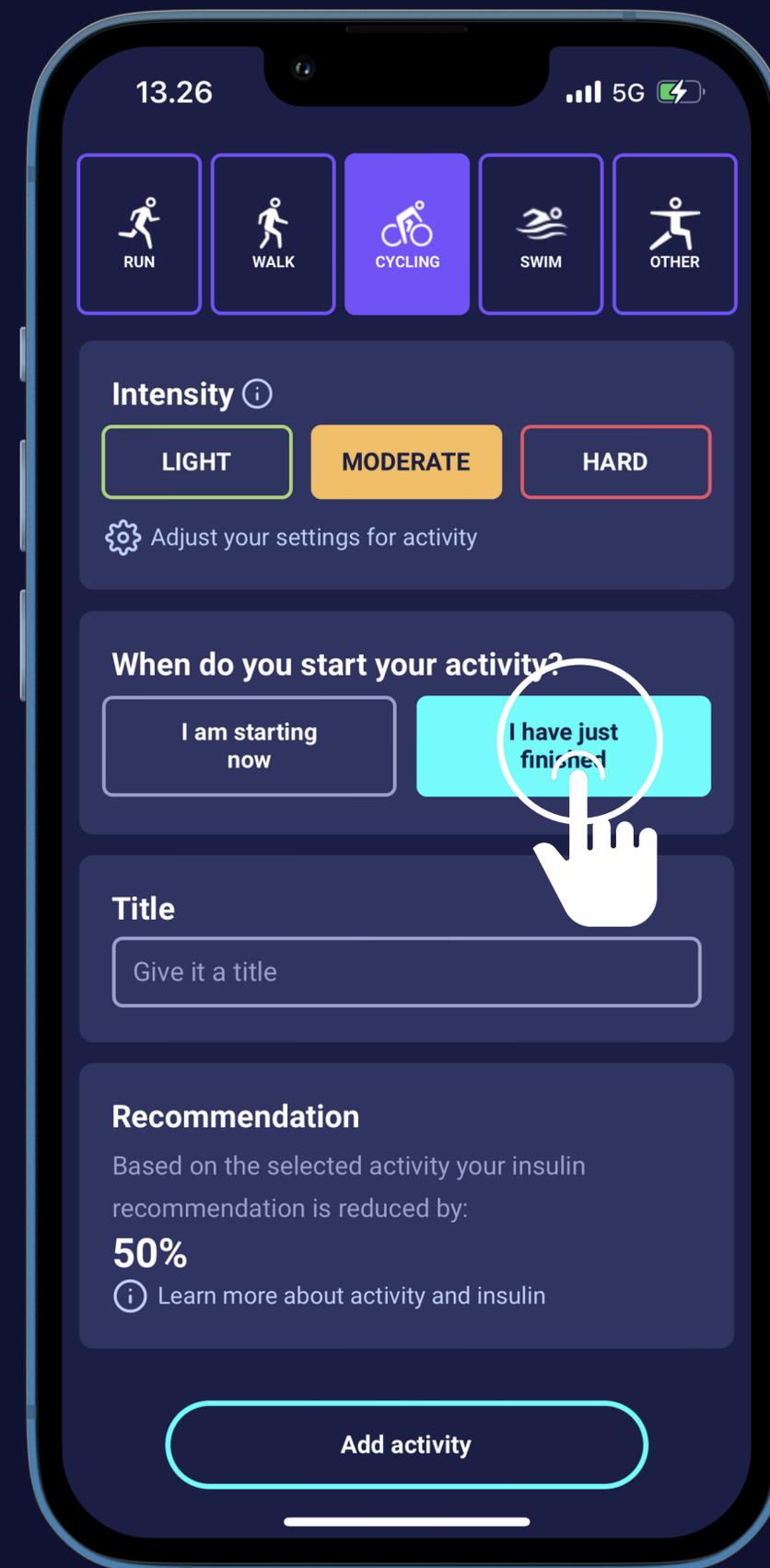
- Choose your type of exercise
- Choose intensity





Next is your activity (8)

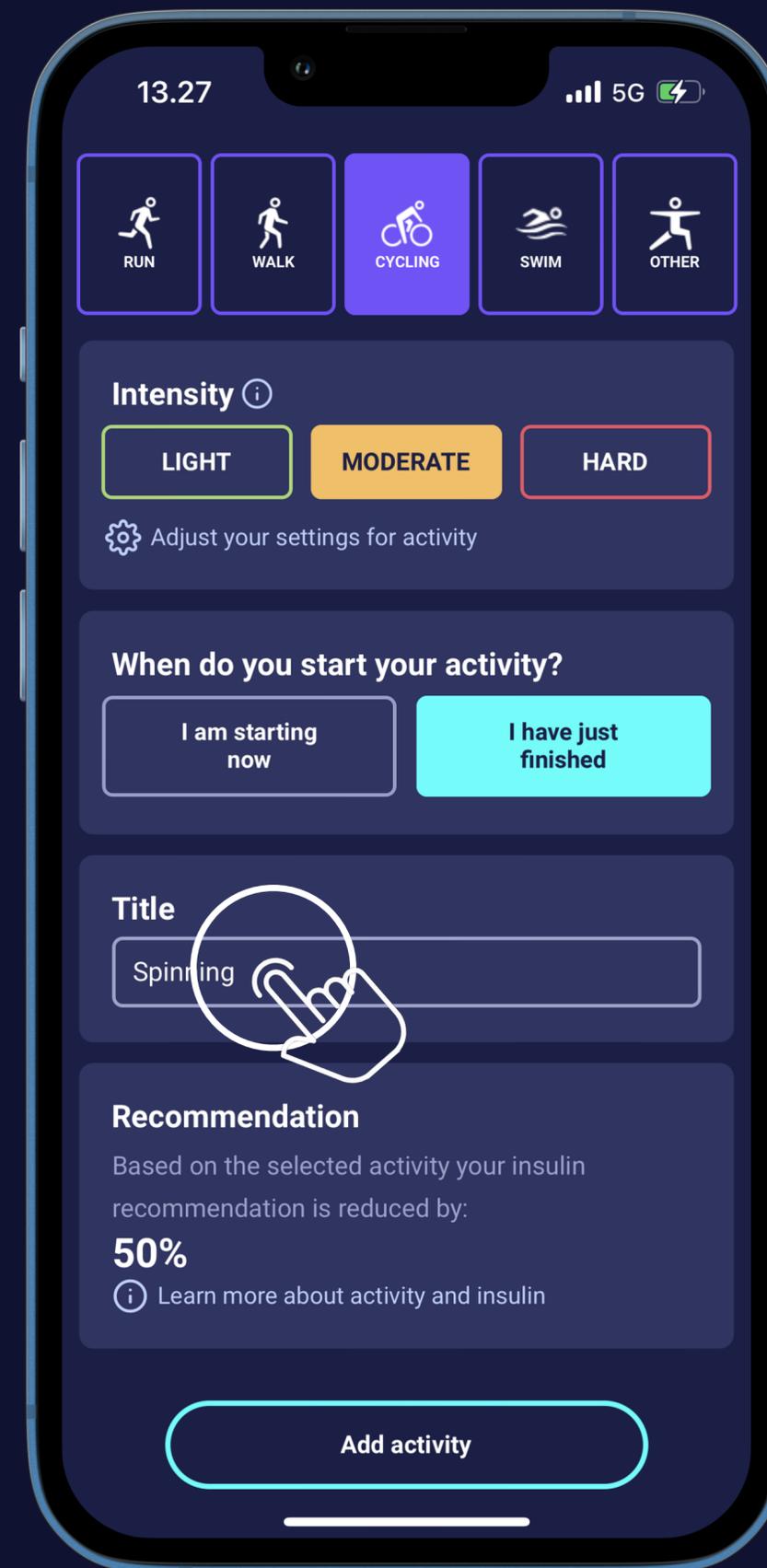
- Choose your type of exercise
- Choose intensity
- Choose if you are starting now or have just finished





Next is your activity (9)

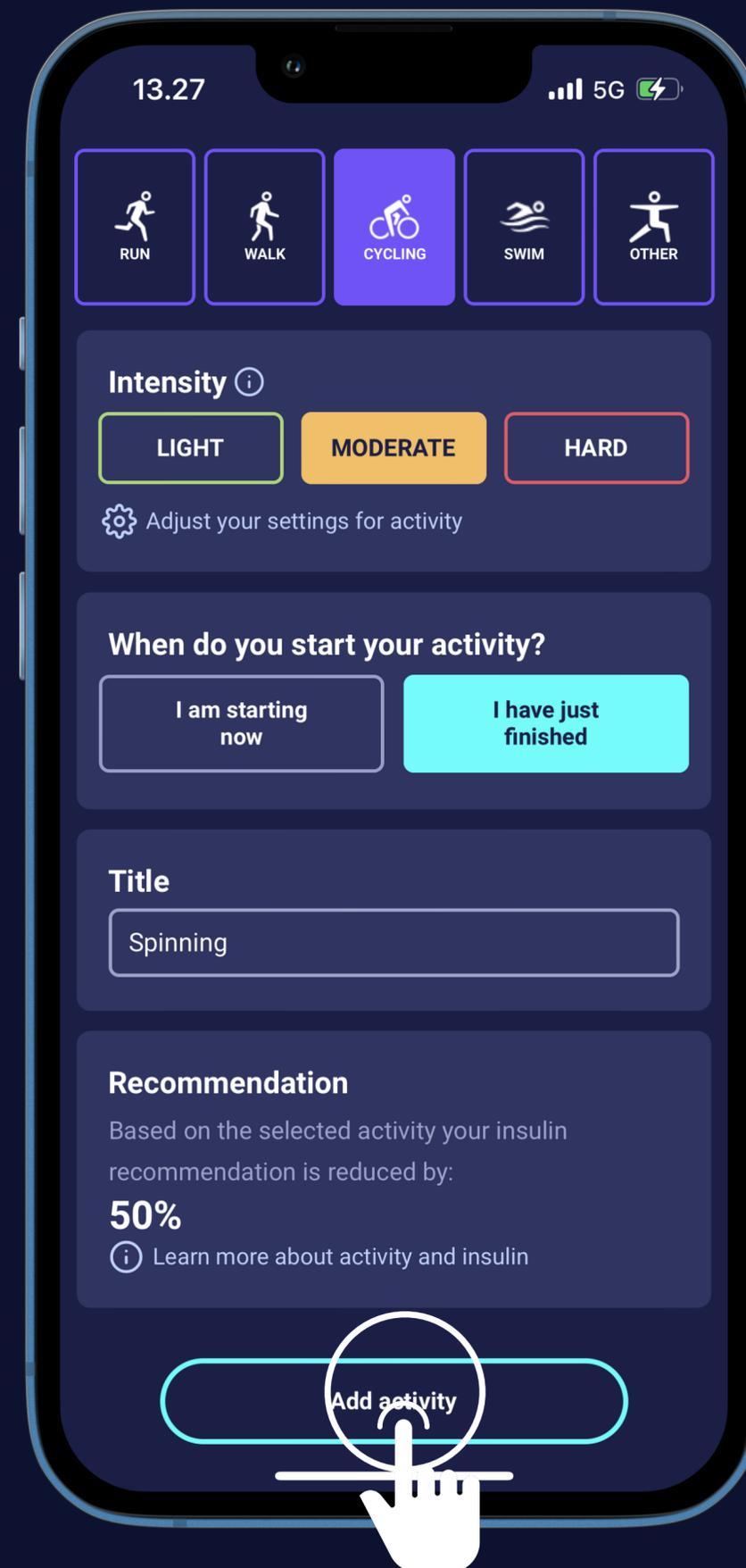
- Choose your type of exercise
- Choose intensity
- Choose if you are starting now or have just finished
- Give it a title if you want





Next is your activity (10)

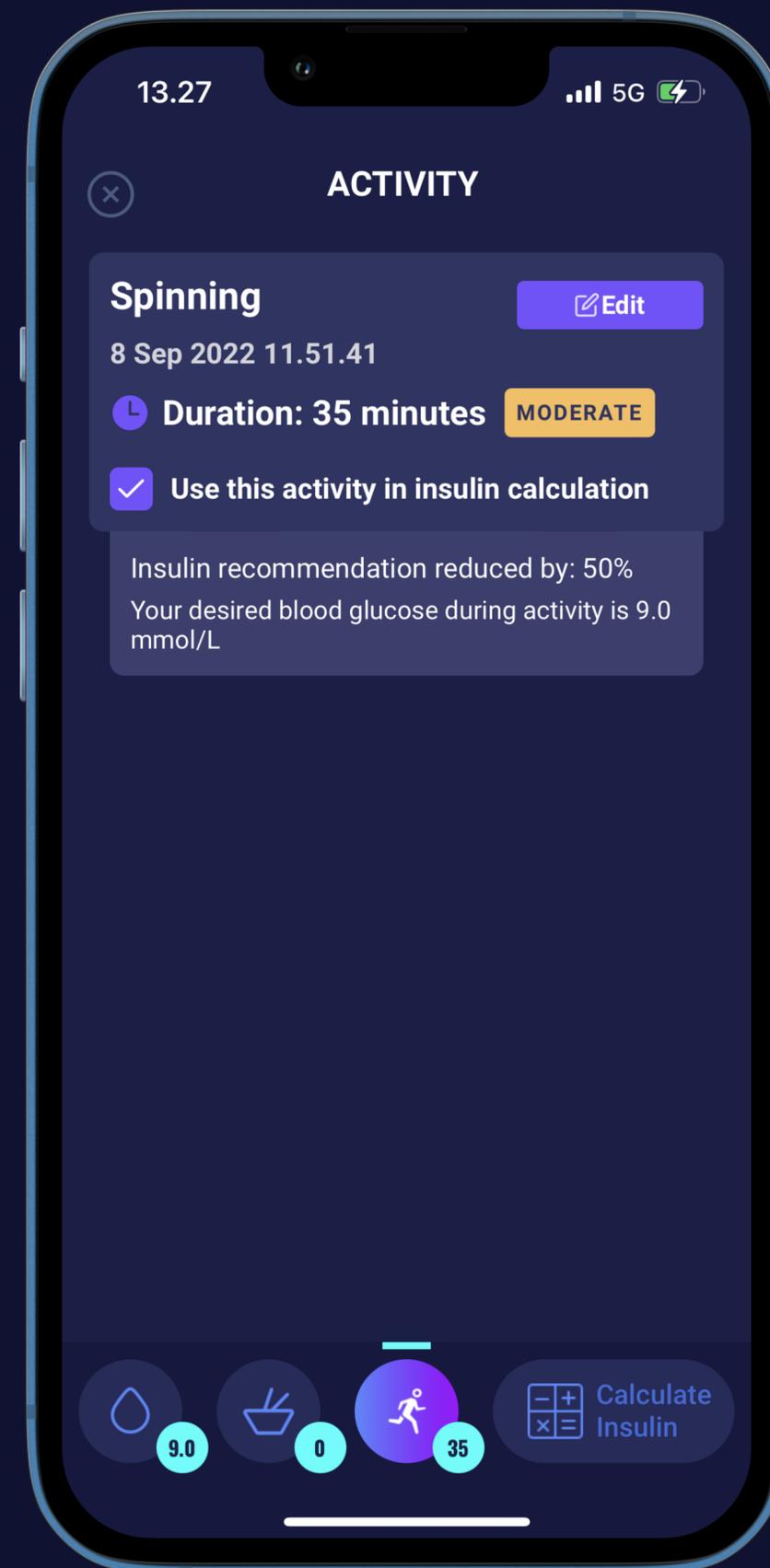
- Choose your type of exercise
- Choose intensity
- Choose if you starting now or have just finished
- Give it a title if you want
- Press the “Add activity” button





Time to see your recommendation (1)

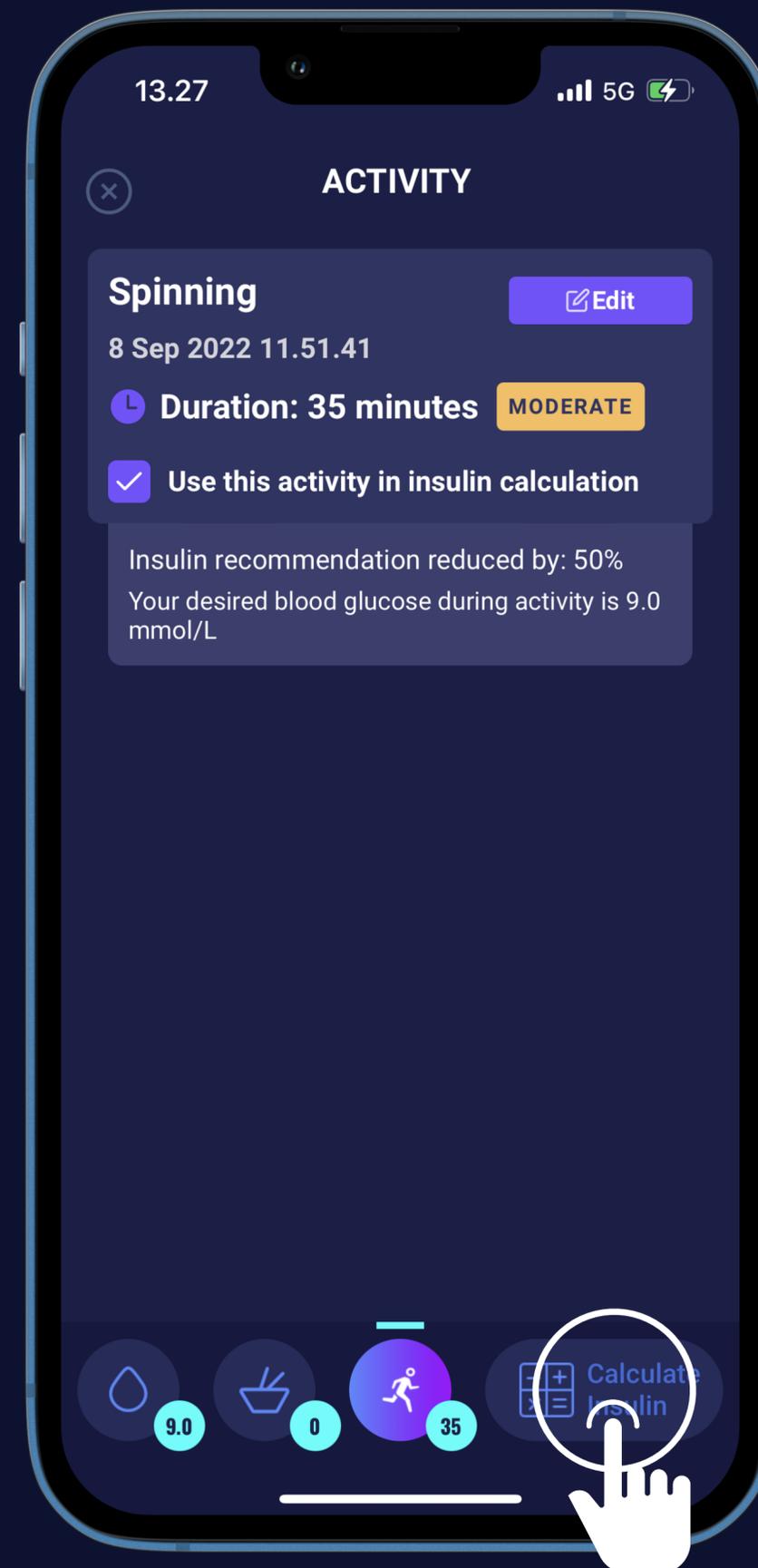
- See the overview of your added activity





Time to see your recommendation (2)

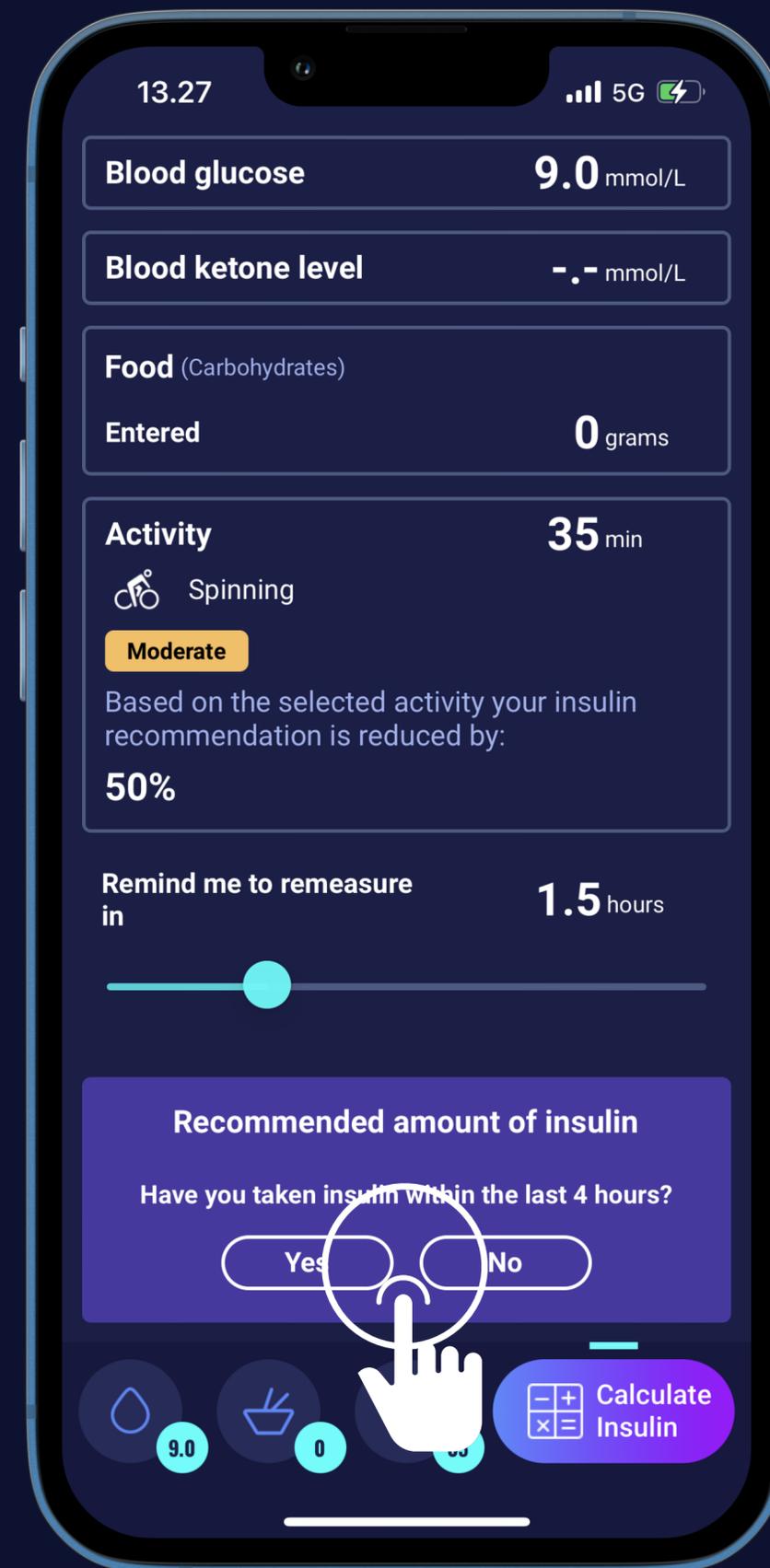
- See the overview of your added activity
- Press the “Calculate Insulin” button





Time to see your recommendation (3)

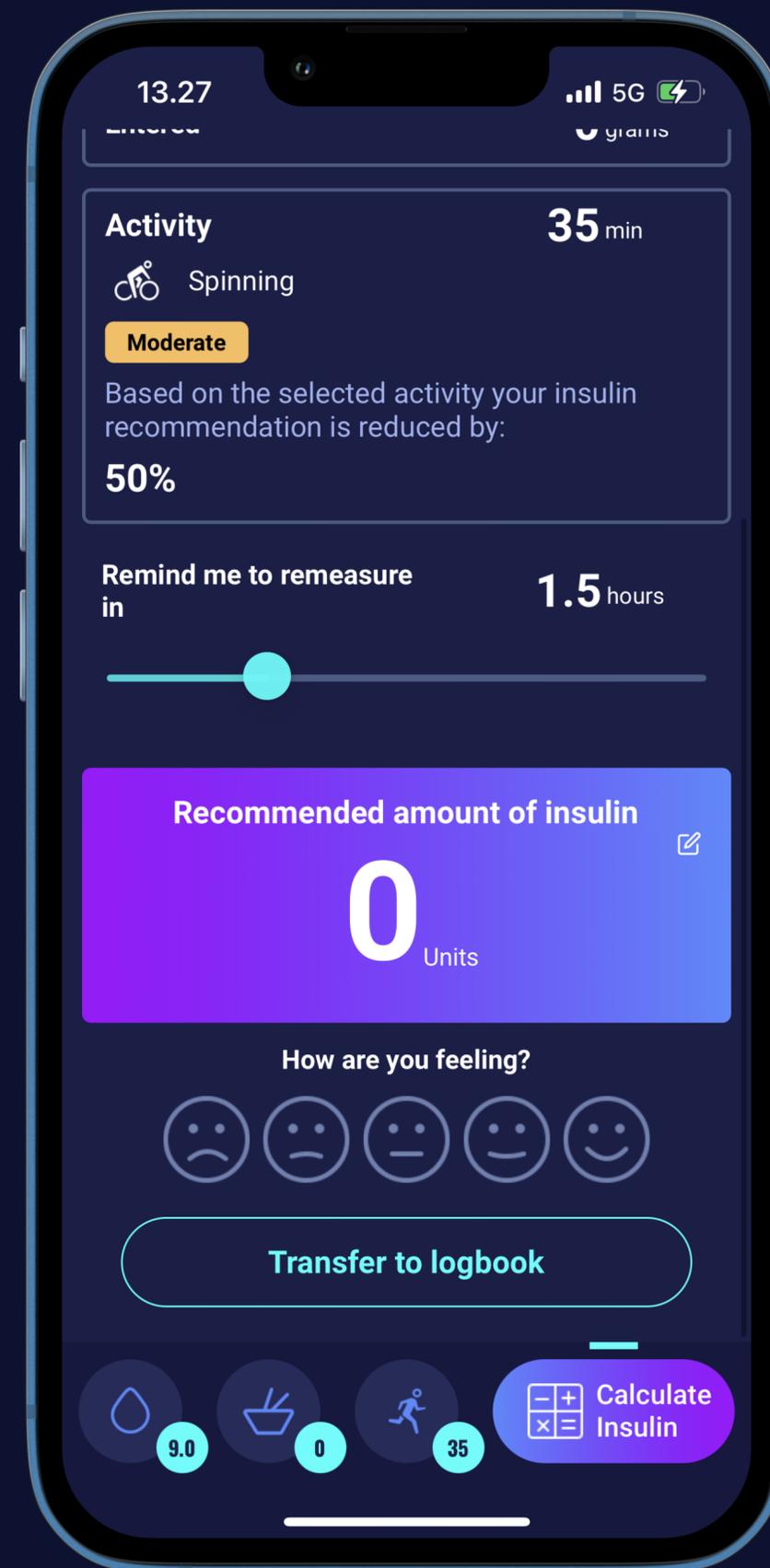
- See the overview of your added activity
- Press the “Calculate Insulin” button
- Press “Yes” or “No” if you have taken insulin within the last 4 hours





Time to see your recommendation (4)

- See the overview of your added activity
- Press the “Calculate Insulin” button
- Press “Yes” or “No” if you have taken insulin within the last 4 hours
- That’s it! Here is your recommendation.





Time to see your recommendation (5)

- See the overview of your added activity
- Press the “Calculate Insulin” button
- Press “Yes” or “No” if you have taken insulin within the last 4 hours
- That’s it! Here is your recommendation.
- Press the “Transfer to logbook” button to keep track and improve

