

NEW USERS: Nightscout for Loop

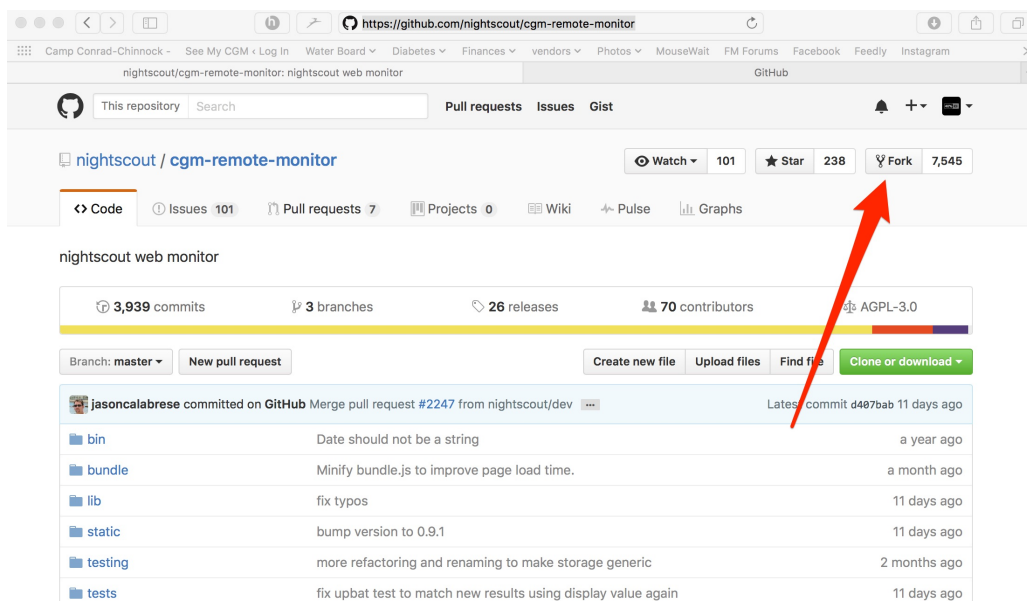
Why would you want Nightscout for Loop?

- Remote viewing of Loop activity
- Easy logging of carbs and boluses
- Historical records of BG readings, insulin, basal rates, etc.
- Reports to help identify patterns of BG trends
- Alerts to remotely assist caregivers
- Pebble watch integrations with Loop through NS

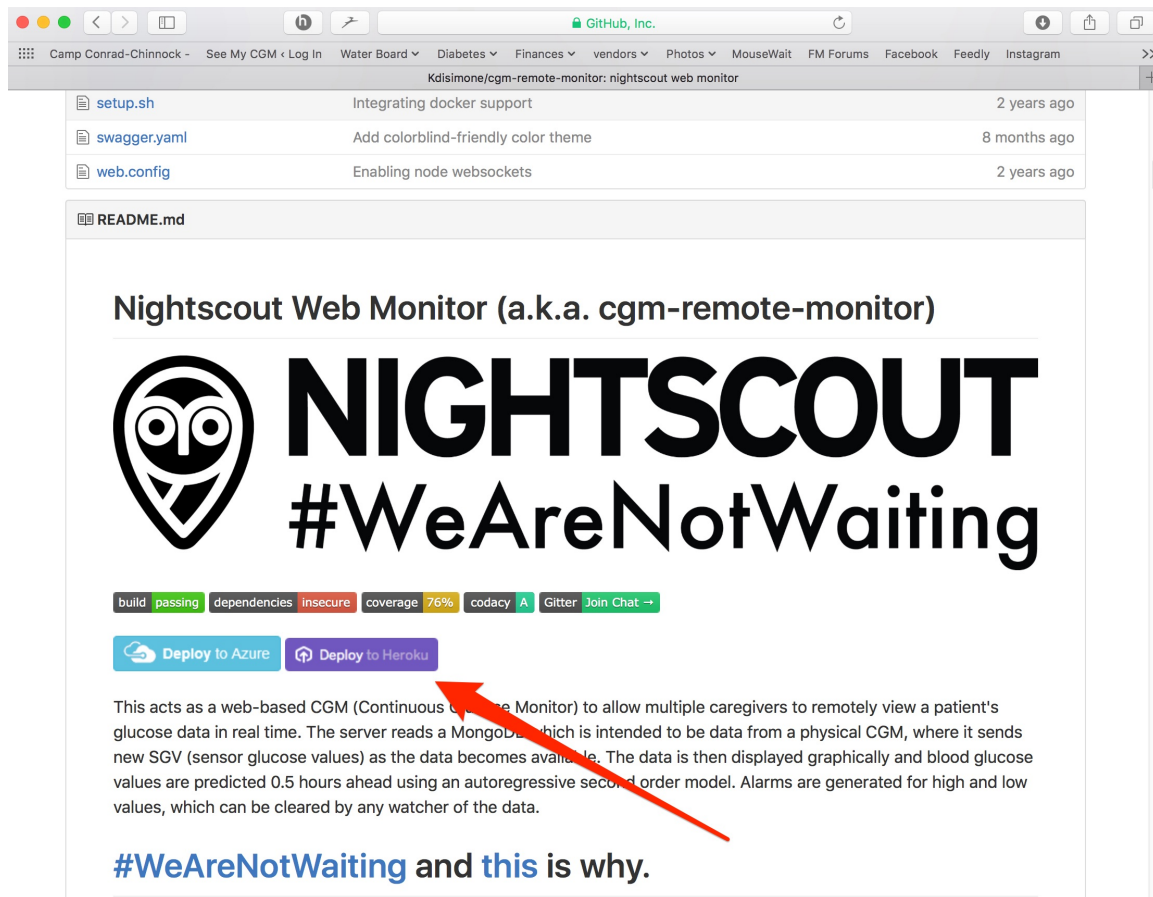
Two options exist for easy hosting of NS; Azure or Heroku. For Loop use, I would recommend Heroku. Both hosting services are free. However, Azure has data quotas monthly and shorter term CPU quotas. If you exceed those quotas, you may be facing a substantial monthly data-use bill or being locked out of NS for several hours until the quotas reset. As you start to use NS more intensively for alarms, pebble watches, etc...it is possible that you may exceed your monthly data cap on Azure.

HEROKU NIGHTSCOUT SET-UP

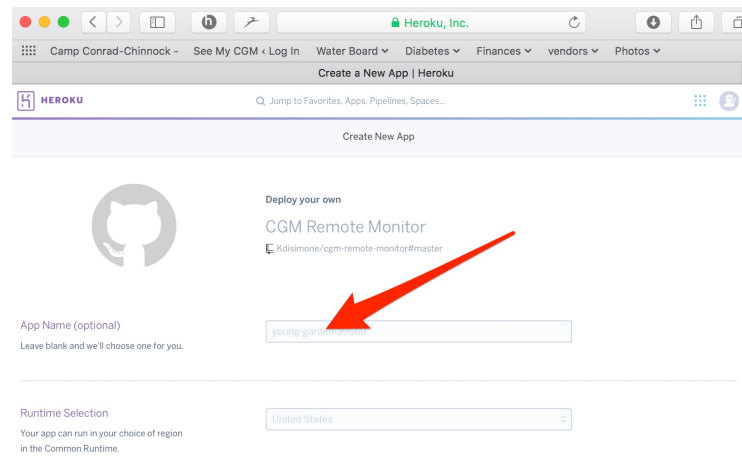
1. Create an account at Heroku (<https://www.heroku.com>) and choose the Primary Development Language to be Node.js when you create your account. You're going to use a free account, but you will still need to enter credit card information for your account setup. Don't forget to check your email to confirm your Heroku account.
2. Create an account at GitHub (<https://github.com>)
2. Go to <https://github.com/nightscout/cgm-remote-monitor>
3. Click the "Fork" button in the upper right corner



4. Scroll down until you see the purple “deploy to Heroku” button. Click that button.



5. Give your app a name, this will be the prefix of your NS site’s URL.
For example, <https://yourappname.herokuapp.com>



6. Continue to fill out the information lines in the “Config Variables” Section of that page.

API_SECRET: Create your own API_SECRET...this is like the password to your NS site. Please write it down somewhere safe or commit it to memory, you will be using it in the future.

DISPLAY_UNITS: mg/dl or mmol

ENABLE: bridge loop pump iob cob basal careportal

(enter all of the ENABLE words, without commas. Just a single space between each word. Make sure autocorrect does not add space between careportal)

DISABLE: Leave blank

ALARM_TYPES: simple

BG_HIGH: enter the numeric value of BG you'd like as an high urgent alarm (Red urgent alert).

BG_TARGET_TOP: enter the numeric value of the top of your target BG or the value you'd like NS to start to alert you to high BG values (Yellow warning alert)

BG_TARGET_BOTTOM: enter the numeric value of the bottom of your target BG or the value you'd like NS to start to alert you to low BG values (Yellow warning alert)

BG_LOW: enter the numeric value of the BG you'd like as an urgent low alarm (Red urgent alert)

PUSHOVER lines can be left blank for now. See PUSHOVER section if you want to integrate PUSHOVER notifications with NS later.

CUSTOM_TITLE: This will be the text displayed in the upper left part of the NS website

THEME: colors (default is so plain...change it to colors ☺)

SHOW_RAWBG: never

BRIDGE_USER_NAME: Enter your Dexcom Share Account login name

BRIDGE_PASSWORD: Enter your Dexcom Share Account password

The remaining variables can be left at their default values.

7. Click the purple Deploy button at the bottom of screen

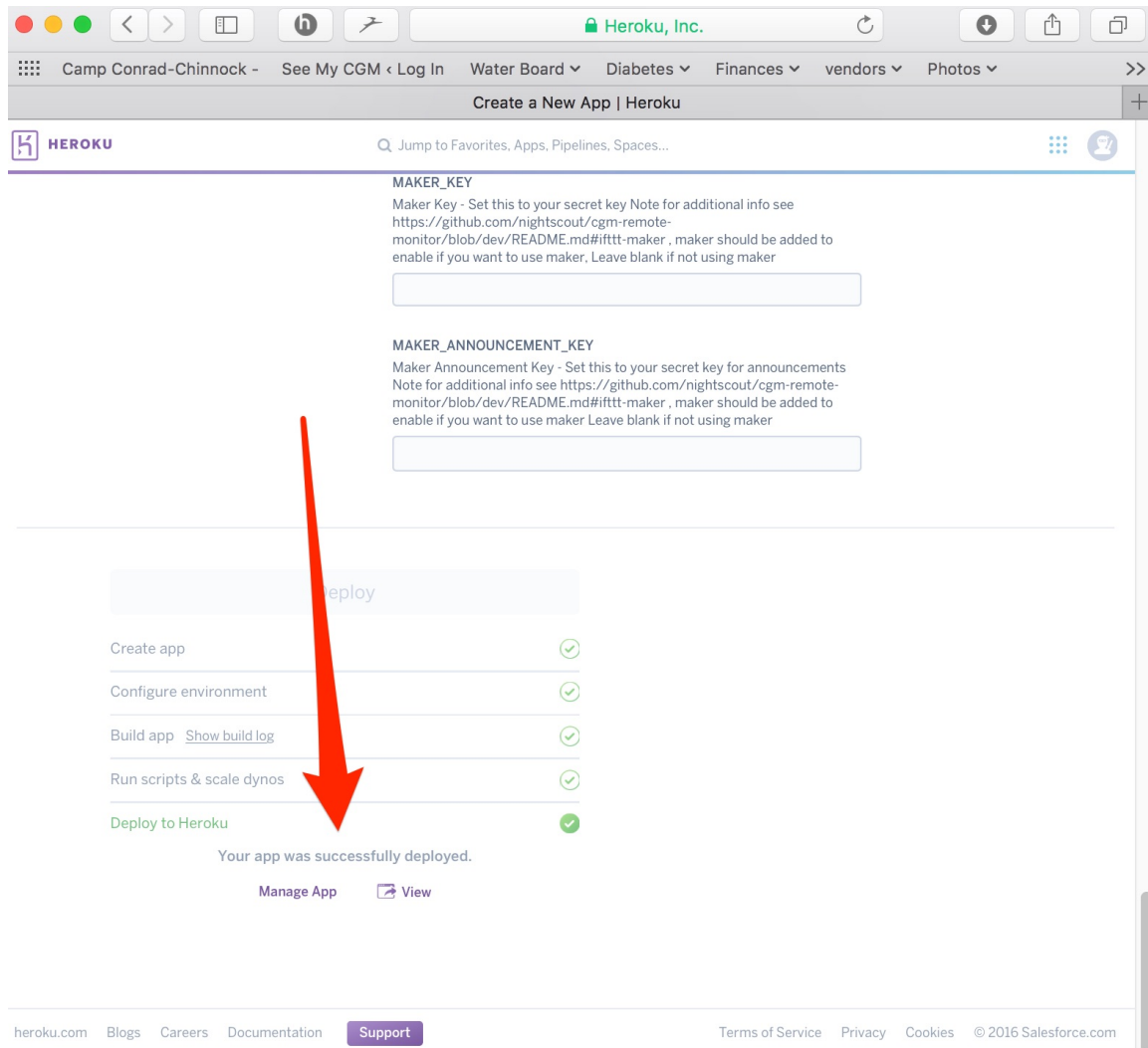
The screenshot shows the Heroku 'Create a New App' configuration page. The browser's address bar shows 'Heroku, Inc.'. The page has a navigation bar with links like 'Camp Conrad-Chinnock', 'See My CGM', 'Log In', 'Water Board', 'Diabetes', 'Finances', 'vendors', 'Photos', 'MouseWait', 'FM Forums', 'Facebook', 'Feedly', and 'Instagram'. Below the navigation bar is a search bar with the text 'Jump to Favorites, Apps, Pipelines, Spaces...'. The main content area contains several configuration sections, each with a label, a description, and a text input field:

- on**: A text input field with the value 'on'.
- ALARM_TIMEAGO_WARN**: Browser default warn after time of last data exceeds ALARM_TIMEAGO_WARN_MINS alarm enabled valid settings are on or off. Input field with 'on'.
- ALARM_TIMEAGO_WARN_MINS**: Browser default minutes since the last reading to trigger a warning. Input field with '15'.
- ALARM_TIMEAGO_URGENT**: Browser default urgent warning after time of last data exceeds ALARM_TIMEAGO_URGENT_MINS alarm enabled valid settings are on or off. Input field with 'on'.
- ALARM_TIMEAGO_URGENT_MINS**: Browser default minutes since last reading to trigger an urgent alarm. Input field with '30'.
- MAKER_KEY**: Maker Key - Set this to your secret key Note for additional info see <https://github.com/nightscout/cgm-remote-monitor/blob/dev/README.md#ifttt-maker> . maker should be added to enable if you want to use maker, Leave blank if not using maker. Input field is empty.
- MAKER_ANNOUNCEMENT_KEY**: Maker Announcement Key - Set this to your secret key for announcements Note for additional info see <https://github.com/nightscout/cgm-remote-monitor/blob/dev/README.md#ifttt-maker> . maker should be added to enable if you want to use maker Leave blank if not using maker. Input field is empty.

At the bottom of the page, there is a large purple button labeled 'Deploy'. A red arrow points to this button from the left side of the screen.

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8. Wait a little bit while Heroku builds your NS app. You'll see some text scroll by in the Build App box, and then finally, you will have a message that the NS app was successfully deployed.



9. You can verify your site's successful build by clicking View (you should see black site with a profile warning), but we have a few more settings to add before your NS site is really done.

10. Go to the “settings” tab near the top of the screen on your Heroku app.
11. Click on “Reveal Config Vars”. Scroll down the bottom of the Config Vars lines until you find the last blank one. You are going to add several additional lines of config vars for Loop use; some are required for Loop, others are optional.

REQUIRED LINES

ENABLE: careportal loop pump bridge iob cob basal

(you can have more ENABLE words in there, but at least have those variables. You may have already entered these during the previous steps, if you are a new user using this guide to setup a new NS site.)

DEVICESTATUS_ADVANCED: true



















PUMP_FIELDS: battery reservoir clock status

SHOW_FORECAST: loop






SHOW_PLUGINS: loop pump

OPTIONAL LINES

The lines related to Pump alerts for reservoir and battery levels

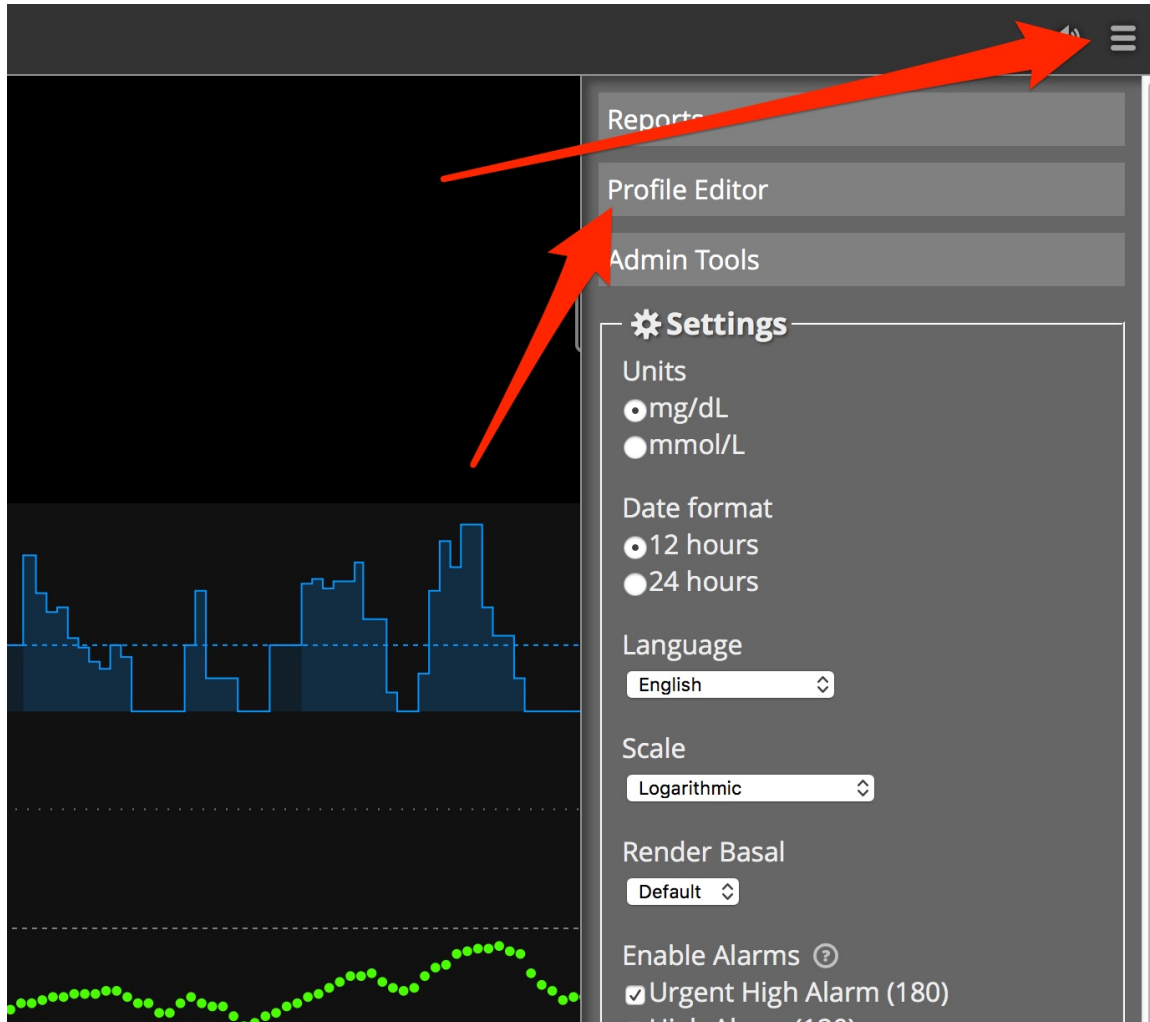
PUMP_ENABLE_ALERTS	true		
PUMP_FIELDS	reservoir battery clock status		
PUMP_RETRO_FIELDS	reservoir battery clock		
PUMP_URGENT_BATT_U	30		
PUMP_URGENT_BATT_V	1.25		
PUMP_URGENT_CLOCK	60		
PUMP_URGENT_RES	10		
PUMP_WARN_BATT_V	1.3		
PUMP_WARN_CLOCK	30		
PUMP_WARN_RES	20		

The lines related to Loop alerts

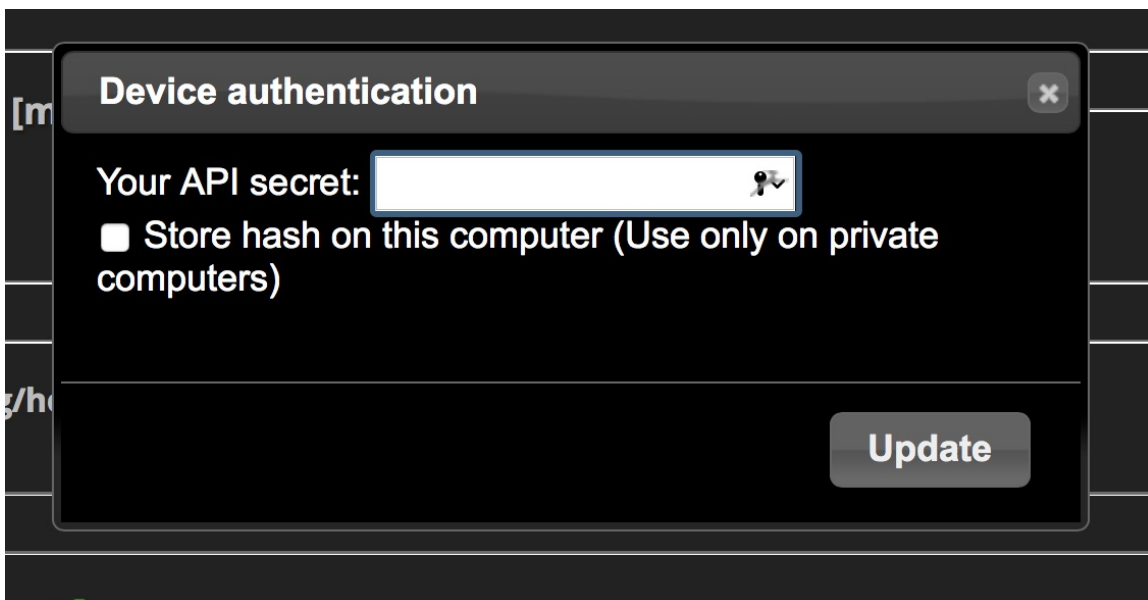
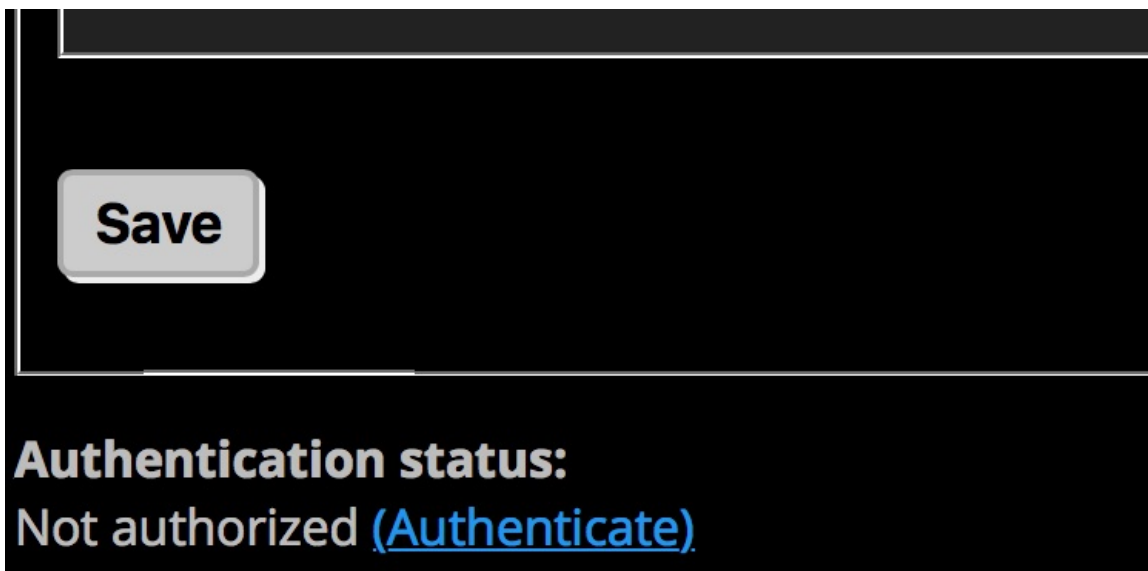
LOOP_ENABLE_ALERTS	true		
LOOP_URGENT	60		
LOOP_WARN	30		

12. Click on “Open App” in the top right corner of your Heroku site.

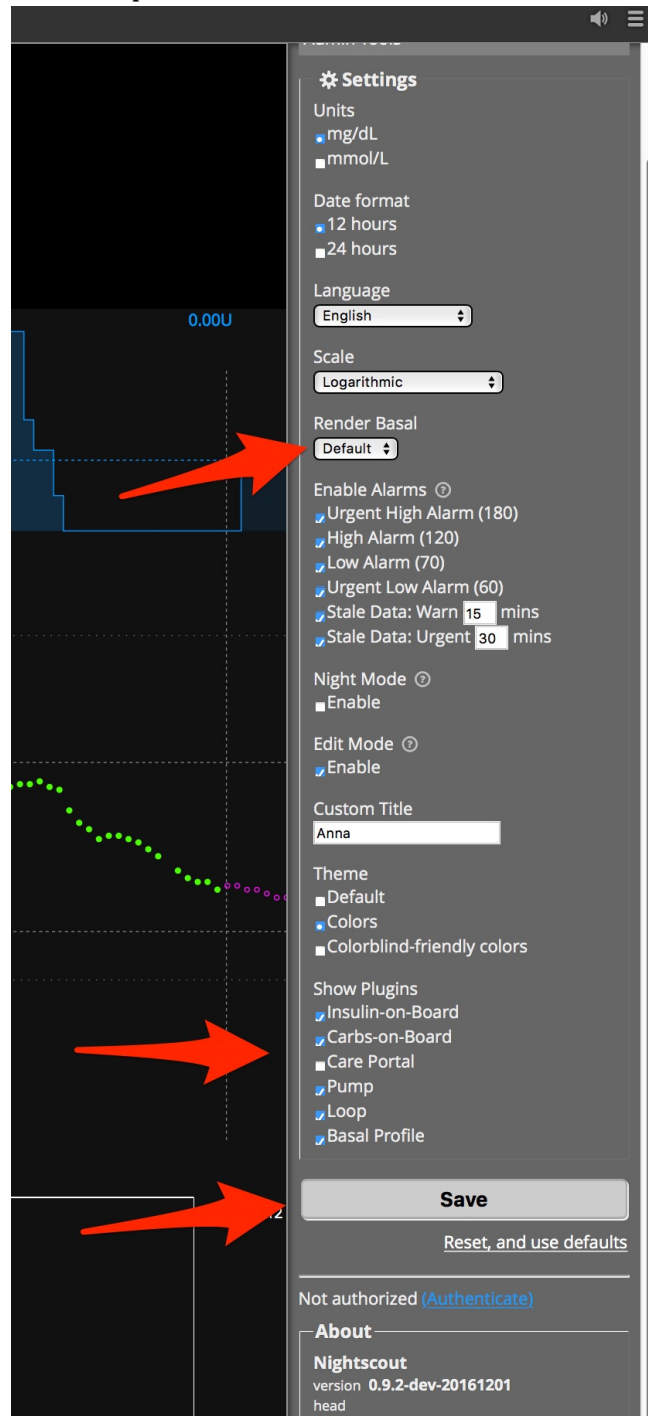
13. Follow the prompts for settings up a NS profile (Profile Editor can be found in your NS site’s settings by clicking on the three horizontal lines in the upper right corner of your NS site)



14. You do not have to enter all the information in the Profile if you are using Loop (since loop will be providing the information for IOB and COB rather than letting NS calculate them), but you do have to fill out the Basal Profile and TimeZone at a minimum in order to have your temp basals properly display. Click Save when you have entered the information. You will be prompted to “authenticate”, if it is the first time you’ve used the device to make changes in your profile. Click on the Authenticate link and enter your API_SECRET to complete the authentication.



15. Finally, go back to your NS site. Click on the settings (those three horizontal lines in upper right corner). Now check that your basal render is selected to either default or icicle (personal preference for how the temp basals show as blue lines in NS site), check the boxes that you'd like pills showing for info on your NS site in the SHOW PLUGINS, and then press save.



Your NIGHTSCOUT site is all set-up. Congrats!