

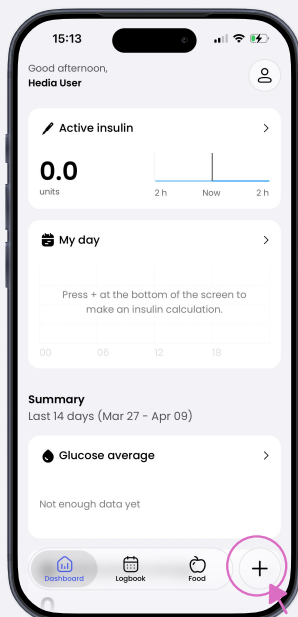


HOW TO

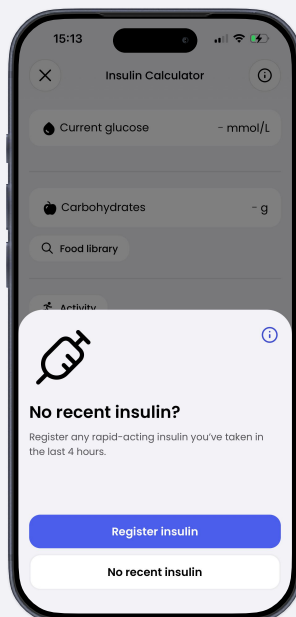
Use the insulin calculator

How to use the insulin calculator

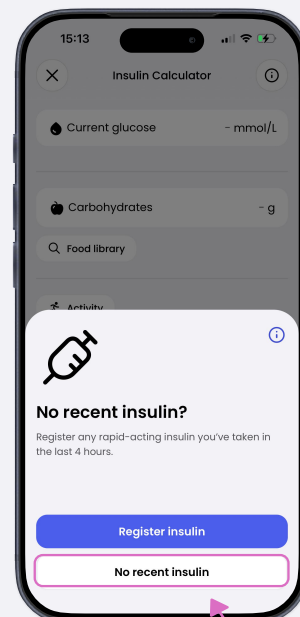
- 1 Enter rapid-acting insulin if you took it within 4 hours



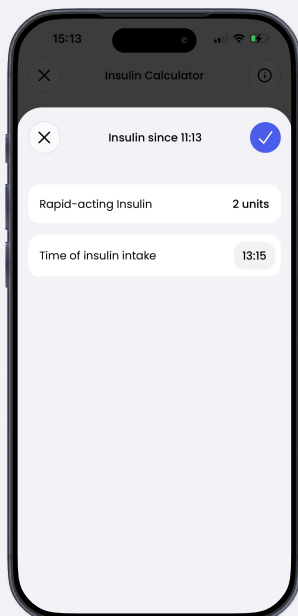
Press + to start a new calculation.



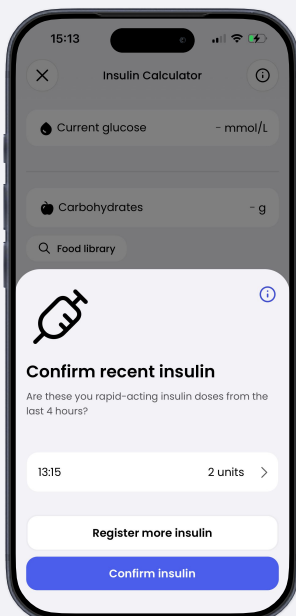
Did you take rapid-acting insulin within 4 hours?



If no, tab 'No recent insulin' and time.

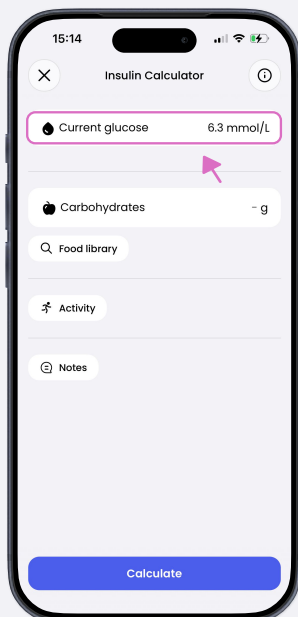


If yes, enter units and time.



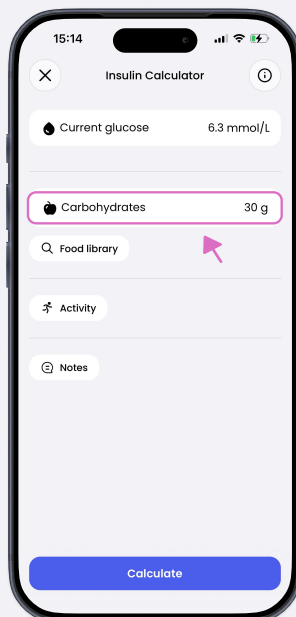
Confirm to continue.

2 Enter Glucose



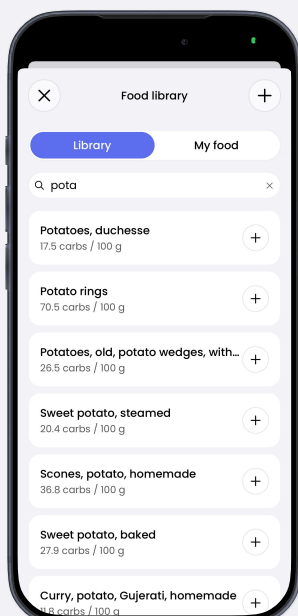
Enter your current glucose level manually or import reading from glucose meter via Bluetooth. Readings must be no more than 10 minutes old.

3 Enter Carbohydrates manually

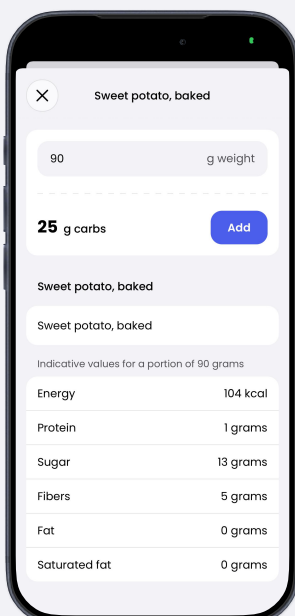


Enter carbohydrates manually.

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

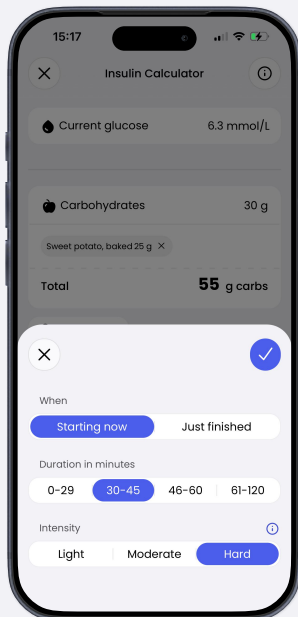


Find item you want to add.



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

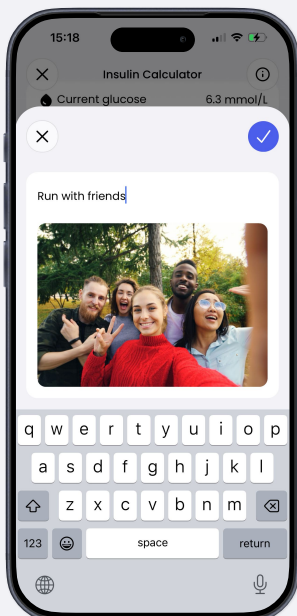
4 Have you been **physically active**?



The screenshot shows the 'Insulin Calculator' app interface. At the top, the current glucose level is 6.3 mmol/L. Below this, the carbohydrate count is 30 g, with a note 'Sweet potato, baked 25 g'. The total carbohydrate count is 55 g. A modal window is open for selecting activity details. It has a close button (X) and a checkmark button. The 'When' section has two options: 'Starting now' (selected) and 'Just finished'. The 'Duration in minutes' section has four options: '0-29', '30-45' (selected), '46-60', and '61-120'. The 'Intensity' section has three options: 'Light', 'Moderate', and 'Hard' (selected).

Choose when you are starting the activity, the duration and intensity of the activity.

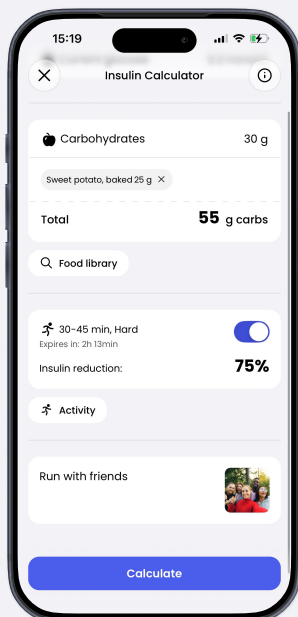
5 Have you been **physically active**?



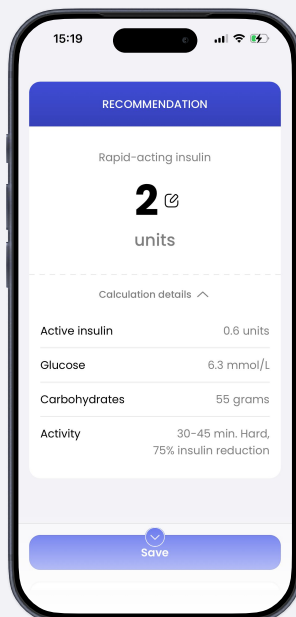
The screenshot shows the 'Insulin Calculator' app interface. At the top, the current glucose level is 6.3 mmol/L. Below this, the carbohydrate count is 30 g, with a note 'Sweet potato, baked 25 g'. The total carbohydrate count is 55 g. A modal window is open for adding a note and photo. It has a close button (X) and a checkmark button. The text input field contains 'Run with friends'. Below the text is a photo of a group of five people running outdoors. A keyboard is visible at the bottom of the screen.

Add notes and photos.

4 Summary and recommendation



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

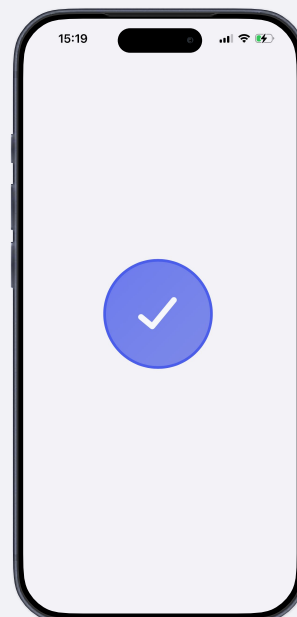


Your insulin recommendation is shown, along with any other relevant advice.

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.