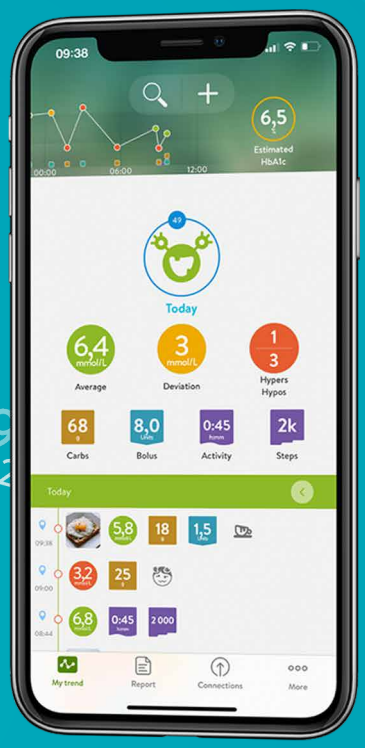
ACCU-CHEK® Instant

Roche

QUICK REFERENCE GUIDE

WITH MYSUGR AND BOLUS CALCULATOR

mySugr



⚠ WARNING

The Accu-Chek Instant meter is intended for patient self monitoring by an individual person only. 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. They must not be used to test blood glucose from more than one person as they do not incorporate any features to guard against cross-infection.

⚠ WARNING

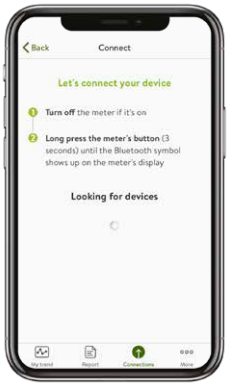
This Quick Reference Guide does not replace the detailed User Manuals for the mySugr App and Accu-Chek Instant blood glucose monitoring system. Be sure to comply with the safety information in the User Manual and in the package insert of the test strip. Consult healthcare professional before changing target range on App.

PAIRING THE ACCU-CHEK INSTANT METER TO THE MYSUGR® APP

1

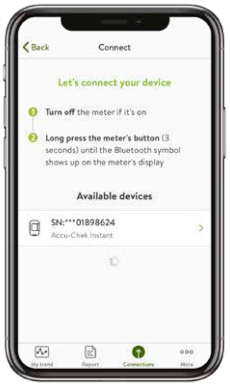
On the mySugr homepage go to the “connections” option on the bottom right of the screen and select “Accu-Chek Instant” then select the “Connect now” button.

2



Turn the meter off if it’s on, then press and hold the bottom button until you see the Bluetooth® symbol on the meter display.

3

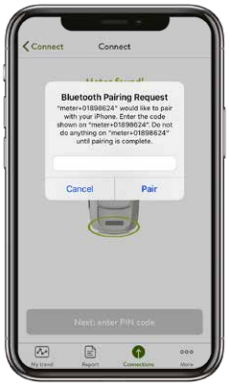


You will then see the serial number of the Accu-Chek Instant meter displayed in the mySugr app. Select the meter to confirm pairing.

4

Enter the pin number that is on the back of your Accu-Chek Instant meter.

5



After you have entered the Pin select “pair” and the pairing will be completed.

6

You have now successfully paired your Accu-Chek Instant meter to your mySugr app. You will need to perform a blood glucose test in order to unlock mySugr Pro.

Connects with mySugr

Download on the App Store

GET IT ON Google Play

Download the mySugr app to set up your account.

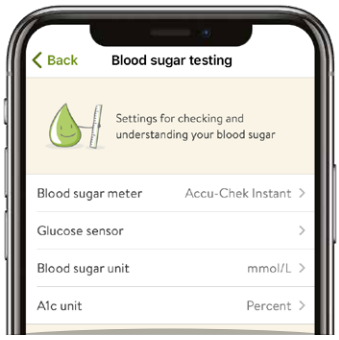
CHANGING THE TARGET RANGE ON YOUR ACCU-CHEK INSTANT METER

Once your Accu-Chek Instant meter has been paired to the mySugr app, you are able to change the target ranges on your meter via the mySugr app.

Start by opening the mySugr app.

To confirm the new TRI on the Instant meter, please perform another BG test.

1



Select “More” on the bottom right of the home screen then select “Profile Settings” then “Blood sugar testing”. Select your “Hyper” “Target range” and “Hypo” and scroll up or down to select the required range.

2

Once settings have been updated you will receive a confirmation message.

3

You can also receive a confirmation notification when your meter has been updated to match the target range on the mySugr app.

LOG AN ENTRY

mySugr Bolus Calculator is licenced for people with diabetes over the age of 18 years.

mySugr logbook is licenced for people with diabetes over the age of 16 years.

1

Tap the ‘Plus’ button on your screen.

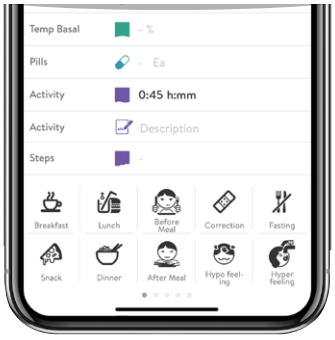
2

Set a reminder.

3

Take a picture of your food.

4



Enter values for your blood glucose, carbs, insulin, pills and activities.

5

Select the tags you want to save.

6

Save the entry.

SETTING UP THE MYSUGR BOLUS CALCULATOR (people on multiple daily injections only)

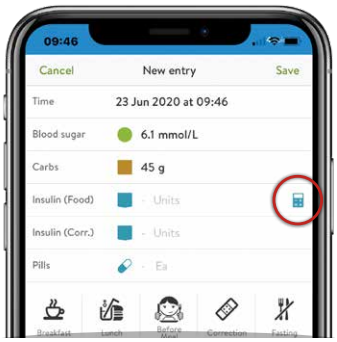
Before using this feature, please discuss with your healthcare professional whether it is appropriate for you.

You will need some important details about your therapy from your healthcare professional in order to complete the set up.

1

Tap the 'Plus' button on your screen.

2

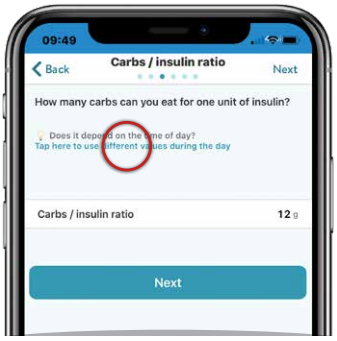


Add your values and press the calculator icon to begin.

3

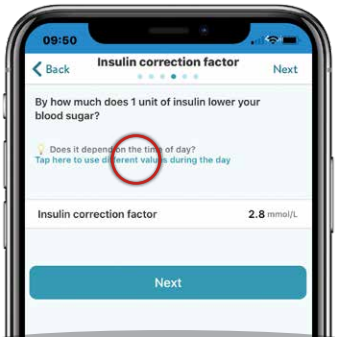
When the first Bolus Calcualtor screen appears, press "Start Setup" and complete with your details.

4



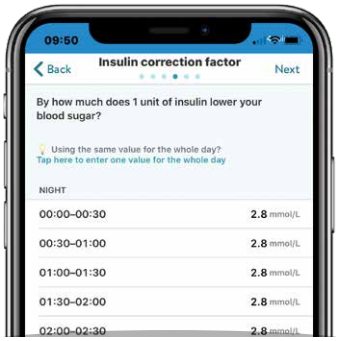
After choosing your settings, add your carbs-to-insulin ratio or select "Tap here to use different values during the day" to add a specific value.

5



Add your different values for a more precise calculation select "Tap here to use different values during the day" to add specific values for a more precise calculation.

6

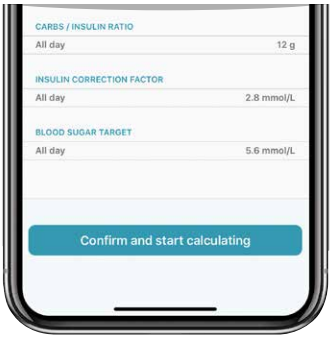


Add your specific Insulin Correction Factor values.

7

Blood Glucose Target:
Add your Blood Glucose Target or select "Tap here to use different values during the day" to add specific values for a more precise calculation.

8



Double check the summary and press Confirm if correct.

9

Your bolus calculator is now set up.

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