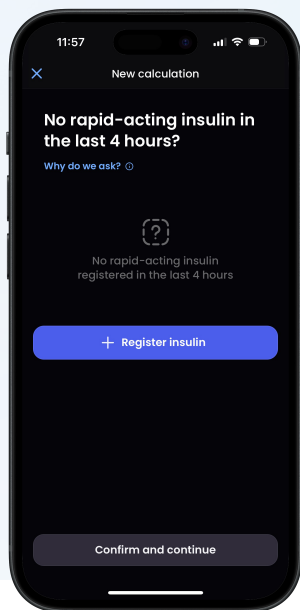


HOW TO

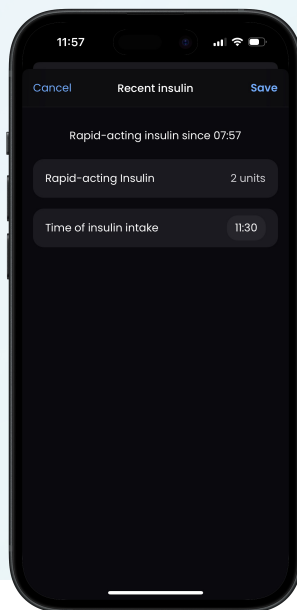
# Use the insulin calculator

# How to use the insulin calculator

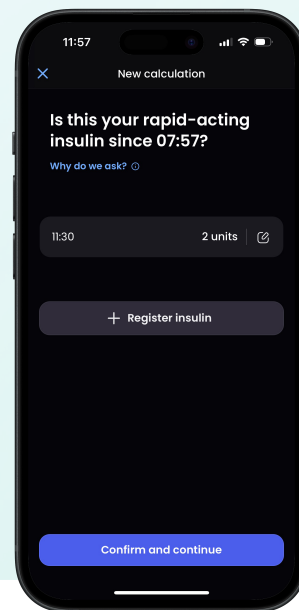
## 1 Enter rapid-acting insulin if you took it within 4 hours



Did you take rapid-acting insulin within 4 hours?



Enter units and time.



Confirm to continue.

Si Non Si Oui

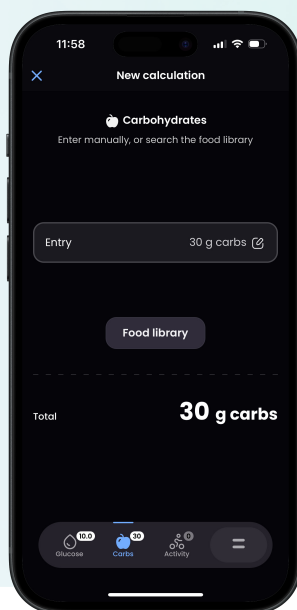


## 2 Enter Glucose



Enter your current glucose level manually or import reading from glucose meter via Bluetooth. Readings must be no more than 10 minutes old.

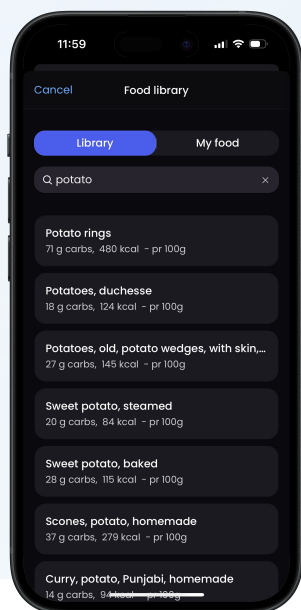
## 3 Enter Carbohydrates manually



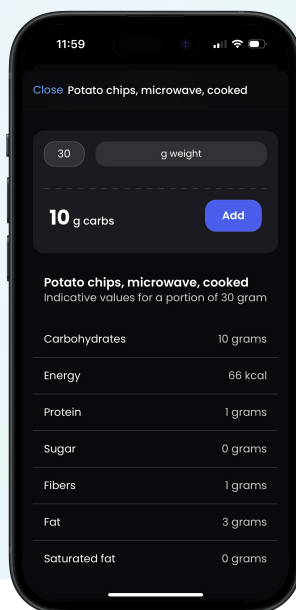
Enter carbohydrates manually.



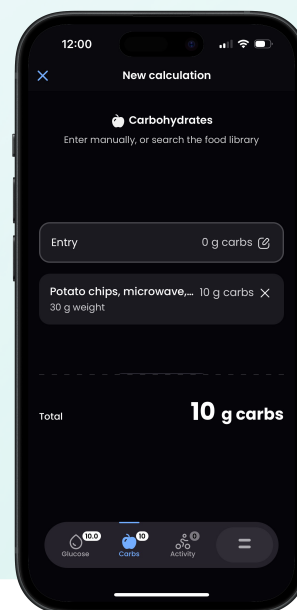
### 3 ... or add **carbohydrates** using the 'Food Library'



Find item you want to add.

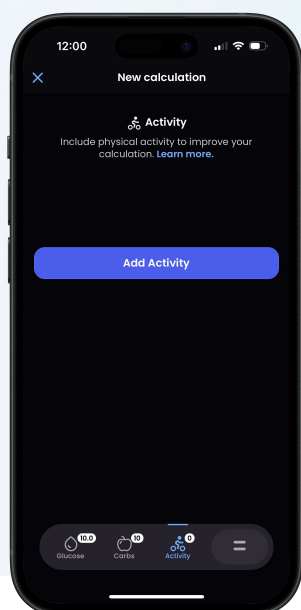


Enter grams eaten.  
The app will calculate carbohydrate content.  
Press 'Add' to include in calculation

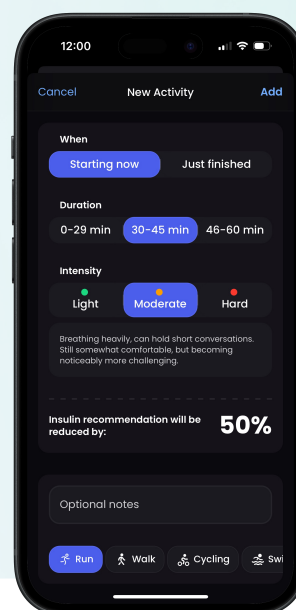


The added carbohydrates will show on the screen.

### 4 Have you been **physically active**?

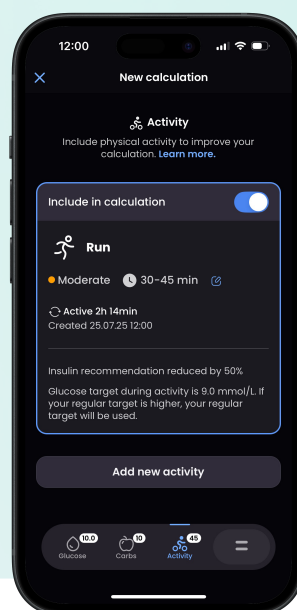


Tab 'Add Activity'.



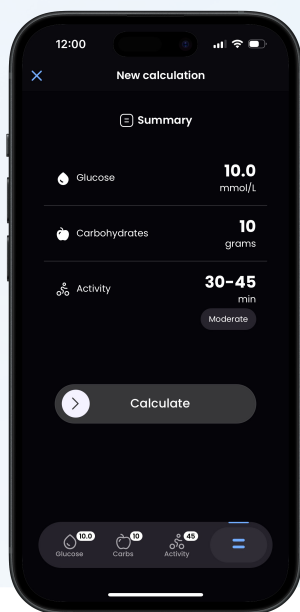
Choose when you are starting the activity, the duration and intensity of the activity.  
Notes and category is optional.

The recommended insulin reduction is displayed.

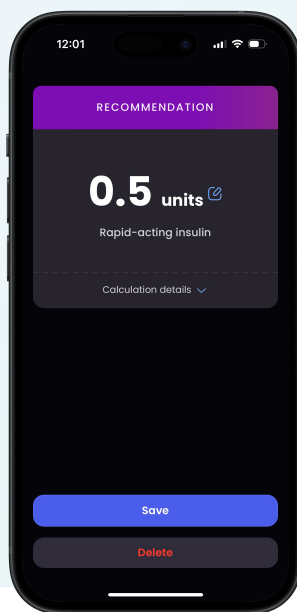


Make sure "Include in calculation" is set to "on".  
Press "=" to continue.

## 5 Summary and recommendation



Check that the summary is correct. Slide to calculate recommendation.

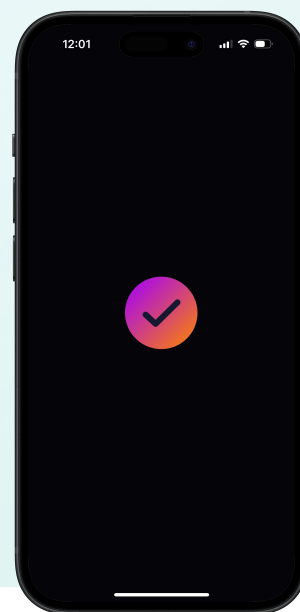


Your insulin recommendation is shown, along with any other relevant advice.

If your glucose is low, the app may suggest carbs instead of insulin.

If you choose a different dose, adjust the units by tapping the number and entering your chosen dose.

To continue, tap "Save" or "Delete."



When tabbing 'Save' the recommendation is added to your Logbook.