Diabetes : M

Quickstart Guide

FOR OWNERS OF NIPRO **4SURE SMART** AND
4SURE SMART DUO
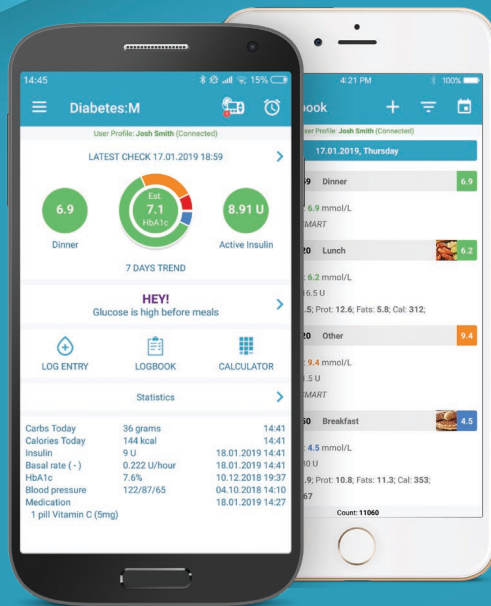
WHERE TO FIND DIABETES:M

Diabetes:M is available on both Google Play and App Store. To download the app, just go to your device's store and search for Diabetes:M, or scan the QR code below for quick navigation.

Download on the App Store

GET IT ON Google Play

COMPATIBLE DEVICES

Diabetes:M is optimized and works with both Android and iOS devices, including phones, 7" and 10" tablets.

The supported OS versions are:

Android: KitKat (4.3) or higher.
Recommended: Lolipop (21) or higher.

iOS: Version 9 or higher.
Recommended: iOS 10 or higher.

DIABETES:M ANALYTICS

Diabetes:M Analytics is a web browser version of the app, that provides a comfortable way for users to review and monitor their data on a big screen. The web interface also includes some unique features like the "Daily Overview" calendar.

You can register a new account or login with your existing username and password at:
https://analytics.diabetes-m.com

DIABETES:M MONITOR

Diabetes:M Monitor allows medical specialists to keep track of their patients in real-time.

As part of the integrated Diabetes:M platform, Monitor offers multiple tools to analyze the data logged by the user. This allows medical teams to have access to the full scope of available information about the diabetic patient.

First, your clinician needs to be registered in our system. This can be done from the registration form on our website:

https://www.diabetes-m.com/login/

After registration, each clinician receives a personal code, which can be given to patients.

Ask your physician if he/she is registered with the system.
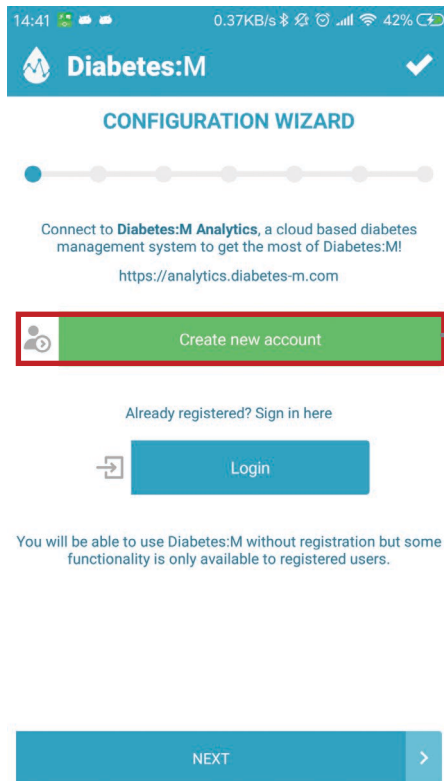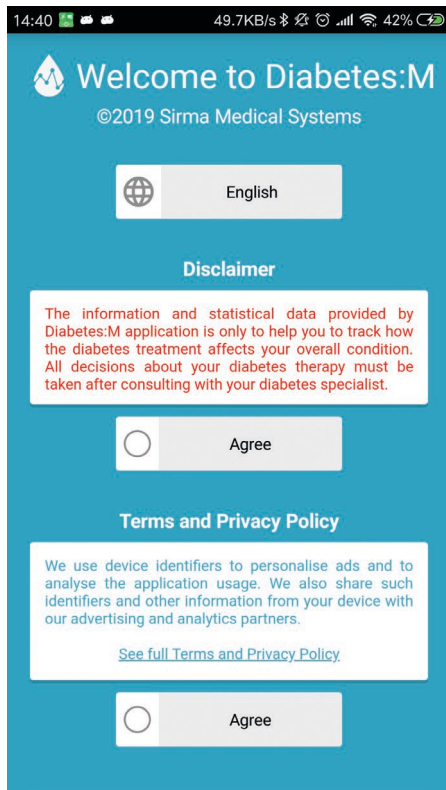
On the first screen of the app, after accepting the terms and conditions of use, you can login with your existing account if you have one, or create a new account if you don't have one.

If you already have an account and want to activate the special features provided by Nipro, please refer to **Section 10 - Existing Users.**

2	ENTER YOUR PROFILE INFORMATION

In order to create an account in Diabetes:M, enter the following details:

- **Username** – a username that will enable you to login into the app
- **Email** – a valid email address
- **Password**
- **First** and **Last name**
- **Gender**
- **Diabetes type**
- **Date of birth**
- **Country**
- **Pet account checkbox** – select if you are using the app for your pet
- **Receive email notifications** – select if you wish to receive special offers

After entering your profile information, click on "Link your Nipro Account" and follow the steps in section 3.

!	ACCOUNT CONFIRMATION

After completing the steps and selecting "Register", you will receive a confirmation email. You can proceed and finish with the configuration wizard, before confirming your account.

If you do not see the confirmation email in your inbox, please check in your spam folder.

If you have a Nipro **4SURE Smart** or **4SURE Smart Duo glucose (β-ketone)** meter, you can contact Nipro Diagnostics U.K. Customer Service to receive your Nipro Account ID. Enter this ID code below to link your Nipro account.

Nipro Diagnostics U.K. Customer Service:

📞 **0800 08 588 08**

✉ **diagnostics-uk@nipro-group.com**

Have your **4SURE** meter in hand. You will need your device serial number, written on the back of your meter.

Screenshot content:

15:41   1.4KB/s

☰ User Profile

Username

Email

Pa...

Re...

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La...

Link Nipro Account

If you have a Nipro 4SURE Smart or 4SURE Smart Duo glucose (β-ketone) meter, you can contact Nipro UK Customer Service (0800 08 588 08 or diagnostics-uk@nipro-group.com) to receive your Nipro Account ID. Enter this ID code below to create your Nipro account.

CANCEL   OK

Female   Male

Diabetes Type - Prediabetes

Enter your Birthday

CANCEL   REGISTER

UNITS OF MEASUREMENT

On this screen you'll have to setup your desired measurement units. The application will show all data converted to those units:

Choose one for each of the following units of measurements.

Weight and distance unit:
- **Metric units** – kg, gr, ml, cm
- **US units** – lbs, oz, fl, inches

Blood glucose unit:
- **mmol/L**
- **mg/dL**

Carbohydrates unit:
- **Grams**
- **Bread units (12 grams)**
- **Exchanges (10 grams)**
- **Exchanges (15 grams)**

The configuration wizard will ask you to enter your personal data. It's very important to enter the data marked with asterisk (*) because some of the calculations in the application are based on this data.

Fill the following data on this page:
- **Name** – for labeling reports and Diabetes:M Monitor
- **Sex** – to calculate daily caloric intake
- **Weight (*)** – to determine ISF and I:C defaults
- **Height (*)** – to calculate BMI
- **Birthday** – to determine blood pressure target zones
- **Activity factor** – to calculate daily caloric intake
- **Profile picture/photo** – appears in the Diabetes:M Monitor

THERAPY

In the Therapy screen, choose your diabetes therapy type. This will determine the questions asked on the next screen and also to calculate your medications in a better way. Choose from:

1. **Multiple daily injections** – if you're on insulin therapy
2. **Insulin pump** – if on pump therapy
3. **Non-insulin treatment** – if on other types of medications, such as oral medications

Depending on the therapy type selected on the Therapy screen, the application may ask you to choose from different types of medications.

- If you chose **Multiple daily injections,** the app will ask you to add short acting insulin, long acting insulin and other medications if you use any.
- If you chose **Insulin pump,** the app will ask you to select your insulin type, set your basal profile (insulin per hour, by different intervals throughout the day) and other medications if applicable.
- If you chose **Non-insulin treatment,** the app ask you to indicate any oral medications, including quantity and dose.

The next screen will allow you to choose your target glucose levels, insulin sensitivity, and insulin-to-carbohydrate ratio. The following parameters are very important for precise insulin calculations.

- **Hyperglycemia and high glucose levels** – to warn you when your glucose is high or too high. These settings will be used in the reports, charts, and diagrams provided.
- **Glucose target** – your desired perfect glucose level. This parameter enables the app to calculate the insulin units required, along with other settings.
- **Hypoglycemia and low glucose levels** – to warn you about dangerously low glucose levels. These settings will be used in reports, charts, and diagrams provided.
- **Insulin sensitivity (hourly)** – Insulin sensitivity factor (ISF) is very important for precise calculations for the insulin units required. An insulin sensitivity factor (ISF) or correction factor describes how much one unit of rapid or regular insulin will lower blood glucose. The app will use this parameter to calculate the amount of insulin needed to correct blood glucose readings that are above target. If you do not know your ISF score, please leave the default and seek the advice of your physician.
- **Carbohydrates ratio (hourly)** – these parameters tell how many units of insulin your body needs to "cover" a specified number of carbohydrates. For example, if your ratio is 12, your body will need 1 unit of insulin to cover every 12 grams of carbohydrates that you eat. If you cannot determine this value precisely, please leave the default and ask your physician how to calculate it.

Important! *These settings are critically important in providing you with correct calculations. If you are not sure of your glucose target, insulin sensitivity, or carbohydrates ratio, leave the defaults and consult your physician.*
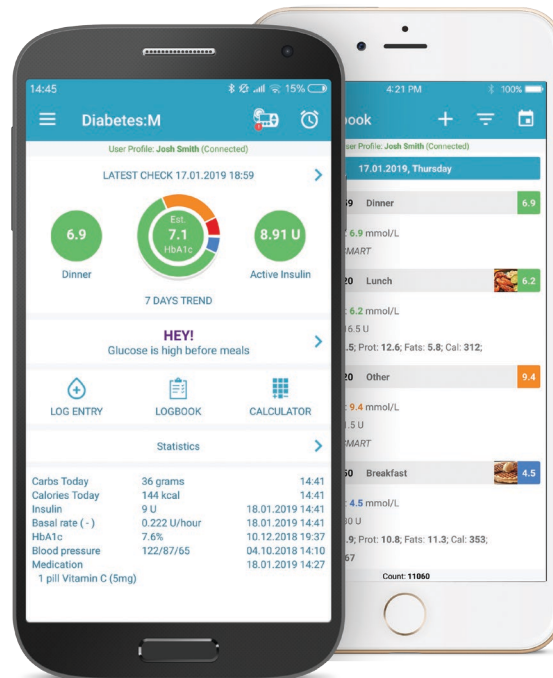
To link your smart phone to your Nipro 4SURE Smart or 4SURE Smart Duo blood glucose (β-ketone) meter, please follow these simple steps:

Turn ON your 4SURE Smart or 4SURE Smart Duo glucose (β-ketone) meter.

If the device is new and there is not any data stored in its memory, it will turn OFF immediately. If there is data stored in the meter memory, it will stay in the review mode.

In order to pair the meter, it must be in review mode. That is why there must be at least one measurement taken with the meter before you continue to step 2.

Important! *Your meter can be linked to only one device or mobile application at any time. Please, make sure that the meter you are going to connect is not already linked to another device.*

While in Diabetes:M app, select the side menu button at the top left side of the screen. This will expand the main menu of the app.
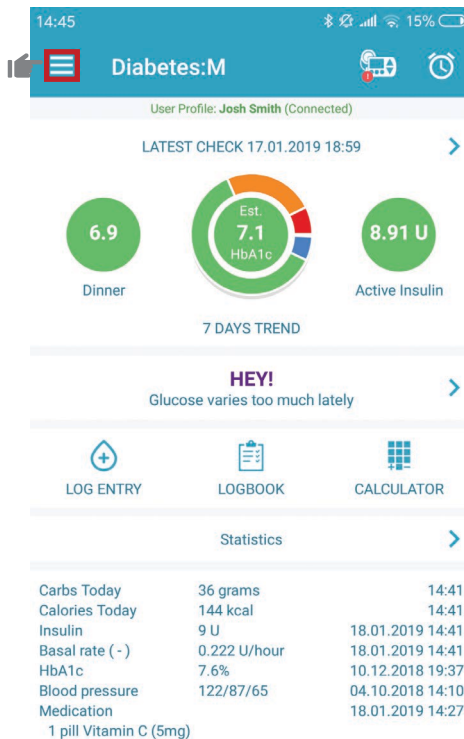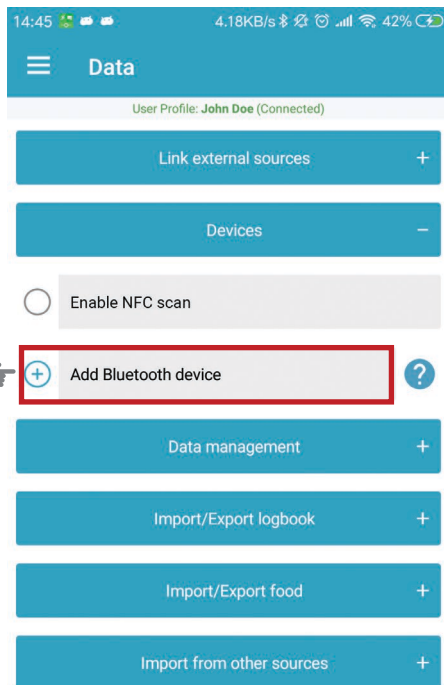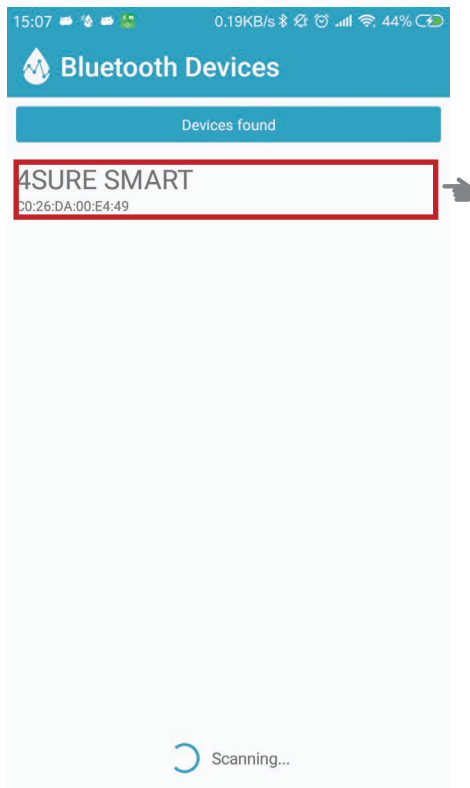
Tap on the "DATA" button
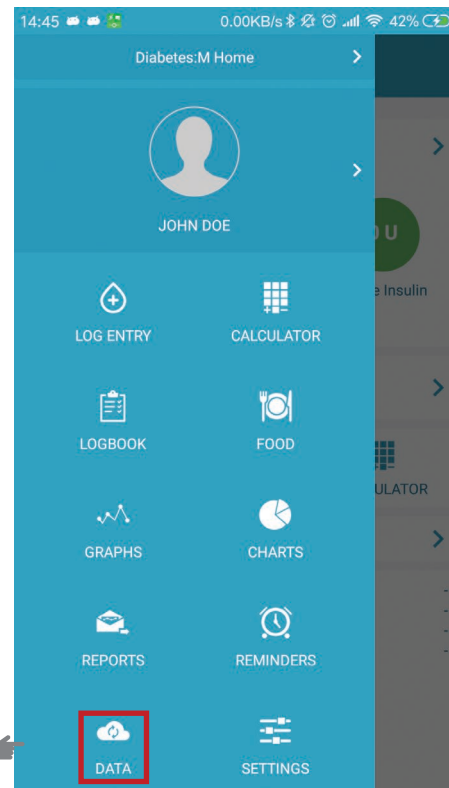
STEP	4

Scroll to the "Devices" section and select "Add Bluetooth device"

STEP	5

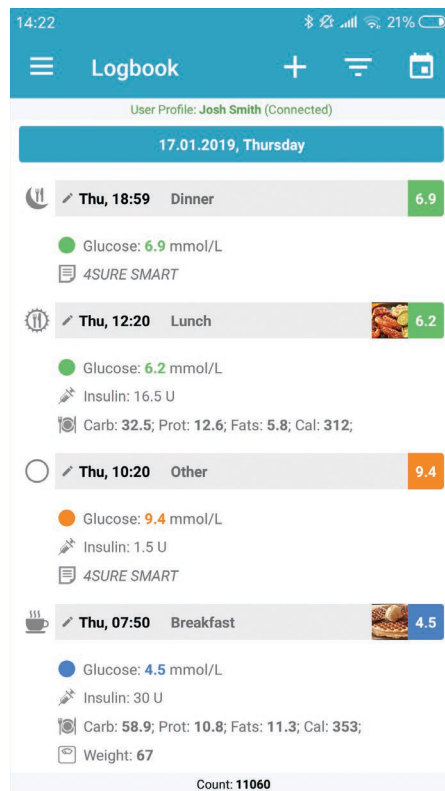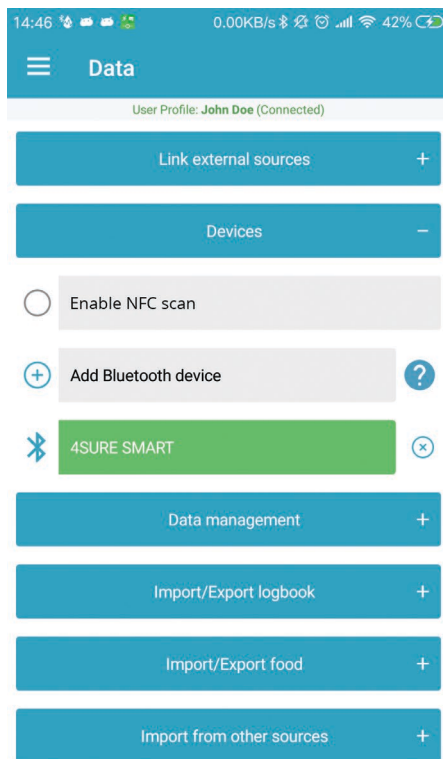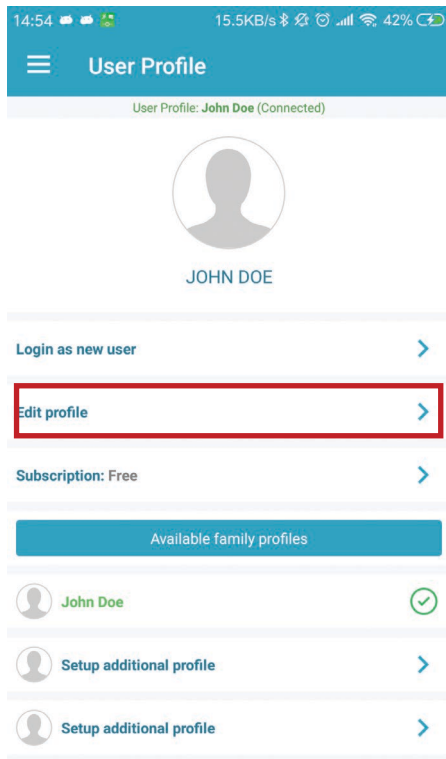From the "Devices found" screen, select your device.

STEP	6

A dialog screen will appear, asking if you want to import all the records from the device history. Select "YES" if you want them added to your logbook, or "NO" if you do not.
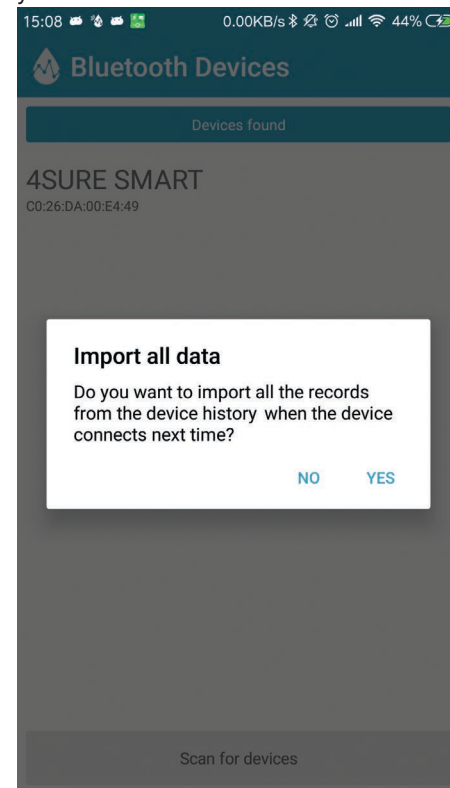
Your Nipro meter should now be shown in the "Devices" section as a linked device. The next time you take a reading, and as long as your phone's bluetooth is enabled, your 4SURE meter will automatically sync with Diabetes:M and appear in your logbook.

If you are already a registered Diabetes:M user, you can still activate your Nipro Account ID and link your Nipro 4SURE Smart or 4SURE Smart Duo blood glucose (β-ketone) meter. Just follow these simple steps:

1. Go to your "Profile" screen (open the side menu and tap on the profile picture/name).
2. Select "Edit profile".
3. On the bottom of the screen, select "Link Nipro account". A dialog will pop-up, directing you to call the Nipro Diagnostics U.K. Customer Service and get your ID. Please enter your Nipro Account ID exactly as provided.

After these steps are complete, you can link your smartphone to your Nipro 4SURE Smart or 4SURE Smart Duo glucose (β-ketone) meter. To do that, please refer to instructions in section 7.

Have your **4SURE** meter in hand. You will need your device serial number, written on the back of your meter.

Sirma
Medical Systems

FOR MORE INFORMATION AND FULL GUIDE PLEASE VISIT:

WWW.DIABETES-M.COM