

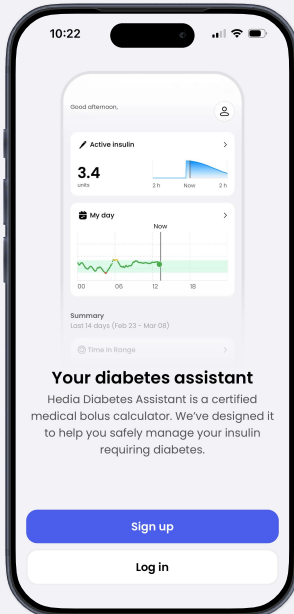


HOW TO

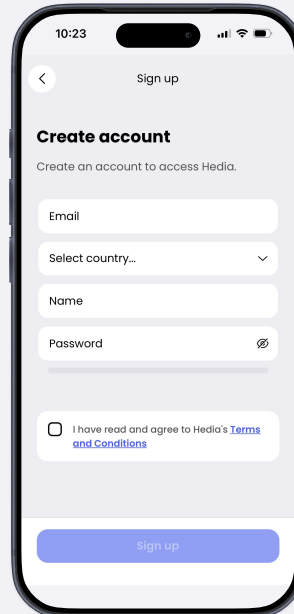
Sign up and setup insulin calculator

Sign up

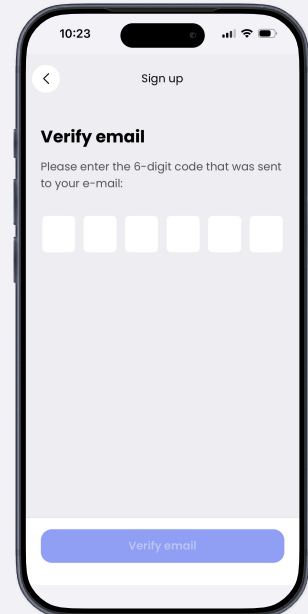
1 Create Hedia account



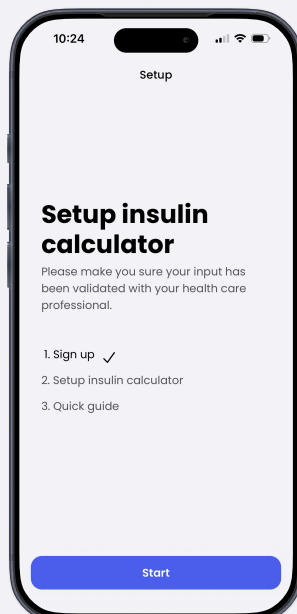
Choose if you are signing up as a new user or logging in to an already existing account.



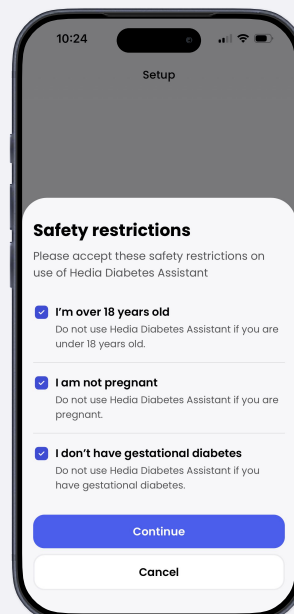
Enter name, country, email and a password and accept terms and conditions.



Enter the 6-digit code you received by email.



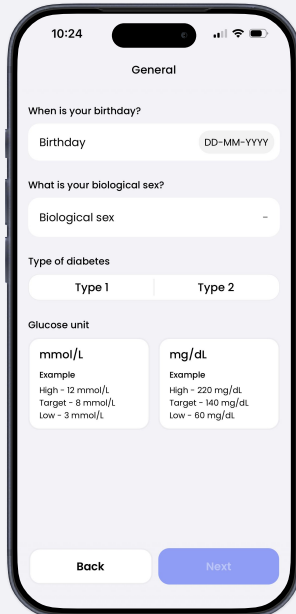
Sign-up is done.



Accept the safety restrictions.

Setup insulin calculator

2 Set up insulin calculation settings



10:24

General

When is your birthday?

Birthdate DD-MM-YYYY

What is your biological sex?

Biological sex -

Type of diabetes

Type 1 Type 2

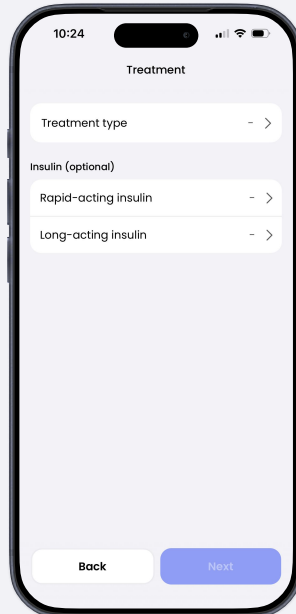
Glucose unit

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

Back Next

Enter birthday, biological sex, diabetes type and preferred glucose unit (mmol/L or mg/dL).



10:24

Treatment

Treatment type - >

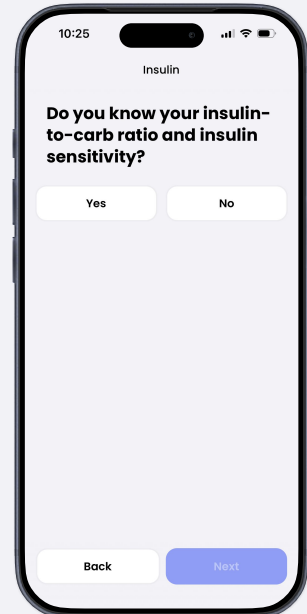
Insulin (optional)

Rapid-acting insulin - >

Long-acting insulin - >

Back Next

Enter treatment type: Pen (half or whole unit) or Pump.



10:25

Insulin

Do you know your insulin-to-carb ratio and insulin sensitivity?

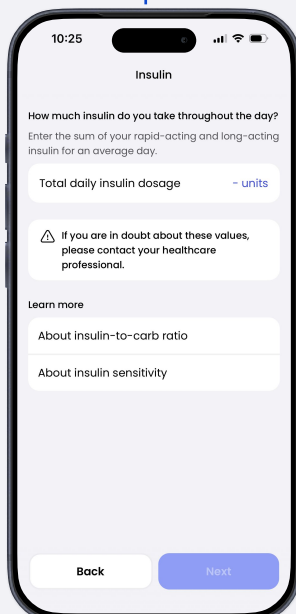
Yes No

Back Next

Do you know your Insulin-to-carb ratio and insulin sensitivity?

NO

YES



10:25

Insulin

How much insulin do you take throughout the day?

Enter the sum of your rapid-acting and long-acting insulin for an average day.

Total daily insulin dosage - units

⚠ If you are in doubt about these values, please contact your healthcare professional.

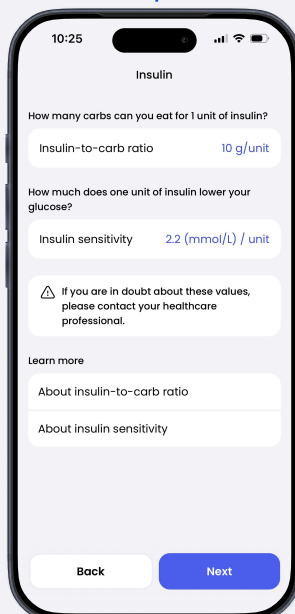
Learn more

About insulin-to-carb ratio

About insulin sensitivity

Back Next

Enter you Total daily insulin dosage.



10:25

Insulin

How many carbs can you eat for 1 unit of insulin?

Insulin-to-carb ratio 10 g/unit

How much does one unit of insulin lower your glucose?

Insulin sensitivity 2.2 (mmol/L) / unit

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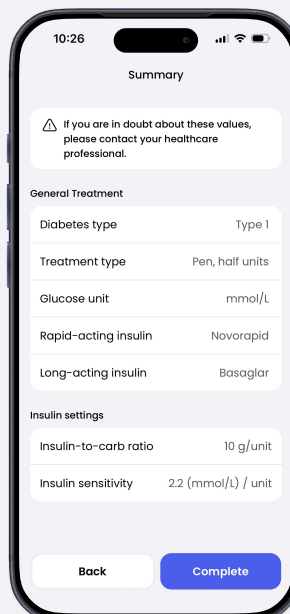
Learn more

About insulin-to-carb ratio

About insulin sensitivity

Back Next

Enter Insulin-to-carb ratio and insulin sensitivity.



10:26

Summary

⚠ If you are in doubt about these values, please contact your healthcare professional.

General Treatment

Diabetes type Type 1

Treatment type Pen, half units

Glucose unit mmol/L

Rapid-acting insulin Novorapid

Long-acting insulin Basaglar

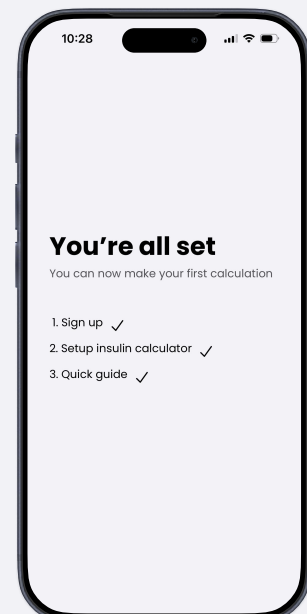
Insulin settings

Insulin-to-carb ratio 10 g/unit

Insulin sensitivity 2.2 (mmol/L) / unit

Back Complete

Check your summary.



10:28

You're all set

You can now make your first calculation

1. Sign up ✓

2. Setup insulin calculator ✓

3. Quick guide ✓

Setup is done.

Quick guide

3 Go through Quick guide

