

iBG★STAR

Diabetes Manager App



Log Book + Data Management For iPhone & iPod touch USER'S GUIDE

By using the iBGStar® Diabetes Manager Application (DMA or the app): You agree that the use of this software together with an iPod, iPhone or iPad (“Apple Product”) shall only be as a personal organization or supplemental data display tool and not as a source of medical advice. You agree that this software will never be used to replace the advice of a doctor, or your own common sense and independent judgment, and that you will not at any time rely on any information presented on your Apple Product as the basis for health care, medical or other decisions that may result in injury or other ill effects. You agree to take sole responsibility for your health care decisions, including contacting a physician or other health care professional regarding all medical conditions, tests, diagnoses and treatment options and agree that Apple shall have no liability for any action you or anyone using the software may take, regardless of the information received, displayed, calculated or transmitted by your Apple Product. Apple assumes no risk for your use of the software and makes no warranties whatsoever, express or implied, regarding the accuracy, completeness or usefulness of any information presented on our Apple Product as a result of using the software.

iBG★STAR

Diabetes Manager App

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UK: Customer Care: 08000 35 25 25 www.ibgstar.co.uk

For Customer Service Contacts in other countries, please refer to: www.ibgstar.com

In case of emergency, contact your healthcare professional or emergency medical response.



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Contents

CHAPTER	TITLE	PAGE
1	Getting Started	
	1.1 Introduction	
	1.2 Backing Up Data on iTunes	
	1.3 Installing the iBGStar Diabetes Manager App	
	1.4 Updating the iBGStar Diabetes Manager App	
2	BGStar Support	
	2.1 Syncing the Meter	
3	iBGStar Support	
	3.1 Syncing the Meter	
	3.2 Performing a Test	
	3.3 Disconnecting the Meter	
4	iBGStar Diabetes Manager App Basics	
	4.1 Launching the App	
	4.2 Navigation Basics	
	4.3 Tab Bar	
5	Home Tab	
	5.1 About the Scorecard	
	5.2 Glucose Tab	
	5.3 Carbs Tab	
	5.4 Insulin Tab	
	5.5 Date and Time	
	5.6 Mealtime Tag	
	5.7 Notes	
	5.8 Adding a Note to a Scorecard	
	5.9 Creating Custom Notes	
	5.10 Organizing and Editing Notes	
	5.11 Scrolling Through Scorecards	
	5.12 Deleting a Scorecard	
6	Add Tab	
	6.1 Create a New Scorecard	
7	Data Tab	
	7.1 Trend Chart	
	7.2 View and Edit Individual Scorecards from the Trend Chart	
	7.3 Logbook	
	7.4 Entering a New Glucose Reading Directly into the Logbook	
	7.5 Editing an Existing Glucose Reading from the Logbook	
	7.6 Statistics	
8	Share Tab	
	8.1 Emailing Results	
9	Info Tab	
	9.1 Settings	

	9.2 Help
10	Deleting the iBGStar Diabetes Manager App
11	Troubleshooting

CHAPTER 1 Getting Started

System Requirements

- iPhone or iPod touch with at least 30 MB of available space. Check www.ibgstar.co.uk or www.ibgstar.ca to see the latest supported iOS versions.
- The iBGStar Diabetes Manager Application (DMA or the app) installed on that iPhone or iPod touch.
-

The iPhone and iPod touch are sold separately. The iBGStar® Diabetes Manager Application is available for free through iTunes on your computer or through the App Store on your iPhone or iPod touch.

1.1 Introduction

The iBGStar Diabetes Manager Application (App) is a digital logbook and diabetes management tool for the iPhone and iPod touch.

The app can be used alone or with a BGStar or iBGStar Blood Glucose Meter. To use the app with the BGStar meter, you will need the BGStar DMA Cable. DMA Cable may not be available in all countries.

For instructions on how to use the app with your BGStar meter and the BGStar DMA Cable, please see chapter 2.

For instructions on how to use the iBGStar Diabetes Manager Application with your iBGStar meter, please see chapter 3.

WARNING: *Do not make treatment decisions based solely on the information provided by the iBGStar Diabetes Manager App. All health-related decisions should be made in conjunction with the advice of a qualified healthcare provider (HCP). It is important for you and your HCP to understand how the statistics are calculated before making any adjustments to treatment. This information can be found in chapter 7, under “Statistics.”*

IMPORTANT: *The iBGStar Diabetes Manager Application stores sensitive health-related information on your iPhone or iPod touch. We recommend keeping your iPhone or iPod touch up-to-date with the latest security software. For more information on keeping your iPhone or iPod touch secure, visit <http://www.apple.com/support/security> <http://www.apple.com/ca/support/security>*

WARNINGS:

[1] *Do not sync the iBGStar Diabetes Manager App with a blood glucose meter used by another person. If you sync with another person's meter, the data from each meter will be combined and may give you incorrect reports.*

[2] *Data downloaded from a blood glucose meter cannot be deleted from the iBGStar Diabetes Manager App.* Data that has been downloaded from a blood glucose meter will have a Lock icon in the upper left corner of the scorecard (in place of the Delete icon).



[3] Never disconnect your meter from the iPhone or iPod touch when syncing is in progress.

1.2 Backing Up Data on iTunes

To ensure your data is safely backed up to your computer, assign a password to your file. To do this, when your device is plugged in to your computer with iTunes opened, click on your device name in the left hand side of the screen. This will show your device summary. Click “Encrypt iPod backup” to assign a password. In general, be sure to back up your iDevice to your computer in case of data loss due to accidentally deleting the app. For instructions on how to backup your data, see the Help section of iTunes. For extra protection measures, set and use a password on your computer.

1.3 Installing the iBGStar Diabetes Manager App

The iBGStar Diabetes Manager App can be downloaded from the App Store. The App Store can be accessed through iTunes or by tapping the App Store icon on your iPhone or iPod touch. You must have internet access to download the app.

Downloading the iBGStar Diabetes Manager App through your iPhone or iPod touch:

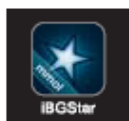
[1] Ensure that your iPhone or iPod touch is on and the home screen is showing.

[2] Launch the App Store application on your iPhone or iPod touch and enter “iBGStar” into the search box.



NOTE: Accessing the App Store requires an internet connection. For assistance with this, visit: <http://www.apple.com/support> <http://www.apple.com/ca/support>

[3] Tap the iBGStar Diabetes Manager icon.



[4] Tap the “FREE” button, then “INSTALL.” When prompted, sign in to your iTunes account or create a new account if needed.

NOTE: Carrier charges may apply for downloading the iBGStar App.

Downloading the iBGStar Diabetes Manager App through iTunes:

[1] Ensure you have iTunes installed on your computer, or download it for free from: <http://www.apple.com/itunes/>, <http://www.apple.com/ca/itunes>

[2] Launch the iTunes application.

[3] Enter “iBGStar” into the search box, located in the top right hand corner of the screen.

[4] Locate the iBGStar Diabetes Manager icon and click “FREE” to begin the download process. When prompted, sign in to your iTunes account, or create a new account if needed, and follow the onscreen instructions.



[5] Once iTunes has completed downloading the iBGStar Diabetes Manager App, connect your iPhone or iPod touch to your computer using the Apple Dock Connector to USB Cable. The cable was included with your iPhone or iPod touch.

[6] On the menu on the left hand side, “Devices” will appear. Click on your device name.

[7] At the top of the screen, click on “App”. You will see a list of apps and an image of the device screen.

[8] Click on the “Sync Apps” button in the upper left of the screen if it is not already checked.

[9] If a message appears asking if you want to sync apps, click “Sync Apps”.

[10] In the list of apps, find the iBGStar Diabetes Manager App and check the box next to “iBGStar Diabetes Manager.”

[11] Click “Apply” in the lower right hand corner of the screen.

[12] After syncing is done, unplug your iPhone or iPod touch and you are ready to use the iBGStar Diabetes Manager App.

These instructions are subject to change. For more information on downloading apps from the App Store or syncing your iPhone or iPod touch, refer to the Help section of iTunes.

1.4 Updating the iBGStar Diabetes Manager App

As new features are added to the iBGStar Diabetes Manager App, updates will be made available through the App Store.

NOTE: If you have recently upgraded your iPod touch or iPhone Operating System, please contact customer service (telephone number on page 1), to ensure that the app has been cleared to run on that OS.

Updating the iBGStar Diabetes Manager App through your iPhone or iPod touch:

[1] Anytime there is an update to an app on your iPhone or iPod touch, a number will appear on the App Store icon to indicate the number of updates available. To view the updates, tap on the App Store icon.



[2] Tap on the Updates icon.

[3] If there is an update available for the iBGStar Diabetes Manager App, it will appear in the list of updates. Tap “Update” to update the app.

Updating the iBGStar Diabetes Manager App through iTunes:

[1] Launch the iTunes application.

[2] On the left side of the screen click on “Apps” located under the Library.

[3] If there are updates for any of your apps available, the lower right of the screen will display that you have a number of updates available. Click on the arrow next to “Updates Available.”

[4] If there is an update available for the iBGStar Diabetes Manager App, the iBGStar Diabetes Manager App icon will be displayed. Click on “Get Update” next to the icon. Enter you Apple ID and password.

[5] Once iTunes has completed downloading the iBGStar Diabetes Manager App update, connect your iPhone or iPod touch to your computer using the Apple Dock Connector to USB Cable. The cable was included with your iPhone or iPod touch.

[6] On the menu on the left hand side, “Devices” will appear. Click on your device name.

[7] At the top of the screen, click on “App”. You will see a list of apps and an image of the device screen.

[8] Click on the “Sync Apps” button in the upper left of the screen if it is not already checked.

[9] If a message appears asking if you want to sync apps, click “Sync Apps”.

[10] In the list of apps, find the iBGStar Diabetes Manager App and check the box next to “iBGStar Diabetes Manager.”

[11] Click “Apply” in the lower right hand corner of the screen.

[12] After syncing is done, unplug your iPhone or iPod touch and you are ready to use the iBGStar Diabetes Manager App.

These instructions are subject to change. For more information on downloading apps from the App Store or syncing your iPhone or iPod touch, refer to the Help section of iTunes.

NOTE: Updating the app will not cause you to lose your data. Any information currently contained in the app, such as blood glucose readings, will not be affected by updates.

CHAPTER 2 BGStar Support



The BGStar Blood Glucose Meter works with the iBGStar Diabetes Manager App that has been installed on the iPhone or iPod touch.

In order to use the iBGStar Diabetes Manager App with your BGStar meter, you will need the BGStar DMA Cable. DMA Cable may not be available in all countries. Both items are available separately. You can find information about the BGStar meter and BGStar DMA Cable at www.iBGStar.com.

IMPORTANT: *For specific information about using your BGStar meter, refer to the meter's Owner's Guide.*

NOTE: *The instructions in this chapter assume that you have the iBGStar Diabetes Manager App open on your iPhone or iPod touch. See chapter 1 for more information about downloading the app.*

WARNINGS:

[1] *Use only the BGStar DMA Cable to connect your meter and your iPhone or iPod touch. Do not use any other cables to connect your meter to your iPhone or iPod touch.*

[2] *Do not sync a glucose meter used by another person. If you sync with another person's meter, the data from each meter will be combined and may give you incorrect reports.*

[3] *Data downloaded from a blood glucose meter cannot be deleted from the iBGStar Diabetes Manager App.*

[4] *Do not attempt to perform a blood glucose test with your BGStar meter while it is connected to your iPhone or iPod touch.*

2.1 Syncing the Meter

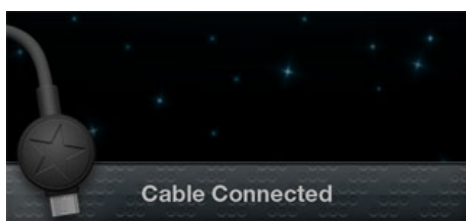
[1] *Deactivate the meter:* Only the time and date should appear on the meter's display screen.

[2] Turn on your iPhone/iPod touch and tap the iBGStar Diabetes Manager App icon to launch the app.

[3] *Connect the BGStar DMA cable to the iPhone or iPod touch:* Insert the rectangular dock connector end of the cable with the star logo facing up into the iPhone or iPod touch device's dock connector port.



When the cable is inserted, the iPhone or iPod touch will briefly display a message indicating that the BGStar DMA Cable is connected.



[4] *Connect the cable to the meter:* Insert the round-shaped mini-USB connector with the star logo facing up into the BGStar meter's mini-USB data port. The data port is located on the top of the meter.



The meter will automatically activate when the BGStar DMA Cable is connected to an iPhone or iPod touch with the app launched. This is indicated by scrolling bars on the meter's display.

The application will not register that a meter is connected if your meter's battery is low.

If this is your first time connecting a meter, go to step 5. Otherwise, go to step 6.

[5] *First-Time Sync:* The first time you connect a BGStar meter to the iBGStar Diabetes Manager App that has been installed on the iPhone or iPod touch, you will be prompted with a message asking if you want to download readings from this meter.



Select “Yes” to download data from the meter to the app on your iPhone or iPod touch.

The app will begin syncing with your meter and will display an image of the meter with the messages “Warning: Do not perform a test while the meter is connected. Sync in progress. Do not disconnect meter or quit app.”

During every sync, new data will be downloaded from the meter to the app. The app will display a message if the download is interrupted.

Select “No” to cancel the download. The meter will not sync with the app. A message indicating that it is safe to disconnect the meter will be displayed. You may disconnect the meter and cable from the iPhone or iPod touch.

You must sync your BGStar meter to the iBGStar Diabetes Manager App to be able to download readings from your meter to the app.

[6] Sync Results: After the first sync between a BGStar meter and the app, syncing will happen automatically when you connect the meter to the iPhone or iPod touch using the cable with the app launched. If you do not want the BGStar meter and app to sync, tap “STOP DOWNLOAD” to prevent the meter and the app from syncing.



[7] When the sync is complete, the app will display a message showing the number of readings downloaded and indicating that the download is complete.



All test result scorecards in the iBGStar Diabetes Manager App with data that have been downloaded from the BGStar meter will have a Lock icon in the upper left corner (in place of the Delete icon). The Lock icon indicates that the test result value and associated date and time cannot be deleted or edited. Carbs, Insulin, Meal Tags, and Notes can still be added or edited for blood glucose scorecards. To learn about scorecards and how to edit your Carbs, Insulin, Meal Tags, and Notes, refer to chapter 5.



NOTE: Your iPhone or iPod touch recognizes when you move to a different time zone (if you have it configured this way). When you do move to a different time zone, be sure to re-set the BGStar's date and time to your current time zone. Always make sure your date and time are correctly set on your meter and iPhone or iPod touch.

NOTE: Any test results from a BGStar meter that have a Meal Tag (eg. Pre Breakfast, Post Lunch, Post Dinner, etc.) assigned to it will retain that tag when downloaded to the app. If a downloaded reading does not have a tag assigned to it by the BGStar meter it will not have a tag when downloaded to the app. Meal Tags can be added or changed once the reading is downloaded to the app.

NOTE: Control solution test results are only saved on the BGStar meter and are not downloaded to the app during sync. When downloaded to the app, "Lo" results on a BGStar Meter (glucose test results lower than 1.1 mmol/L) will appear on scorecards, Trend Chart, and Logbook as "<1.1 mmol/L". The app will use 1.1 mmol/L in the calculation of statistics. Similarly, "Hi" results on a BGStar Meter (glucose test results higher than 33.3 mmol/L) will appear on scorecards, Trend Chart, and Logbook as ">33.3 mmol/L". The app will use 33.3 mmol/L in the calculation of statistics.

CHAPTER 3 iBGStar Support



The iBGStar Blood Glucose Meter works with the iBGStar Diabetes Manager App that has been installed on the iPhone or iPod touch.

IMPORTANT: For specific information about using your iBGStar meter, refer to the meter's Owner's Guide.

IMPORTANT: You must sync your iBGStar meter to the iBGStar Diabetes Manager App to be able to download readings from your meter to the app and set your meter's date and time.

NOTE: Ensure that the date and time are properly set on your iPhone or iPod touch before syncing your meter to the app. For instructions on how to set the date and time on your iPhone or iPod touch, refer to the support materials for each device. The date and time from your iPhone or iPod touch will be used to configure the date and time on your iBGStar meter whenever it syncs.

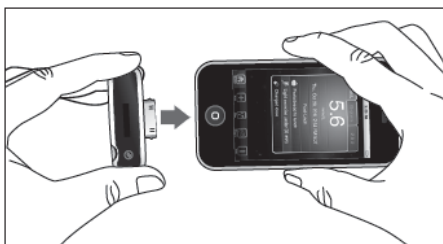
NOTE: The instructions in this chapter assume that you have the iBGStar Diabetes Manager App open on your iPhone or iPod touch. See chapter 1 for more information about downloading the app.

WARNING: Do not sync a glucose meter used by another person. If you sync with another person's meter, the data from each meter will be combined and may give you incorrect reports. Data downloaded from a blood glucose meter cannot be deleted from the iBGStar Diabetes Manager App.

3.1 Syncing the Meter

[1] Turn on your iPhone/iPod touch and tap the iBGStar Diabetes Manager App icon to launch the app.

[2] **Connect the meter:** Connect your iBGStar meter to your iPhone or iPod touch by inserting the meter's dock connector into the iPhone or iPod touch device's dock connector port.



If this is your first time connecting a meter, go to step 3. Otherwise, go to step 4.

[3] **First-Time Sync:** The first time you connect an iBGStar meter to the iBGStar Diabetes Manager App on your iPhone or iPod touch, you will be prompted with a message asking if you want to download readings from this meter.



Select "Sync" to download data from the meter to the app on your iPhone or iPod touch. The app will begin syncing with your meter. During every sync, new data will be downloaded from

the meter to the app. Syncing will also configure the meter to match the iPhone or iPod touch's date and time.

Select "Cancel" to cancel the download. The meter will not sync with the app. You may disconnect the meter from the iPhone or iPod touch.

[4] Sync Results: After the first sync between an iBGStar meter and the app, syncing will happen automatically when:



- ✓ You connect the meter to your iPhone or iPod touch with the iBGStar Diabetes App launched.
- ✓ You launch the app with your meter already connected to the iPhone or iPod touch.

During every sync:

- ✓ Any new data will be downloaded from the meter to the app.
- ✓ The meter is configured to match the iPhone or iPod touch device's date and time.
- ✓ The meter's battery will charge.

Readings taken on the iBGStar meter without using the app will not be assigned a Meal Tag when downloaded. Readings not assigned a Meal Tag will be assigned to a time block according to the timestamp on the scorecard. To ensure appropriate statistics, sync your meter with the app often to sync date and time and assign correct Meal Tags. Meal Tags can be added or changed once the reading is on the app. For more information about Mealtime Tags, refer to chapter 5.

All test result scorecards in the app with data that have been downloaded from the iBGStar meter will have a Lock icon in the upper left corner (in place of the Delete icon). The Lock icon indicates that the test result value and associated date and time cannot be deleted or edited. Carbs, Insulin, Meal Tag, and Notes can still be added or edited for blood glucose scorecards. To learn about scorecards and how to edit your Carbs, Insulin, Meal Tag, and Notes, refer to chapter 5.

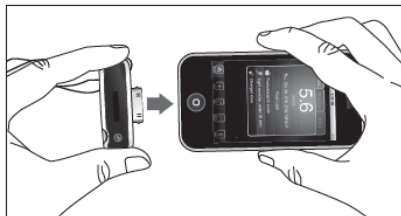


3.2 Performing a Test

The iBGStar meter can be used to perform a blood glucose test while connected to the app. For detailed information on using the iBGStar meter to perform a test, refer to the meter's Owner's Guide.

[1] Turn on your iPhone/iPod touch and tap the app icon to launch the app.

[2] Connect the Meter: Connect your iBGStar meter to your iPhone or iPod touch by inserting the meter's dock connector into the iPhone or iPod touch device's dock connector port.



[3] Insert a BGStar Test Strip: Insert a new BGStar Test Strip into the meter's test strip port. Make sure you insert the test strip with the contact bars facing up into the strip port. **You cannot perform a test while a cable is plugged into the micro-USB port and the meter's battery is charging.**



[4] Meter Ready for Test: The app will play an animation of a sample being applied to a test strip and a calculating animation when the result is being calculated. Follow the testing instructions in the meter's Owner's Guide to apply a sample to the test strip.

Testing Animation:



Calculating Animation:



[5] View Result: A new scorecard will be created for the new glucose reading. The new scorecard will have a Lock icon in the upper left corner (in place of the Delete icon).

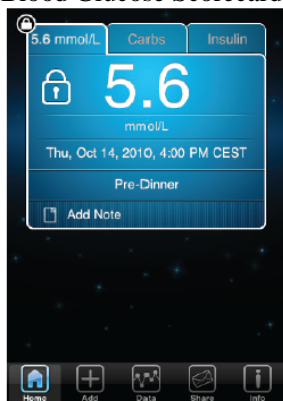


The Lock icon indicates that the test result value and associated date and time cannot be deleted or edited. Carbs, Insulin, Meal Tag, and Notes can still be added or edited for blood glucose scorecards. To learn about scorecards and how to edit your Carbs, Insulin, Meal Tag, and Notes refer to chapter 5.

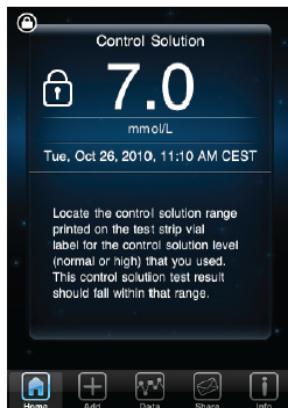
If the new reading is from control solution, a special control solution scorecard will be created. Control solution scorecards are not editable.

NOTE: If there is a discrepancy between the reading shown on the meter and the reading shown on the app, make treatment decisions based on the meter.

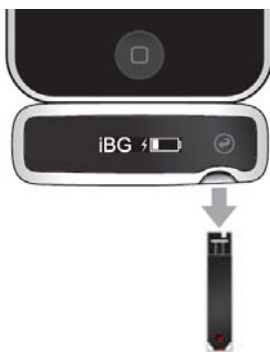
Blood Glucose Scorecard:



Control Solution Scorecard:

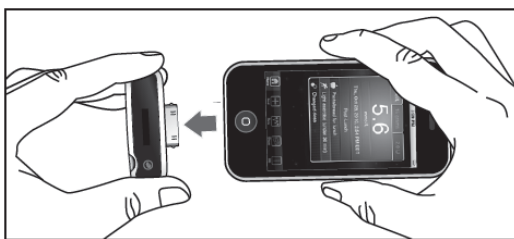


[6] Remove the used BGStar Test Strip from the meter's test strip port: Avoid handling the test strip's sample area (where blood was applied). The blood glucose test result scorecard will be downloaded to the app on your iPhone or iPod touch. The battery status and charging battery symbol will appear on the meter's display.



3.3 Disconnecting the Meter

To disconnect the meter from the iPhone or iPod touch, hold the iPhone or iPod touch firmly with one hand and use your other hand to pull the iBGStar meter away from the iPhone or iPod touch. Your meter will deactivate.



CHAPTER 4 iBGStar Diabetes Manager App Basics

4.1 Launching the App

Launch the app by tapping on the iBGStar Diabetes Manager Application icon on the iPhone or iPod touch.

The first time you launch the app, read the iBGStar Diabetes Manager Application End User License Agreement and tap “Accept” to continue. The Home screen will appear.



4.2 Navigation Basics

This section describes the main navigation of the app.

Tap on the screen to:

- Edit a text field
- Select a button or icon

Drag your finger across the screen to:

- Scroll vertically or horizontally

Flick your finger across the screen to:

- Quickly scroll vertically or horizontally

4.3 Tab Bar

The Tab bar consists of 5 options: Home, Add, Data, Share, and Info.



Home: The Home tab takes you to your scorecards.

Add: The Add tab allows you to manually add a new glucose reading.

Data: The Data tab provides options for viewing your data, including Trend Chart, Logbook, and Statistics.

Share: The The Share tab allows you to email the contents of the Logbook and Statistics.

Info: The Info tab provides access to Settings and Help.

In the rest of this guide, sections will be referenced based on the Tab bar. For example, if you want to access Settings, you would tap the Info icon, then the Settings icon. This sequence of steps will be represented as Info >> Settings.

CHAPTER 5 Home Tab

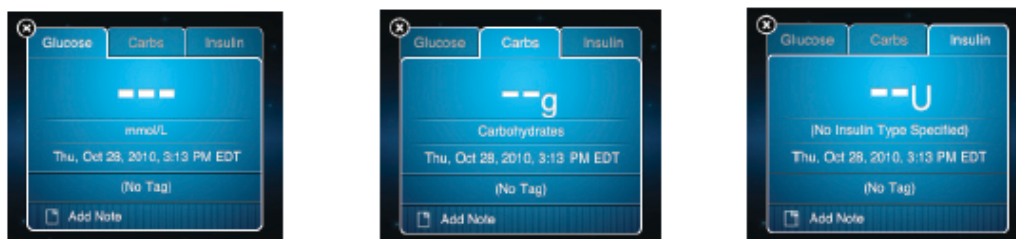
The Home screen displays a single scorecard and allows you to scroll through additional scorecards. The number of scorecards that can be stored depends on the available storage space on the iPhone or iPod touch.



If no scorecards have been saved, the welcome screen (the iBGStar logo and help messages) will be displayed.



5.1 About the Scorecard



Each scorecard consists of 3 tabs: Glucose, Carbs, and Insulin.

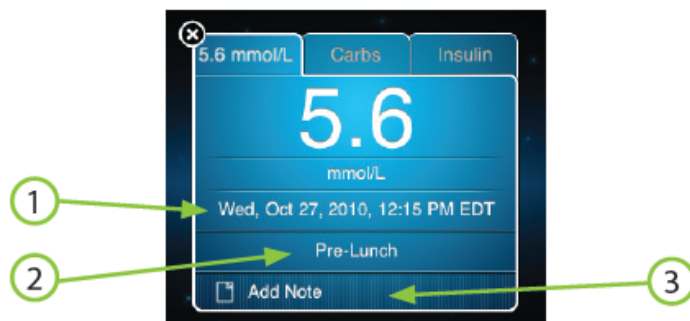
NOTE: The Carbs and Insulin tabs are only visible if Info >> Settings >> Do you use insulin? is set to "ON."

NOTE: All edits to scorecards are only saved when you hit "Done".

Glucose: Blood glucose, measured in mmol/L. Valid entries are between 1.1 and 33.3 mmol/L.

Carbs: Carbohydrates, measured in grams (g). Valid entries are between 0 and 1000 g.

Insulin: Insulin dose, measured in units of insulin (U). Valid entries are between 0 and 100.



(1) Date and Time: The full date and time of the scorecard appears here. The date and time format is determined by the format set in the iPhone or iPod touch general settings and cannot be changed from within the app. The same date and time is applied to all 3 tabs.

(2) **Mealtime Tag:** Applied manually or automatically based on time of day. The same tag is applied to all 3 tabs of the scorecard.

(3) **Notes:** Pre-defined or custom notes associated with a scorecard. The same notes appear on all 3 tabs of the scorecard.



(4) **Insulin Type:** Insulin tab only, specifies the type of insulin taken.

NOTE: A scorecard must contain at least one of the following: glucose reading, carbohydrate entry, or insulin dose.

5.2 Glucose Tab



This tab allows you to manually enter a blood glucose reading.

To add or edit a glucose value:

[1] **Glucose Tab:** Tap the Glucose tab on the scorecard.

[2] **Show the Number Pad:** If there is no glucose value entered on the scorecard, a number pad will automatically appear when you select the Glucose tab. Otherwise, tap on the existing glucose reading to edit the value.



[3] **Type in the Value:** Type in the glucose value. Press “Done” to hide the number pad or “Next” to move to the Date and Time section of the scorecard.

NOTE: Glucose values synced from an iBGStar or BGStar meter cannot be edited. These values are noted by a Lock icon next to the glucose value. See chapters 2 and 3 for more information.



5.3 Carbs Tab



This tab allows you to record the number of carbohydrates consumed at a specified time.

To add or edit carbohydrates:

[1] **Carbs Tab:** Tap the Carbs tab on the scorecard.

[2] **Show the Number Pad:** If there is no carbs value entered on the scorecard, a number pad will automatically appear when you select the Carbs tab. Otherwise, tap on the existing carbohydrate entry to edit the value.

[3] **Type in the Value:** Use the number pad that appears to type in the number of carbs. Press “Done” to hide the number pad, “Next” to move to the Insulin tab, or “Previous” to return to the Date and Time section of the scorecard.

5.4 Insulin Tab



This tab allows you to record an insulin dose taken at a specified time.

To add an insulin dose to a scorecard or edit an existing dose:

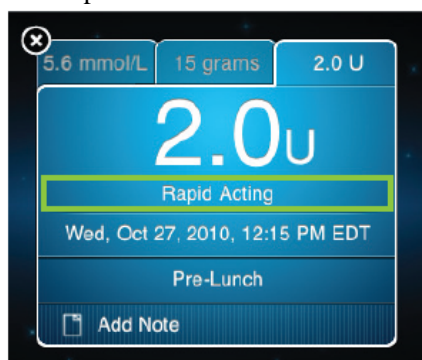
[1] ***Insulin Tab:*** Tap the Insulin tab on the scorecard.

[2] ***Show the Number Pad:*** If there is no insulin dose entered on the scorecard, a number pad will automatically appear when you select the Insulin tab. Otherwise, tap on the existing insulin entry to edit the dose.

[3] ***Type in the Number:*** Use the number pad that appears to type in an insulin dose. Press “Done” to hide the number pad, “Next” to choose the type of insulin, or “Previous” to return to the Carbs tab.

To select the insulin type:

[1] ***Tap on the Insulin Type:*** Tap on the Insulin Type section of the scorecard to bring up the insulin picker.



[2] ***Choose Your Insulin:*** Choose the type of insulin you use. Press “Done” to collapse the picker or “Previous” to edit the insulin dose.

NOTE: You can set the increment for insulin doses under *Info >> Settings >> Insulin Display Format*. Insulin can be displayed in 1.0 or 0.1 unit increments.

5.5 Date and Time



The Date and Time is displayed on all 3 scorecard tabs.

To change the Date and Time:

[1] **Tap on the Date and Time:** Tap the Date and Time section of the scorecard to bring up the date and time picker.

[2] **Choose the Date and Time:** Scroll to the desired date and time. Press “Done” to collapse the picker, “Next” to move to the Carbs tab, or “Previous” to edit the glucose value.

NOTE: The date and time on scorecards synced from an iBGStar or BGStar meter cannot be edited. See chapters 2 and 3 for more information.

5.6 Mealtime Tag



Mealtime Tags allow you to quickly categorize your scorecards based on predefined mealtimes. Mealtimes are defined under Info >> Settings >> Meal Schedule.

There is no limit to the number of times a tag can be used per day.

- Readings taken on the iBGStar meter without using the app will not be assigned a Meal Tag when downloaded, but are entered as “No Tag”.
- If the iBGStar is connected to the app when a reading is taken, that reading will be automatically assigned a Meal Tag (based on the Meal Schedule) if that tag has not been used that day. If the tag is already in use, “No Tag” is entered in the tag field.
- Manually entered readings are automatically assigned a Meal Tag (based on the Meal Schedule) if that tag has not been used that day. If the tag is already in use, “No Tag” is entered in the tag field.
- Readings downloaded from the BGStar meter that were tagged using the meter will have those same tags when synced to the App.

- You can change a scorecard's tag by tapping on the Tag section of the scorecard.

NOTE: Changing Mealtime Tags may affect how results are displayed in the Logbook and Statistics. Refer to chapter 7 for more information.

5.7 Notes

The iBGStar Diabetes Manager App comes with a set of predefined notes.

Notes are divided into 5 categories:



- (1) Food
- (2) Activity
- (3) Insulin
- (4) Medication
- (5) Miscellaneous

You can also create custom notes within any category. There is no limit to the number of notes you can add to a scorecard. If you add more than 3 notes to a scorecard, drag your finger in the Notes section to scroll through additional notes.

5.8 Adding a Note to a Scorecard

[1] Access the Notes Section: Tap on the Notes section of the scorecard, labeled “Add Note” if no notes are currently entered. If the scorecard already has a note, tap on an existing note.



[2] Select a Category: Choose a category of notes to view.



[3] Choose a Note: Tap the selector to the left of the note label to select the note. Select as many notes as you want.



[4] **Add Note(s) to Scorecard:** Press “Done” once you are finished selecting notes. The notes you chose will be added to the scorecard.



5.9 Creating Custom Notes

[1] **Access the Notes Section:** Tap on the Notes section of the scorecard.

[2] **Select a Category:** Choose the category in which you want to create your custom note.



[3] **Edit Button:** Tap on the “Edit” button.



[4] **+ Button:** Tap on the “+” button.



[5] **Type Custom Note:** Type in a label for the custom note and tap “Done” when finished. Your custom note should appear in the list of notes. You can now add your custom note to any scorecard.



5.10 Organizing and Editing Notes

Notes can be reordered within a category, but cannot be moved from one category to another.

[1] **Access the Notes Section:** Tap on the Notes section of any scorecard.

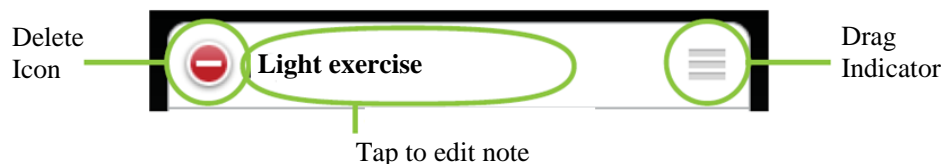
[2] **Choose a Category:** Select the category you want to reorganize.



[3] **Edit Button:** Tap “Edit” to access an editable list of notes.



[4] *Make the Desired Changes:*



Change the Order of the Notes: Place your finger on the drag indicator on the right side of the screen and drag the note to the position you want.



Delete a Note: Tap on the Delete icon found to the left of the note, then press the Delete button that appears.



Edit Note: Tap on the note text and type to change the note. Tap “Done” when finished.

NOTE: Deleting a note does not remove it from the scorecards. If a scorecard contains a note that has been deleted, the deleted note will still appear under the Notes section for that scorecard.

5.11 Scrolling Through Scorecards

The Home screen displays one scorecard at a time. To view other scorecards, flick left or right on the Home screen.

Flick Left: Show more recent scorecards

Flick Right: Show previous scorecards

Flick faster to scroll through multiple cards at once.

5.12 Deleting a Scorecard

Deleting a scorecard permanently removes it from the app.

[1] **Delete Icon:** Tap the Delete icon on the scorecard you want to delete.



[2] Confirm Deletion: When the dialog appears, tap the Delete button. The scorecard will be deleted and the entry will be removed from the logbook.

NOTE: A scorecard created by syncing the app with the iBGStar or BGStar meter cannot be deleted. See chapters 2 and 3 for more information.

CHAPTER 6 Add Tab

The Add tab allows you to create new scorecards by entering in glucose readings, carbohydrates, and insulin doses manually.



- You must enter at least one value (glucose, carbs, or insulin) to create a new scorecard.
- Glucose values must be within the range of 1.1-33.3 mmol/L. The maximum carbohydrate value is 1000g. The maximum insulin dose is 100 units.
- New entries are automatically given the current date and time and a mealtime tag if one is available. These values can be edited.

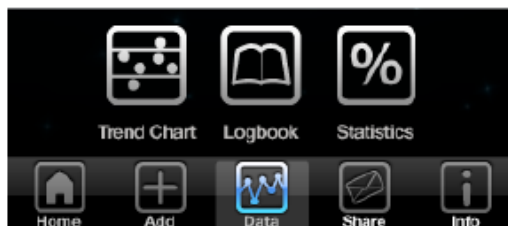
6.1 Create a New Scorecard

[1] Add Icon: Tap on the Add icon in the Tab bar.

[2] Enter Values: By default, the Glucose tab is selected. To enter carbs or insulin, select the corresponding tab. Enter a value using the number pad that appears. Press “Done” to collapse the number pad and save the scorecard or “Next” to edit another field on the scorecard.

CHAPTER 7 Data Tab

The Data tab provides different options for viewing your data.



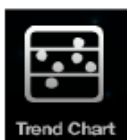
IMPORTANT: Results, averages, and graphs stored in the iBGStar Diabetes Manager Application should only be used as a reference. Do not make treatment decisions based

solely on stored results, averages, and graphs. Consult your healthcare professional regarding treatment options.

7.1 Trend Chart

The Trend Chart displays each glucose reading as a dot on the chart. To get to the Trend Chart, tap “Data” and then “Trend Chart.” You can determine the amount of data to view by selecting the time frame to include on the chart. For improved viewing, the Trend Chart can be viewed horizontally by rotating your iPhone or iPod touch ninety degrees.

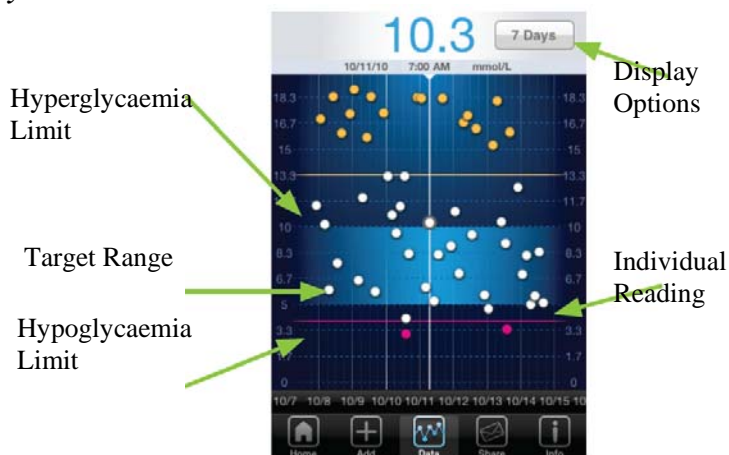
NOTE: To use the horizontal Trend Chart feature, ensure that the screen of your iPhone or iPod touch is not locked.



Display Options: 1 Day, 3 Days, 7 Days, 14 Days, 30 Days and 90 Days.

Colors: Readings at or below the hypoglycemic limit are shown in pink, readings at or above the hyperglycaemic limit are shown in yellow. All other readings are shown in white. The light blue bar in the middle of the chart is the target range set with your health care professional.

WARNING: Your healthcare professional should recommend what your hypoglycemic and hyperglycemic limits are.



7.2 View and Edit Individual Scorecards from the Trend Chart

[1] **Center the Data Point:** Position the data point of interest on the center line so that the glucose reading appears on the top of the chart.

[2] **Tap on the Data Point:** Tap on the data point to show the scorecard for that reading.

[3] **Edit the Scorecard:** You can now make changes to the scorecard by tapping on the field you want to edit.

NOTE: On a locked scorecard, Glucose, Date and Time cannot be edited.

[4] **Close the Scorecard:** Tap anywhere outside the scorecard to hide it and return to the Trend Chart.

7.3 Logbook

The Logbook is a convenient way to review your glucose readings over multiple days. To get to the Logbook, tap “Data” and then “Logbook”. You can enter new values, edit existing values, and delete entire scorecards from the Logbook. The Logbook is organized based on mealtime tags and mealtime definitions.



Readings in the Logbook are color-coded based on their value:

- White reading: between hypo and hyperglycaemic limits
- Pink reading: below hypoglycaemic limit
- Yellow reading: above hyperglycaemic limit

The Logbook has 2 views for displaying information: Simple and Expanded.

Example of the Logbook in Simple View:

Switch to Expanded View

Date	Breakfast		Lunch		Dinner		Night
	Pre	Post	Pre	Post	Pre	Post	
10/31 2010	3.2	5.5			7.2	6.4	12.8
10/28 2010	5.6	4.8	5.6	5.6	10.9		9.8
10/27 2010	8.8		5.6	5			12
10/26 2010		3.4	9.4		11.1	11.2	
10/25 2010	7.8		13.6	11.1	9.8		8
10/24 2010	5.5	5		16.7	14.8	5.8	8.2
10/23 2010	6.8	8.6	5.7	3.8			12.2
10/22 2010	5.5		17.3	7.8	10	8.9	
10/18 2010			4.7		5.6		13.4

Home Add Data Share Info

Simple View: This view only shows dates that have at least one scorecard.

Expanded View: This view includes a row for each day, even if there are no scorecards for that day. Each day in this view also includes a blank row for entering new values.

7.4 Entering a New Glucose Reading Directly into the Logbook

[1] **Choose a Time Slot:** Tap on an empty time slot in the Logbook.

[2] **Type in a Value:** Use the number pad to enter a glucose value. Press “Done” to hide the number pad or “Next” to edit the Date and Time.

[3] **Return to Logbook:** Tap anywhere outside the scorecard to hide the card and return to the Logbook. Your new glucose value should appear in the Logbook.

7.5 Editing an Existing Glucose Reading from the Logbook

[1] **Choose a Value to Edit:** Tap on a reading in the Logbook.

[2] **Edit the Value:** Tap on the glucose reading to bring up the number pad. Enter a new value and press “Done” to hide the number pad.

NOTE: On a locked scorecard, Glucose, Date and Time cannot be edited.

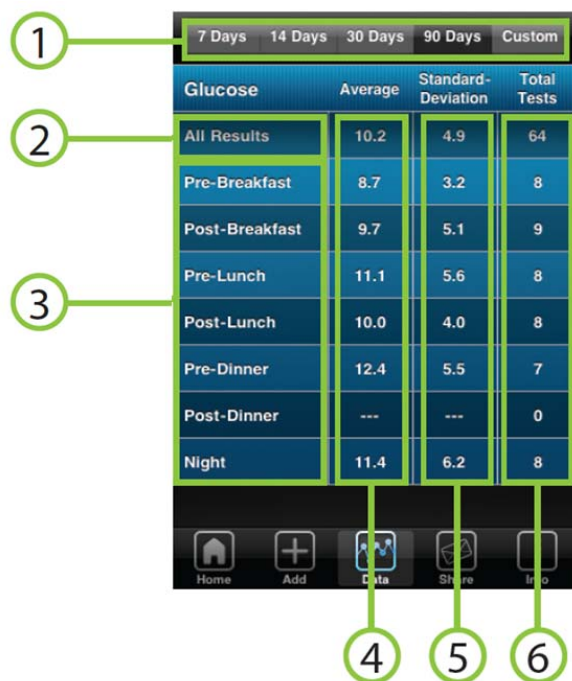
[3] **Return to Logbook:** Tap anywhere outside the scorecard to hide the card and return to the Logbook.

7.6 Statistics



The Statistics option provides a summary of your results. To get to Statistics, tap “Data” and then “Statistics”.

The Statistics screen includes:



(1) **Time Range:** View statistics within a 7, 14, 30 or 90 day time range or create a custom time range.

(2) **All Results:** Calculations for “All Results” use all results within the selected time range.

(3) **Mealtimes results:** Mealtimes calculations (“Pre-Breakfast”, for example) consist of one glucose reading per day, with the following priority:

1. First reading with appropriate mealtime tag

2. First untagged reading to occur in the time block

(4) Average: The average for a particular mealtime block is calculated using one reading per day.

(5) Standard Deviation: The standard deviation shows how consistent your values are. Standard deviation is calculated using the following equation:

$$\sigma = \sqrt{\frac{\sum(x - \bar{x})^2}{n - 1}}$$

x = the individual reading

\bar{x} = the average of all readings for the given time period

n = the number of readings included in the calculation

The standard deviation is computed if there are at least 2 readings included in the calculation.

Example of how the standard deviation can be used:

Two people both have 3 readings averaging 5.6 mmol/L.

- Person 1: readings of 5, 5.6 and 6.1 mmol/L
- Person 2: readings of 2.8, 5.6 and 8.4 mmol/L

Person 1 standard deviation = 0.6 mmol/L

Person 2 standard deviation = 2.8 mmol/L

A lower standard deviation indicates tighter control. Work with your healthcare professional to determine what your average and standard deviation should be.

(6) Total Tests: The total number of tests within the selected time frame.

NOTE: You may notice that the standard deviation or averages in the app do not match the standard deviation or averages in your BGStar meter. Due to differences in how the app and the meter round these calculations, you may see slight differences in these calculations. For example, the standard deviation on the app reads 5.9 mmol/L, but the standard deviation on the meter reads 5.8 mmol/L.

If you sync more than one meter with your application, or manually enter blood glucose readings, the averages and standard deviations may not match because the application uses all stored readings to make calculations.

CHAPTER 8 Share Tab

The Share tab allows you to send your data (Statistics, Logbook, etc) to family members or to your healthcare professional.



NOTE: To share your results, you must have email set up on your iPhone or iPod touch and have access to a wireless network.

8.1 Emailing Results

[1] *Tap “Share.”*

[2] *Choose a Time Frame:* Use the Time Frame buttons to choose the amount of data you want to include in the email.



[3] *Compose the Email:* Tap the Compose button. Your data is automatically included in the body of the email and a .csv file is attached.

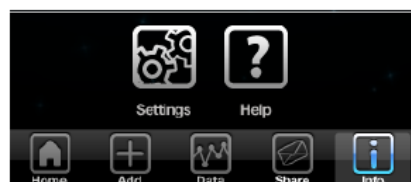


[4] *Fill in the Required Information:* Tap on the “To:” field and type in the recipient’s email address. If you have the email address in your iPhone or iPod touch contacts, tap on the “+” button and locate the correct email address. Fill out the remaining fields as needed (CC/BCC, Subject, email body, etc.).

[5] *Send Email:* Tap the Send button to send the email.



CHAPTER 9 Info Tab



The Info tab allows users to access the app Settings and help documentation.

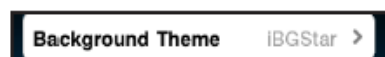
9.1 Settings



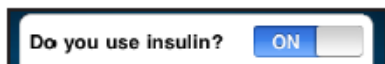
You can select a background theme and customize the settings for the Carb and Insulin tabs, insulin display format, meal schedule, target ranges, and hypo/hypr limits.

Background Theme:

This setting allows you to set the background for the Home screen. The appearance of the backgrounds, with the exception of “iBGStar,” will change based on the time of day of the current scorecard.



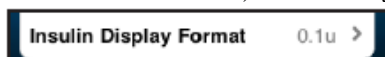
Do you use insulin?: Choose “ON” or “OFF”. If this setting is “OFF”, the Carbs and Insulin tabs will not be visible on the scorecard.



Changing this setting to “OFF” will not delete any carbohydrate and insulin data you may have previously entered.

Changing this setting to “ON” will restore your carbohydrate and insulin data.

Insulin Display Format: This setting determines how insulin doses are measured (either 0.1 or 1.0 unit increments). This setting is not visible if “Do you use insulin?” is set to “OFF.”



Meal Schedule:



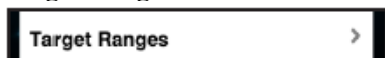
Pre- and Post-meal times are defined here. These time definitions determine how scorecards manually entered in the app or downloaded from an iBGStar meter are automatically tagged and how readings are listed in the Logbook. Readings downloaded from a BGStar meter will not be automatically tagged if tags are pre-assigned on the meter.

For automatic tagging, a mealtime tag begins at the time set for the corresponding Meal Schedule block and ends one minute before the next Meal Schedule block begins. For example, if “Pre-Lunch” is set for 10:00 AM and “Post-Lunch” is set for 1:00 PM, a “Pre-Lunch” tag will be applied from 10:00 AM until 12:59 PM. If you manually apply a tag to a scorecard, you do not need to adhere to these tag definitions.



Changes to your meal schedule will not affect readings you have tagged with a meal time, but time blocks will be recalculated, which could affect the location of untagged readings within the logbook and statistics. For example, if you change your pre-breakfast definition to a later time (from 4 AM to 5 AM), some readings previously listed under “Pre-Breakfast” might instead appear under the “Night” column in the Logbook.

Target Ranges:



Set pre- and post-meal high and low targets and nighttime high and low targets under this setting.

Glucose Targets	
Pre-Meal Low	5.0
Pre-Meal High	7.8
Post-Meal Low	5.0
Post-Meal High	10.0
Night Low	5.0
Night High	7.8

IMPORTANT: Always consult your healthcare professional for your recommended target ranges.

Hypo/Hypr Limits:

Hypo/Hypr Limits	
Hypo/Hypr Limits	3.9/13.3 >

Define your hypoglycaemic and hyperglycaemic limits. Scorecards with glucose values below the hypoglycaemic limit will be pink and scorecards with values above the hyperglycaemic limit will be yellow. All other scorecards will be blue.

Hypo/Hypr Limits	
Hypoglycemic Limit	3.9
Hyperglycemic Limit	13.3

Changing your hypo/hypr limits will not affect your readings, but may change the color of scorecards, trend chart data points, and logbook entries.

IMPORTANT: Always consult your healthcare professional for your recommended hypo/hyperglycemic limits.

Version Number: The version number of the software is listed at the bottom of the Settings page.

9.2 Help



The Help section contains instructions for using the app.

CHAPTER 10 Deleting the iBGStar Diabetes Manager Application

IMPORTANT: Deleting the app will delete your data. Make sure you have a copy of your data before deleting the App. For information on how to backup your data, see section 1.2.

Deleting the App

[1] On your iPhone or iPod touch, press and hold the app icon. When the icon begins to shake, release your finger.

[2] Tap on the Delete indicator that appears on the icon. Press “Delete” to confirm the deletion.



CHAPTER 11 Troubleshooting

The app has been designed to function correctly under normal conditions. If you experience a problem while using the app, please refer to the situations below for solutions.

CAUTION: Equipment not suitable for use in the presence of flammable mixtures. This meter complies with the applicable standards for Electromagnetic Compatibility; however it is not recommended that it be used in the presence of strong electromagnetic fields. When using this meter, keep away from sources of electromagnetic disturbances such as electric motors or radio transmitting equipment. This meter should not affect the normal operation of other devices. If this does occur, provide more distance between the meter and the affected device. Your meter is an electronic device. When disposing of your meter follow all local environmental regulations.

Troubleshooting Situation #1: Cannot email the Logbook and Statistics.

[1] **CAUSE:** You are not connected to the internet.

ACTION: Verify that you have internet access.

[2] **CAUSE:** Your iPhone or iPod touch is not set up for email.

ACTION: Before you can use the email feature of the app, you must set up email on your iPhone or iPod touch. Close the app and tap on the Settings icon on the iPhone or iPod touch device's home screen (where the app icons appear), then tap on “Mail, Contacts, Calendars.”

Under “Accounts,” follow the instructions to add an email account. This is the account from which your logbook will be emailed in the app.

Troubleshooting Situation #2: The app suddenly closed.

[1] **CAUSE:** The app crashed.

ACTION: Tap on the app icon on your iPhone or iPod touch. The app should launch. The action you were performing when the app crashed may not have been saved, but all other data should be intact.

Troubleshooting Situation #3: You just took a reading and the scorecard on the app does not match the reading on the meter.

[1] CAUSE: You did not have the app open while you tested, and when you opened the app it reverted back to the last scorecard you saw.

ACTION: Check that the time and date match on the visible scorecard and on the meter. In any case, the meter result should be regarded as correct.

Troubleshooting Situation #4: When my iPhone or iPod touch is plugged in to the computer using the Apple cable, the app does not seem to function properly.

[1] CAUSE: When the iPhone or iPod touch is plugged in to the computer, the iDevice is in communication with the computer. This can affect how the app performs.

ACTION: Only use the app when it is not plugged in to the computer using the Apple cable.

Troubleshooting Situation #5: I downloaded my iBGStar results to the app and a warning message saying “New Time Zone” appeared on the app screen.

[1] CAUSE: This message appears if you test without the meter connected to the app and then sync your meter with the app after you travel to a different time zone.

ACTION: When travelling across time zones, be sure to sync your iBGStar meter with the app to get the current time zone. Downloaded readings may appear under the wrong meal time in the statistics or logbook if the time on the meter and iPhone or iPod touch do not match. To ensure accurate statistics, set the appropriate Meal Tag on each scorecard.

Troubleshooting Situation #6: I downloaded my BGStar results to the app and a warning message saying “Meter Time” appeared on the app screen.

[1] CAUSE: This message appears if you download meter readings and the time and date on your BGStar meter do not match the time and date on the iPhone or iPod touch.

ACTION: Check that the BGStar’s date and time matches the date and time on the iPhone or iPod touch. To ensure accurate statistics, set the appropriate Meal Tag on each scorecard.