

## INSTRUCTIONS FOR USERS

When a user opens the application «Diabetes», he has five options: to note the values of diabetes, to check the active insulin or note a new insulin's dosage, to see the statistics of his measurements, to record the time and the distance of exercise or play a game with nutritional knowledge.

If the user wants to note his values, he chooses the button «Blood Measurements», and then he chooses the time of measurement from the list, before or after breakfast, lunch, dinner or sleep, and he chooses the value of glucose. So, he can have a “notebook” for his measurements.

If he wants to do an injection, he notes it to the application and record total insulin units per day. Furthermore, he can control insulin from previous records in order to avoid extra dosage and hypoglycemia. To do this, the user has to choose the button «New insulin dosage» and the active insulin is displayed, as well as the capability to insert the new dosage and the time he does it.

The button «Blood Glucose Stats» shows a glucose measurements diagram. The diagram displays the average, minimum and maximum value of glucose that he has before or after each meal and before sleep, for the last three months of records. This is a way to watch his health progress.

Exercise is very important for patients with diabetes to help them in insulin absorption and the release of hormones that help in the psychology of people. For this reason, in the button «Workout», he can record the time and the distance of training. Moreover, the application appears a warning message after 30 minutes to make a proactive measurement of glucose to avoid hypoglycemia.

Finally, it's necessary for a patient to know the content of carbohydrates in foods, as the carbohydrates are basic energy source of the body. If a user wants to learn about carbohydrates, he chooses the button «Nutrition Game», which is a quiz to help him about the foods he consumes. The game has questions about carbohydrates of various foods and the user has to choose from three possible answers. Then, the correct answer is displayed and the user moves on the next question. At the end, the score of correct answers is appeared.