

MYTELCARE DIABETES PAL

USER MANUAL

Welcome to the MyTelcare Diabetes Pal Smartphone App

This app will help you manage your diabetes.

MyTelcare Diabetes Pal logs glucose readings, medication doses, meals and notes. When combined with the Telcare BGM™, the app will automatically show all of your glucose readings without requiring you to manually enter a single log.

In this User Manual, you will find detailed instructions on taking advantage of all of the app's functionality.

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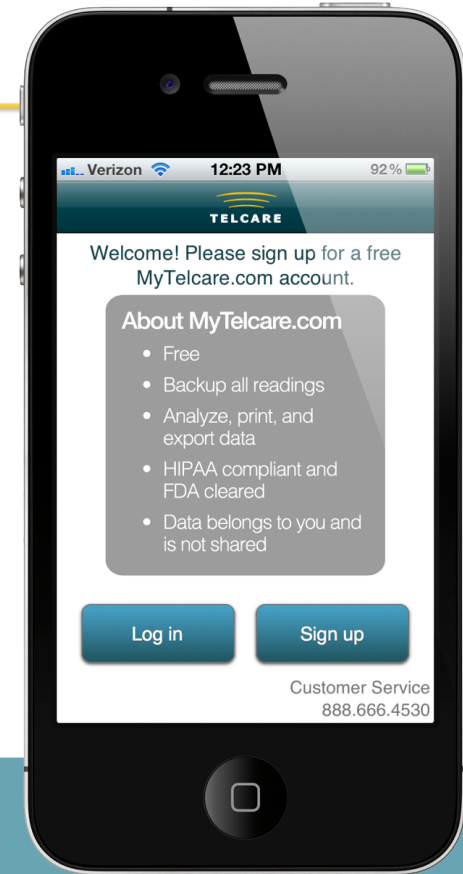
LOGGING IN

◊ Sign up

- If you do not already have an account, tap the “Sign up” button. Enter your information and tap “Submit” to create your account and enter the home screen.

◊ Log in

- If you have already created an account, tap “Log in” and enter your username/email and password. Then tap “Submit” to enter the home screen.



THE HOME SCREEN

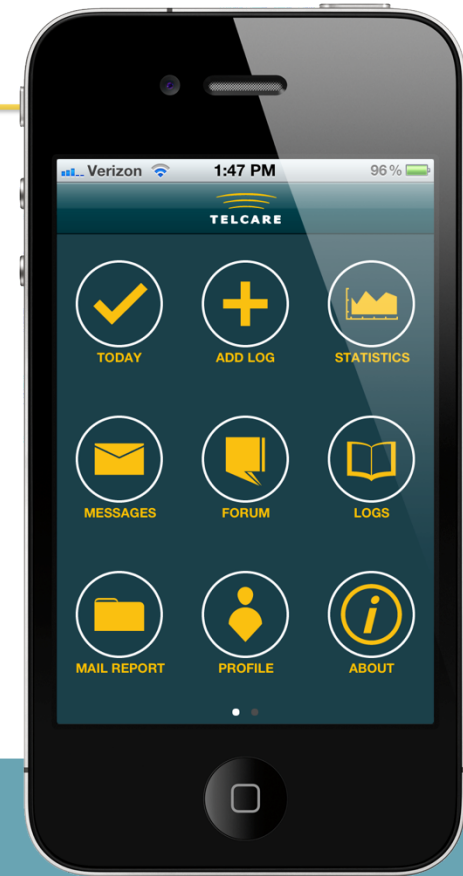
◊ Access all of the app's features on the home screen. You can also scroll sideways to navigate between pages. The menu items are as follows:

◊ Page 1

- Today
- Add Log
- Statistics
- Messages
- Forum
- Logs
- Mail Report
- Profile
- About

◊ Page 2

- Settings
- Facebook
- Twitter
- Feedback



TODAY

Displays your current status by 24-hour periods.

- ◊ Number of Tests Completed
 - How many tests you have completed relative to the number of tests you set as your daily goal during sign up.
- ◊ Today's Readings (Graph)
 - Readings for the day, individually plotted (mg/dL over hour of the day).
- ◊ Last Readings
 - Your three most recent readings.
- ◊ Pull down to refresh



ADD LOG

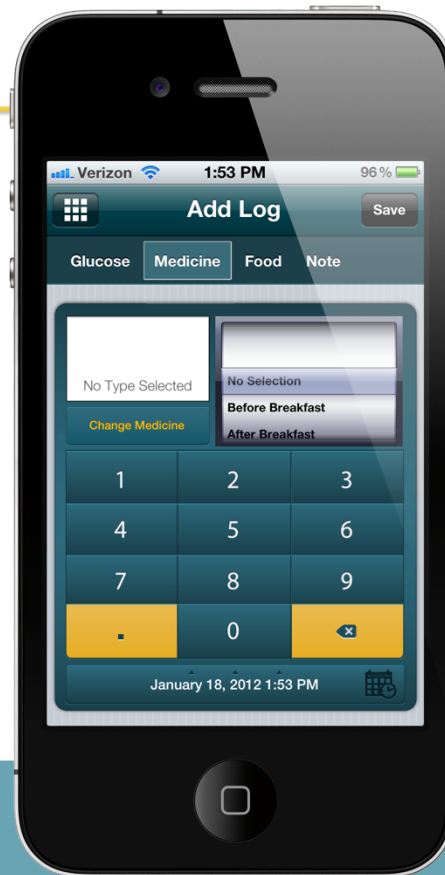
- ◇ Add a log entry for glucose, medicine, food, or a note.
- ◇ Entries can be created simultaneously.
- ◇ Tag entries by event using the picker on the right.
- ◇ Change the time of any log by using the calendar button that stretches across the bottom.
- ◇ Save logs by tapping the “Save” button in the top right.
- ◇ To add a Glucose log, enter the reading value using the keypad.



☞ The “Last Log” button beneath the reading value will display your last BG reading. Tapping this button will bring you to the logs screen.

ADD LOG (CONTINUED)

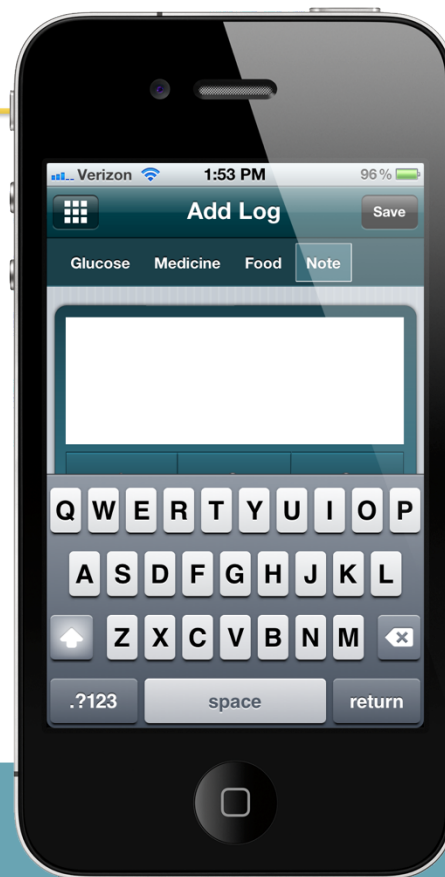
- To enter a Medicine log, select the Medicine tab and enter the number of units using the keypad.
- To add a Medicine type:
 1. Tap “Change Medicine” beneath the numerical display.
 2. Select a medicine or select “Add New” and enter the name and unit of medication.
 3. Select “Save” in the upper right to save your selection.
 4. Then select the desired medicine type from the list and tap “Back” to return to the Add Log screen.



ADD LOG (CONTINUED)

- ◊ To enter a Food log, select the Food tab and enter the number of grams of carbohydrates using the keypad.
- ◊ To add a Food type:
 1. Tap “Change Food” beneath the numerical display.
 2. Select a food or select “Add New” and enter the name of the food.
 3. Select “Save” in the upper right to save your selection.
 4. Then select the desired food type from the list and tap “Back” to return to the Add Log screen.
- ◊ You can also attach notes to your logs. To do this, select the note tab and type in your note using the keyboard.

☞ Once all content is entered, tap “Save” in the top right to complete the log.



STATISTICS

- ◊ Graphical representations of your glucose readings.
- ◊ View any graph in full screen by tapping it.
- ◊ Select the “+” button in the top right to add a new log from this screen.
- ◊ Pull down the screen to refresh.



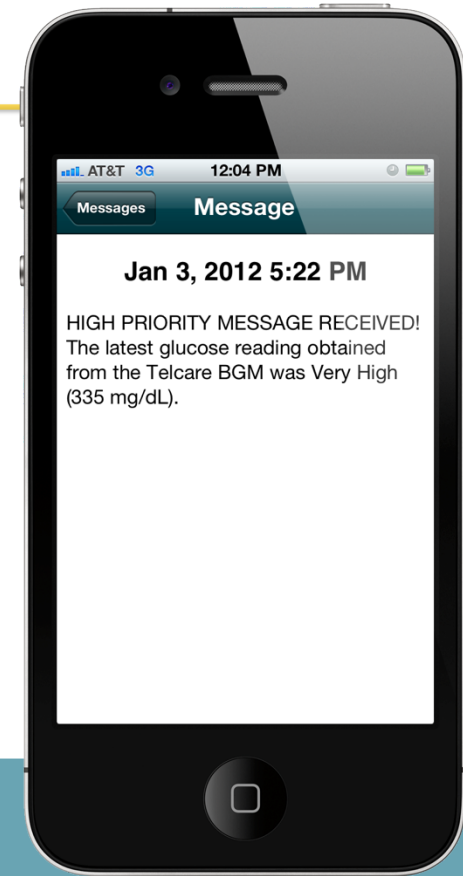
STATISTICS (CONTINUED)

- ◊ Timeframe
 - Select the timeframe using the tabs listed on the top of the page. The options range from “Today” to “All” readings. Scroll sideways to see more timelines.
- ◊ Hourly Average
 - Displays your average reading value by hour of the day.
- ◊ Pie Chart
 - Displays the breakdown of your readings based on whether they are low, normal, high, or very high. Also shows your lowest, highest, and average blood glucose for the selected timeframe.
- ◊ Tag Averages
 - Displays your average blood glucose by event tag.



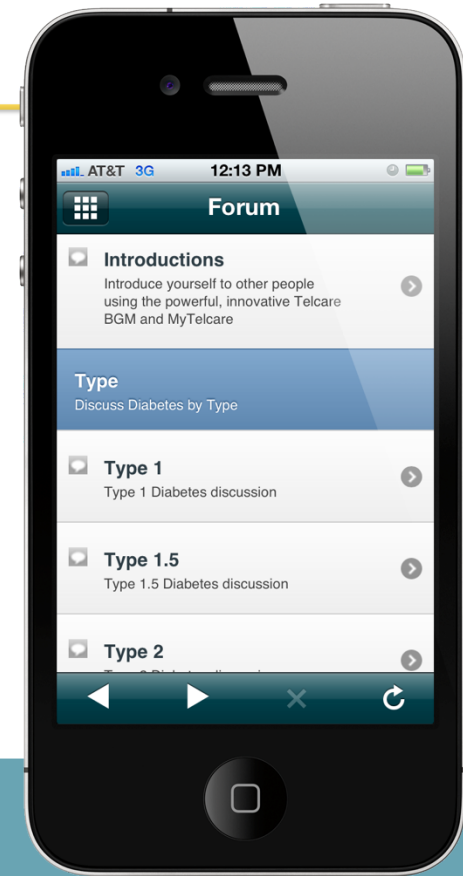
MESSAGES

- ◊ Shows your messages received based on your glucose readings.
 - Personalized messages are automatically sent to Telcare BGM™ users only. You will not receive these messages if you do not have a Telcare BGM™ linked to your account.
 - Messages are sent based on trends in your readings and if the system detects that something may be wrong.
- ◊ Choose whether to view all messages or only high-priority messages by using the switch at the top.
- ◊ To view a message, select it from the list.



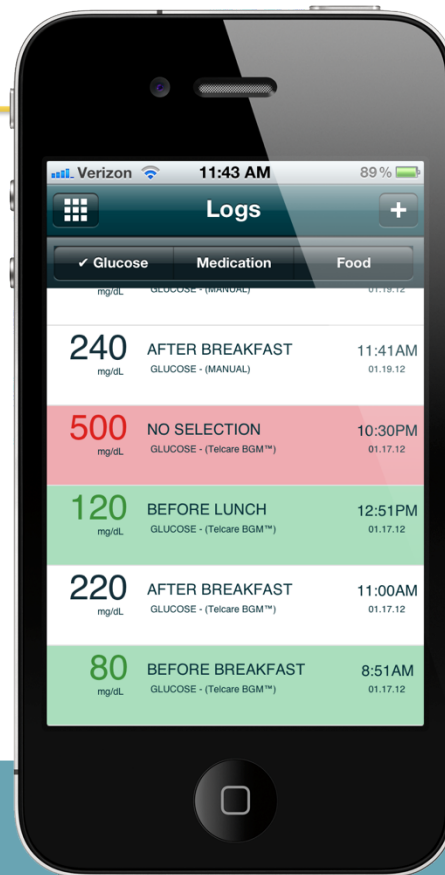
FORUM

- Allows you to engage in the MyTelcare Diabetes community.
- Read posts of other users or post your own ideas and responses.



LOGS

- ◊ Displays all of your logs in chronological order.
- ◊ Choose which type of logs to display (Glucose, Medication, Food) by tapping on the reading type buttons at the top. If a button is checked, logs of that type will be displayed.
- ◊ Logs are highlighted by target zone (edit ranges at <http://mytelcare.com>).
 - Highlighted in green when within your glucose reading target zone.
 - Highlighted in red when far above target zone.
- ◊ Add a new log from this screen by selecting the “+” button in the top right.
- ◊ View details, edit, or delete a log by tapping it. Because it is clinical data, **you are not able to edit or delete logs obtained from the Telcare BGM™ however you may add a note.**
- ◊ Pull screen down to refresh. **You must refresh in order to see color coding.**



You can edit your glucose ranges by logging on at www.mytelcare.com and going to your Clinical Profile.

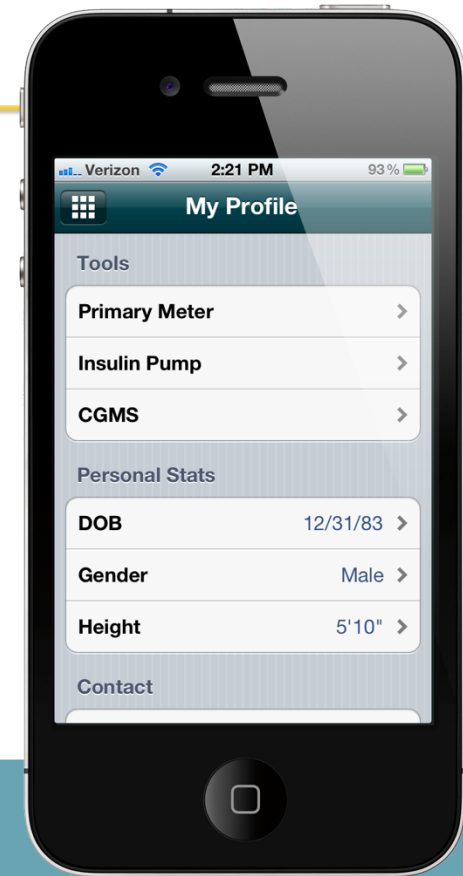
MAIL REPORT

- Generate a PDF report for email by tapping the Mail Report button on the home screen. Select the number of days for which to create the report (7, 30, or 90 days). Upon selection, an email is generated with the PDF report attached. You must enter the desired email recipient. The email will come from the registered email address on the device.
- PDF reports contain advanced information about your progress, including your average blood glucose levels, range, standard deviation, and graphs.



PROFILE

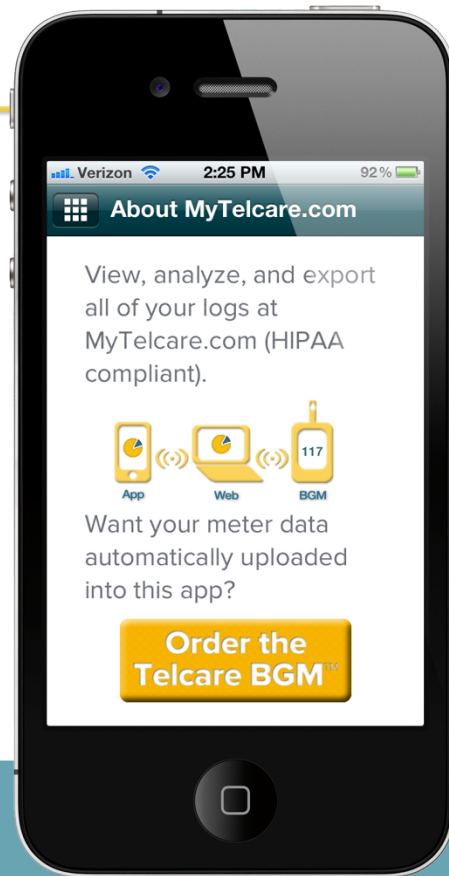
- View and edit your personal information. To edit a field, select it from the list, make any desired changes, and select “Save” in the top right.
- The number of registered devices on your account is displayed at the bottom.



Profile data will be used for various non-personally identifiable social features in later versions. It is not shared.

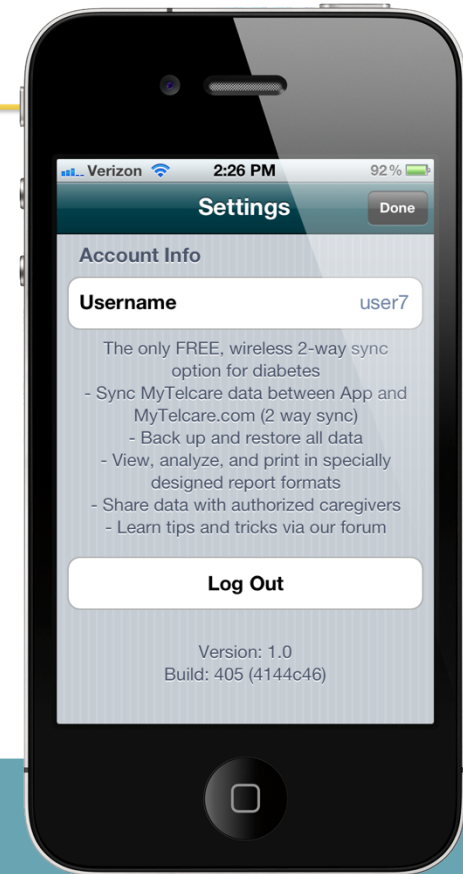
ABOUT

- Offers more information about how Telcare works and how devices in the MyTelcare system interact with one another.
- Select “Order the Telcare BGM™” button if you wish to purchase a Telcare BGM™ or if you want more information about it.



SETTINGS

- View your account username, information regarding MyTelcare, and your app version.
- At the bottom, there is a log out button.



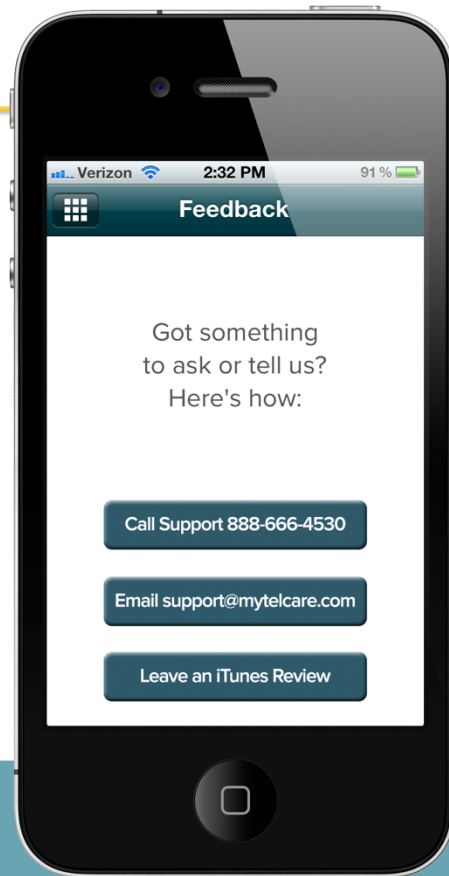
FACEBOOK AND TWITTER

- Access social networks by using the Facebook and Twitter buttons on the home screen.



FEEDBACK

- Use on-screen buttons to call or email support. You can also leave an iTunes review.



THE TELCARE BGM™

- When you use the Telcare BGM™, all of your readings are automatically synced to the Telcare server and appear instantly in your MyTelcare Diabetes Pal and on www.mytelcare.com. Take full advantage of all of MyTelcare's logging and trend analysis functions **without ever having to enter a single reading**.
- To order your Telcare BGM™, please visit:
www.telcaresupplies.com
- To find out more about Telcare, Inc. and the Telcare BGM™, please visit:
www.telcare.com

SUPPORT

Need help? Here's how to contact us:

- ◊ Call us: (888) 666-4530
- ◊ Email us: support@mytelcare.com