ACCU·CHEK®

SmartGuide Predict

USER'S MANUAL

ACCU-CHEK SMARTGUIDE PREDICT APP

Contents

1   About This Manual

To help you get familiar with all the functions of the app, read the instructions carefully. If the app doesn't work as you expect, see the troubleshooting section of this User's Manual. If you still can't find what you are looking for, contact customer support.

This User's Manual highlights the following information in a special way:

⚠ WARNING

A ⚠ **WARNING** indicates a foreseeable serious hazard.

⚠ PRECAUTION

A ⚠ **PRECAUTION** describes a measure you should take to use the product safely and effectively or to prevent damage to the product.

NOTE

A NOTE contains helpful information and tips.

2 Product Information

2.1   Intended Use

Accu-Chek® SmartGuide Predict app is a software application for people with diabetes (PwDs) which use a connected continuous glucose monitoring (CGM) system.

The Accu-Chek SmartGuide Predict app is:

- an information management tool that helps PwDs visualize and analyze their diabetes data.
- intended as an aid in PwDs daily diabetes management, to be used at home.
- a companion app for the Accu-Chek SmartGuide app.

2.2   Indications for Use

The Accu-Chek SmartGuide Predict application (app) is intended to be used at home on a daily basis.

The Accu-Chek SmartGuide Predict app is intended to review past continuous glucose monitoring (CGM) data and to provide predictions on future CGM values.

Proper operation of this app relies upon a compatible mobile device with proper settings. For the latest information on compatible mobile devices, tap **https://tools.accu-chek.com/documents/dms/index.html**.

2.3   Intended Users

Intended users are individuals who are:

- Adults, 18 years of age and older
- People with diabetes mellitus

2.4   Contraindications

The app is not intended to control any functions or modify any data of the connected devices.

The app is not intended to replace the primary display of the connected devices (like blood glucose meter, insulin pens, or CGM data on the respective CGM app).

Patients should not alter their therapy based on the data displayed without prior consultation with their healthcare professional (HCP).

2.5   Limitations

The Accu-Chek SmartGuide Predict app must receive CGM values of the respective PwD in real-time.

Gaps in CGM data collection might lead to lower feature performance.

2.6   Education and Training

This app can be used without prior education or training.

2.7   Main Features

In order for the Predict app to properly function, you have to set up your CGM sensor. Follow the steps in the Calibrating Your Sensor chapter of the Accu-Chek SmartGuide app User's Manual.

A transfer of a minimum of 1 hour of uninterrupted CGM data is required so that you receive your initial glucose prediction. And at least 1 day of data is required to predict your chance of having low glucose during the night.

This section provides an overview of the app's main functionalities:

- Glucose Predict
- Low Glucose Predict
- Night Low Predict
- Glucose Patterns
- Customizable Notifications
- Export Report
- Home Screen
- Data Transfer
- Seamless Integration with the Accu-Chek SmartGuide App

Glucose Predict

The Predict app collects and uses information from the Accu-Chek SmartGuide app.

Your glucose prediction for the next 2 hours is displayed once you have properly set up your CGM sensor and a minimum of 1 hour of uninterrupted CGM data has been transferred from the Accu-Chek SmartGuide app to this app.

For more information about this feature, see chapter Glucose Predict.

Low Glucose Predict

The app detects and notifies you of a possible low glucose occurring within 30 minutes. By default, the *Low glucose soon!* notification you receive is already on when you open this app for the first time. You can go to **Notification settings** from **Menu** to turn it off. The Low Glucose Predict card will still be displayed on the Home screen of the app.

The *Low glucose soon!* notification displays on your Lock screen, or when you swipe down from the top of any other screen. Tap the notification to get more details and actions you can optionally choose to take.

The Low Glucose Predict functionality only works when your low glucose alarm is set between 60 mg/dL (3.3 mmol/L) and 100 mg/dL (5.5 mmol/L) in the Accu-Chek SmartGuide app. This notification doesn't work when your low glucose alarm is set above 100 mg/dL (5.5 mmol/L).

For more information about this notification, see chapter Glucose Predict.

Night Low Predict

This feature predicts your chance of having low glucose during the night, allowing you to decide what actions to take before you go to bed.

Going low means that your glucose value might go below 70 mg/dL (3.9 mmol/L).

If you enable this feature and turn on the notification, you could receive the *Night low predicted!* notification if you have a high chance of having low glucose while you sleep. The Predict app needs at least 1 day of data to predict your chance.

You can also set up the Night Low Predict feature and manually request a calculation.

For more information about having low glucose during the night, see chapter Night Low Predict.

Glucose Patterns

This feature identifies recurring glycemic events, which take place during a day or a week (Mon-Sun). This allows you to take actionable steps to help keep your glucose levels in range.

Once the Predict app receives CGM data from the Accu-Chek SmartGuide app, detected patterns from the last 24 hours display below the graph on the Home screen.

Patterns display in the order of the one with the highest health risk first, at the top, such as a very low or low pattern. Plus, you can set reminders on any of your detected patterns.

You receive a pattern summary on a weekly basis, every Monday. And you decide if you want to receive a notification when that summary is available.

From the Current tab on the Glucose patterns screen

- View all patterns that were detected in the last 2 weeks (from Monday last week to your current timestamp). You can also see which patterns have reminders set on them.
- Tap on a detected pattern to see more information, including any associated carbohydrate, insulin, and blood glucose result entries in the Accu-Chek SmartGuide app logbook. Tap on a single day for the pattern to see the details and logbook information for that day.
- Set up to be notified when last week's summary is available.

From the Past tab on the Glucose patterns screen

- View those patterns that are no longer detected, listed by the latest month first. Past patterns which are older than 2 weeks, are stored separately up to 6 months.

For more information about patterns, see chapter Glucose Patterns.

Customizable Notifications

Set up notifications for your chances of having night-time lows, and for your weekly pattern summary. The notification about you having low glucose within 30 minutes is on by default. Meet your personal needs and preferences through the customizable notifications feature.

You can access **Notification settings** from **Menu**. If you have any issues you can also check your mobile device operating settings. The notifications need to be switched on.

Export Report

Select the two-week period of data to export for your patterns and/or ambulatory glucose profile (AGP) report. Analyzing your report allows you to further understand your past overall glycemic status. Having this historic glucose information helps you to better manage your glucose levels in the future. Additionally, you can easily share the report with your HCP.

For more information about how to generate this report, see chapter Export Report.

Home Screen

View all your information at a glance. All relevant data such as your past and latest glucose value, and your glucose prediction displays in a graph.

Your Night Low Predict and Low Glucose Predict cards, and detected patterns from the last 24 hours display below the graph on the Home screen. Note that your *Low glucose soon!* notification only displays if there is a high risk of having low glucose. The *Low glucose soon!* notification will appear initially on your Lock screen. By default, this notification is already on when you open this app for the first time.

For more information about this screen and navigation elements in the app, see chapter Home screen.

Data Transfer

The Predict app transfers all of your diabetes data stored in the app to your Accu-Chek Account. An internet connection is required.

Seamless Integration with the Accu-Chek SmartGuide App

Since the Accu-Chek SmartGuide app and the Predict app share your diabetes data, you can go directly to the Accu-Chek SmartGuide app from this app. Simply tap the Accu-Chek SmartGuide app icon in the top right on the Home screen. You can also tap the Predict app icon from the Accu-Chek SmartGuide app's Home screen to return back to the Predict app.

For more information on how this works, see Accu-Chek SmartGuide App Setup.

> ⚠ **PRECAUTION**
>
> **Risk of serious harm**
>
> You are advised to not change your overall therapy, such as insulin-carb factors, insulin scheme, or exercise intensity, based on the data displayed, without prior consultation with your healthcare professional (HCP). If you have questions about your routine therapy, contact your HCP.

In case of any unexpected glucose values, before you discuss therapy changes with your HCP, it is recommended you do the following:

- Compare the glucose values displayed in this app with the original glucose values provided by the Accu-Chek SmartGuide app.
- If still in doubt, perform a blood glucose test with your blood glucose meter.
- If you are still unsure about the glucose levels shown in the apps, contact your HCP.

The Predict app makes predictions based on your CGM data and logged entries (carbs and insulin). Any actions you might take in the next two hours (such as eating, taking insulin, and exercising) are not factored in to the prediction. Note that for the Night Low Predict feature, it's more than 2 hours since it covers the night.

4   Using the App

4.1   Prerequisites for Using the App

Required Accounts

- You need an Apple ID to download the app on iOS devices.
- You need a Google account to download the app on Android devices.
- You need an Accu-Chek Account to set up the app.
- You need a personal email address to create an Accu-Chek Account.

System Requirements

You may only use the app if the following requirements are met:

- You must use the Accu-Chek SmartGuide CGM sensor and app.
- You must be connected to the Internet to receive the glucose predictions and app notifications.
- The iOS version of the app requires iOS 15.3 or higher.
- The Android version of the app requires Android 11 or higher.

Before you update your mobile device to a newer OS version, make sure that the app is compatible with the new OS version. If in doubt, check the list of compatible devices: **https://tools.accu-chek.com/documents/dms/index.html**. If you still need assistance, contact customer support.

It is recommended that you update your app and/or your mobile device operating system as soon as an update is made available to you.

Network Requirements

The app requires the following permissions:

- Secure internet connection to share data with your Accu-Chek Account and the cloud of Roche Diabetes Care. Only connect your mobile device to known, trusted, and secure Wi-Fi® and mobile networks.

Browser Requirements

You need a browser to create an Accu-Chek Account and sign in to the app. If you don't have a browser already installed, you need to download it first.

This app is compatible with the following browsers on Android devices:

- Google Chrome
- Mozilla Firefox
- Mozilla Firefox Focus
- Microsoft Edge
- Samsung Internet

This app is compatible with the Safari browser on iOS devices.

4.2   Release Notes

Go to the App Store or Google Play for the latest release notes of the app.

5.1   Installing and Uninstalling the App

Install the App

First you need to download the app on your mobile device. You can download the app from the following digital distribution platforms:

- App Store for iOS users
- Google Play for Android users

Download the app and install it on your mobile device. Information on how to install apps on your mobile device is contained in the User's Manual of your mobile device as well as in the App Store or Google Play.

Uninstall the App

Information on how to uninstall apps on your mobile device is contained in the User's Manual of your mobile device as well as in the App Store or Google Play.

5.2   Signing in to the Predict App

Once you have downloaded and installed the app, you are ready to open and sign in to the app.

You need a browser to sign in to the app. If you don't have a browser already installed, you need to download it first.

1 Tap the app icon.

2 The introduction screens display. Swipe to the left to view the screens.

3 Sign in to the app with the same username and password as for your Accu-Chek Account.

4 Don't have an Accu-Chek Account? Tap **Create Account** and follow the on-screen instructions.

5.3   Accu-Chek SmartGuide App Setup

If the Accu-Chek SmartGuide app is set up, the Predict app automatically receives CGM data.

If the data transfer is successful, you arrive at the Home screen. Access areas of the app from the bottom navigation.

The Accu-Chek SmartGuide app is not installed?

Tap **Go to app** and you will be redirected to your app store. You can also tap the Accu-Chek SmartGuide app icon in the top right on the Home screen.

Your sensor is not paired yet?

- Tap **Go to app** and the Accu-Chek SmartGuide app will open. Follow the instructions to pair your sensor.
- The Predict app needs to have regularly updated glucose values to provide the most accurate prediction. Tap **Sync now** to transfer your CGM data.

The app is installed and connected, but something went wrong?

- You must be signed in to your Accu-Chek Account.
  If you sign out, you will not receive glucose values or notifications. You use your same Accu-Chek Account sign-in credentials for accessing both the Accu-Chek SmartGuide app and the Predict app.

- There is not enough data.
  Check that your CGM sensor and the Accu-Chek SmartGuide app are working properly. A transfer of a minimum of 1 hour of uninterrupted CGM data is required so the Predict app can provide you with your initial glucose prediction for the next 2 hours.

- It is time to replace your sensor.
  Go back to the Accu-Chek SmartGuide app and follow the instructions to replace your sensor.

- CGM data unavailable.
  Data not displaying in the graph on the Home screen. Go back to the Accu-Chek SmartGuide app to troubleshoot. Tap the Accu-Chek SmartGuide app icon in the top right on the Home screen.

6.1   General Requirements

Device Care

Do not use the app on a mobile device with a cracked or damaged display. If the display is cracked or damaged, you may not be able to see everything that's displayed. Use the app only on a properly functioning mobile device.

6.2   Access Protection

Data Protection

Protect your app data from unknown access or misuse. Use the security functions available on your mobile device or in the operating system, for example, password protection.

All of your diabetes data is also encrypted and secured in your Accu-Chek Account in the cloud of Roche Diabetes Care.

For information on how Roche collects and uses your personal information:

- Tap **Menu > Account > Privacy settings**
- Tap **Menu > Account > Manage account**

Mobile Device Protection

Protect the app against third-party access. Allow access only to trusted caregivers.

- Don't lend your mobile device to others, including children.
- Set a screen lock in the security settings of your mobile device.
- Configure the screen lock to automatically lock your mobile device after a certain period of inactivity.

Account Protection

Keep your Accu-Chek Account information private. Don't share your account with others unless they are your caregivers.

Protect your mobile device from changes to your software. Make sure that a password is required for installations from the app store (for example, App Store or Google Play).

For information on changing the password settings of your Apple or Google account, see the instructions for your download platform.

To change password settings for your Accu-Chek Account, go to **Menu** > **Account** > **Manage Account**.

Refer to the Configuring Your Mobile Device chapter in the Accu-Chek SmartGuide app User's Manual for more information about configuring you mobile device.
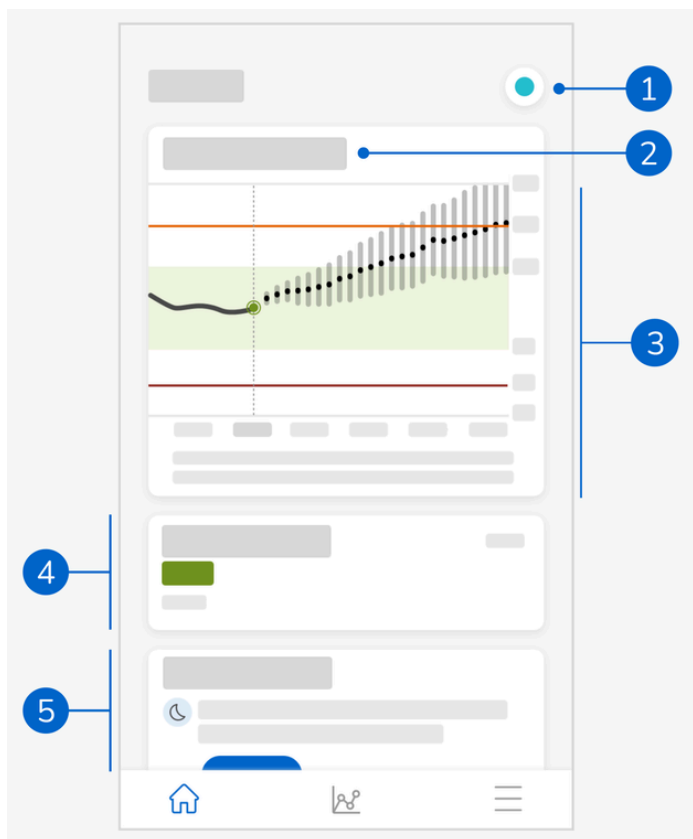
The Home screen is the center of the app and is divided into 5 sections. This default screen displays the following:

1 Accu-Chek SmartGuide app icon: Tap this icon to go to the Home screen of the Accu-Chek SmartGuide app. Your Predict app remains open.

2 Tap the ⓘ icon to learn more about how the graph displays your glucose prediction.

3 The graph shows your glucose levels during the previous hour, as they are now, and their predicted range for the next 2 hours. The dotted line in the predicted range represents your projected average glucose value.
The accuracy of your predicted glucose range decreases the further out in time it is, as shown by the expanding vertical bars.
If you receive prediction error messages, you will find them in the graph area.

4 Current glucose level in the corresponding unit of measurement.

5 Message area: Important information such as your chance of a night-time low and low glucose within 30 minutes display here just below the graph.
If the app detects any patterns in your glucose levels, the patterns show up here as well.

7.1 Navigation Elements

The following navigation elements are displayed in the upper part of the screen.

- Tap $<$ to return to the previous screen.
- Tap $\times$ to close a screen.

The following navigation elements are displayed in the lower part of the screen.

The icons are highlighted in blue to indicate the area of the app you are viewing.

1. **Home** icon: Tap to access the Home screen.
2. **Patterns** icon: Tap to access the Glucose patterns screen.
3. **Menu** icon: Tap to display additional menu options. The options include Connections, Account, Notification settings, Export report, User's manual, Product info, and Contact us.

The app predicts where your glucose levels might go in the next 2 hours. This prediction is based on your past CGM values, and your carbohydrate and insulin entries in the Accu-Chek SmartGuide app logbook.

The glucose prediction displays on the graph on the Home screen when at least 1 hour of uninterrupted CGM data is transferred successfully to the app.

The graph shows your glucose levels during the previous hour, as they are now, and their predicted range for the next 2 hours. The dotted line in the predicted range represents your projected average glucose value.
The accuracy of your predicted glucose range decreases the further out in time it is, as shown by the expanding vertical bars.

Remember that the displayed future glucose values are predictions that may vary from the actual values and are unaffected by the current status of the Trend Mode or the Therapy Mode in the Accu-Chek SmartGuide app. The Trend Mode indicates that the displayed values in the Accu-Chek SmartGuide app should only be used to see trends and as a general reference. Only the values displayed in Therapy Mode can be used for making therapy decisions.

The range shown in the graph is from 0 to 300 mg/dL (0–16.7 mmol/L). If your value is above 300 mg/dL (16.7 mmol/L), it will be identified by a triangle pointing upward, and the app displays HI instead of a numerical value if your value is above 400 mg/dL (22 mmol/L). If your value is low, below 40 mg/dL (2.2 mmol/L), it will be identified by a triangle pointing downwards, and the app displays LO instead of a numerical value.

If your predicted glucose is trending towards a low, and if a Low Glucose Predict card appears, only the glucose values up to the next 30 minutes display in the graph. If your predicted glucose does not reach a low within the 30 minutes, then no prediction values are displayed in the graph and only the Low Glucose Predict card appears.

Keep in mind the following when viewing your prediction:

- The Predict app makes predictions based on your CGM data and logged carbs and insulin. Any actions you might take in the next two hours (such as eating, taking insulin, and exercising) are not factored in to the prediction.

- The 2-hour prediction is informational only in cases where the prediction is for more than 45 minutes, and to make you aware of future actions you may need to take (such as checking your glucose more frequently, preparing insulin injections, or having carbs readily available). In the cases of high and low glucose predictions within the next 45 minutes, you should consider what actions you will need to take.

8.1   Glucose Predict Error Messages

You will receive one of the following error messages when there is no glucose prediction on your Home screen.

Error message	Action
We need at least 1 h of CGM data to predict your glucose.	Wait 1 hour for your glucose prediction to appear.
We can't predict your glucose while you are below 70 mg/dL (3.9 mmol/L).	We can't provide a prediction while your glucose level is low. To raise your glucose level above 70 mg/dL (3.9 mmol/L), eat or drink something sugary as recommended by your healthcare professional. (This value is an example only. Your Low Glucose Limit may differ.)
We are unable to predict your glucose. Please try again later.	We couldn't predict your glucose. Please come back later. If you keep getting the error, contact customer support.

8.2   Low Glucose Predict

The Low Glucose Predict card displays on the Home screen when this app detects that you will be having low glucose within 30 minutes. The low glucose might occur at any time in the next 30 minutes.

Going low means that your glucose value might go below the Low Glucose Limit you set for your glucose alarms in the Accu-Chek SmartGuide app. Refer to the Getting Started chapter in the Accu-Chek SmartGuide app User's Manual for more information about setting your glucose limits.

If there is a high chance of going low within 30 minutes and you have notifications turned on, the *Low glucose soon!* notification displays either on your Lock screen or when you swipe down from the top of your screen, depending on how you configure your mobile device.

Tap the *Low glucose soon!* notification to receive additional information on the Low Glucose Predict screen. Read the recommendations and decide what action to take next.

8.3   Low Glucose Predict Exceptions

The Low Glucose Predict feature is active 24 hours a day, 7 days a week, with the following exceptions:

- Your low glucose alarm is set below 60 mg/dL (3.3 mmol/L) or above 100 mg/dL (5.5 mmol/L) in the Accu-Chek SmartGuide app. This notification doesn't work when your low glucose alarm is set above 100 mg/dL (5.5 mmol/L).
- 20 minutes have passed since your last carb intake
- 30 minutes have passed since the latest prediction and the last notification were sent
- Your glucose value is already below the Low Glucose Limit you set for your glucose alarms in the Accu-Chek SmartGuide app. Refer to the Getting Started chapter in the Accu-Chek SmartGuide app User's Manual for more information about setting your glucose limits.

Your Low Glucose Predict card on the Home screen disappears after 15 minutes.

The Night Low Predict feature lets you know, before going to bed, your chance of having low glucose during the night, and also provides the time period during which the risk of a low will most likely occur. The prediction is available between 9 pm and 2 am.

Going low means that your glucose value might go below 70 mg/dL (3.9 mmol/L). The Night Low Predict feature functions with a fixed low threshold of 70 mg/dL (3.9 mmol/L) that is independent of the Accu-Chek SmartGuide app.

A night is defined as a 7-hour time period that counts from the time the prediction is calculated.

You can set up the Night Low Predict feature and manually request a new calculation, for any period of time between 9 pm and 2 am. You can also be notified at selected times of high risk (significantly above your normal risk).

If there's a high chance of having low glucose during the night, and notifications are on, the *Night low predicted!* notification will show up on your mobile device's Lock screen. The Night Low Predict card can be seen below the graph on this app's Home screen. Go to **Menu > Notification settings** to manage this notification.

Tap the notification or card to see the graphic prediction on the Night Low Predict screen.

The probability of having low glucose during the night is divided into 3 different risk levels, with a different color representing each level:

- Normal — less than 30% (green)
- High — between 30–60% (yellow)
- Very high — above 60% (red)

Whether your chance of having low glucose during the night is normal, high, or very high, consider what actions you will take.

Even a normal risk is still a risk, so any necessary actions should still be considered.

The Night Low Predict screen also displays the following recommendations when there is a high or a very high chance of having low glucose during the night:

- Keep carb snacks within reach by your bed.
- Consider injecting fewer units of basal insulin at night.
- Have some food rich in proteins or fat.

You can manually request a calculation of your chance of having low glucose every 20 minutes, as long as it is 20 minutes after your last meal and/or insulin injection, with the following exceptions:

- Your glucose value is already below 70 mg/dL (3.9 mmol/L) or below your Low Glucose Limit (if above 70 mg/dL (3.9 mmol/L)).
- Your glucose prediction or the Low Glucose Predict card has indicated you are about to go below 70 mg/dL (3.9 mmol/L). Your glucose value may differ from the glucose value shown here, as this value is based on the Low Glucose Limit you set for your glucose alarms in the Accu-Chek SmartGuide app.

9.1   Night Low Predict Error Messages

When your night low prediction can't be provided, read the following to better understand why, and what possible actions to take. Your glucose values may differ from what is shown here.

Error message	Action
Something went wrong	Our service might be unavailable. If **Try again** doesn't work, wait a few minutes. If you keep getting the error, contact customer support.
Not available yet	It is too early to calculate if you might have low glucose at night. You need to come back between the hours of 9 pm and 2 am. The Night Low Predict feature only works during this time period.
Not enough data	Make sure you wear the CGM sensor for at least 1 day. We need at least 1 day of data to predict your chance of having low glucose during the night.
Carb or insulin intake detected	If a carb or insulin entry was made in the Accu-Chek SmartGuide app logbook, then this app needs at least 20 minutes to analyze the new entry and recalculate the chance of having low glucose during the night.
You are about to go low	This message displays if your glucose prediction or your Low Glucose Predict card indicates your glucose value is predicted to go below 70 mg/dL (3.9 mmol/L). (This value is an example only. Your Low Glucose Limit may differ.)
You are below 70 mg/dL (3.9 mmol/L)	This app can't predict low glucose when your glucose level is already low. Eat or drink something sugary as recommended by your healthcare professional. (This value is an example only. Your Low Glucose Limit may differ.)
Something went wrong	We couldn't predict your glucose when you tried to calculate your risk. Please come back later.
Are you online?	To use this app, make sure your mobile device is connected to the Internet.

9.2   Enabling Night Low Predict

1   Tap **Enable** on the Night Low Predict card.

2   Tap **Next** and turn on the notification toggle.

3   Enter the time and tap **Done**.
Select a time that is at least 30 minutes after your last meal and insulin intake of the day and before your bedtime.

✓   The confirmation screen displays. Tap **OK**.

10   Glucose Patterns

This feature identifies recurring glycemic events, which take place during a day or a week (Mon-Sun).

Every day, your detected patterns from the last 24 hours are shown under the graph on the Home screen.

Both in range and out of range patterns are visualized. Viewing your out of range patterns allows you to take actionable steps to prevent them in the future.

Patterns display in the order of the one with the highest health risk first, at the top, such as a very low or low pattern. You can also set reminders on any of your detected patterns.

Every Monday, the app shows a summary of all patterns that were detected the previous week. To be notified when this summary is ready, see Enabling Notification for Weekly Summary.

Tap the Patterns icon from the bottom navigation to do the following:

From the Current tab on the Glucose patterns screen

- View detected patterns and those patterns for which reminders have been set.
- Tap on a detected pattern to see more information, including any associated carbohydrate, insulin, and blood glucose result entries in the Accu-Chek SmartGuide app logbook. Tap on a single day for the pattern to see the details and logbook information for that day.
- Set up to be notified when last week's summary is available.

From the Past tab on the Glucose patterns screen

- View those patterns that are no longer detected, listed by the latest month first. Past patterns which are older than 2 weeks, are stored separately up to 6 months.

The first time you view the Glucose patterns screen, an overview displays. Read through the screens to better understand how the feature works.

10.1   Types of Glucose Patterns

The tables in this chapter list the possible patterns and their associated time block that can be detected from your CGM data.

The first table displays the time blocks and their start and end times.

Time Block	Start Time	End Time	Time Zone
Night	00:00	06:00	Local time
Morning	06:00	10:00	Local time
During the day	10:00	20:00	Local time
Evening	20:00	00:00	Local time
Entire day	00:00	00:00	Local time

The timestamp displayed for a pattern reflects your local time when the timestamp is recorded. Previous timestamps are not updated if you move to a different time zone.

The following table lists the possible patterns this app might detect from your data.

This app's default fixed glucose values are used here as thresholds that trigger an out of range pattern. The in range and after meal out of range patterns are triggered by the target range you set in the Accu-Chek SmartGuide app.

You need to log your meals continuously in the Accu-Chek SmartGuide app in order to benefit from the detection of a breakfast- or meal-associated pattern in this app.

Pattern Icon	Possible Patterns	Description
	Low (morning, during the day, evening, night)	Glucose below 70 mg/dL (3.9 mmol/L)
	Very low (morning, during the day, evening, night)	Glucose below 54 mg/dL (3.0 mmol/L)
	Prolonged low (morning, during the day, evening, night)	Glucose below 70 mg/dL (3.9 mmol/L) for more than 2 hours
	Multiple lows per day	Glucose below 70 mg/dL (3.9 mmol/L) multiple times on the same day
	Very high (morning, during the day, evening, night)	Glucose above 250 mg/dL (13.9 mmol/L)
	Before breakfast high	Glucose above 130 mg/dL (7.2 mmol/L) This value is an example only. Your glucose value depends on the Lower target value you set in the Accu-Chek SmartGuide app. Time period: 06:00–10:00
	High (morning, during the day, evening, night)	Glucose above 180 mg/dL (10.0 mmol/L)
	After meal out of range	Glucose outside of your target range after eating
	Before breakfast in range	Glucose within your target range before eating Time period: 06:00–10:00
	In range	Glucose within your target range
	Consecutive days in range	Glucose in range on 3 or more consecutive days
	After meal in range	Glucose within your target range after eating

Pattern Icon	Possible Patterns	Description
	High CGM variability	Glucose levels fluctuate throughout the day.
	Overcorrection of a low	Glucose swings from below 70 mg/dL (3.9 mmol/L) to above 250 mg/dL (13.9 mmol/L) within a 3-hour period.
	Overcorrection of a high	Glucose swings from above 250 mg/dL (13.9 mmol/L) to below 70 mg/dL (3.9 mmol/L) within a 3-hour period.

10.2   Possible Causes for Low and High Glucose Patterns

The following table includes possible causes of low and high patterns for a person with type 1 or type 2 diabetes. Note that the causes may not display for all patterns and diabetes types. In the app, tap each cause for more information.

Icon	Cause
	Insulin dosing
	Injection sites
	Food and drinks
	Physical activity
	Hormonal influences
	Hormones & biorhythms
	Heat
	Stress, sleep, and illness

10.3   Setting a Glucose Pattern Reminder

Setting a pattern reminder allows you to define what action you want to take.

By using both the data the app collects, and the knowledge of your own lifestyle and behaviors, you can apply these toward a better glycemic balance and avoidance of critical situations.

At any time, you can go to the individual pattern and from there turn off the reminder.

Once a pattern is resolved, the app automatically moves it to the Past tab. At the same time, if there is a reminder set on the pattern, the app removes the reminder.

1   Tap **Patterns** from the bottom navigation.

2   Tap the pattern you want to be reminded about.

3   Tap **Set reminder**.

4   Turn on the reminder toggle.

5   Select the day and time and how often you want to receive a pattern reminder. Tap **Save**.

6   Tap **Done**.

✓   The confirmation screen displays. Tap **Ok**.
Repeat the same steps for each single pattern you want to be reminded about.

10.4   Adding a Note

Only on the days a pattern occurred can you add a note. This note will also appear on your pattern report.

1   Tap **Patterns** from the bottom navigation.

2   Tap the pattern you want to add a note to.

3   Tap on the day the pattern occurred.

4   Tap **Add** and enter a short description.

10.5   Enabling Notification for Weekly Summary

The previous week's pattern summary is generated every Monday. To be notified when this summary is available:

1   Tap **Patterns** from the bottom navigation.

2   Tap **Enable** on the Weekly summary card.

3   Turn on the notification toggle.

4   Tap **Next**.

5   Tap **Notify me daily at** and edit the time you want to receive your notification.

6   Tap **Next**.

✓   The confirmation screen displays. Tap **Ok**.

You can modify your selections from **Menu > Notification settings**.

11 Export Report

When you export a report for the first time, familiarize yourself with the on-screen feature overview. Tap the ⓘ icon to refer back to the overview at any time.

You can export the report directly from this app. You have the flexibility to include your Ambulatory Glucose Profile (AGP) and/or patterns for a two-week period. Sharing your PDF report with your HCP is easy. Be sure the method you are using to share your personal data, such as email, has protections in place to keep your data secure.

Exporting report

1 Tap **Menu > Export report**.

2 Select the two-week period for your report.

3 Select the content for your report.

4 Tap **Generate report**.

☑ Your report displays.
You can share the report or save it to review at a later time. If you close out your generated report before saving, regenerate it and then save to your preferred location.

12 App Settings

To view your app settings and make changes, tap **Menu** from the bottom navigation. Review the settings and other details regularly. The most up-to-date information will provide the best experience in your usage of this app.
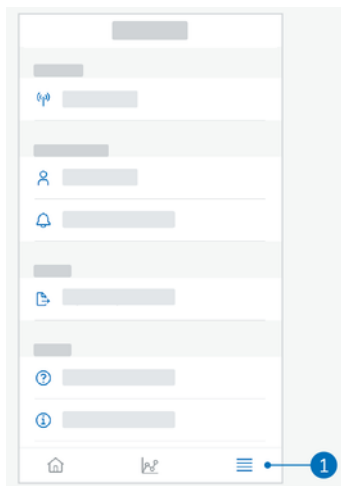
Edit Notification settings

1 Tap **Menu** > **Notification settings**.

2 Turn on or off the notification toggle as necessary.

3 If you enable the notification for your weekly pattern summary, adjust the time if applicable.

4 Tap **Save**.

Edit Account details

1 Tap **Menu** > **Account** > **Manage account**.

2 Add or update the necessary information. Tap **Save**.

Privacy settings

1 Tap **Menu** > **Account** > **Privacy settings**.

Product info screen

1 Tap **Menu** > **Product info**.

Sign out

1 Tap **Menu** > **Account** > **Sign out**.

Delete account

1 Tap **Menu** > **Account** > **Delete my account**.
Please ensure you want to take this action. If you delete your Accu-Chek Account, all data will be lost. Your data will not be retrievable at a later time.

2 Tap **Done**.

13 Troubleshooting

13.1 Troubleshooting

Click on the links below for more information.

- Glucose Predict Error Messages
- Low Glucose Predict Exceptions
- Night Low Predict Error Messages
- Possible Causes for Low and High Glucose Patterns

13.2 Notification Overview

The app communicates with you in different ways.

Some notifications are informational only. Read the notification and tap ✕ to close it.

Other notifications provide optional actions you can take. Read the notification and select the desired action.

While using the app you might encounter the following different types of informational notifications:

- Help with onboarding tasks
- Information about your current glucose level
- Information about your glucose prediction
- Information about your low glucose and high glucose
- Information on different types of issues with the app or your mobile device, as examples

Contact Us

If you encounter problems, have questions about the operation of the app, or need more information about the app, contact customer support. Tap **Menu > Contact us**.

Reporting of Serious Incidents

For a patient/user/third party in the European Union and in countries with identical regulatory regime; if, during the use of this device or as a result of its use, a serious incident has occurred, please report it to the manufacturer and to your national authority.

Printed User's Manual

If you would like a printed version of this User's Manual, contact customer support. The printed version is free of charge and will be sent to you within a few days.

Download of User's Manual

This User's Manual is available to download from **https://tools.accu-chek.com/documents/dms/index.html**.[*]

[*] download may incur data usage/charges

Australia

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2 Julius Avenue North Ryde
NSW 2113, Australia
Accu-Chek SmartGuide Customer Care: 1800 434 121

www.accu-chek.com.au

15 Technical Data

Product Name

Accu-Chek SmartGuide Predict app

App Type

Application for mobile devices

App Version

For more information about the app version you are using, tap **Menu > Product info**.

Supported Operating Systems

The app is only available for specific operating systems. Only use the app if the operating system is supported by the app.

For the latest information on compatible operating systems and their versions, tap **https://tools.accu-chek.com/documents/dms/index.html**.

Supported Mobile Devices

You can only download the app if the mobile device supports the iOS or Android version required for operation.

For the latest information on compatible mobile devices, tap **https://tools.accu-chek.com/documents/dms/index.html**.

Supported Browsers

You need a browser to create an Accu-Chek Account and sign in to the app. If you don't have a browser already installed, you need to download it first.

- Google Chrome
- Mozilla Firefox
- Mozilla Firefox Focus
- Microsoft Edge
- Samsung Internet

This app is compatible with the Safari browser on iOS devices.

Symbol	Description
App navigation	
	Home
	Patterns
	Menu
Screen navigation	
	Back
	Close
	Checkmark
	Additional information
App menu	
	Account
	Connections
	Notification settings
	Export report
	Product information

Symbol	Description
	Contact us
	User's manual
	Phone
	Email
Home screen	
	Warning message
	Night Low Predict available
	Night Low Predict not available
	Glucose Predict available
	Glucose Predict not available

17   Explanation of Symbols

Symbol	Description
📖 i	Consult electronic instructions for use
⚠	Caution, refer to safety-related notes in the instructions for use accompanying this product.
〜	Date of manufacture
MD	Medical device
🏭	Manufacturer
CH | **REP**	Indicates the authorized representative in Switzerland
UDI	Unique device identifier
CE	Complies with the provisions of the applicable EU Legislation