

# **Mobile App Help File**

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# Introduction

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## About application

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The application is a diabetes management tool that can help you control treatment and share your report with your healthcare professional and family members. The app works with Android based smartphones. The app supports Bluetooth wireless technologies to communicate with fitness tracker.

### Key Features:

- View simple last data on main page, colorful visuals of your last blood sugar readings.
- Add important information about your readings, such as food, activity or blood pressure.
- Detect HIGH and LOW blood sugar patterns and notify.
- Set reminders such as when to test and when to take medicine.
- Share your progress report and your readings with your healthcare professional.
- Keep all of your data in one place.

## Supported Devices and System Requirements

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This version of the application works on phones based on the Android system. All data and databases are saved on the server, so it doesn't take up a lot of memory on the phone. Requires Bluetooth to connect to the fitness tracker and the Internet to connect to the server.

## Intended Use

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The mobile application is intended for use by people with diabetes to view, track, trend and share data to support diabetes management. The app is available for use on compatible Android devices.



**WARNING:** Please review your reports with your healthcare professional prior to making any changes to your diabetes care regimen.



**CAUTION:** The app should only be used for a single individual, DO NOT let anyone else use your tracker or add data. DO NOT pair another person's tracker with your application.

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# Chapter

# 1

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## Getting Started

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## Getting Started

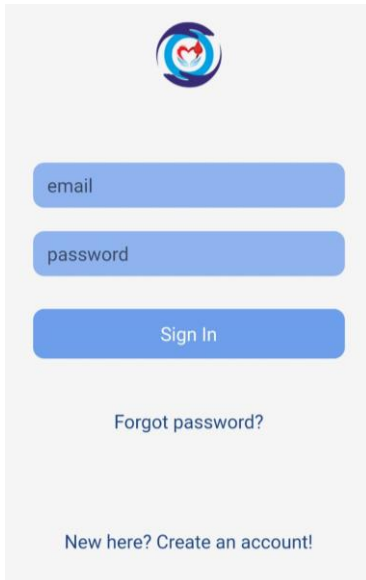
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1. Install application on your compatible device;
2. Start by tapping the app icon;



**Figure 1: App icon**

You must create an account to use the app. If you already have an account, then simply tap **Log In**.



3. Follow the prompts, then tap **Sign Up** to create your account.

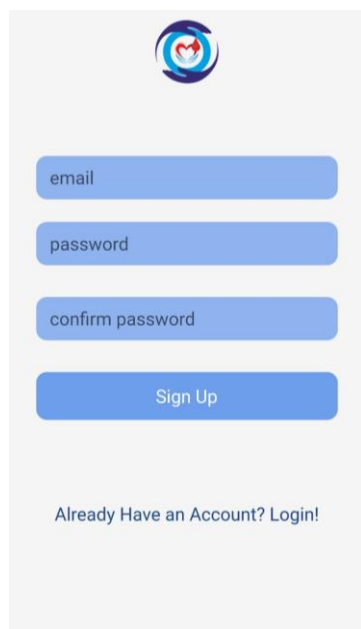
## Creating your own account

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The account allows you to view all your data across multiple compatible devices.

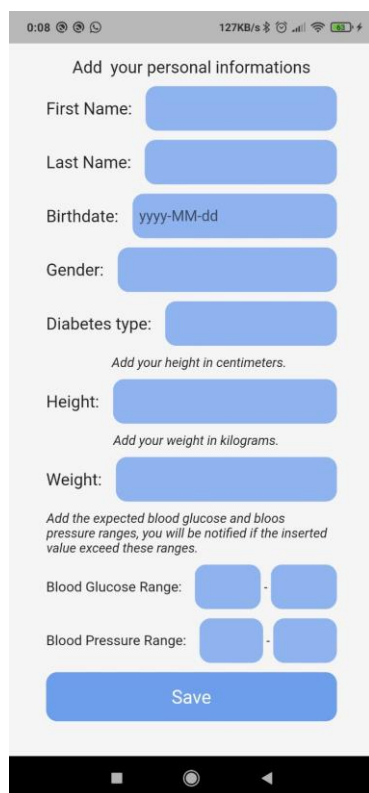
Once your account is created, you can access your data from additional compatible devices using this same account. To use the app on additional compatible devices, install the app on the device and then log in to your account.

To create an account, you can use email address, choose password and confirm it.



A screenshot of a mobile application's account creation screen. At the top is a circular logo with a heart and a pulse line. Below it are four blue input fields labeled 'email', 'password', and 'confirm password'. A blue 'Sign Up' button is positioned below the fields. At the bottom, there is a link that says 'Already Have an Account? Login!'.

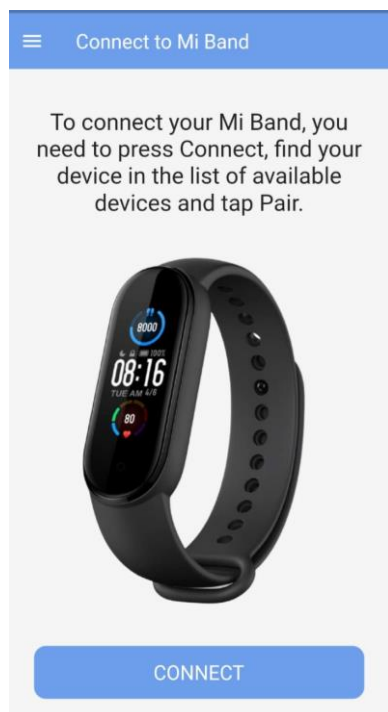
Fill in your data on the personal information page, including the minimum and maximum range where appropriate. Weight records can be changed as and when necessary. All data in this page should be filled. Height and weight need to calculate BMI.



A screenshot of a mobile application's 'Add your personal informations' screen. The form includes several blue input fields: 'First Name:', 'Last Name:', 'Birthdate:' (with a 'yyyy-MM-dd' placeholder), 'Gender:', 'Diabetes type:', 'Height:' (with a note 'Add your height in centimeters.'), 'Weight:' (with a note 'Add your weight in kilograms.'), 'Blood Glucose Range:' (with two input boxes and a '-' separator), and 'Blood Pressure Range:' (with two input boxes and a '-' separator). A blue 'Save' button is at the bottom. The screen is framed by a black Android navigation bar at the bottom.

## Pairing

Pairing your wristband connects your meter to your wireless device and allows the two to communicate. You only have to pair your wristband and compatible device once. The wristband and device must be within a few feet of each other for successful pairing. This version of application works with Xiaomi Mi Band.



**⚠ CAUTION: DO NOT** pair another person's meter with your compatible device.

## General instructions for pairing your wristband

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1. Tap **Menu**, **Connection** then press button **Connect**
2. Select the wristband you want to pair
3. Follow the prompts to turn on and enable Bluetooth on the tracker
4. Locate your wristband and tap **Pair**
5. Wait for your compatible wireless device to begin syncing data from the tracker

Congratulations! You have completed pairing.

## Unpairing

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Unpairing your wristband disconnects your wristband from your compatible wireless device so they will no longer communicate.

If you wish to unpair the wristband, this can be done by using the compatible device's Bluetooth settings.

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# Chapter

# 2

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


## App Overview

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## Symbols and Icons used in the App

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Table 1: Identifying icons of Menu

	Initiates Homepage.
	Indicates Connection with wristband.
	Indicates Reminders.
	Indicates Report.
	Indicates Charts.
	Indicates Add Logs.
	Indicates Log Out.

**Table 2: Identifying icons of Health Indicators**

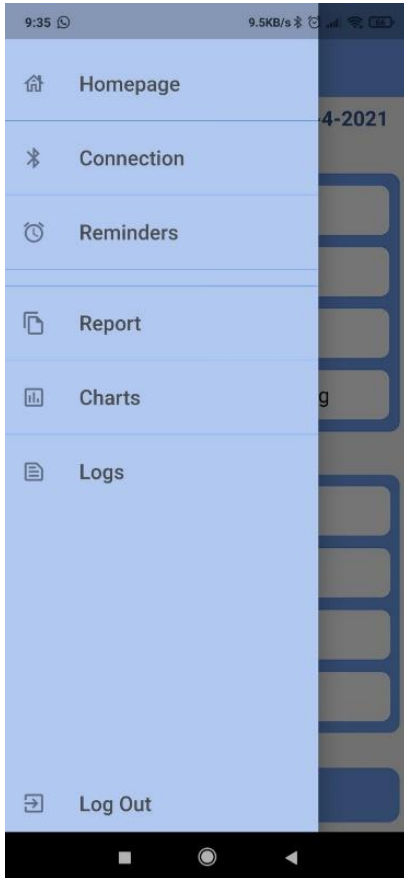
	Blood glucose level.
	Weight/BMI.
	Exercise Type, Steps.
	HbA1c.
	Sleep duration.
	Heart rate.
	Blood pressure.
	Grams of carbohydrate eaten



# Menu

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Tap the Menu icon to display the Menu.



The Menu provides a quick way for you to access the functions of the app.

## Homepage

- Contains personal latest health information.

## Connection

- Connection with wearable device. All activity undertaken is recorded when the connection is live.

## Reminders

- You can set alerts or reminders here.

## Report

- Information about your health there is presented as a csv. document.

## Chart

- A display of blood glucose values is shown here.

## Logs

- You can add health information here.

## Log out

- If you wish to log out of the application, you can do so here.

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# Chapter 3

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## HomePage

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Homepage is the first screen you will see after logging on. The home screen displays your recent information. Adding data will provide you with an overview of your health statistics up to that time

Homepage consist day and data and two parts:

1. The first part contains blood glucose, HbA1c, heart rate, blood pressure data.
2. The second part contains recent data for carbohydrates, BMI, steps, sleep.

There is also the option to add additional logs.



# Chapter

# 4

## Logs

Logs allows you to add your information which is relevant to you. All data is sent to the database for further analysis. Then they are shown on the home page, in the form of a histogram, to generate a report and notifications. You can add all the data at once and save, you can also separately. for example, you can simply add a blood glucose level. the journal allows you to enter data this way. All data is saved on your record by time and date in revolving mode. Steps, sleep and pulse are automatically received through the fitness tracker, and if it is not connected, it can be entered manually.

15:51 1.3KB/s

Logs : 28-4-2021

Time: 15:51

Blood Glucose  mmol/L

Weight  kg

Exercise Type

HbA1c  mmol/mol

Sleep  h

Steps

Heart Rate  bpm

Blood Pressure  /  mm/Hg

Carbohydrates

Add Log +

### NOTE: App Units of Measure

- To measure blood glucose, mmol / L is used;
- For weight, the unit is kilogram, abbreviated as kg;
- HbA1c measure by mmol/mol;
- Sleep measure by hours, abbreviated as h;
- Heart rate measure by beats per minute, abbreviated as bpm;
- Blood pressure measure by millimeters of mercury, abbreviated as mm/Hg;
- Carbohydrates measure by grams, abbreviated gm.

## Adding blood glucose

The glucose level is entered manually. After the test, you will need to go to the logs, and write your result next to the

word “Blood glucose”. It is saved over the time you entered, which makes it possible to understand the time in the report.

**NOTE:** Stay tuned, soon we will launch an automatic connection in the meter to synchronize the measured blood glucose level.

## **Adding weight**

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After measuring your weight, you must enter the result next to “Weight”. It is desirable to measure the weight once a week in the morning before breakfast. For example, every Sunday morning. This gives you the opportunity to understand how exactly it changes in this equal period of time.

## **Adding exercise type**

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Entering the type of exercise that you did in the space provided, for example, running - 30 minutes.

## **Adding HbA1c**

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HbA1c results should be entered into the appropriate space once you have these results from a laboratory sample.

## **Add sleep**

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Sleep can be entered manually using the information recorded on the fitness tracker if it doesn't automatically transfer across, for example if the Bluetooth connection is disabled. If it happens automatically, every time you enter there will already be data that you cannot change. But in cases where the bracelet is not connected, you can enter the data manually and save.

## **Add steps**

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Steps can be entered manually or the application automatically takes it from the fitness bracelet, if it is connected to the application. If it happens automatically, every time you enter there will already be data that you cannot change. But in cases where the bracelet is not connected, you can enter the data manually and save.

## **Add heart rate**

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Heart rate can be entered manually or the application automatically takes it from the fitness bracelet, if it is connected to the application. If it happens automatically, every time you enter there will already be data that you cannot change. But in cases where the bracelet is not connected, you can enter the data manually and save.

## **Add blood pressure**

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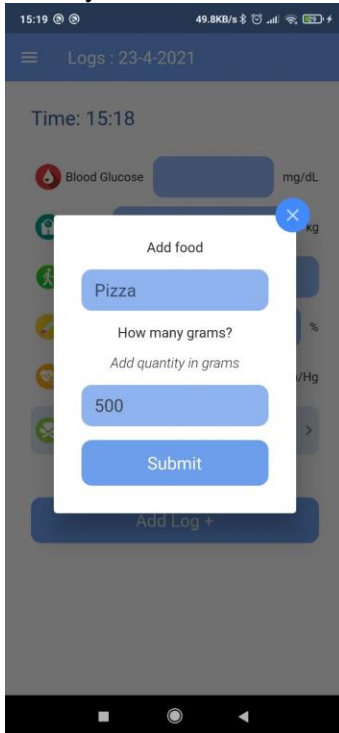
The blood pressure is entered manually. You can enter the results that is checked by your clinician or manually at home next to the word “Blood pressure”. It is saved over the time you entered, which makes it possible to understand the time in the report.

## **Add carbohydrates**

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To keep track of carbohydrates, you need to know the name of the food and the gram. It is connected to a special food

database that gives you the ability to automatically get carbohydrates in grams. If you eat a variety of foods, enter the carbohydrate details for each of these separately.



After pressing the button “Submit”, the app will tell you how many carbohydrates the food contains your food and add this data to your logs.

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# Chapter

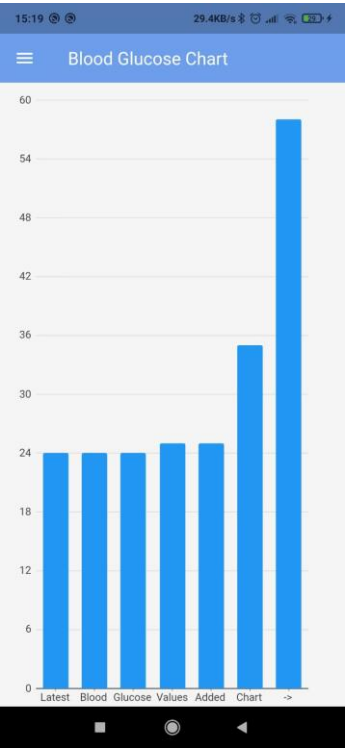
# 5

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## Charts

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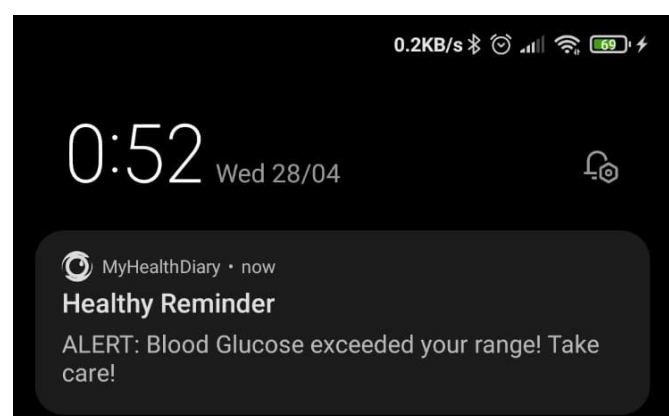
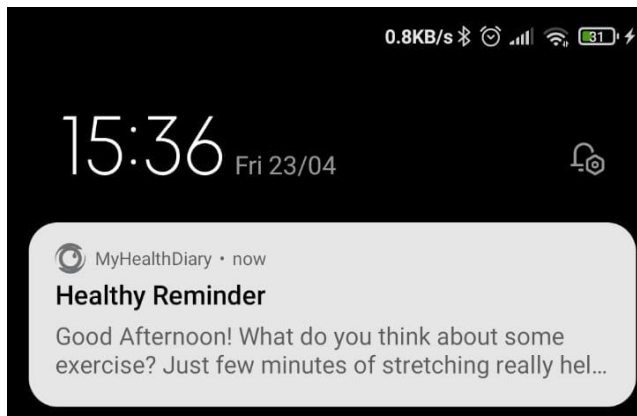
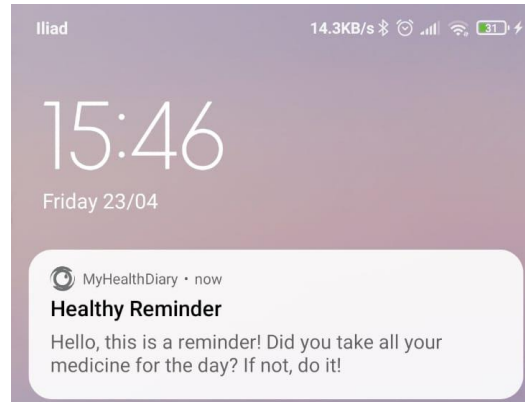
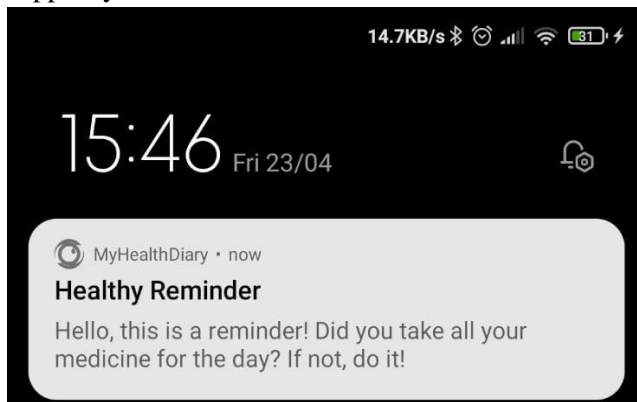
The bar graphs show your most recent blood glucose readings. This data gives you an idea of how your glucose has been changing over the past days.



# Chapter 6

## Notifications

Notifications are sent to you if your reading are out of range. You indicated your individual preferences parameters in the settings. For example, if your blood glucose level out of range, the system will send you notifications. Also, if you are not doing exercises and the steps show less than 1000 steps per day, the system will notify you and support you.



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# Chapter

# 7

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## Report

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In the reports section, using the download button, you can get all the past data that you entered. This report is in csv. file format. You can send it to the doctor, or you can look it up for analysis yourself. With the help of the upload button, you can upload the csv. files, which you downloaded from the official application Mi Band.

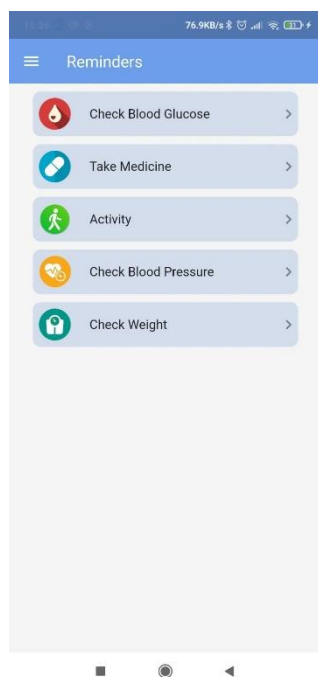




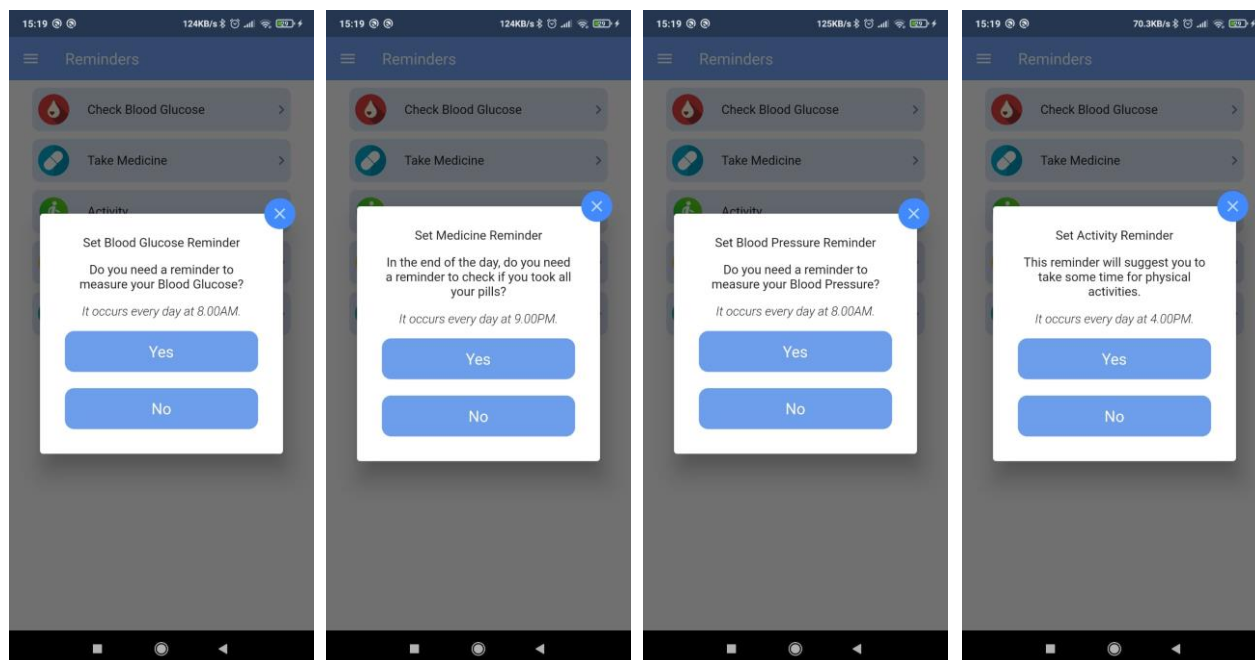
# Chapter 8

## Reminders

The Reminders section has 5 options to customize it. These are: check blood glucose, take medication, physical activity, check blood pressure and check weight.



For each you can choose a time and set. It will send you a reminder every day. To activate, you need to select the desired option and click yes. In order to disable it, you can also remove the reminders and click no.



Help contact

About



If you have any questions or issues, while using app, please contact to us.  
Email: [Munalbaeva.nazir@gmail.com](mailto:Munalbaeva.nazir@gmail.com).