ACCU-CHEK® Instant



QUICK REFERENCE GUIDE

WITH MYSUGR® BOLUS CALCULATOR

is appropriate for you.

contact your healthcare professional.

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. Please note: You must be at least 18 years old to register for the Accu-Chek Account. Please see the manual for intended use.

Before using the mySugr Bolus Calculator, please

discuss with your healthcare professional whether it

You will need some important details about your therapy

set up. If you are unsure about your parameters please

from your healthcare professional in order to complete the



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



Select the insulin that you use and select next.

18:20 Action Back Step 2 of 8 Next Constant descriptions Distant site of your settings and adjust the description adjust the descriptint adjust the description adjust the descriptint adjust the descri

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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.



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.



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.

16:20		al 🕆 🗖
Back	Step 5 of 6	Next
How many ca	rbs can you eat of insulin?	for 1 unit
All day	Time-dependent	
	r carbs / insulin ratio rema if it changes throughout t	
Night		
00:00 - 00:30		12,0 ្
00:30 - 01:00		12,0 ្
01:00 - 01:30		12,0 <
01:30 - 02:00		12,0 ្
02:00 - 02:30		12,0 ្
02:30 - 03:00		12,0 <
03:00 - 03:30		12,0 ្
03:30 - 04:00		12,0 ្
04:00 - 04:30		12,0 <
04:30 - 05:00		12,0 ្
05:00 - 05:30		12.0

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.

Back Step 6 of 6		
Please review your	-	
Personal information		
Diabetes type	Туре	
General therapy setting:		
Blood glucose unit	mmol/	
Hypoglycemia	4.0 mmpl/L	
Carb unit	Exchange	
Meal rise	4.4 mmol/	
Maximum bolus	25 Unit	
Target range		
All day	4.4 - 7.2 mmol/	
About your insulin		
Insulin (fast-acting)	Apidra	
eting time	04-00-	

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



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

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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