

Mobile App Help File

Prepared by Nazira Munabayeva

Contents

Introduction.....	3
About application.....	3
Supported Devices and System Requirements.....	3
Intended Use.....	3
 Chapter 1: Getting Started	 4
Getting Started.....	4
Creating your account	4
Pairing.....	5
Unpairing.....	6
 Chapter 2: App Overview.....	 7
Symbols and Icons used in the App.	7
Menu	9
 Chapter 3: Homepage.	 10
Homepage.	10
 Chapter 4: Logs.	 11
Logs.	11
Adding blood glucose value	11
Adding weight	12
Adding exercise type.	12
Adding HbA1c.....	12
Add sleep.....	12
Add steps.....	12
Add heart rate.....	12
Add blood pressure.....	12
Add carbohydrates	12
 Chapter 5: Charts.....	 14
Blood glucose chart.....	14
 Chapter 6: Notifications.....	 15
Notifications	15
 Chapter 7: Reports.....	 16
Download reports.....	16
Upload reports	16
 Chapter 8: Reminders.....	 17
Reminders.	17

Introduction

About application

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 bracelet.

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

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 bracelet and the Internet to connect to the server.

Intended Use

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 bracelet or add data. DO NOT pair another person's bracelet with your application.

Chapter

1

Getting Started

Getting Started

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**.

A mockup of the app's login screen. At the top is the app icon. Below it are two blue input fields labeled 'email' and 'password'. Under the password field is a blue 'Sign In' button. Below the button is a link that says 'Forgot password?'. At the bottom is a link that says 'New here? Create an account!'.

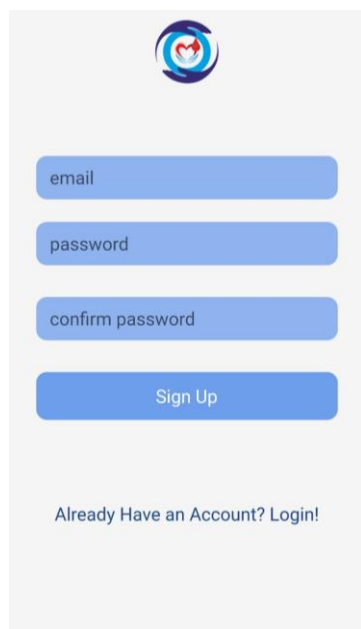
3. Follow the prompts, then tap **Sign Up** to create your account.

Creating your own account

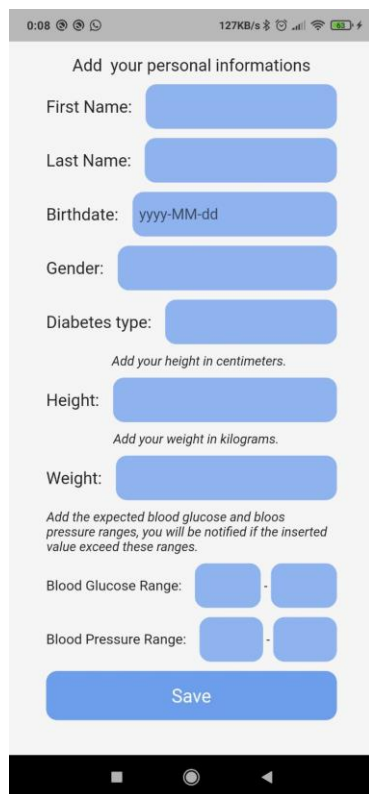
The account allows you to view all your data across multiple compatible devices.

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

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

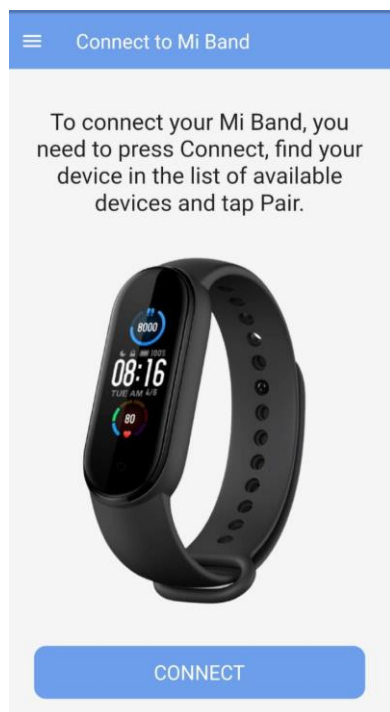


Then you should fill your personal data and set some range of indicators in settings. All data in this page should be filled. Height and weight need to calculate BMI. Blood glucose and blood pressure range are valid values for your health. You need to fill in the minimum and maximum range, if your indicators are not within the range, the system will notify you.



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

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 bracelet
4. Locate your wristband and tap **Pair**
5. Wait for your compatible wireless device to begin syncing data from the wristband

Congratulations! You have completed pairing.

Unpairing

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.

Chapter

2

App Overview

Symbols and Icons used in the App

Table 1: Identifying icons of Menu








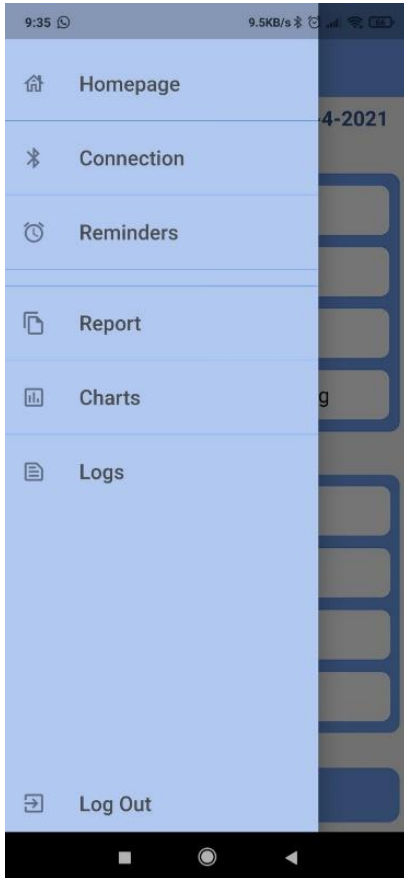
	Initiates Homepage.
	Indicates Connection with wristband.
	Indicates Reminders.
	Indicates Report.
	Indicates Charts.
	Indicates Add Logs.
	Indicates Log Out.

Table 2: Identifying icons of Health Indicators

	Indicates Blood glucose level.
	Indicates weight/BMI.
	Indicates Exercise Type, Steps.
	Indicates HbA1c.
	Indicates Sleep time.
	Indicates Herat rate.
	Indicates Blood pressure.
	Indicates intake carbohydrates

Menu

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. To take directly activity information.

Reminders

- Option to set helpful alerts to prompt you to take important actions.

Report

- Information about your health information in last days in CVS document.

Chart

- Show last readings of blood glucose level in bar chart.

Logs

- Let user add health information.

Log out

- Let user log out from application.

Chapter

3

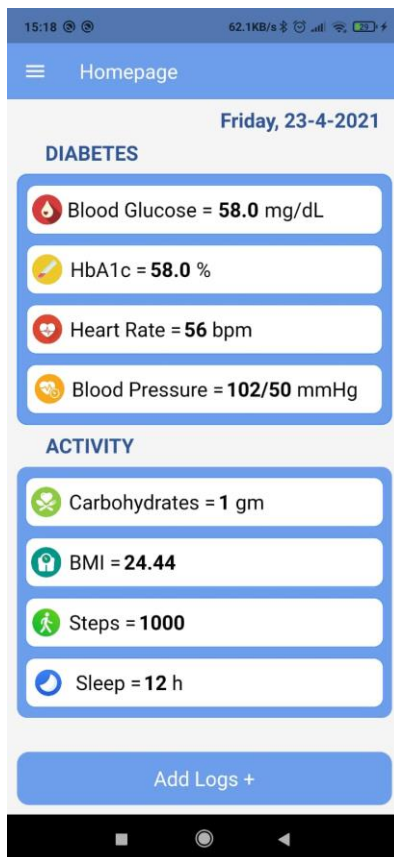
HomePage

Homepage is the first screen you will see after logging on. The home screen displays your recent indicators. First time will be empty, after when you will add logs, meaningful information about your health will appear.

Homepage consist day and data and two parts:

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

Also you found button to add logs.



Chapter

4

Logs

Logs allows you to add your metrics. 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 bracelet, and if it is not connected, it can be entered manually.

The screenshot shows a mobile app interface titled 'Logs : 28-4-2021'. It displays a list of health metrics with input fields for each:

- Time: 15:51
- Blood Glucose: [input field] mg/dL
- Weight: [input field] kg
- Exercise Type: Yoga, Running...
- HbA1c: [input field] %
- Sleep: How much did you sleep? [input field] h
- Steps: [input field]
- Heart Rate: [input field] bpm
- Blood Pressure: [input field] / [input field] mm/Hg
- Carbohydrates: [input field] >

At the bottom, there is a blue button labeled 'Add Log +'.

NOTE: App Units of Measure

- To measure blood glucose, milligrams per deciliter is used, abbreviated as mg / dL;
- For weight, the unit is kilogram, abbreviated as kg;
- HbA1c measure by percentage, %;
- Sleep measure by hours, abbreviated as h;
- Heart rate measure by beats per minute, abbreviated as bmp;
- Blood pressure measure by millimeters of mercury, abbreviated as mm/Hg;
- Carbohydrates measure by grams of mercury, 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 indicator 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

After measuring the 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

Entering the type of exercise that you did enter next to the word type of exercise, you will need to write the type of activity and the duration of the activity, for example, running - 30 minutes.

Adding HbA1c

HbA1c needs to be injected exactly what you have been doing in laboratories. So that when you send the report to the doctor, he can look. it must be kept in the same way next to the inscription HbA1.

Add sleep

Sleep can be carried out 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 steps

Steps can be carried out 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

Heart rate can be carried out 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.

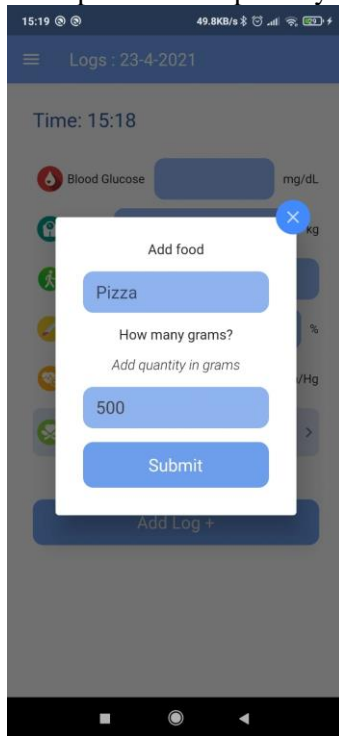
Add blood pressure

The blood pressure is entered manually. After the measure your blood pressure with a sphygmomanometer, you will need to go to the logs, and write your indicator 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

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 ate several foods, you will need

to keep each one separately and save.



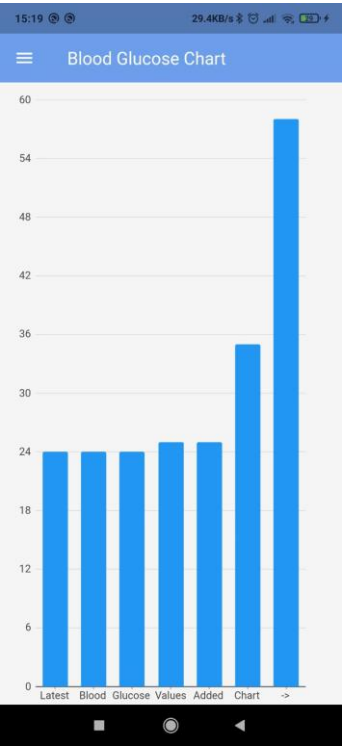
After pressing the button “Submit”, the app will tell you how many carbohydrates the food contains your food and add this data to your logs.

Chapter

5

Charts

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.

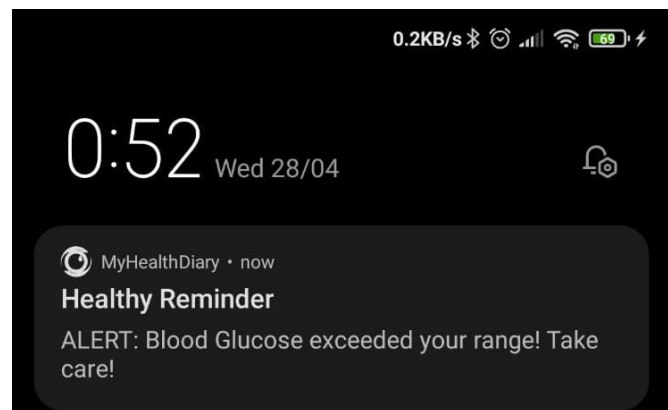
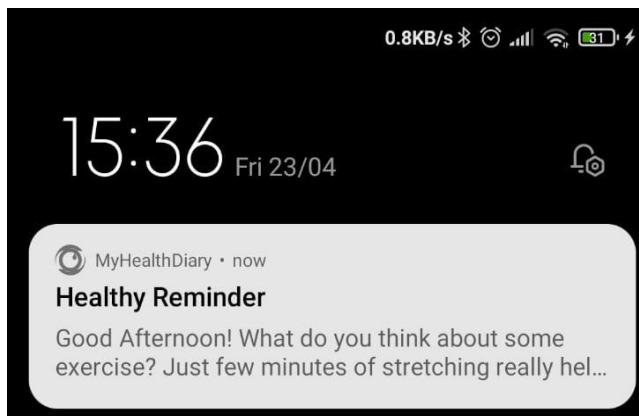
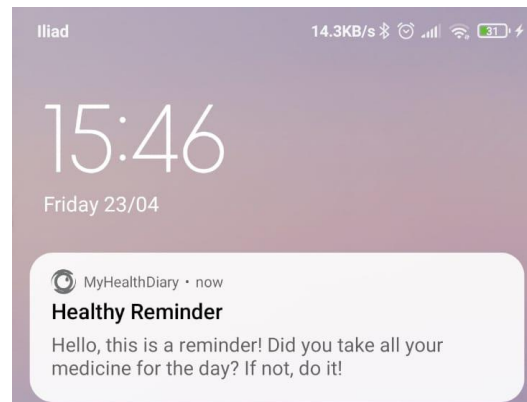
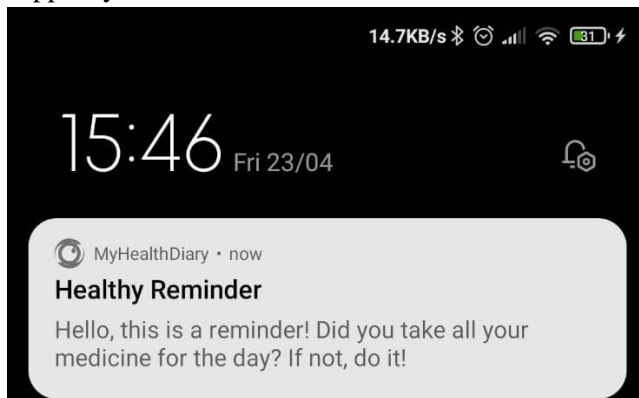


Chapter 6

Notifications

Notifications are sent to you if your performance is out of range. for example, you indicated your valid parameters in the settings, the valid data of a person is also taken into account. BMI is more than 18.5 and less than 25, if it is outside this parameter, 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.



Chapter

7

Report

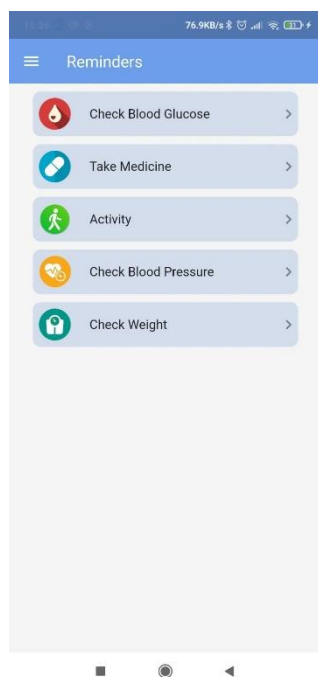
In the reports section, using the download button, you can get all the past data that you entered. This report is in CVS file format. You can send it to the doctor, or you can look it up for analysis yourself. With the help of the upload button, you can upload the CVS files, which you downloaded from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



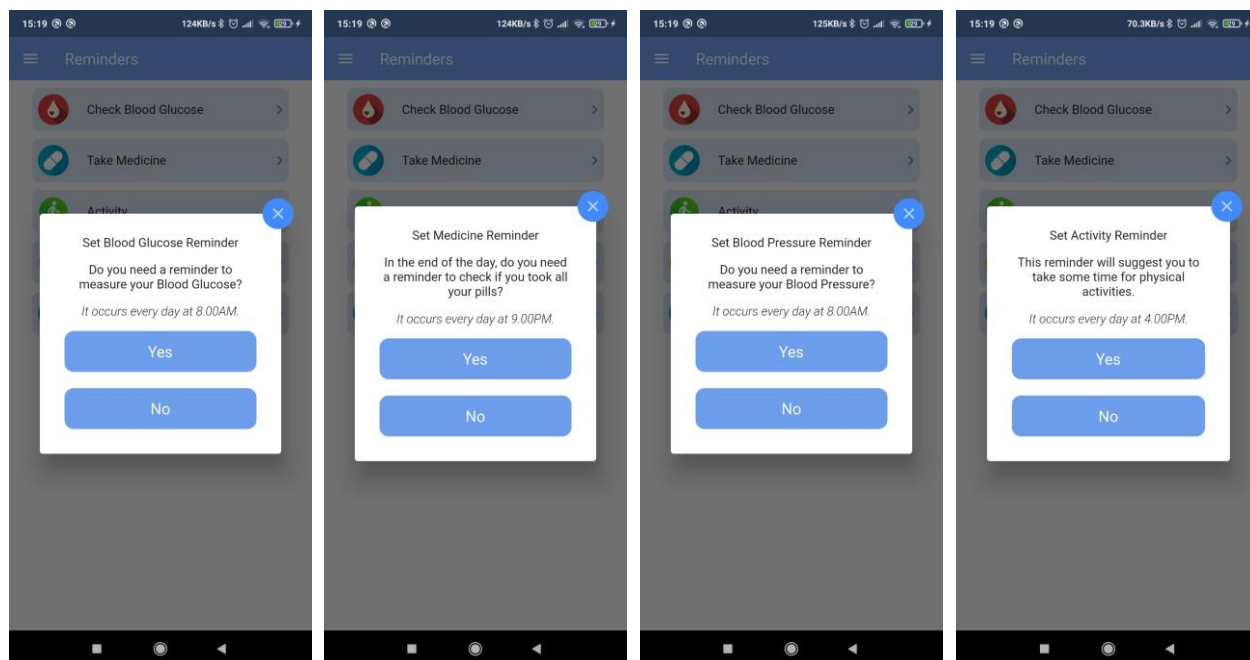
Chapter 8

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 rip out the desired reminders and click no.



Help contact

About



If you have any questions or issues, while using app, please write to us.
Email: Munalbaeva.nazir@gmail.com.