ACCU-CHEK® Instant

Roche

QUICK REFERENCE GUIDE

WITH MYSUGR® BOLUS CALCULATOR

⚠ WARNING

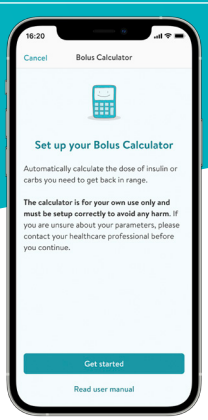
The mySugr Bolus Calculator is intended for the management of insulin dependent diabetes by calculating a bolus insulin dose or carbohydrate intake based on your entered data. The mySugr Bolus Calculator is licensed for people with diabetes over the age of 18 years. The mySugr logbook is licensed for people with diabetes over the age of 16 years.

⚠ WARNING

Before using the mySugr Bolus Calculator, please discuss with your healthcare professional whether it is appropriate for you.

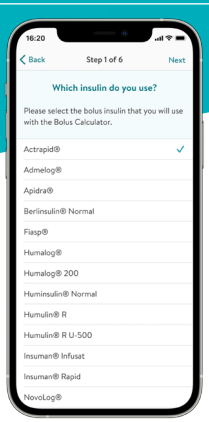
You will need some important details about your therapy from your healthcare professional in order to complete the set up. If you are unsure about your parameters please contact your healthcare professional.

1



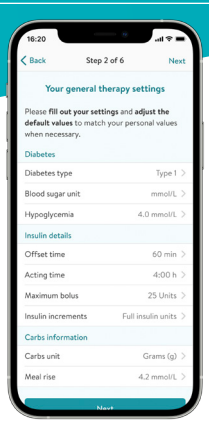
On your home screen select **more**. Select **Profile & Settings**, then on iPhone **Insulin therapy** or on Android **Settings**, and finally select **Bolus Calculator Settings**.

2



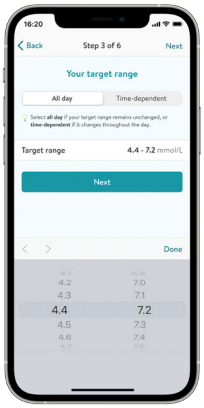
Select the insulin that you use and select **next**.

3



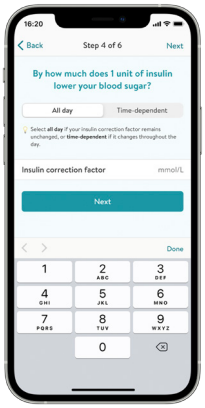
Fill out all the settings and **adjust the default values** to match your personal values where necessary. Onscreen descriptions are available if you are unsure of the information being requested.

4



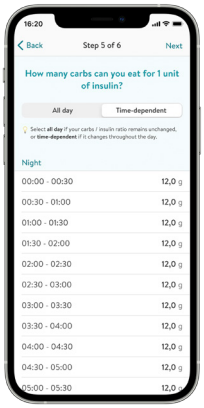
Select your target range. If it remains unchanged throughout the day select **Next**. If it changes throughout the day select "Time dependent" and select the relevant time frames to adjust your target values. Select **Next** to continue.

5



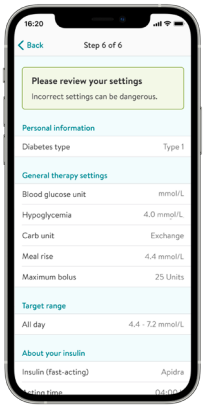
Enter your insulin correction factor. If it remains unchanged throughout the day select **Next**. If it changes throughout the day select "Time dependent" and select the relevant time frames to adjust your insulin correction factor. Select **Next** to continue.

6



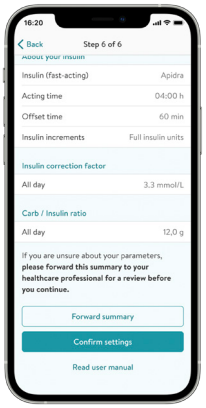
Enter your carbs/ insulin ratio. If it remains unchanged throughout the day select **Next**. If it changes throughout the day select "Time dependent" and select the relevant time frames to adjust your carb/ insulin ratio. Select **Next** to continue.

7



Review your settings. You can forward your settings to your healthcare team via email or another messaging app.*

8



Select **Confirm settings** and use your device authentication to validate your Bolus Calculator settings.

⚠ WARNING

This Quick Reference Guide does not replace the detailed user manuals for the mySugr app and Accu-Chek Instant blood glucose monitoring system. Be sure to comply with the safety information in the user manual and in the package insert of the test strip.

*When you share your diabetes information (e.g. via email) your personal data leaves the mySugr app. We cannot guarantee the privacy of your data in this regard.

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www.accu-chek.co.uk **www.accu-chek.ie**