

HOW TO

Use dashboard and logbook

Dashboard



Check out Active Insulin and My Day.



Active insulin shows how many units of fast-acting insulin are still working in your body, based on your recent logs and the recommendations. Tap the graph for more details and to see how your active insulin will decrease over time.



This page shows your glucose levels, fast-acting insulin doses, carb intake, and activity over a 24-hour period. Tap the charts for more details and use the top navigation to compare different time periods. Track how your glucose changes here based on your meals, activities, and insulin.

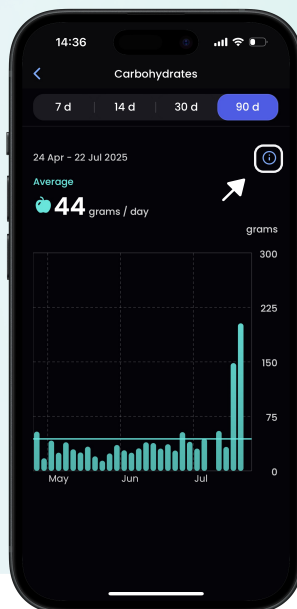
Summary



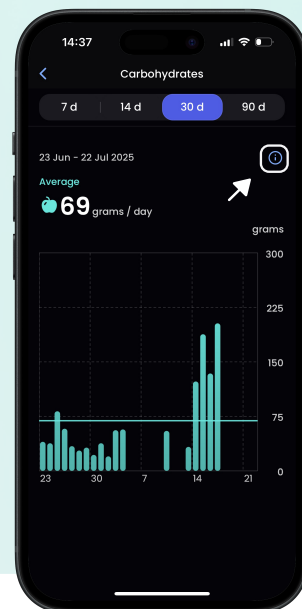
Summary of your last 14 days.
Press for more details.



This page shows your average glucose levels at different times of the day. Tap the charts for more info and use the navigation at the top of the screen to compare different time periods.

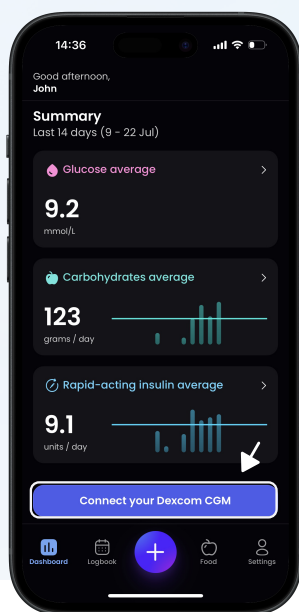


This page shows your daily carb intake over time. Tap the chart for more details and use the navigation at the top of the screen to compare different time periods.

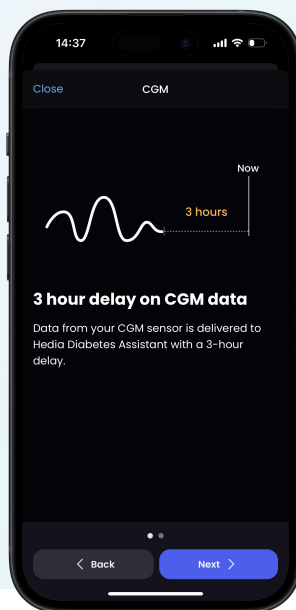


This page shows your daily fast-acting insulin usage over time. Tap the chart for more details and use the navigation at the top of the screen to compare different time periods.

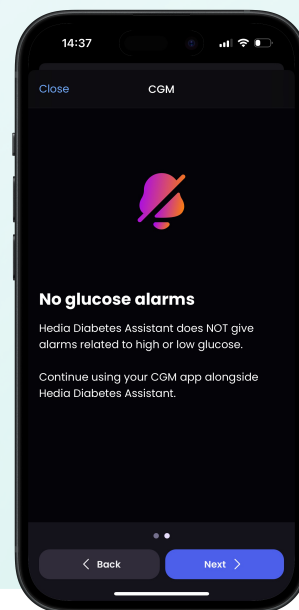
Dexcom



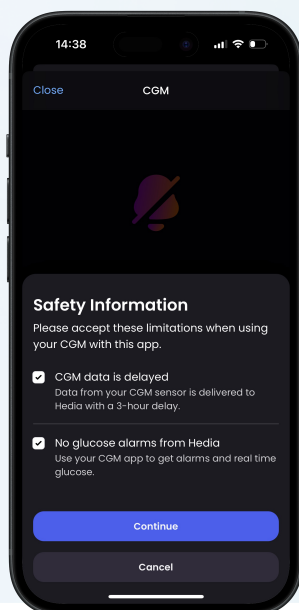
Connect your Dexcom CGM.



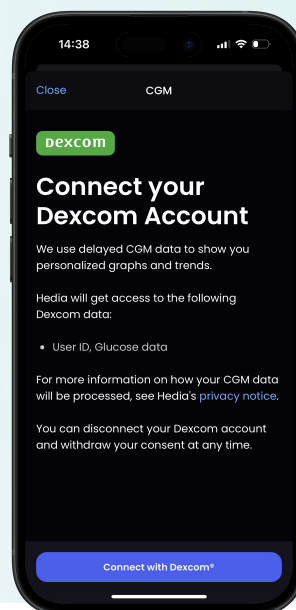
Data from your CGM sensor is transmitted to Hedia Diabetes Assistant with a 3-hour delay.



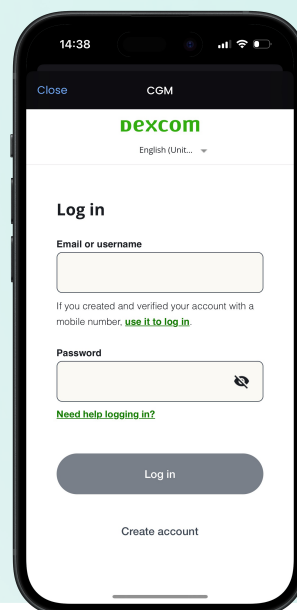
Hedia doesn't send alerts for your glucose levels.



Read and accept the "Safety Information".



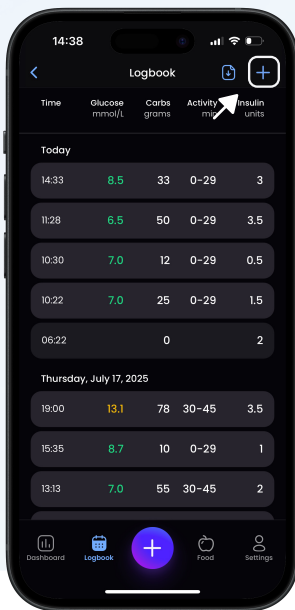
Press "Sign in with Dexcom".



Log into your Dexcom account.

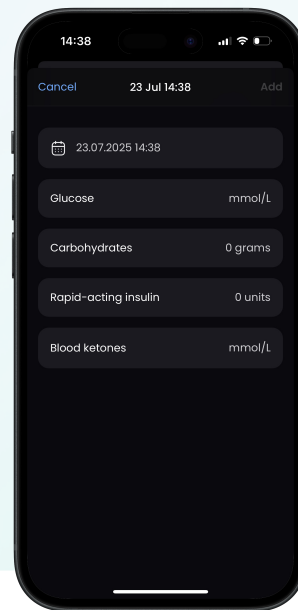
Logbook

Add logbook entry



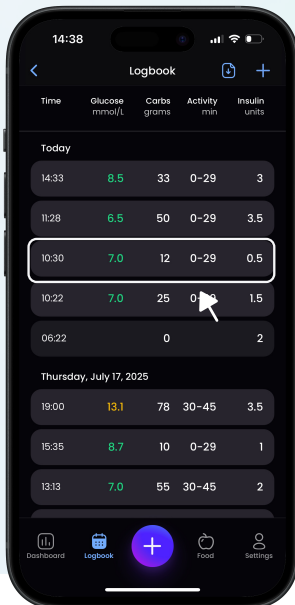
In your logbook, you can see your recommendations and past entries.

Tap the + button to add a new entry.

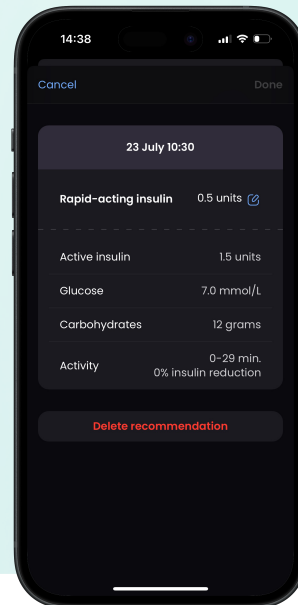


Set the date and time. It's optional to enter your blood sugar, carbs, fast-acting insulin, and blood ketones.

Delete or edit logbook entry

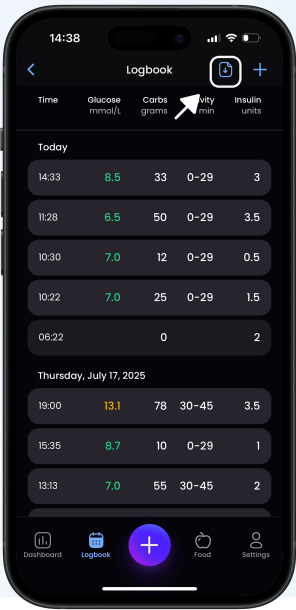


Tap the entry you wish to edit or delete.

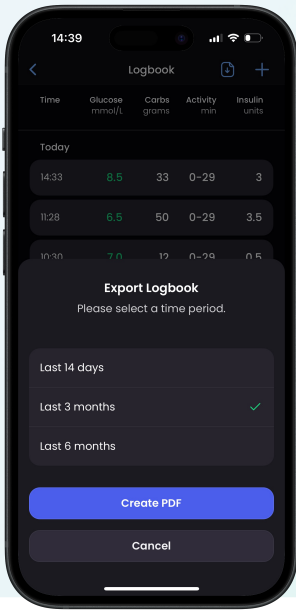


Values can be edited individually. Press 'Delete Log' if you wish to delete it from the Logbook.

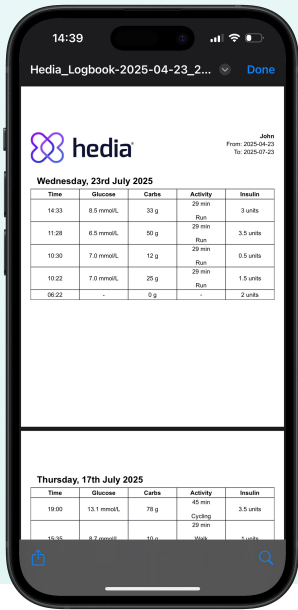
Export logbook



To export a report of your Logbook data tab the icon in the top right corner of the screen.



Choose a time period and press 'Generate PDF'.



The report can be downloaded and shared.