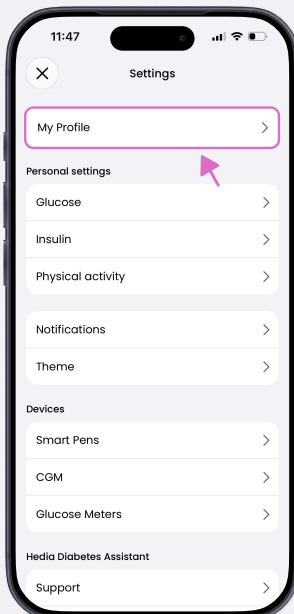




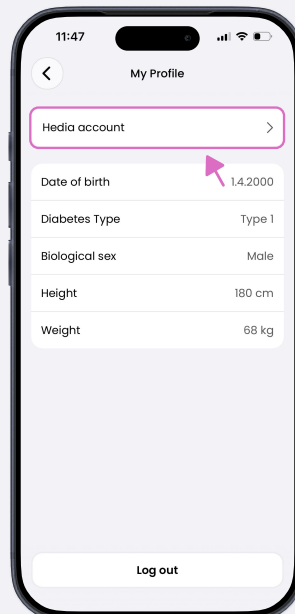
HOW TO

Understand and change the settings

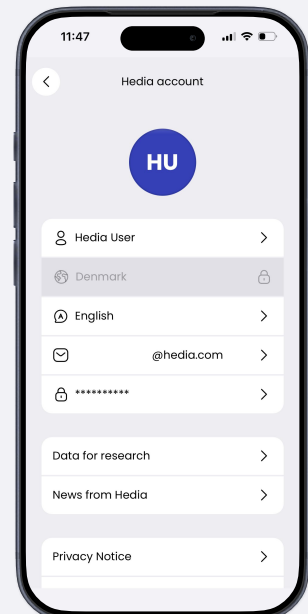
My Profile



Tab 'My Profile'.

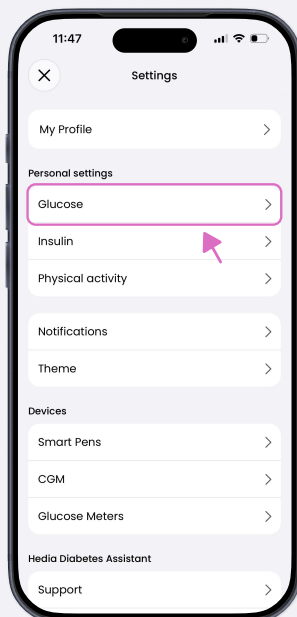


Here you see date of birth, diabetes type, Biological sex, height and weight

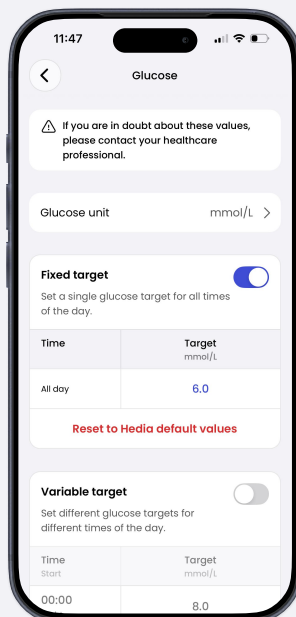


Under 'Hedia account' you find your name, email, password, language, and country

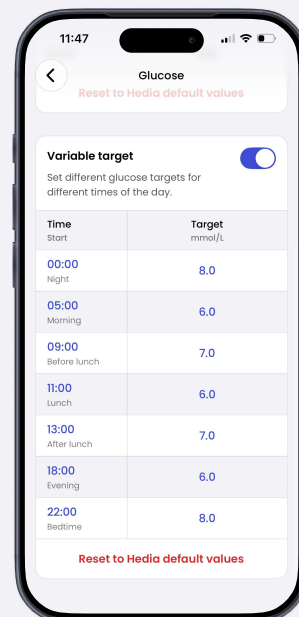
Glucose settings



Tab 'Glucose'.

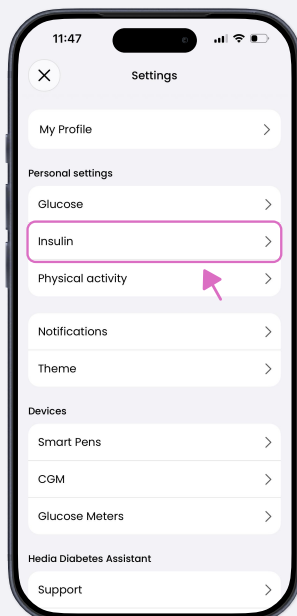


Glucose unit can be set to either mmol/L or mg/dL
'Fixed target': Your glucose target is the same throughout the day.

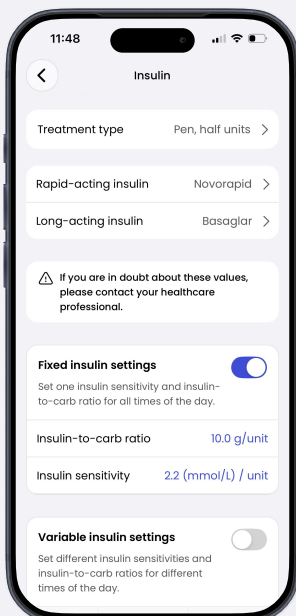


'Variable target': Choose specific glucose targets for specific time periods of the day.

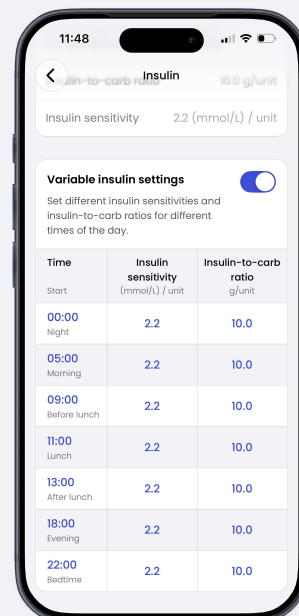
Insulin settings



Tab 'Insulin'.

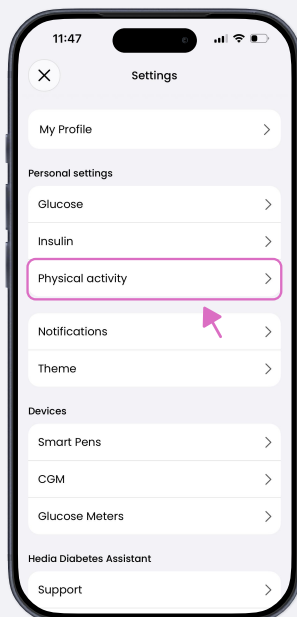


View and edit Treatment type:
'Fixed insulin settings': Your 'Insulin-to-carb ratio' and 'Insulin sensitivity' remain the same throughout the day.

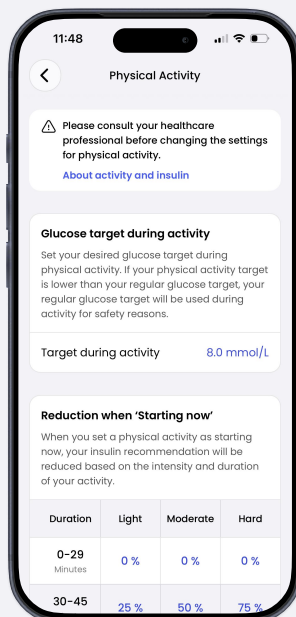


Variable insulin settings': Choose specific 'Insulin-to-carb ratio' and 'Insulin sensitivity', for specific time periods of the day.

Physical activity settings

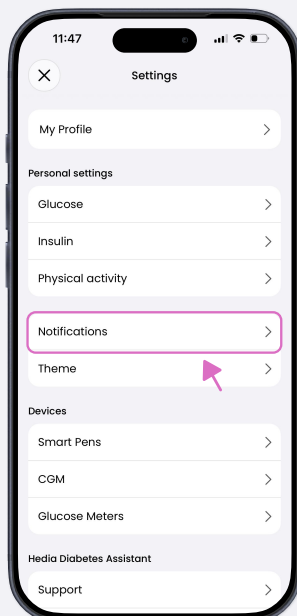


Tab 'Physical activity'.

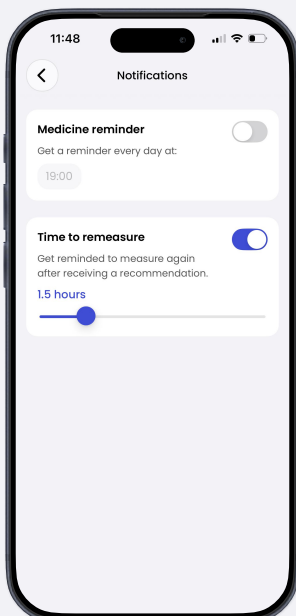


Change your desired glucose target during Physical Activity. For 'Starting now' and 'Just finished' – change reduction percentage depending on duration and intensity.

Notifications

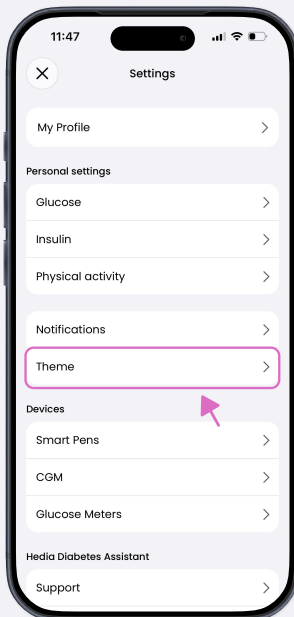


Tab 'Notifications'.

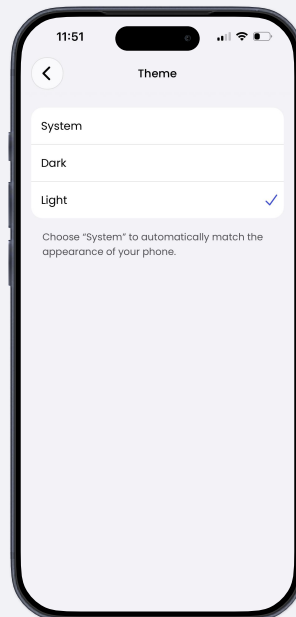


“Medicine reminder”:
Daily reminder to take your medicine, set to an individually chosen time.
“Time to remeasure”:
Remeasure glucose between half an hour and 6 hours after recommendation is provided.

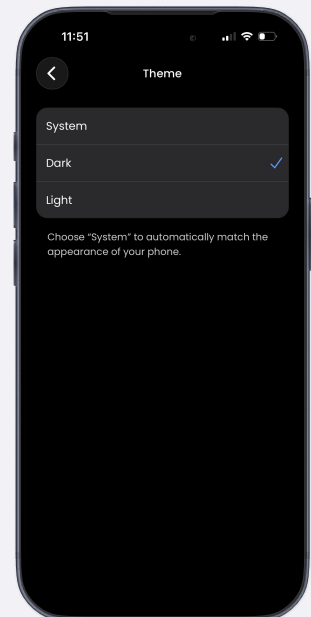
Theme



Tap "Theme" to switch the app appearance.

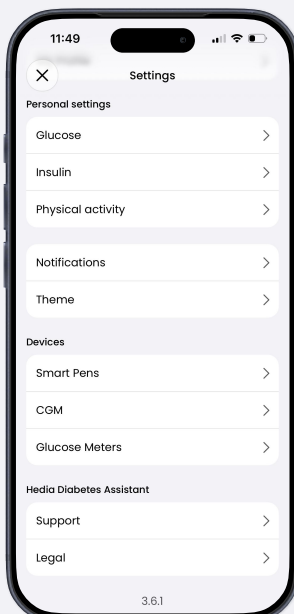


Choose Light mode for a bright look,

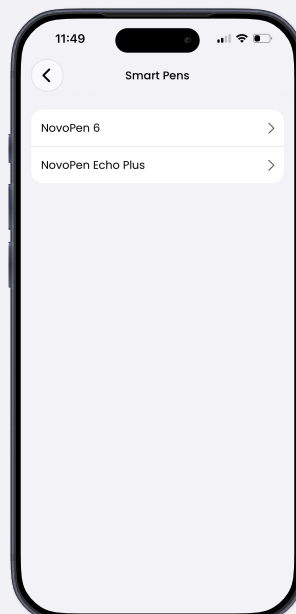


Dark mode for a darker interface, or System to match your device settings.

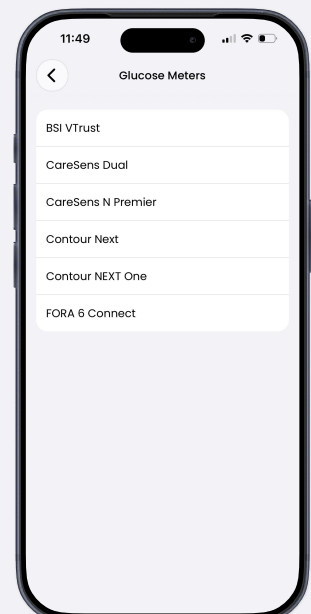
Devices



Connect to Smart Pens and Glucose Meters.
(Device availability may vary depending on region and platform).

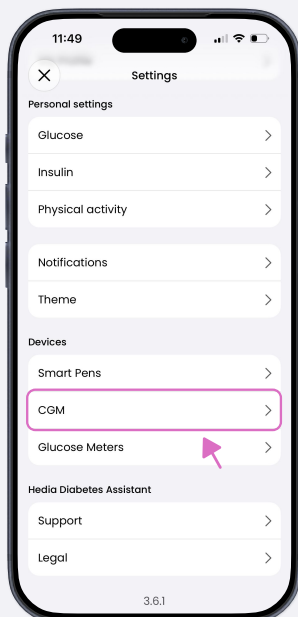


Connect with Smart Pens.

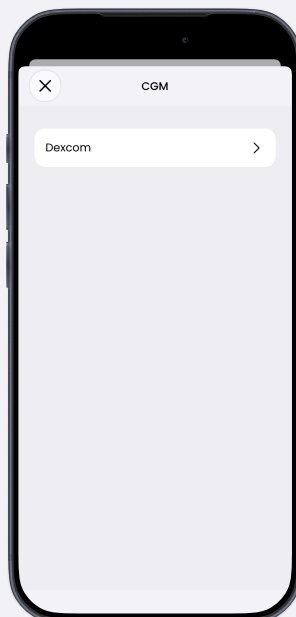


Connect with Glucose Meters

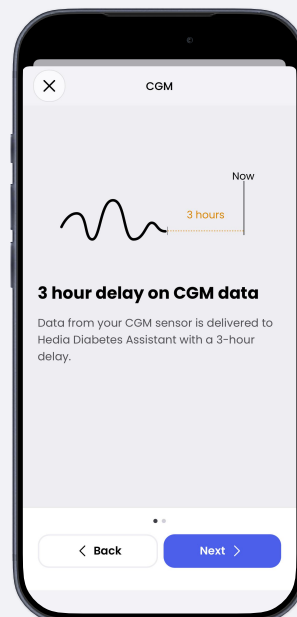
Dexcom



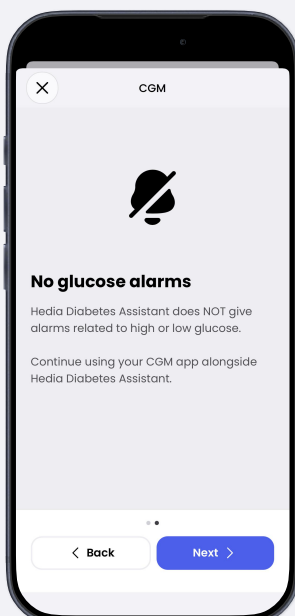
Connect with Dexcom
CGM



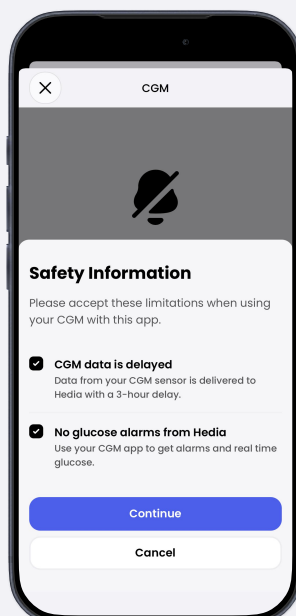
Tab Dexcom.



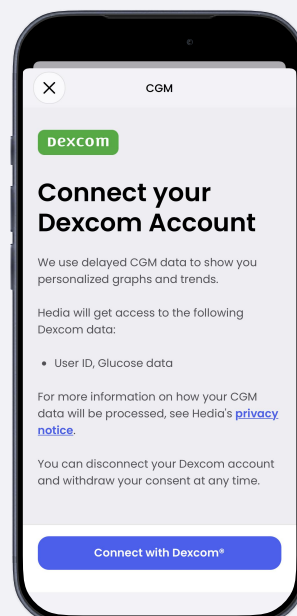
Data from your CGM
sensor is delivered to
Hedia Diabetes
Assistant with a 3-hour
delay.



Hedia Diabetes
Assistant does NOT
give alarms related to
high or low glucose.

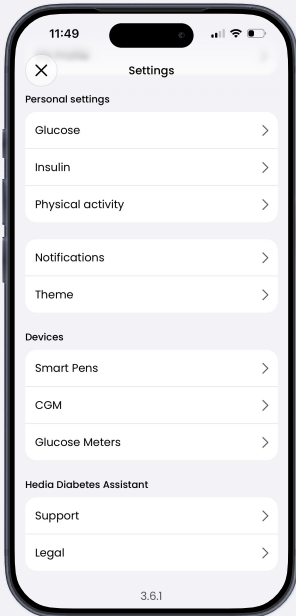


Read and accept the
'Safety Information'.



Connect to you Dexcom
account.

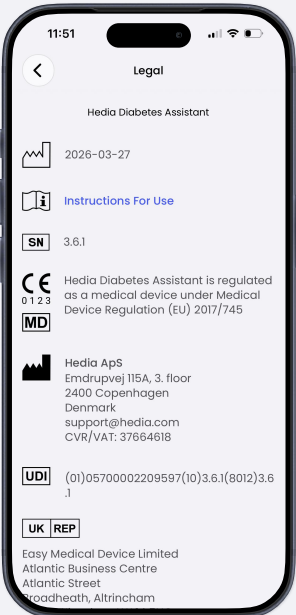
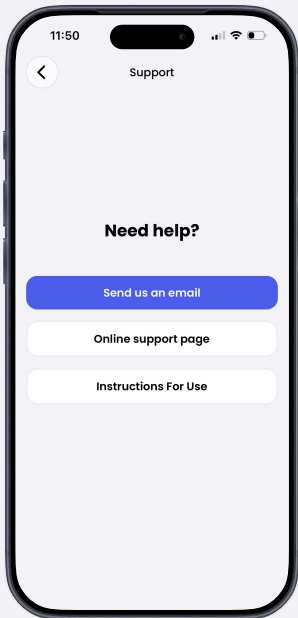
Hedia Diabetes Assistant



Help, Legal Notice.



Go to the online support page.



Legal:
See details about the manufacturer, production date and regulatory information



Instructions For Use:
Comprehensive written user manual