ACCU·CHEK®

Roche

# Here to support you

Connects with mySugr®

## Meter registration

Receive updates and support for your Accu-Chek Instant blood glucose meter.

**accu-chek.co.uk/meter-registration**

## Online support

Manuals, videos, how-to guides and frequently asked questions.

**accu-chek.co.uk/training-support**

## Customer care

We're here to help should you have any difficulties with your Accu-Chek Instant meter or connecting to the mySugr app.

**UK:** 0800 701 000*
**Ireland:** 1 800 709 600*

## Accu-Chek® Instant prescription request

*Please complete this form and give it to your healthcare professional.*

I have started using the Accu-Chek Instant meter and I require a prescription for:

- ◯ Instant test strips (50)
- ◯ FastClix lancets (204)

***Patient name:***

***Date of birth:***

***Postcode:***

***Additional information:***

# Let's get started with your new meter

This document contains lots of great information about your new meter, so be sure to keep it to hand as a helpful resource. If you haven't already, don't forget to change your blood glucose test strip prescription using the form on the previous page.

**Blue**
Test result is above the target range.

**Green**
Test result is within the target range.

**Red**
Test result is below the target range.

**⚠ WARNING**

This document does not replace the detailed user manual for the 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.

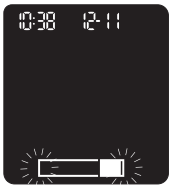
Test strip

## Setting the time and date

**1.** Press up ▲ to turn the meter on.

**2.** Press and hold down ▼ until set-up appears on the display. The hour flashes. Press up ▲ to increase the hour or press down ▼ to decrease the hour.

**3.** Press and hold up ▲ to set the hour and move to the next field. The minutes flash. Press up ▲ to increase the minutes or press down ▼ to decrease the minutes.




**4.** Repeat step 3 to adjust each field. After setting the year, press and hold up ▲ until the flashing test strip symbol appears to save your settings.

†The target range is set by default at 3.9–8.9 mmol/L. To change the target range, connect your meter to the mySugr app, or to a PC with diabetes management software installed. Consult your healthcare team before changing the target range.

**ⓘ NOTE**

The meter prompts you to set the time and date the first time you turn it on or if an error occurs.

- Press and hold down ▼ at any time until the flashing test strip symbol appears to perform a test.
- The meter has time and date auto-sync capability when paired with a mobile device that will update the meter time and date automatically.

**Important information for Healthcare Professionals**

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Accu-Chek® products on GP prescription software systems are **NOT** prefixed with the Accu-Chek name. Search using the product search terms below.

| | | | |
|---|---|---|---|
| • Instant Test Strips (50) | Search term: Instant blood glucose testing strips | (UK) PIP Code: 417-0759 | (ROI) GMS Code: 85132 |
| • FastClix Lancets (204) | Search term: FastClix lancets or FASTCLIX 0.3MM (30G) lancet | (UK) PIP Code: 351-2795 | (ROI) GMS Code: 85541 |

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Date of preparation: March 2024 | For use in the UK and Ireland only.

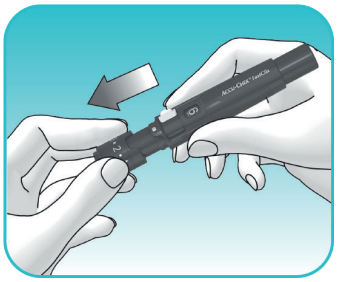
# Using the Accu-Chek FastClix finger pricker

⚠ WARNING

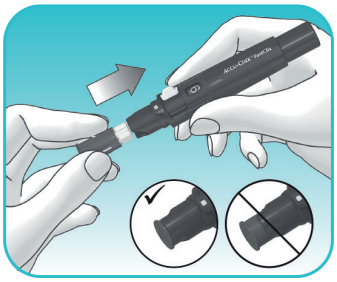
- Accu-Chek FastClix finger pricker is intended for patient self monitoring by an individual person only. It must not be used to test blood glucose from more than one person as it does not incorporate any features to guard against cross-infection.
- Do not insert a lancet drum and press the release button at the same time.
- Do not insert a lancet drum with the release button resting on a surface, for example, a table top. This could release a lancet which could inadvertently prick you.

**1.** Wash your hands with warm water and soap before you obtain blood.

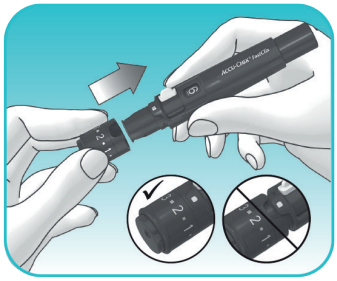
Dry your hands.



**2.** Remove the cap from the finger pricker by pulling it straight off.

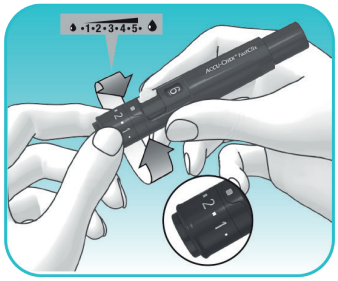


**3.** Insert a new lancet drum – white end first – into the finger pricker.

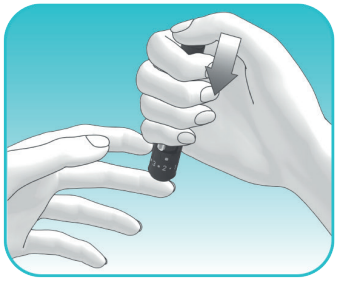


**4.** The lancet drum is properly inserted when it is completely inside the finger pricker, until it clicks firmly into place.

Replace the cap.



**5.** Rotate the cap until the desired penetration depth lines up with the indicator. Start at 2 or 3. For tougher skin dial to a higher number.

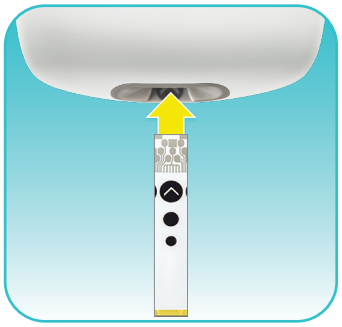


**6.** Press the finger pricker firmly against the selected puncture site.

Press the release button all the way down, the lancet is released and it penetrates the skin.

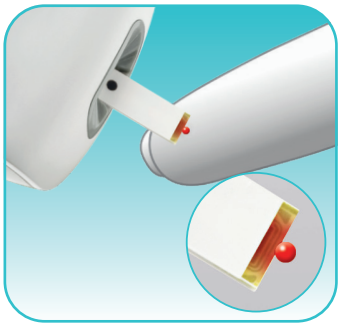
Test your blood sugar immediately after you obtained blood.

## Four steps to measure your blood sugar



**1.** Always wash your hands with warm, soapy water and dry them thoroughly before checking your blood sugar. The meter turns on when you insert the strip into the meter. Metallic end of the strip goes in the meter.

**2.** When a flashing drop symbol appears, perform a finger prick with the finger pricker.



**3.** Touch the **yellow edge** of the test strip to the blood drop. Remove your finger from the test strip when the flashing hourglass symbol appears on the display.

**4.** The test result appears on the display in less than 4 seconds. The arrow shows if your test result falls above, within, or below the target range. The target range can be individualised to suit your personal therapy goals.

# Download our mySugr app

The mySugr app automatically captures your blood sugar results when connected to your Accu-Chek Instant meter. Using your Accu-Chek Instant meter together with the mySugr app can help improve your blood sugar control, estimated HbA1c, and diabetes understanding.[1]

### Easy, accurate, automatic blood sugar logging

- Make your day easier by logging your blood sugar levels automatically
- Say goodbye to paper logbooks and avoid manual logging errors
- Share automatically generated reports with your healthcare team

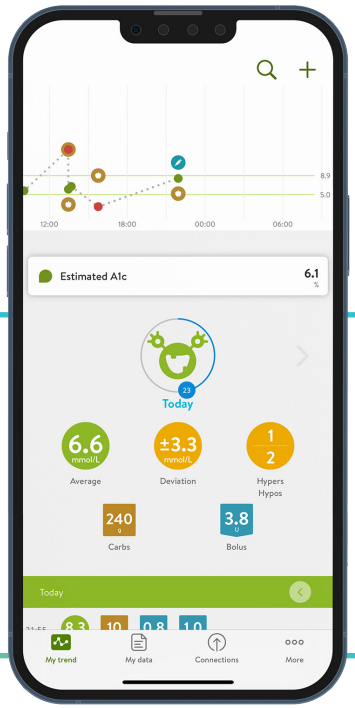
### Improve your eHbA1c

- Get access to estimated HbA1c and see it improving[1]
- See results after one month of using mySugr[2]
- Have more measurements in range[2]

### Improve your diabetes management and understanding

- Get a complete overview of all your diabetes information in one place
- Learn how different lifestyle choices such as food, activity and stress influence your blood sugar levels for better management
- Use the bolus calculator to manage your insulin dosing for correction and meal time

Scan the code with your phone, or visit App Store or Google Play, to download the mySugr app. Then use your email to create an Accu-Chek Account.

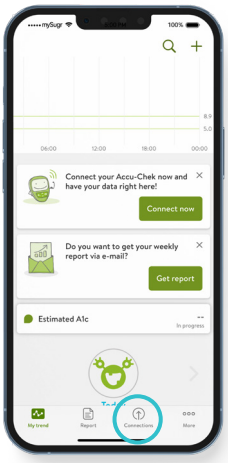



The mySugr Bolus Calculator is licensed for people with diabetes over the age of 18 years.
The mySugr logbook is licensed for people with diabetes over the age of 16 years.
Users will need to be at least 18 years old to create an account.

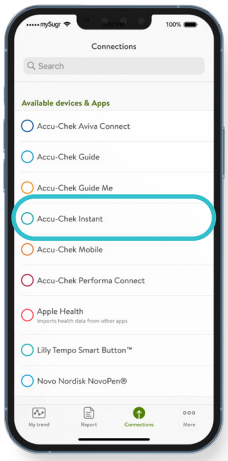
## How to connect your meter to the mySugr app

IPHONE ANDROID

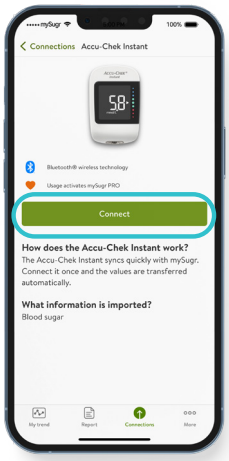
**1.** Make sure Bluetooth is turned on.




**2.** In the mySugr app, tap on “Connections” at the bottom of the screen.




**3.** Choose your device from the list.




**4.** Tap the Connect button and follow the on-screen instructions.

# Making the most of your results

You don't have to do diabetes alone, share your results with your healthcare team. Whether you decide to share your results using mySugr reports, or seamlessly once connected to their practice system, there's plently in it for you.

### No more paper logbooks!

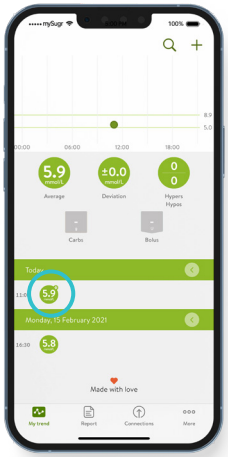
Once you connect your Accu-Chek Instant meter to the mySugr app, you can say goodbye to paper logbooks as everything can be stored in one place... your smartphone.

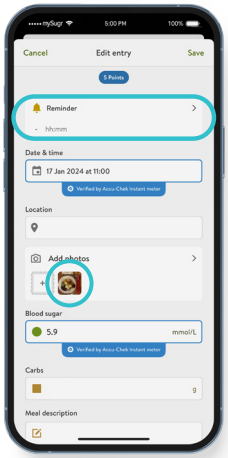
### Better information and support[3]

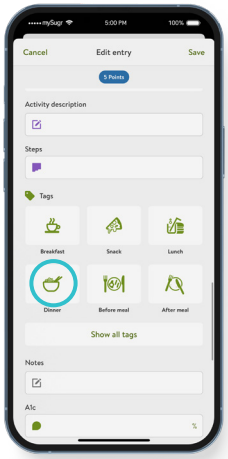
Sharing your results from mySugr can help your healthcare team manage their time with you more effectively, for example to review and adjust your treatment as necessary.

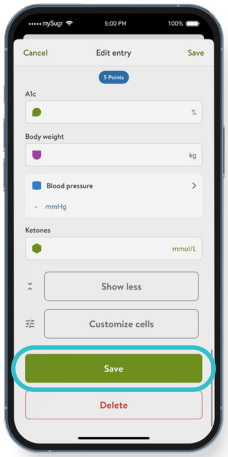
## Tagging your blood sugar values and setting reminders

Tags are small icons that can highlight certain situations and emotions to help tell a story. They can help you and your healthcare team better understand your diabetes and the relationships between certain situations and your blood sugar.









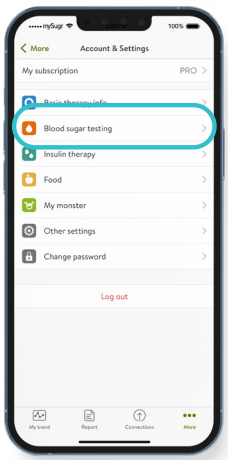
**1.** Select a blood sugar entry and tap Edit. Scroll to bottom of screen and tap "Show all fields".

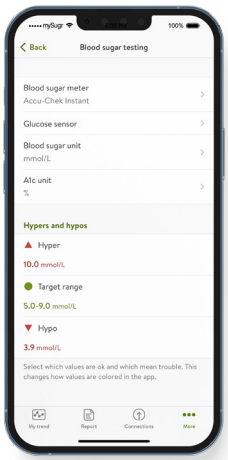
You can:
- Set a reminder.
- Take a picture of your food.
- Enter values for your carbs, insulin, pills and activities.

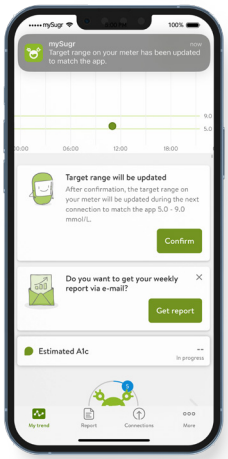
**2.** Select the tags you want to save.

**3.** Save the entry.

## Changing the target range on your Accu-Chek Instant meter







**1.** In the mySugr app, tap "More", select "Account & Settings", then "Blood sugar testing".

**2.** Where required, update your "Hyper", "Target range" and "Hypo". Tap "Back" to save entry.

**3.** Once updated you may receive a confirmation/ notification message in the mySugr app.

### NOTES

- Switch on mobile notifications for mySugr.
- Always consult your healthcare team before changing the target range.
- Target range will be changed on your meter once it's connected to the mySugr app.
- Perform another blood sugar test to confirm the new target range.

# Staying connected to the mySugr app

If you are not seeing your recent blood sugar values in the mySugr app, firstly check that your Accu-Chek Instant meter is still connected to the app. In the mySugr app tap on “Connections”. Your meter is connected if it apears with a tick listed under ‘Connected devices & Apps’.

## Not connected

Accu-Chek Instant

You may have changed your phone or have a new meter.

### Connect your meter

To reconnect follow the step-by-step instructions in the section “Connecting the Accu-Chek Instant meter to the mySugr app”.

## Connected

Accu-Chek Instant

If your Accu-Chek Instant meter is connected to the mySugr app and you cannot see your results:

### Turn phone Bluetooth on

Make sure that your mobile Bluetooth is switched on.

### Turn meter Bluetooth on

With the meter off, press and hold the down button until the Bluetooth symbol appears, along with the pairing and wireless symbols flashing.

### Check within 2 meters

Make sure your Accu-Chek Instant meter is within 2 meters from your mobile phone whilst checking your blood sugar.

### Still not resolved?

Disconnect and reconnect your Accu-Chek Instant meter from the mySugr app. In the mySugr app select “Connections”. Choose “Accu-Chek Instant” and tap “Disconnect”. Then tap “Connect” and follow the on-screen instructions to complete the process.

Contact Accu-Chek Customer Care if further support is needed.

Regularly check that your blood sugar values are syncing with the mySugr app.

Sync your blood sugar values at least once every 30 days to maintain access to all mySugr Pro features.

The mySugr app does not need to be open to transfer results from your Accu-Chek Instant meter.

*All names, images and data shown are for demonstration purposes only, not real patients. The screens you see may differ from the screens in the app.*

**References: 1.** Debong F, et al. Diabetes Technol Ther. 2019;21(S2):S235–S240. **2.** Ide C, et al. Real World Data analysis shows a significant improvement in glycaemic management when using a blood glucose monitor connected with a mobile health application in UK users with Type 2 Diabetes. Diabetes UK Professional Conference Poster Session, Liverpool, 26-28 Apr 2023, Poster 19 **3.** Feedback received from diabetes healthcare professionals using Roche Diabetes Care digital solutions during the development of case studies

mySugr

Download on the App Store

GET IT ON Google Play

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## Accu-Chek Customer Care

**accu-chek.co.uk/training-support**

**UK:** 0800 701 000* **Ireland:** 1 800 709 600*

*Some mobile phone operators may charge or restrict access for calls to these numbers.
Opening hours: Monday to Friday 8am-6pm excluding bank holidays.