



User Guide

April_2021

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SocialDiabetes



DIGITAL MANAGEMENT OF DIABETES

Description: Mobile application that helps people with the comprehensive management of diabetes and take control of their health, allowing you to keep track of the main factors that influence diabetes management such as glucose levels, medications, food and exercise; facilitating the management of data and parameters that people with diabetes must manage in their day to day, such as the calculation of insulin boluses.

Likewise, it allows communication in real time with the healthcare professional, who can have access to the recorded data, and thus have more information for a personalized treatment.

Expected use: Achieve better control of diabetes in patients and optimization of the health care of the professional who follows patients with diabetes.

The software is designed to improve diabetes self-management, facilitating the management of parameters necessary to achieve better glycemic control.that influence diabetes management such as glucose levels, medications, food and exercise; facilitating the management of data and parameters that people with diabetes must manage in their day to day, such as the calculation of insulin boluses.

Ver 4.17.38 REV 19/01/21
 Mercado CE
 Dispositivo Médico 93/42/EEC



2797 2018-12

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01. Download and Install.

SocialDiabetes is available on Google Play and the App Store..

Download the app:

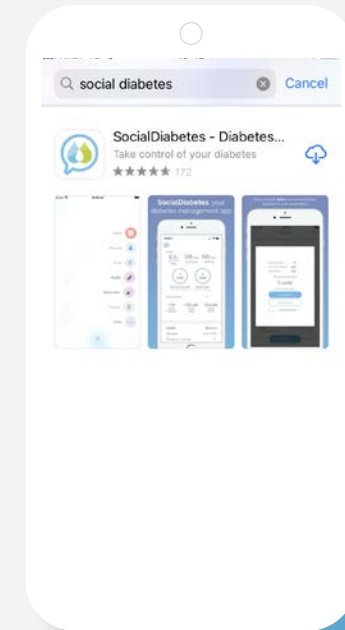
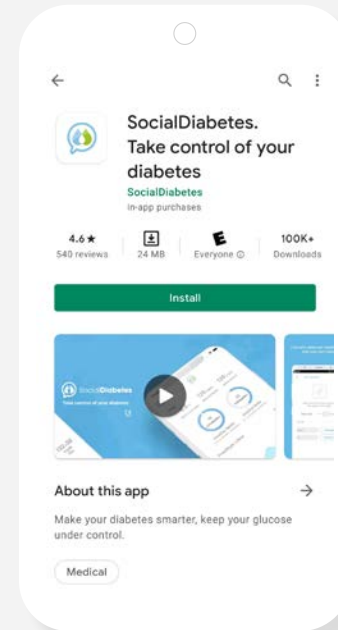
[→ App Store](#)

<http://appstore.com/socialdiabetes>

[→ Google Play](#)

<https://goo.gl/npXEor>

You can check if your device is compatible with SocialDiabetes by scanning the following QR code.



Tip

If the application does not appear when scanning the QR, it means that your device is not compatible with the application.

02. Create account → Start.

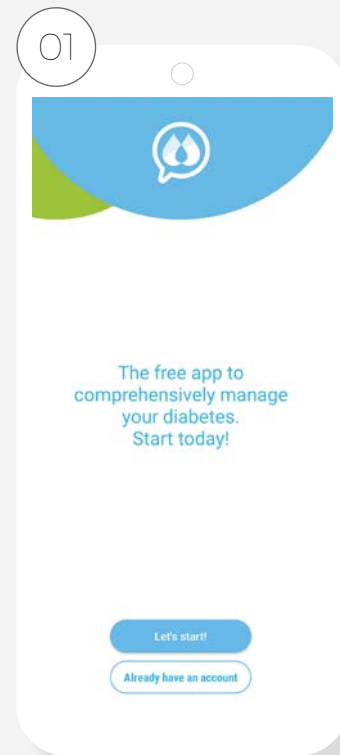
Once you have installed the application on your device, tap on the SocialDiabetes icon to start it for the first time.

The first step after downloading SocialDiabetes is to create an account Username.

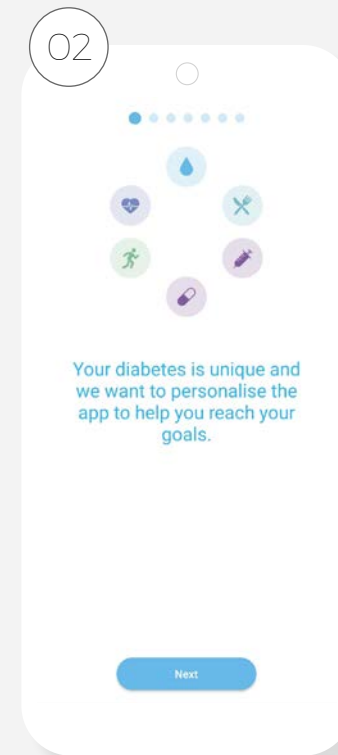
Start by pressing **“Let’s start”** and continue a series of steps in which you must select the answers that are most adjust to your diabetes and treatment, just you need basic information about your diabetes.

Finally to conclude the creation user account you only need your email address.

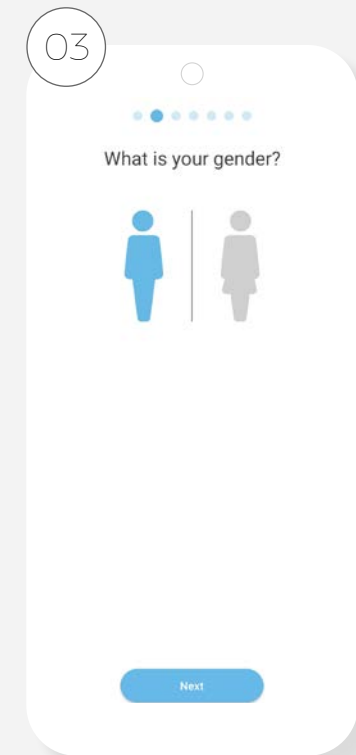
Click on
Let’s get started!



Click next

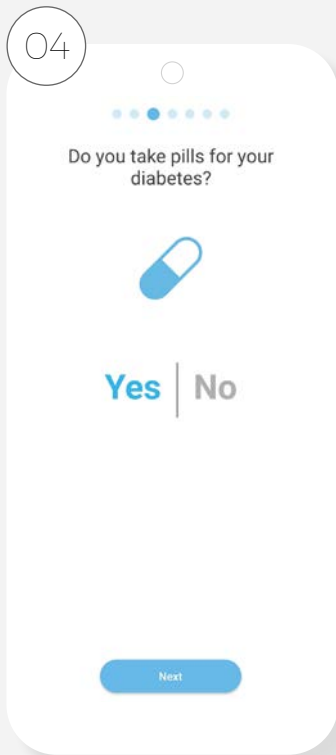


Select
your gender

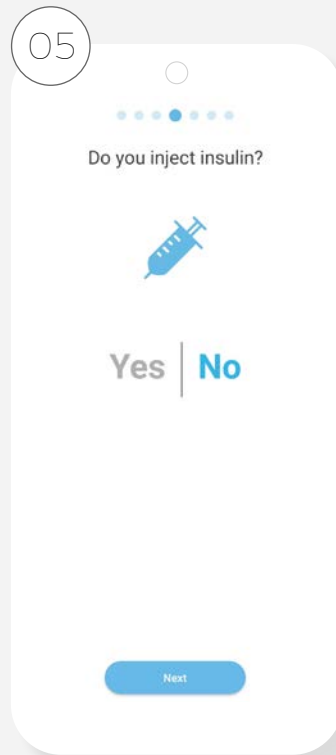


You must select the options that best suit your treatment.
You should select all those that apply to your particular diabetes.

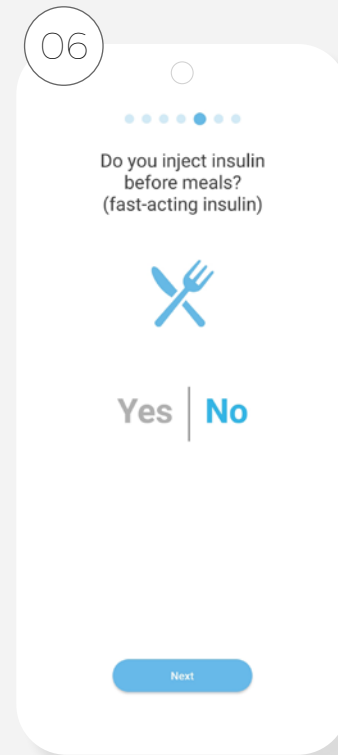
Answer whether or not you take pills



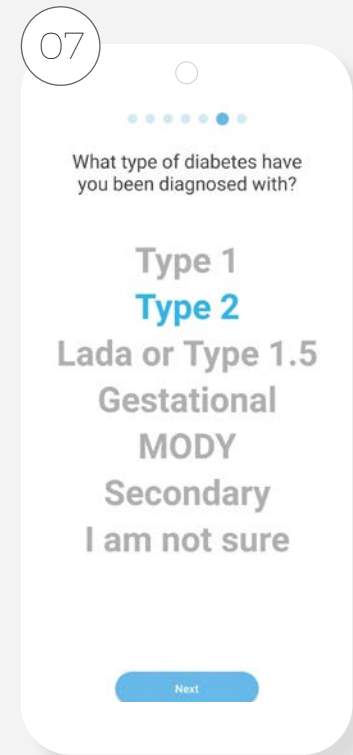
Answer whether or not you take insulin



Answer whether or not you take rapid insulin



Select your type of diabetes

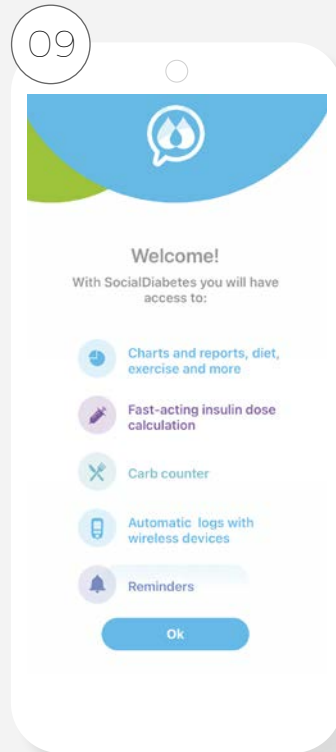


If you use insulin, in basal-bolus scheme, we recommend setting the bolus calculator after your initial setup is complete

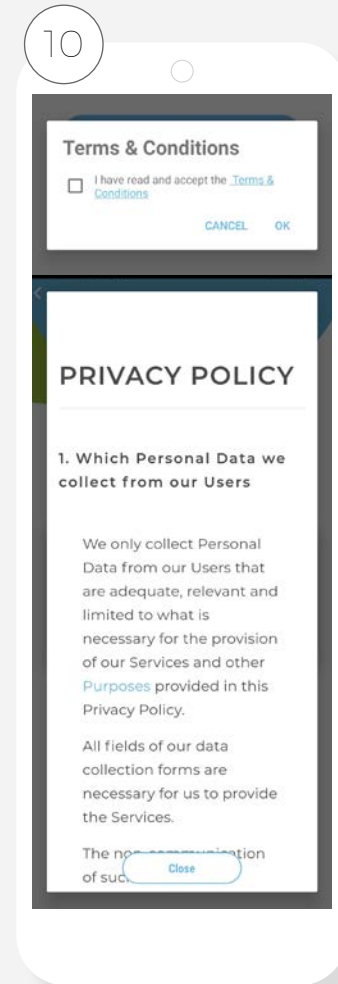
Enter your date of birth



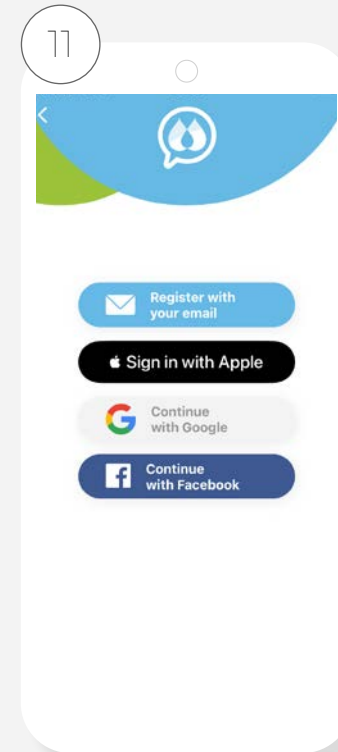
Get to know some features of SocialDiabetes



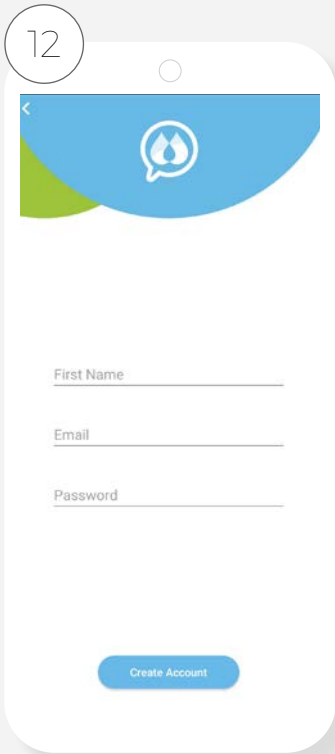
Accept terms and conditions



Choose a method to create an account



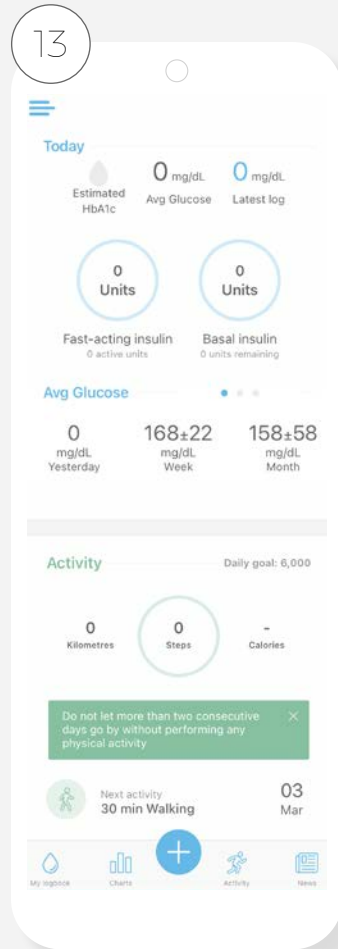
To create an account, it will be necessary to accept the terms and conditions of use of the application. The terms and conditions regulate the relationship between SocialDiabetes and the user in relation to access to the content and services that we make available to you, and define your rights as a user. They can be consulted both from the web and from the application itself.



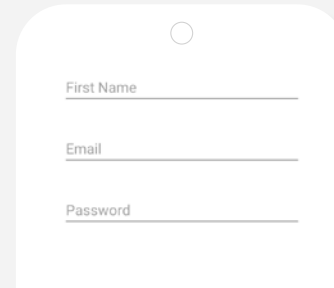
If you register with your email, enter name, email and a password.

Click on “Create account” and the home or main screen will open.

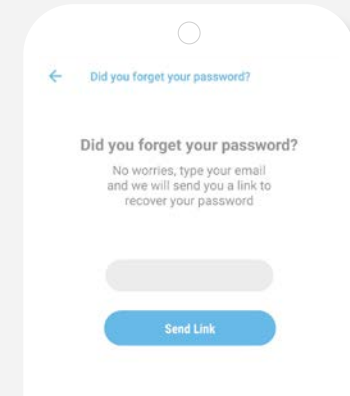
Home or main screen



Log in



If you are already a SocialDiabetes user, log in



If you have forgotten your password, enter your email and we will send you a link with the instructions to recover your password.



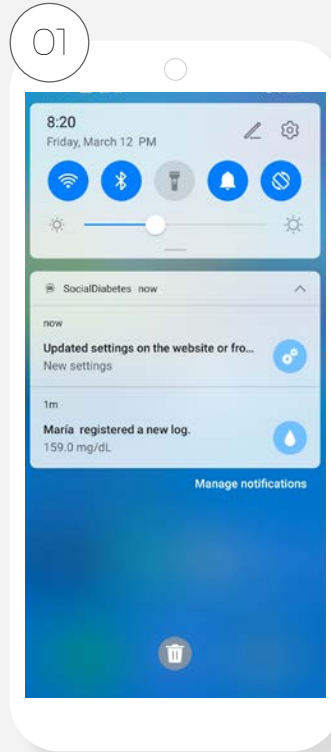
You can also create an account with google, facebook or apple account.

With SocialDiabetes you can monitor the care of the diabetes of your loved one.

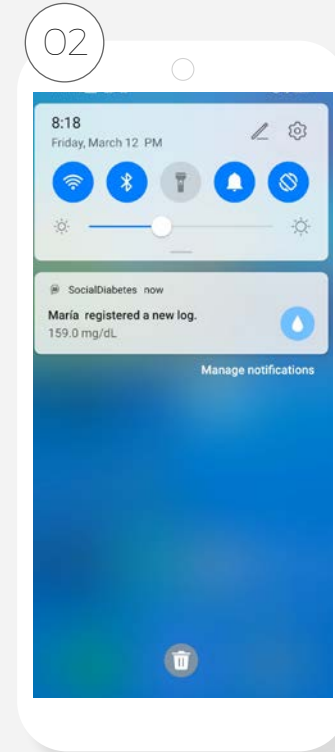
If you are a father or mother with a child with diabetes or someone who monitor someone else's diabetes, you can follow the records, figures and alerts generated in SocialDiabetes from your mobile.

In this case you must both have installed the app on both phones and share the same user. Everything registration or movement made in a mobile will be reflected in the other mobile phone that has social diabetes with the same user.

You just need to activate the notifications on your mobile phone and you will receive notification every time the person with diabetes enter a control on your mobile phone, do something modification in the profile, settings and treatment.



Update settings notification on the website or from another device, for any change done in treatment section



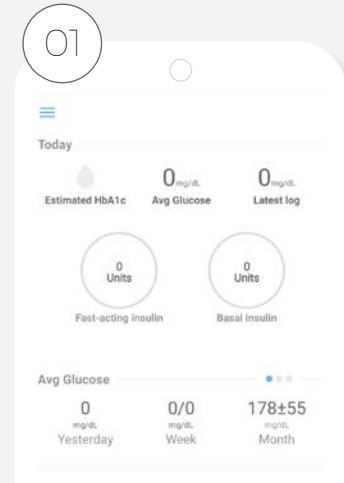
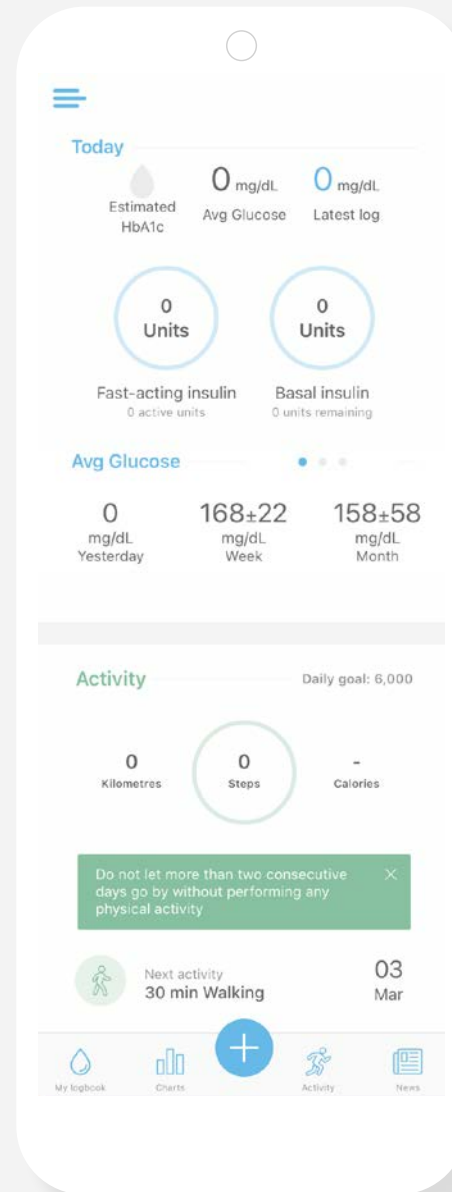
Notification of new log registered in the other person's app

03. Home Screen.

The Home screen of the app is your diabetes control panel. It combines daily information with historical information and tells you important data such as your estimated glycated hemoglobin, the level of insulin in the body and the average glucose.



We cannot begin to estimate the glycated until we have 3 consecutive months of data with 3 daily controls. It is necessary to have a minimum of data to be able to make the estimation safely.



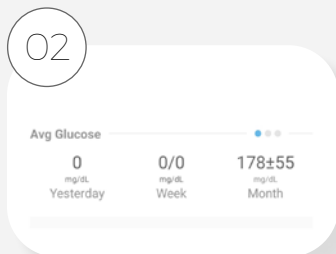
Today

- **Estimated glycosylated hemoglobin (HbA1C)**
- **Average glucose**
- **Last check**
- **Amount of insulin**, depending on the bolus calculator settings and the settings made after each new test



“Insulin on board”
The units that you have worn today, marking the remnant

Average Glucose and Hypos



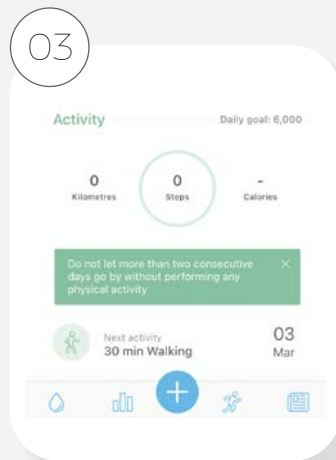
- Average glucose in previous days
- Average glucose in meals
- Hypoglycem in each meal

0±

You will notice that there is a second value, after the +/- icon.

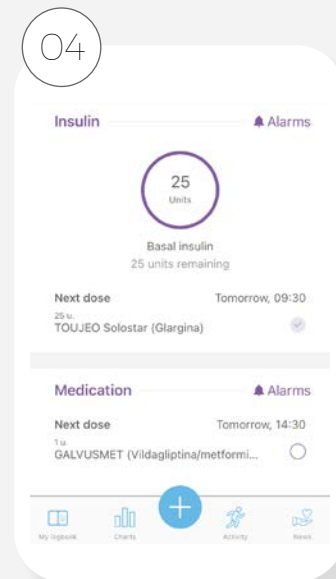
This is the standard deviation, indicating the degree of variability relative to the arithmetic mean, and helps to analyze your glycemic behavior beyond the values that the arithmetic average

Activity



- Km of distance traveled
- Step count
- Calories expended
- Next programming activity to be performed

Alerts

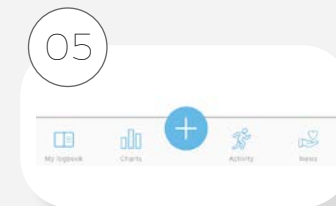


- Medication alarms and insulin configured.

You can mark the shot or application as done and it will be recorded in "My Logbook"

* This section you will only find in IOS system

Main actions




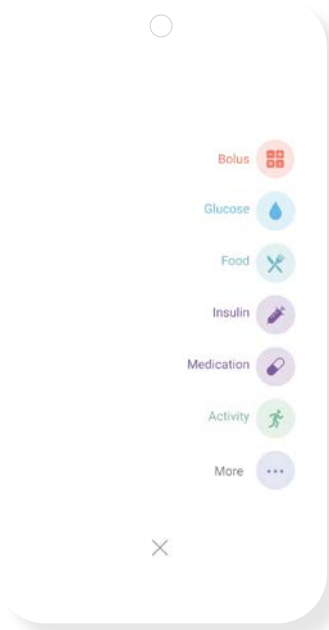
- **My Logbook**
Access your digital history, the set of controls you have made with SocialDiabetes
- **Charts**
View your information more easily and immediately
- **New Log**
The most frequent action of the app, in which you record the blood glucose values and the carbohydrates you eat and receive insulin recommendations
- **Exercise**
Displays information about physical activity such as steps, performed and scheduling of the next activity
- **News**
Access the SocialDiabetes blog where you will find useful information about diabetes, care and news about SocialDiabetes

 Remember

To have the record of steps need to link SocialDiabetes with its app exercise (Google fit, fit bit or Apple Health)

04. New log.

By selecting the button , you can access the menu with the different registration options available.



You can record a control for bolus, glucose, meals or carbohydrates, medications, physical activity as well as your HbA1c, weight, blood pressure or ketones separately. Make combinations of categories in a single record to make it more detailed, complete and personalized

01 → Confirm the time of control

03 → Select and add the registration category you want to do

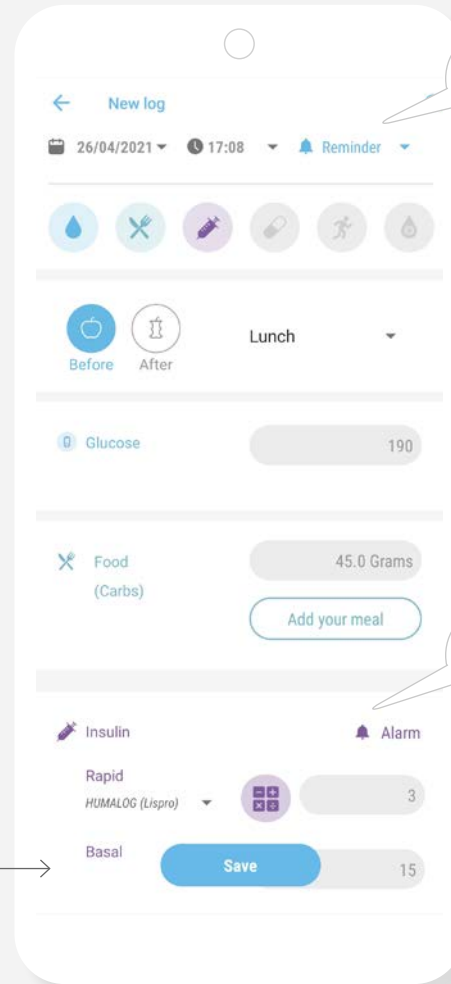
05 → Select and add the registration category you want to do

07 → Check the carbohydrates you are going to eat

The carbohydrate value is predetermined based on your settings saved in profile - treatment - "meal times".

In case you want to change the information because you are going to eat a different amount of CH, add the new amount manually.

09 → Always remember to "Save" the new control so that it is registered and can return to the main screen




02 → Activate an alarm if you think you are too high or too low and check your glucose again after a few minutes. The app will set you an alarm automatically if your glucose levels are out of range

04 → Please confirm the corresponding meal time

06 → Enter blood glucose values, manually or using the built-in glucometer / meter

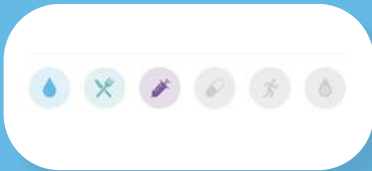
08 → Schedule a reminder of the insulin application

10 → Enter your insulin dose manually, or if you have configured the Bolus Calculator, once the glucose and carbohydrates have been entered, SocialDiabetes will suggest the new recommended insulin dose automatically! Every time you make a data modification, press the calculator icon to recalculate the dose. → You can accept or decline the dose

 Remember

Remember to edit or delete a control you must enter "My Logbook"

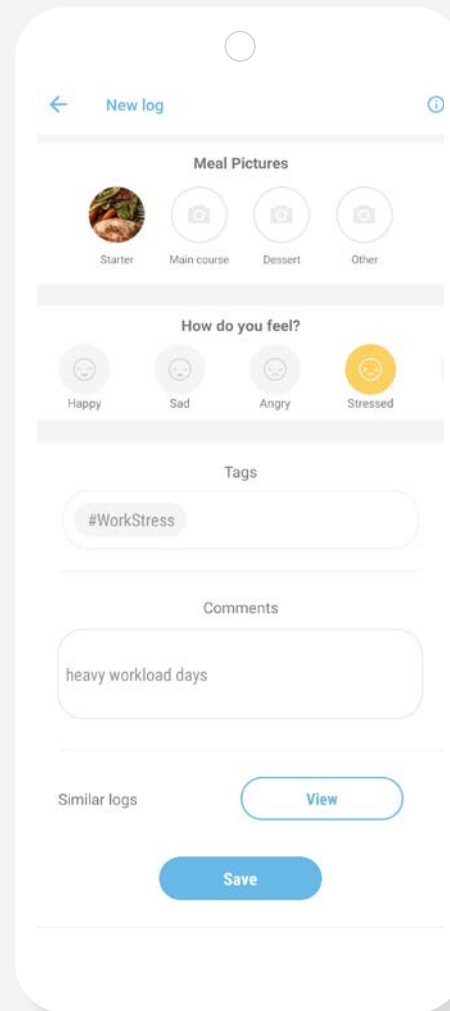
Important



Bolus: If you have the Bolus Calculator configured, this option will appear at the beginning of your menu. When selected, it will take you to your bolus screen where you will have “Glucose, Food and Insulin” preselected by default.

Remember!

To edit or delete a control you must enter My Log.



← 01
Take or select a photo from your device of the food you will consume

← 02
Select your emotional state at that moment

← 03
Add some tag and / or comments

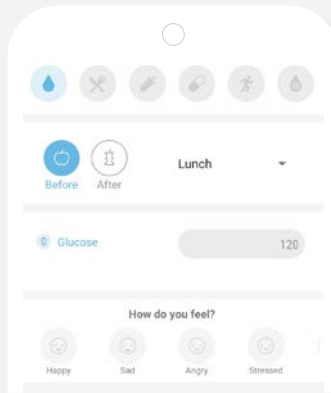
← 04
Compare your record with similar ones and save

Select the type of record you want to add.



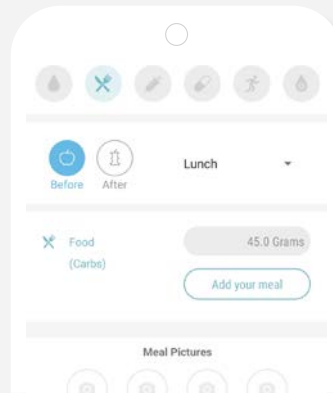
Glucose

Record your blood glucose values, either manually or using the built-in glucometer / meter. Press "Save" to register your log



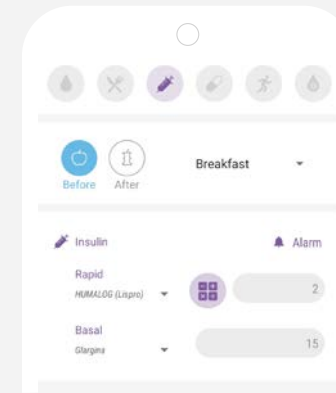
Food

Write down the carbohydrates you are going to eat or document it graphically by adding a photo to your meals. Remember to always click "Save"



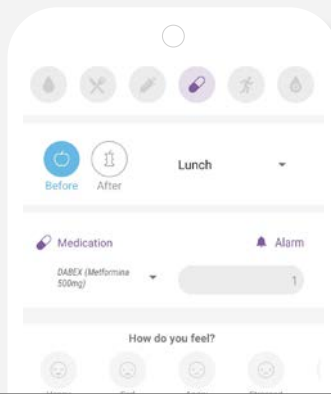
Insulin

If you use insulin, add it to your records. You can also add alarms so you don't forget them. Display the menu, choose the type of insulin and the corresponding units. Press "Save" to finish



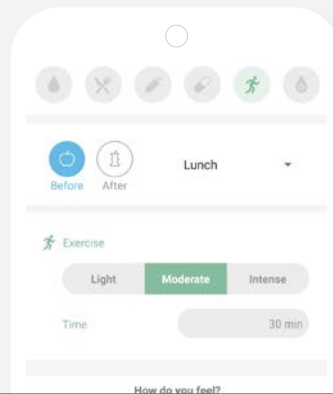
Medicine

Select your medication, add it to the list next to the prescribed units and add an alarm to remind yourself to take it. Click "Save" to register



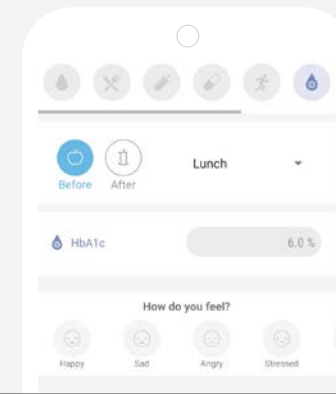
Exercise

If you have done any physical activity, write it down. Select the intensity and the minutes you did. Press "Save" to register your log



A1c

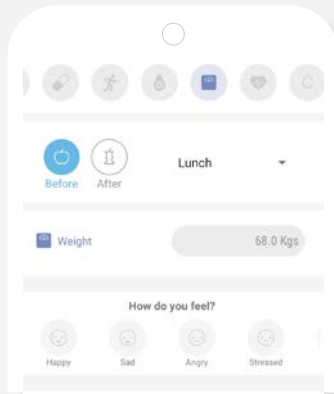
Add the% glycated hemoglobin from your last visit and keep track of your progress. Press "Save" to finish





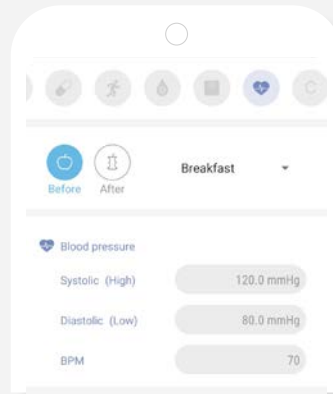
Weight

Control your weight. Select the scale icon and enter the value. Press "Save" and register it



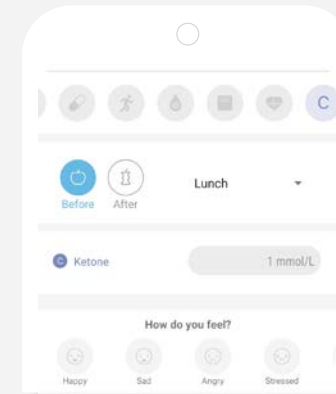
Blood Pressure

Enter your Systolic and Diastolic pressure. Press "Save" to register your log



Ketone

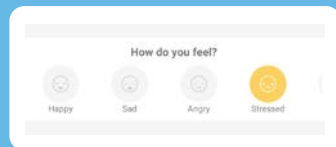
If you measured your ketones, record it, when finished press "Save"



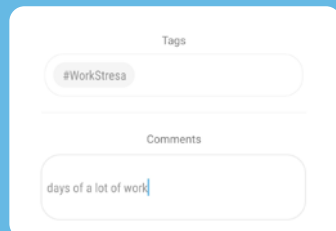
Advanced Options

In this view you can select other categories within NewLog to combine and customize your records according to your needs.

In each section you will have the possibility to add more data. In the section "How do you feel?" you can select if you are tired, sick or relaxed among other options.



You can also add "tags" and "comments" to help you remember a particular event or incident that may have interfered with your diabetes.



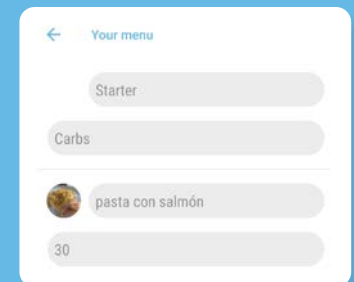
Similar Logs

- Blood glucose and carbohydrate controls ingested for the past 15 days, which resemble the values recorded at that time.
- The objective is to compare, and to help you determine the correct amount of insulin



Add menu

- Take a photo of the plate of food you are about to eat
- Add the title you want, as well as the amount of carbohydrates
- Once the control is saved, the photograph will be saved along with the other data and will be part of your digital notebook that you access from My Logbook



05. My Logbook.

All the logs saved are shown here.

→ You can edit the content and even erase a complete log

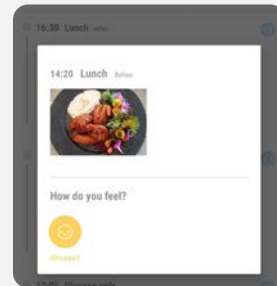
Glucose values are classified by colors:

- Red if you are in hyperglycemia (above the range defined in configuration)
- Green Normoglycemia (within target range)
- Hypoglycemic blue (below the range defined in settings)

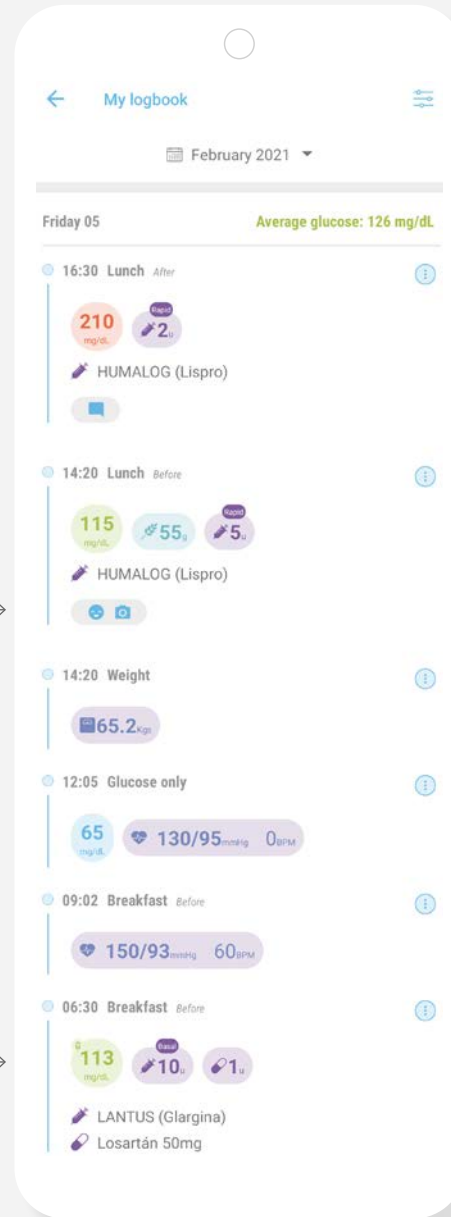
02 Use the calendar to see the day you want to consult

04 Easily identify the type of control with the icons for each category

06 When using the "add menu" option in New Control, the photos you take are saved here



08 The icon above the figure indicates that the glucose data has been sent by a device linked by bluetooth, and therefore this data cannot be altered



01 Icon to filter information

03 Daily average glucose

05 Check the comments what did you add



07 Edit the content or clear the logbook



09 You will be able to see the registered insulin and medication name

06. Charts.

Visualize your data and do track your diabetes with the help of our charts

- Select the category of records that you are interested in seeing
- Select the date range
- Download the image
- Share (mail, message, chat, Bluetooth, save as file)

Download button



Note: On iOS devices you will see the following icons to view in full screen or share:

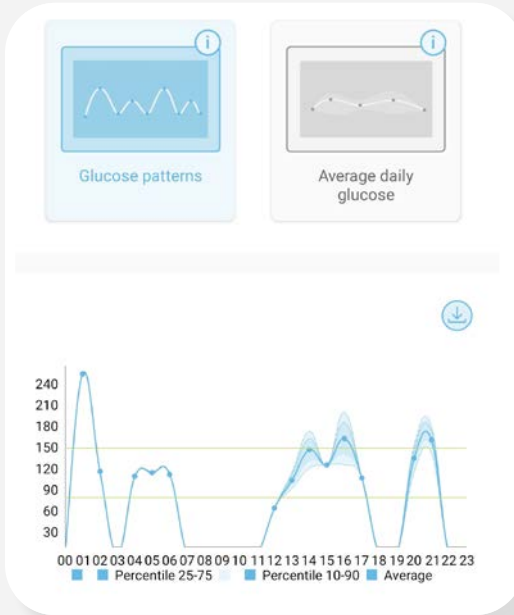


Important

We can't begin to estimate glycated up to 3 months followed by data with 3 controls newspapers. It is necessary to have a minimum data to perform the estimate safely.

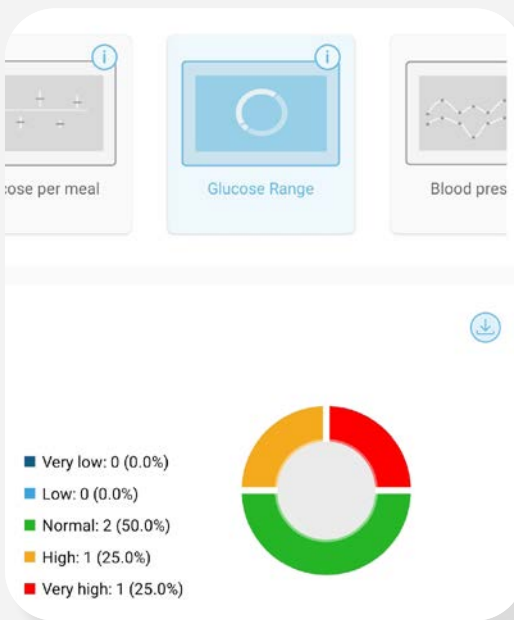
Glucose patterns

Detect your glucose patterns throughout the hours of the day



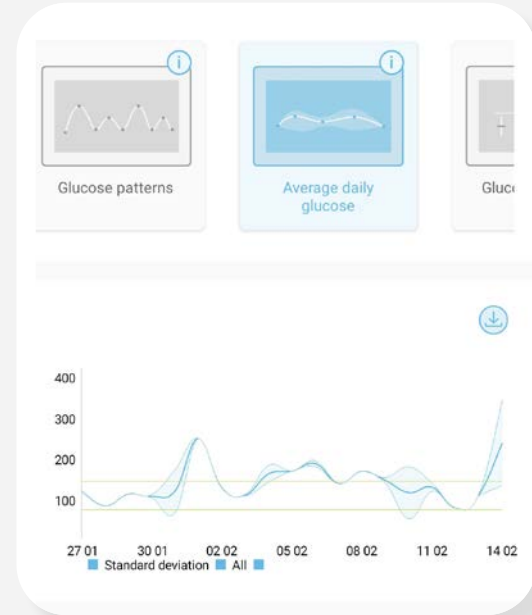
Time in range (TIR)

A pie chart showing glucose grouped by rank



Average Daily Glucose

Show your mean glucose and standard deviation day by day

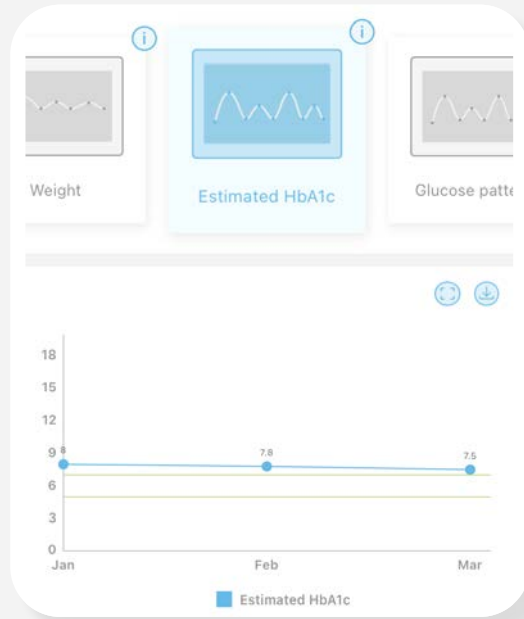


Glucose per Meal

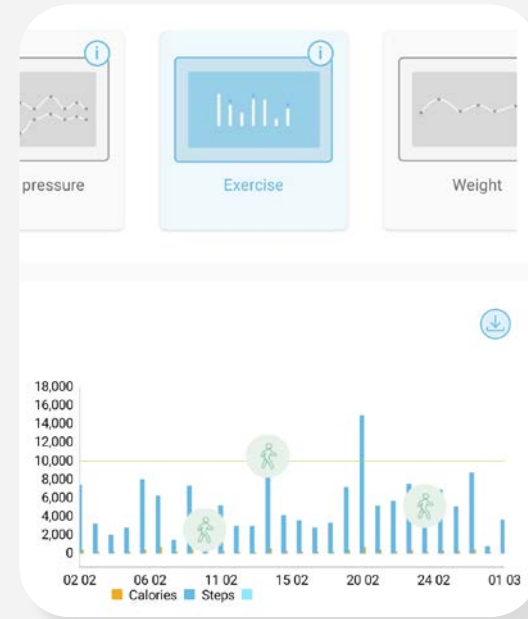
Show your mean glucose and standard deviation at each meal



HbA1c
Shows the evolution of your estimated A1c level



Exercise
Display number steps and calories spent on bar graph (activates the connection with GoogleFit or Apple Health)



Weight
Shows your weight in a linear chart



Blood Pressure
Shows the blood pressure in a linear graph

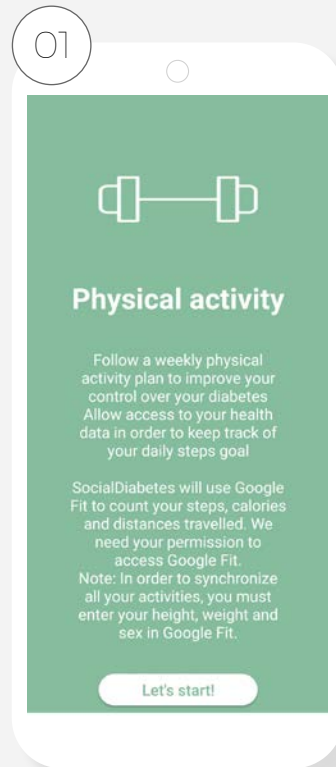


07. Exercise.

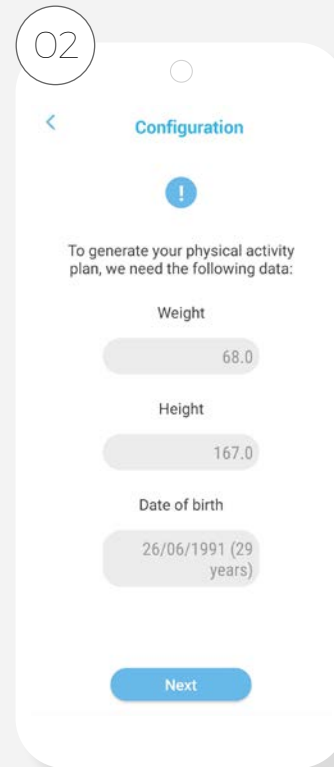
Remember that exercise is a fundamental pillar in the management of your diabetes.

You can set your exercise practice schedule as well as your daily step goal.

It is necessary to do this configuration to be able to visualize your step count in the app, as well as to link Social Diabetes with your health app (GoogleFit, Apple Health)

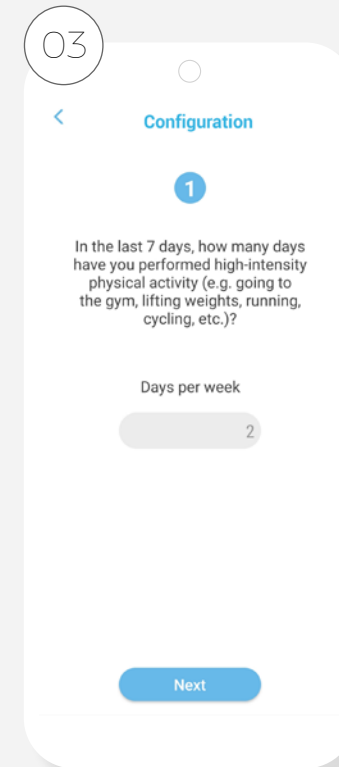


→ Click on Let's get started!



→ Add data such as your weight, height, and date of birth to generate your physical activity pattern

→ Click next



→ Select the answer of your personal case in each question and click next

Remember

In settings is where you must activate the link for the step registration

04

< Configuration

2

How many minutes per day do you invest in high-intensity physical activity?

Minutes per day

30

Next

05

< Configuration

3

In the last 7 days, how many days have you performed moderate physical activity (e.g. lifting light weights, jogging, cycling at a medium pace)? Walking isn't included

Days per week

3

Next

06

< Configuration

4

How many minutes per day do you invest in moderate physical activity?

Minutes per day

30

Next

07

< Configuration

5

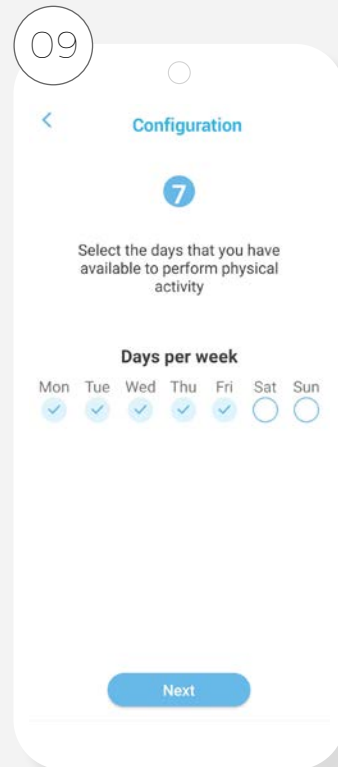
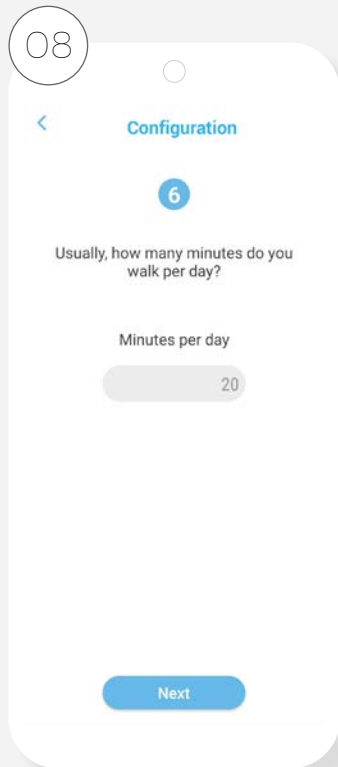
In the last 7 days, how many days did you walk for at least 10 minutes continuously?

Days per week

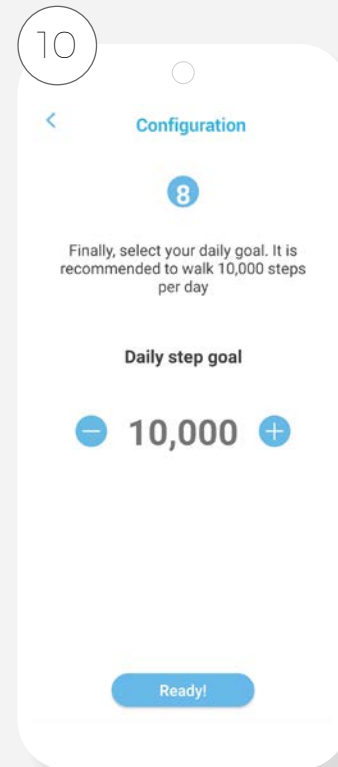
4

Next

→ Continue filling in the questionnaire as appropriate and press next to go to a new screen

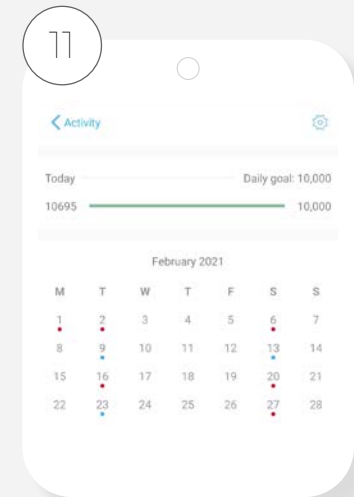


→ Select the days of the week you want to exercise



→ Set your daily step goal

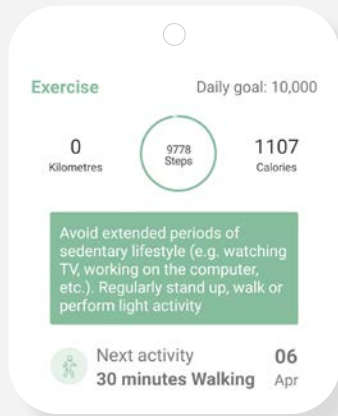
→ WHO recommends 10,000 a day to stay physically active



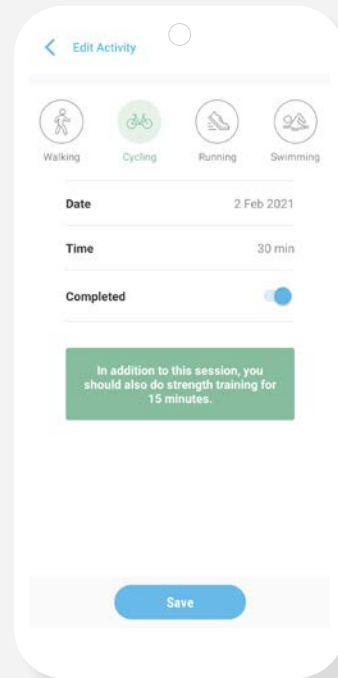
→ The configuration will be saved to be able to give you a reminder of your next practice of exercise and report your step goal. It will always be possible make changes to setting by pressing gear icon

→ SocialDiabetes establishes the days of practice gradually, increasing little by little until reaching the goal of days marked in your configuration

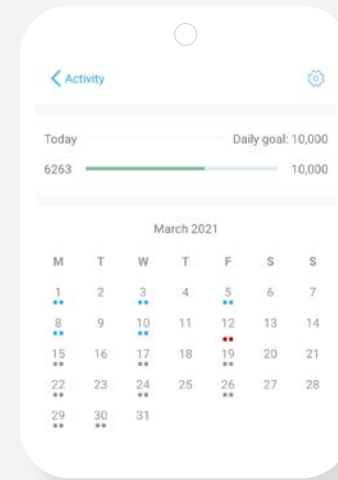
Activity in home screen



→ On your main screen you will see your next day of activity to make



→ You must select the type of activity carried out

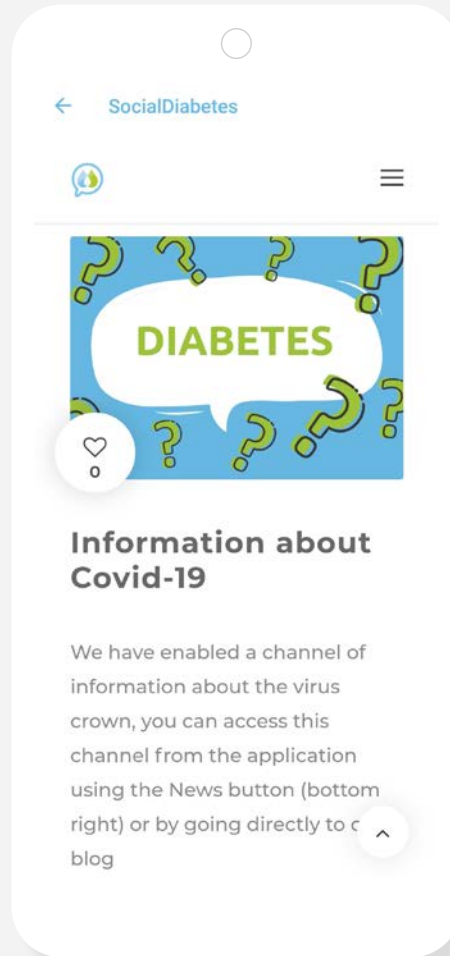


→ The activity done will be marked in blue on your programed activity calendar


08. News.

In the news section you will enter the SocialDiabetes blog, where you can find valuable information about diabetes and care for the proper management of your diabetes, with topics on diet, exercise and how to improve your diabetes management.

You will also find information on Social Diabetes technology and its functionalities; as well as stories about other people living with diabetes like you.



09. Menu.

From the menu  you can configure **your personal information** and app settings.

To guarantee optimal performance of SocialDiabetes, it is important that this information is up-to-date and complete.

For example, if you want to customize glucose ranges beyond the standard levels, here you can edit the settings and save the values that best suit your diabetes.

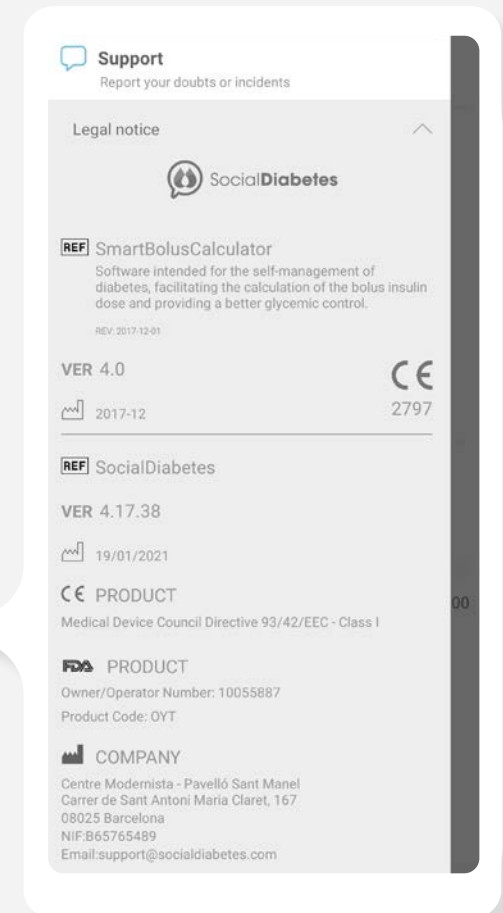
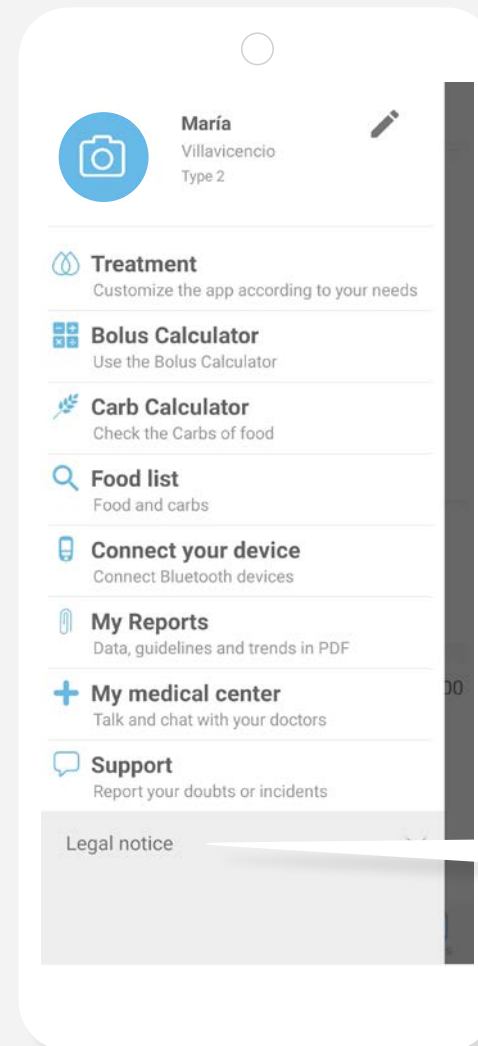
Also from the menu you can generate complete reports of your records, contact your healthcare professional, link your measuring devices and technical assistance on the operation of the application.

01 → To change your photo from profile, click on the icon

02 → Features by SocialDiabetes

03 → SocialDiabetes is certified as a medical device

Always update to latest version to guarantee the good how the app works



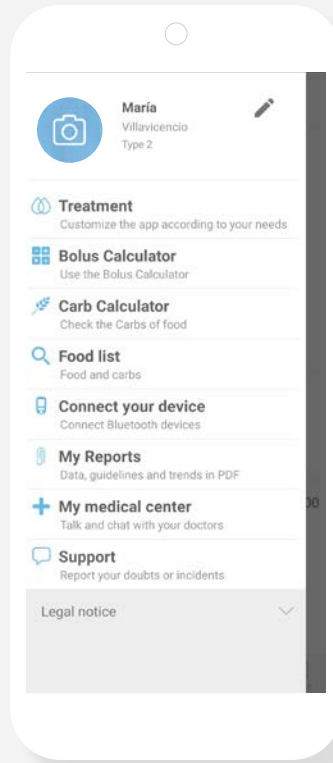
10. Profile and Settings.

Shape fill correct the profile and you personal settings.

It is essential that as a user of SocialDiabetes have all this information configured and updated in every moment. The more data let us have better recommendations you will!

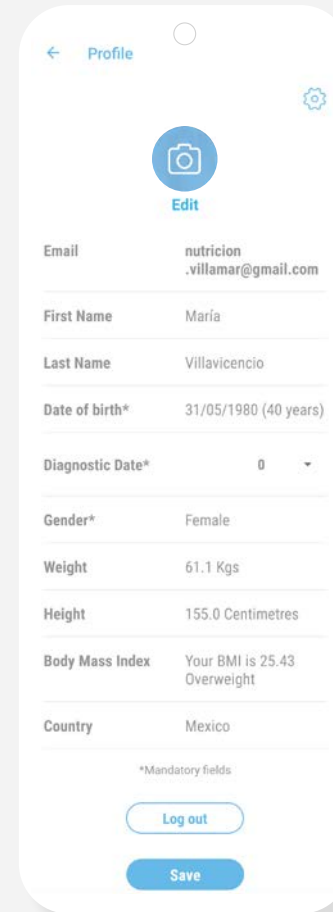
Important

If you are a father or mother with a child with diabetes (or someone who monitors diabetes from a third party), you can activate notifications on your mobile phone. You will receive a notification every time the person with diabetes enters a control on their mobile phone. In this case you both must have installed the app and share the same user. Any registration or movement made on a mobile phone will be reflected on the other mobile that has SocialDiabetes with the same user.



Profile

By clicking on your name or the pencil you will enter your profile



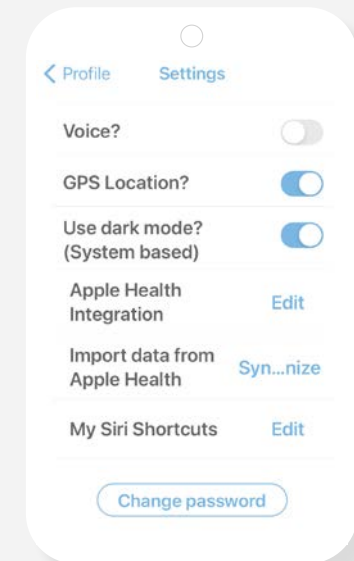
The fields marked with an asterisk must be filled in, and always remember to save the changes



Settings

Settings vary depending on your phone. Options can include:

- Android Wear
- Google Fit
- Voice
- Integration with Apple Health
- GPS location
- My Siri shortcuts
- Use dark mode (according to system)
- Import Apple Health Data

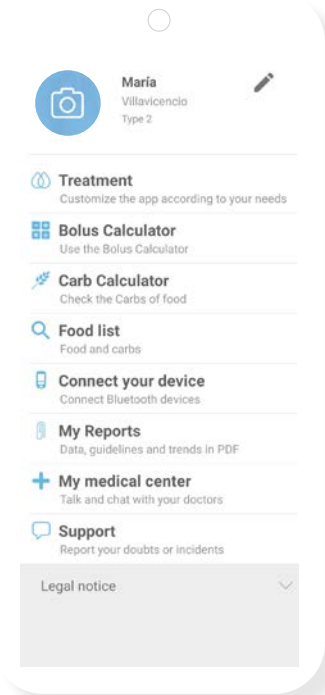


Recuerda

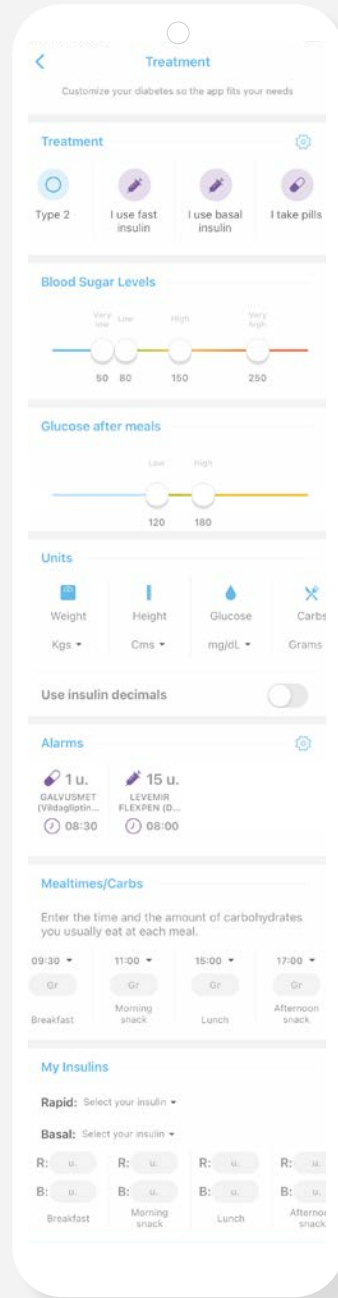
It is in the Settings screen where you can change the password of your user by SocialDiabetes

10. Profile and settings - Treatment.

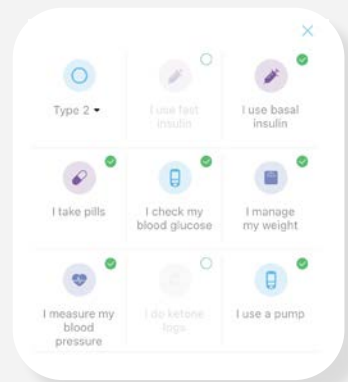
In the "Treatment" section you can select and edit the information related to characteristics of your diabetes and your treatment, as you your care and / or data change over time



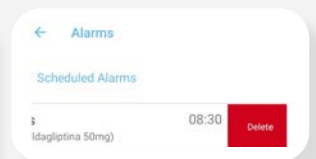
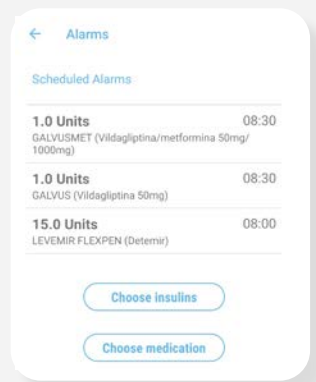
- 02 → Modify the shapes of blood sugar levels scroll circles according to your goals
- 03 → Choose the units of measure to use
- 04 → Activate or deactivate if you want use decimals for insulin
- 06 → Set your schedules of food and portions carbohydrates
- 07 → Set FIXED insulin dose if so you have it pre-written



01 ← Press the gear icon to open window and change settings selecting the appropriate characteristics for your diabetes and treatment



05 ← Pressing the gear icon you can configure your alarms of insulins and / or medications



Eliminate by sliding toward the left

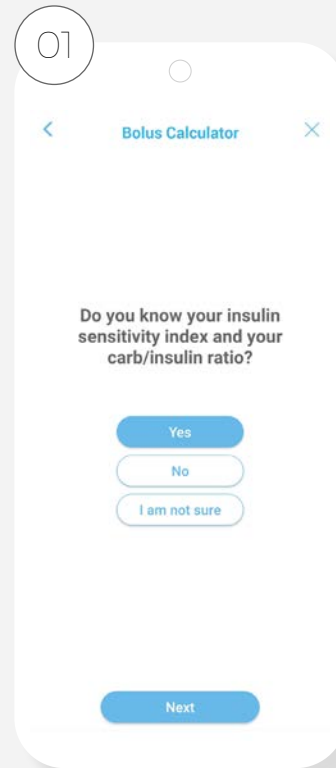
11. Bolus Calculator.

The **SmartBolusCalculator** is a fundamental element of Social Diabetes, created to calculate and recommend the best dose of insulin or **bolus**, either for an intake or a glucose correction.

The bolus (rapid insulin dose) will cover the glucose generated by the consumption of carbohydrates in food and / or to correct high glucose levels that are off target.

If you have a guideline given by your healthcare professional, you will need to have the **glycemic target, the factor sensitivity, the ratio of insulinhydrates carbon,** and the amount of carbohydrates that normally you take at every meal.

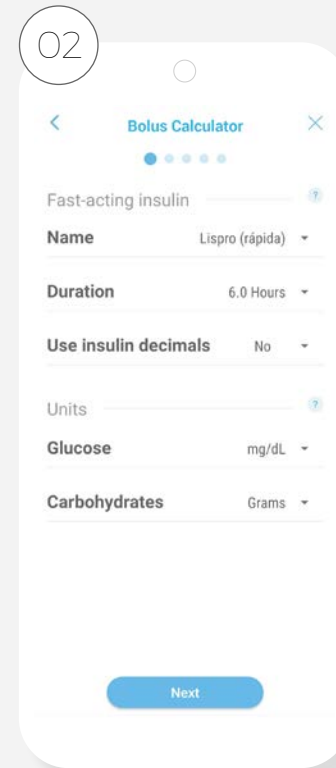
If you don't have them, SocialDiabetes can calculate everything for you.



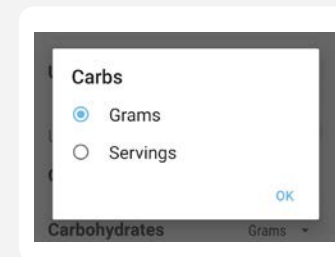
→ Check your sensitivity factor and insulin carbohydrate ratio with your doctor



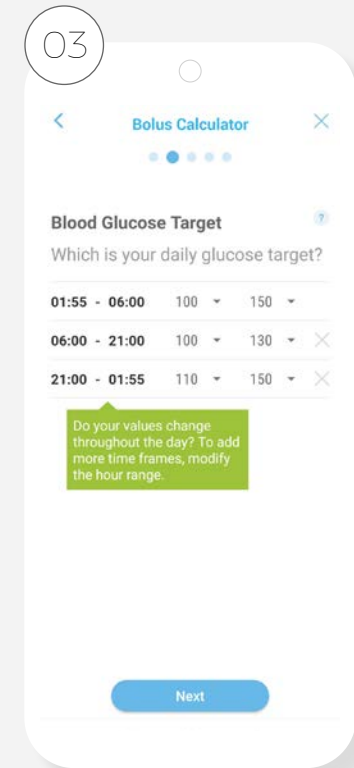
→ You can turn the automatic bolus calculator on or off at any time



→ Register your insulin, its duration and units to use



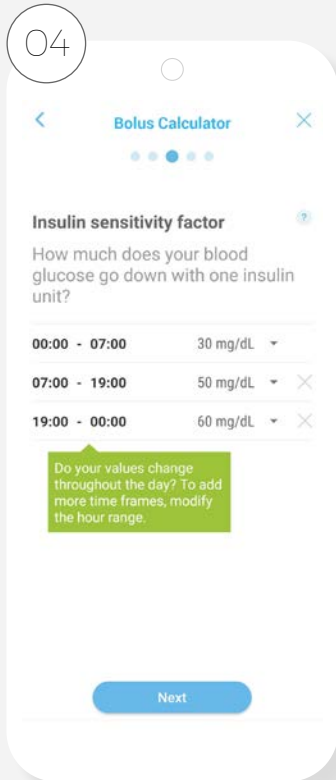
→ Select how you measure carbohydrates



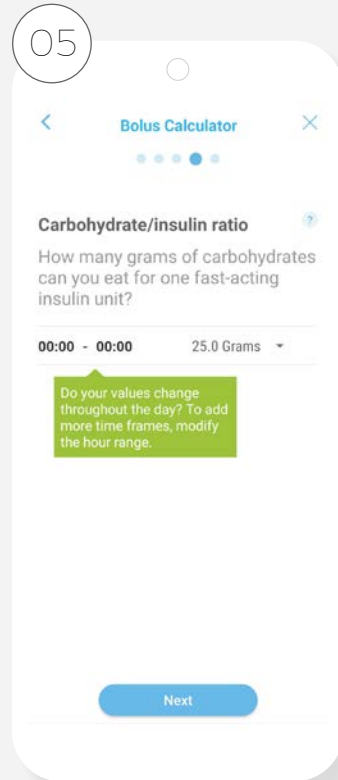
→ Record your glycemic goal, which can vary throughout the day. Consult with your doctor or healthcare professional



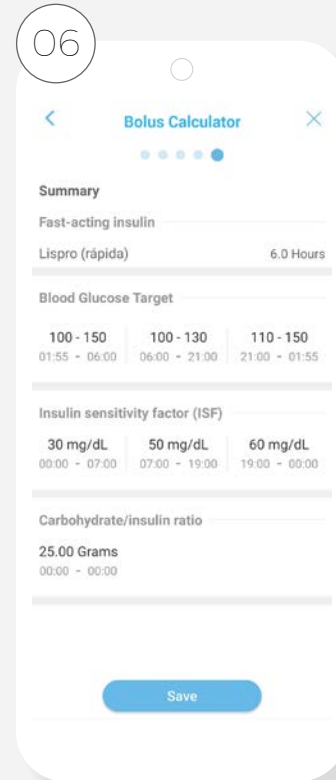
You can always edit the bolus calculator settings by clicking on the gear icon; and activate or deactivate it when you require it.



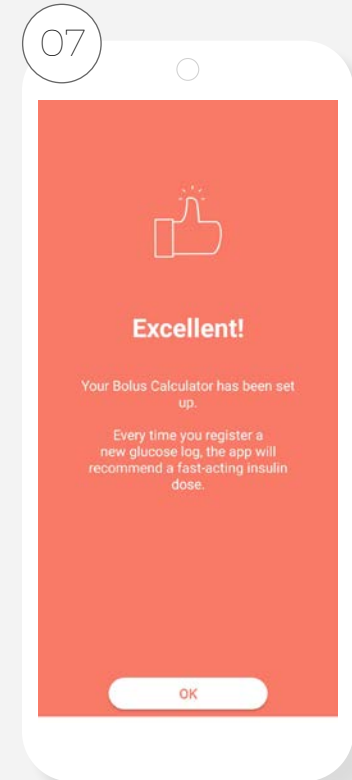
→ Record your sensitivity factor, which can vary throughout the day. Always check with your doctor



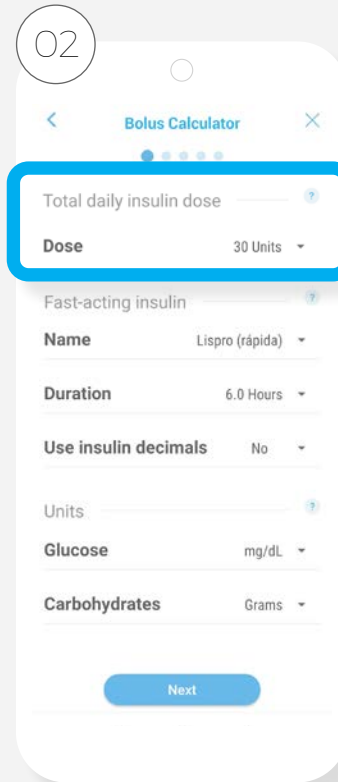
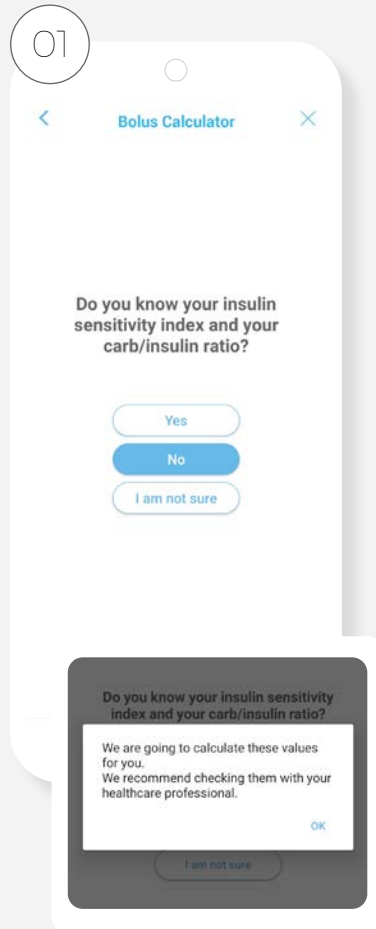
→ Record your insulin / carbohydrate ratio, which can vary throughout the day. Always check with your doctor



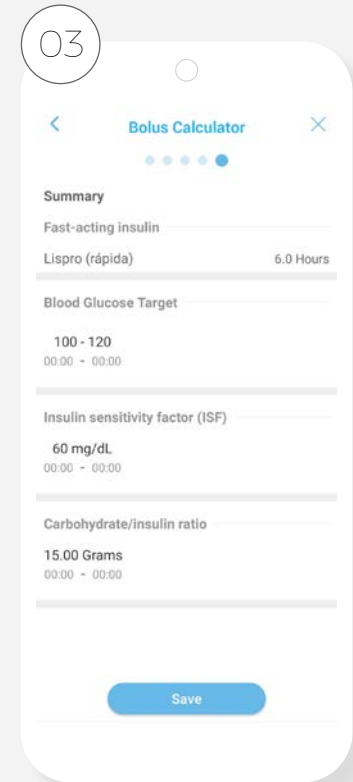
→ Once configured, you will always be able to see the summary of your bolus calculator, which you can edit whenever you require, as well as turn it off or on



If your answer is “No” or “I’m not sure” SocialDiabetes will do the calculation for you



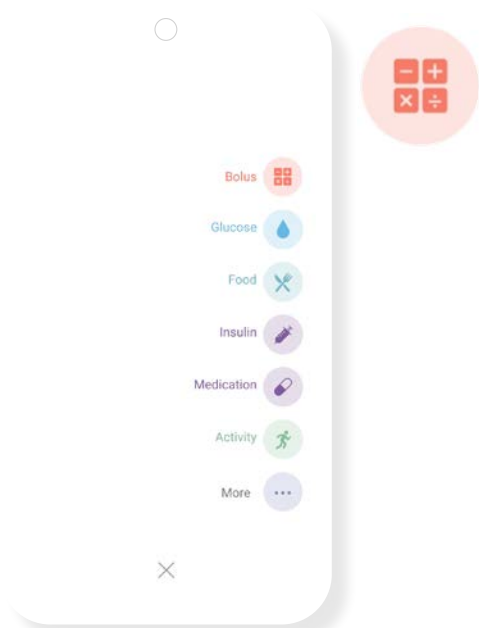
→ Enter your total insulin dose that you apply, including basal or slow and fast



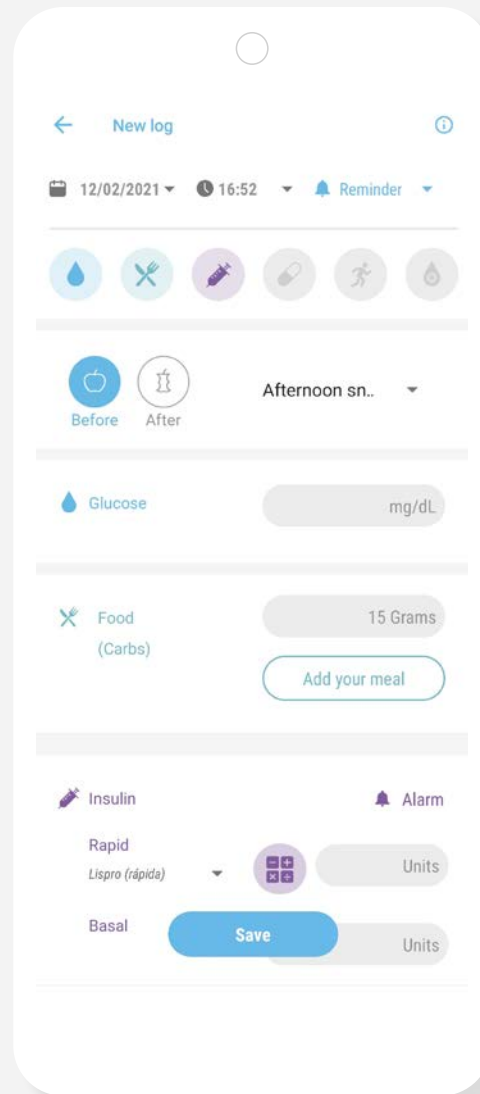
→ Once configured, you will always be able to see the summary of your bolus calculator, which you can edit whenever you require, as well as turn it off or on

12. Bolus log.

If you have the bolus calculator configured and enabled, the bolus icon appears in the menu

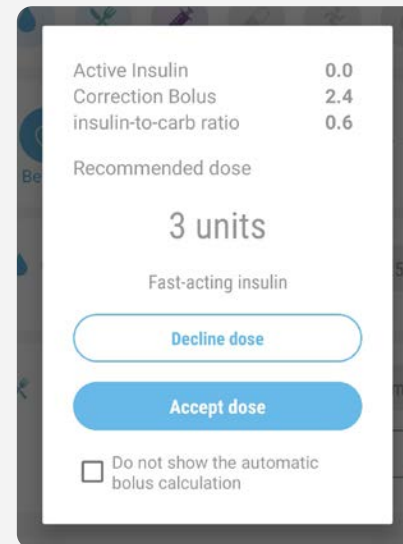


Selecting **Bolo** will always activate the categories of “glucose”, “food” and “insulin”, necessary for the calculation; If you do a glucose correction and there is no carbohydrate intake, just turn off the food icon.



The appropriate bolus dose will depend on several factors such as:

- The glucose figure prior to the bolus application.
- The expected glucose target.
- The insulin-to-carbohydrate ratio and the amount of carbohydrates to be consumed.
- The insulin sensitivity factor, which can vary throughout the day.
- Active insulin from previous boluses that are still within their period of action



Once glucose and carbohydrates have been entered, SocialDiabetes will show you the bolus calculation done, consisting of active insulin, correction bolus and carbohydrate bolus.

→ You can accept or decline the dose

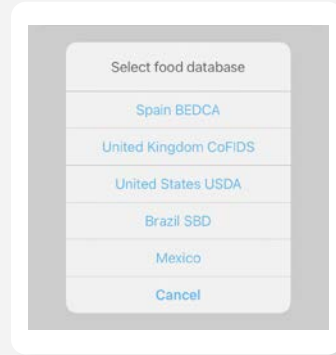
Every time you modify a data, press the calculator icon so that the calculator calculates the dose

→ In case you do not want to accept the dose, press “Decline dose” and the insulin dose field will not show any units. You can always add a value manually

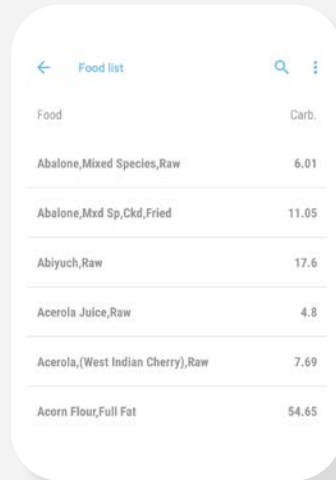
13. Food list / Carb calculator.

SocialDiabetes helps you perform gram calculation or carbohydrate servings of your food, having your arrangement different bases food data from different geographic regions.

→ First choose the food database you want to use



→ Use the search bar to find the food you want from the food list

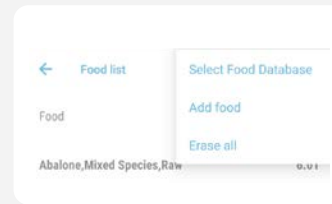


→ You will see the different options with the amount of carbohydrates that they provide in 100g of food

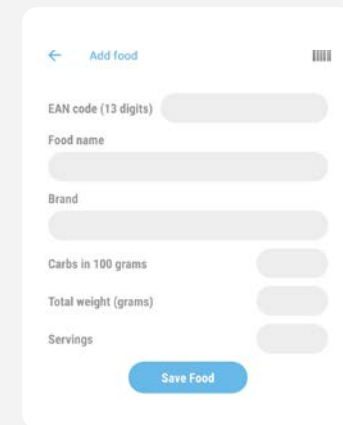
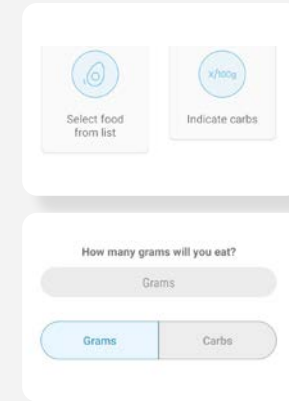
→ Pressing this icon on Android

→ Pressing this icon in IOS

→ You can change the database or add new food



→ Select a food and indicate the amount you are going to consume, and you will obtain the carbohydrate contribution



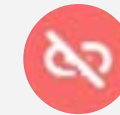
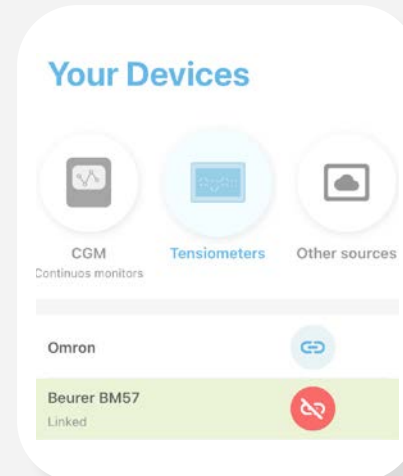
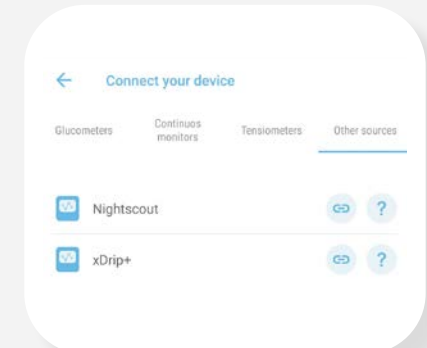
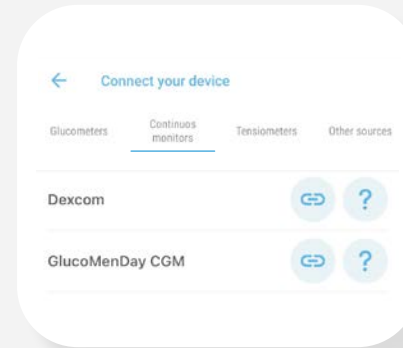
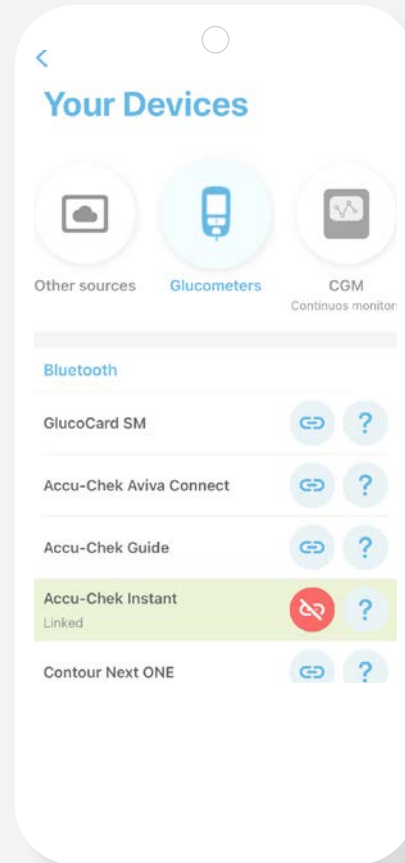
There is the possibility to scan the barcode of the food. The EAN code of the code is transfers automatically to your screen and you must include the rest of the information at hand
→ Save

14. Connect your device.

SocialDiabetes can be connect with different bluetooth devices or NFC. Currently, we connect with:

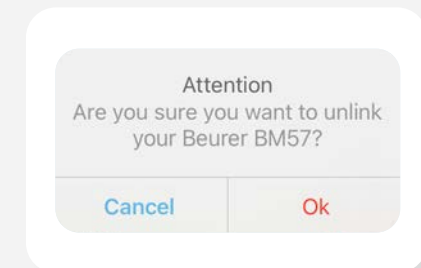
- **Glucometers**
- **Continuous monitors**
- **Blood pressure monitors**
- **Other sources**

The connection process is different for each device.



The icon in red indicates that the measuring device is linked to your Smart put and the app

Press to unlink



The initial pairing or pairing of the device can be done directly from the app, or it may be required to do it in the SETTINGS section of your Smart phone device, depending on the characteristics or requirements of each device

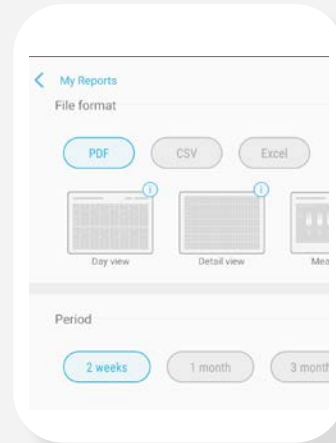
For data transmission it will be necessary to have the Bluetooth port turned on

15. My Reports.

SocialDiabetes generates reports with all the data that you have registered in the app, to be able to see your statistics together, summarized and graphically.

SocialDiabetes helps you perform gram calculation or carbohydrate servings of your food, having your arrangement different bases food data from different geographic regions

Format options:



- PDF
 - View by days
 - Detail view
 - View for meals
 - Summarized PDF

Choose the period and format of the report. Generate the document what do you need

Now you can view, save or submit your check history

- CSV
 - CSV full
- Excel
 - Full Excel

Report generated

Name: Maria Villavicencio Age: 40 years old Diabetes: Type 2 Date: Dec. 02, 2020 - Mar. 02, 2021

<p>Summary</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Average readings by day: 0.09</p> <p>Average glucose: 158 mg/dl</p> <p>Standard deviation: 57 mg/dl</p> </div> <div style="width: 45%;"> <p>A1c: 0.00</p> <p>Rapid-acting average per day: 4 u.</p> <p>Long-acting average per day: 19 u.</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;"> <p>Average steps per day: 3288</p> <p>Average hydrates by day: 39 g</p> <p>Last weight record: 65.2 kg</p> <p>Last blood pressure record: 106/68 mm/Hg</p> </div> <div style="width: 45%;"> <p>Times in range mg/dl</p> </div> </div>	<p>Bolus calculator</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <thead> <tr> <th>Target</th> <th></th> </tr> </thead> <tbody> <tr> <td>00:00 - 07:00</td> <td style="text-align: right;">130 - 150</td> </tr> <tr> <td>07:00 - 21:00</td> <td style="text-align: right;">100 - 130</td> </tr> <tr> <td>21:00 - 00:00</td> <td style="text-align: right;">130 - 150</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small; margin-top: 10px;"> <thead> <tr> <th>ISF</th> <th></th> </tr> </thead> <tbody> <tr> <td>00:00 - 05:00</td> <td style="text-align: right;">40</td> </tr> <tr> <td>05:00 - 10:00</td> <td style="text-align: right;">30</td> </tr> <tr> <td>10:00 - 00:00</td> <td style="text-align: right;">40</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small; margin-top: 10px;"> <thead> <tr> <th>Ratio</th> <th></th> </tr> </thead> <tbody> <tr> <td>00:00 - 00:00</td> <td style="text-align: right;">1.25</td> </tr> </tbody> </table>	Target		00:00 - 07:00	130 - 150	07:00 - 21:00	100 - 130	21:00 - 00:00	130 - 150	ISF		00:00 - 05:00	40	05:00 - 10:00	30	10:00 - 00:00	40	Ratio		00:00 - 00:00	1.25
Target																					
00:00 - 07:00	130 - 150																				
07:00 - 21:00	100 - 130																				
21:00 - 00:00	130 - 150																				
ISF																					
00:00 - 05:00	40																				
05:00 - 10:00	30																				
10:00 - 00:00	40																				
Ratio																					
00:00 - 00:00	1.25																				

Rapid insulin: N/A	Drugs: AMARYL (Glimepirida 2mg): 1 u. Mon	Exercise guideline: Yes
Basal insulin: N/A		Target steps: 6000
Bolo Calculator?: No		



Tip

Send your reports to your healthcare professional before your consultation. If you want to be followed up remotely, you can also invite them to be part of the SocialDiabetes platform 😊

16. My medical center.

If you want your healthcare professional to be able to monitor your diabetes remotely and adjust your medical regimen, activate the SocialDiabetes doctor-patient connection:

01

The healthcare professional must access the SocialDiabetes website and register as a user

www.socialdiabetes.com

→ To access

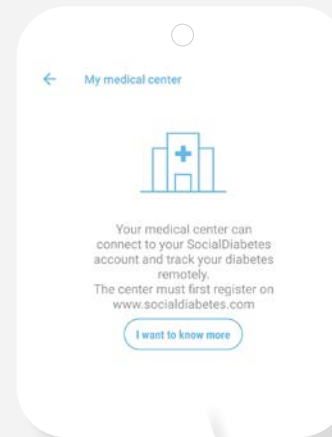
02

The professional can link a patient directly or share the QR with the patient in person or via mail



03

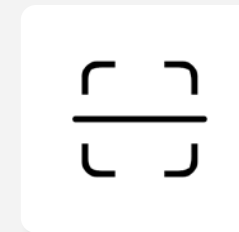
Enter the main menu and access "My medical center"



You can click on I want to know more and you will be linked to the website to learn more about this function of your app

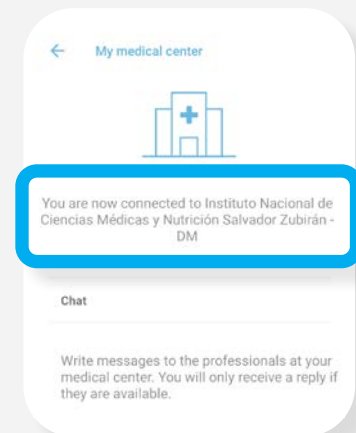


04



→ Scan the QR code with your phone and you're done

Once linked you will see the name from your medical center and you can have communication through Chat. You can disconnect at the moment that you want it



If your medical center is already linked, click on connect and it will ask you to scan a QR code that your health personnel had previously shared with you.

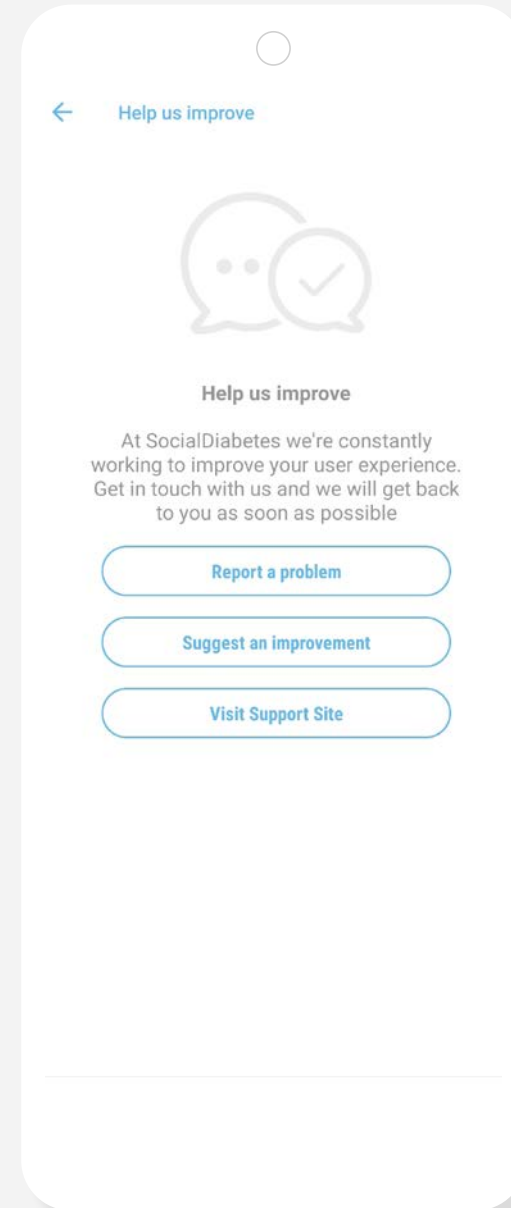
17. Support.

For questions or doubts techniques please write to us:

soporte@socialdiabetes.com

Visit our channel from Youtube to watch tutorials for each function described in this guide.












In case you have questions on relative clinical information to diabetes or your treatment in particular, please consult with your healthcare professional.



18. Annex.

April_2021

I. Notifications, Icons, Colors.

	Element	Screen	Description
	Notification	Lock screen or notification banner of your smartphone	Social Diabetes notification symbol received on your smartphone
	Treatment / settings update	Lock screen or notification banner of your smartphone	Notification of treatment or settings update, each time you modify data in "profile and settings", "bolus calculator", "alarms", "device pairing", link in "my medical center".
	Alarm # 1	New control (insulin)	Insulin application or medication reminder
	Alarm # 2 (reminder)	New control (medication)	Reminder that alerts you to check your blood glucose after a while (15, 30, 45, 60, 75, 90, 105, 120 minutes). It can be activated by you manually or activated by SocialDiabetes in case you are outside the normoglycemic range (according to your own ranges): → Hyperglycemia: warning in 60 minutes → Hypoglycemia: warning every 15 min
	Padlock	New glucose control	The blood glucose data has been sent directly by an integrated glucometer, without any manual interaction
	Colors	Main Screen and My Logbook	Red (above the range defined in your configuration) Blue (below the range defined in your configuration) Green (within the range defined in your configuration)
	Enable / Disable	Treatment Settings Bolus calculator Units	Activate or deactivate a functionality, or mark characteristics of your treatment and diabetes
	Calendar	My Logbook New registration	Find the day or date you want to review your controls or make a new registration
	Photo	New Logbook	Take a photo of the food and it will be automatically saved in your controls along with the rest of the data (blood glucose, carbohydrates, and others)
	Scanner	Food List	Scan a barcode and add a new food to your database
	Configuration / settings	Bolus calculator In OIS system: Profile and Settings, Treatment, Alarms	Access to different menus to modify settings or adjustments of parameters and characteristics of your diabetes

II. Terminology.

Element	Description
Bolus Calculator	It allows for the adjustment of the rapid insulin dose based on your needs at every moment
Similar Control	Similar logs to the one you are carrying out now, in the past 15 days, with regards to two values: your blood glucose and the ingested carbs
Decimals (Configuration)	If you use servings instead of grams, you can use decimals for your carb count You can also activate the use of decimals in the insulin dose
Standard Deviation	Glucose variability indicator, which is used to complement the values provided by the mean. The higher the standard deviation, the more fluctuation of glucose values you have had during that period of time
Sensibility Factor	The reducing effect that one unit of insulin has in your blood sugar levels
Glycosylated Hemoglobin (HbA1c)	HbA1c is the fraction of hemoglobin (red blood cells) that has glucose adhered to it. It is an indicator of the degree of control of the patient with diabetes. A higher index of A1c reflects a higher level of blood glucose and thus a higher risk of complications for the patient

Element	Description
Hyperglycemia	The blood glucose level rises above your specified range
Hypoglycemia	The blood glucose level falls below your specified range
New Log	The screen where you carry out your daily checks in SocialDiabetes. It can be a complete control (glucose, carbohydrates, insulin, exercise) or a record of the data that interests you at that moment. Saved logs are automatically archived in My Logbook
Blood Glucose Target	Your desired glucose level after each meal
Blood sugar ranges	Blood sugar levels within which the patient is recommended to remain for the longest possible time
Carbs/Insulin Ratio	The carb servings covered by each insulin unit
Time Slots	24 hours divided into several strips that adjust to your meals. They must add 24 hours continuously, without leaving any time between section and section, so that the bolus is configured correctly



www.socialdiabetes.com