

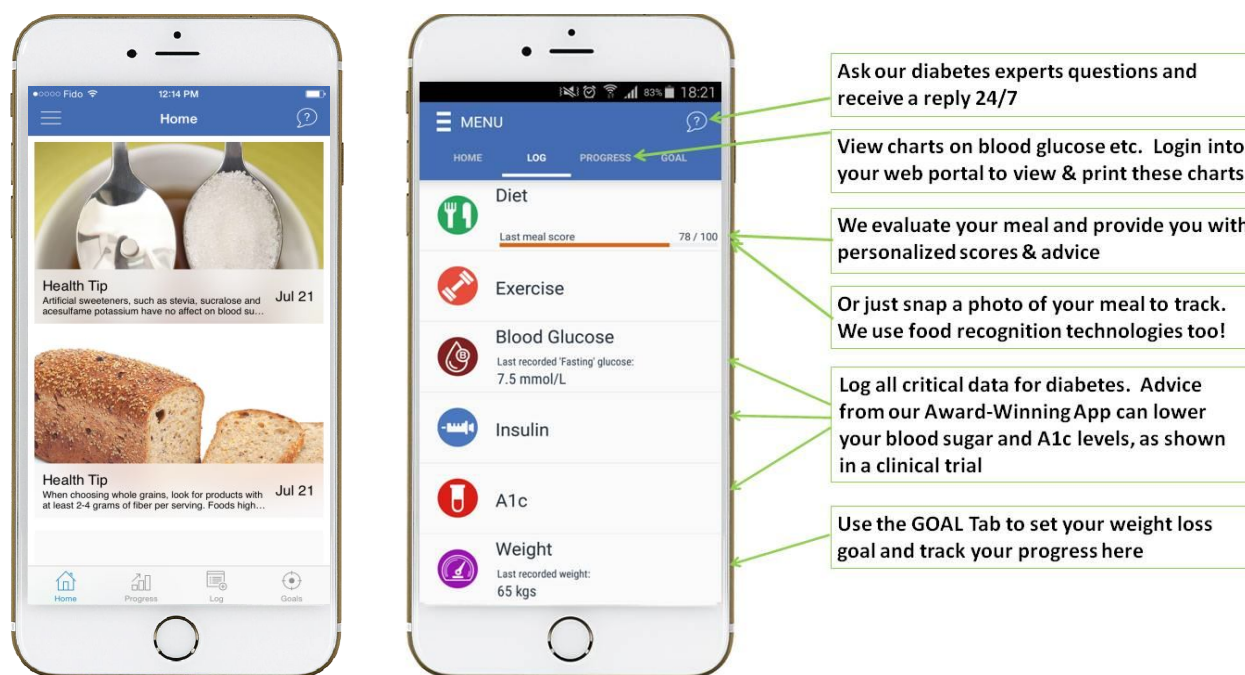
# GlucoGuide

Diabetes is a manageable condition. Taking charge is essential for you to live well with diabetes, and **GlucoGuide** can help to improve diabetes management, as shown in a clinical trial at Western University. It is designed to align with CDA (Canadian Diabetes Association) Guidelines. It was developed from Award-Winning Research at Western University. See <http://glucoguide.com>. Your participation is completely voluntary.

Your data is secure and will never be shared with any third party. See <http://glucoguide.com/EULA> for details.

Please follow the instructions below to install and use **GlucoGuide** (Note: may differ slightly on Android/iPhone)

1. To download **GlucoGuide** to your smartphones or tablets, search **glucoguide** in the Google Play Store or iPhone App Store. The blue GlucoGuide logo will appear. It looks like this one. Install the App, and launch it.
2. Enter your email address and a new password to create a new **GlucoGuide** account.
3. Enter an Access Code from the Pamphlet or your organization. If you do not have one, just leave it blank.
4. The App will ask you to choose the unit you prefer (kg vs lb). You are also asked to enter your age, weight, height, and gender. Be honest and accurate to individualize **GlucoGuide** just for you!
5. Your **HOME** (Fig on left) will display daily health tips, personalized advice, and so on.
6. Click on **LOG**. Here you are able to navigate your way to enter data for your Diet, Exercise, Blood Glucose, Insulin, and so on. The Fig. on the right provides an illustration on some functionalities.



Here are several tips when you **LOG** and Track your Diet data. Click **Diet**, then click **ADD** to add new meals or snacks. They will be shown in the Previous Meal list below in the future. Or, choose one from the previous meal list to modify and/or re-log. There are two ways to **ADD** a meal.

- **Auto-Estimate**. You will need WIFI or a data connection to use this *fun* feature. Just take a photo of your plate, and our advanced algorithms on our servers will try to recognize it with an estimated

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nutrition. You can always modify the predicted food Name, and nutrition estimation manually. You can also use **SEARCH** (below) to get accurate nutrition info.

- **Search:** Search the food database on the phone (no WIFI is needed). Choose a meal Type, and SEARCH FOOD by keywords, which provides you with accurate nutrition info. Use shorter words or fewer keywords to yield more results to choose from. For example, use “fish chip” for “fish & chips”. You will get an instant score and nutrition details. Higher score is better (best is 100)! Optionally you can take a photo of your meal, to be stored in your Online Logbook (see 7).

Log and track other data should be simple, and self-explanatory.

7. A great feature of GlucoGuide is its **Online Logbook**. Go to [https:// myaccount.glucoguide.com](https://myaccount.glucoguide.com) from a computer or tablet for a complete overview of your data, charts and trends. You can see a Demo Logbook there! Do not use your smartphones as the screens are too small. You can print your logbook to bring to your healthcare providers!
8. Click on **PROGRESS** to view charts about key elements such as your blood glucose, exercise, and more.
9. Click on **GOAL** to set up your preferred weight loss (or gain) goal. Click **MENU** to set up daily reminders for taking blood glucose readings, medications, and so on.
10. Click on the ? sign (Fig. 2) to ask questions about your diabetes and health. Health experts, including Certified Diabetes Educators, will reply to your questions usually within a few hours.

**For Technical Support and Feedback**  
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