

Sync Dexcom (Glucose Monitoring)

with Metabolic Code

Healthie syncs with your CGM device to automatically pull your Health metrics into your Healthie account, to be shared directly with your provider. This will allow you to work together to track your blood glucose levels, and course of care.

Sync device with Metabolic Code

1. Sync from your computer

- Sign into your Metabolic Code from a computer (metaboliccodepro.com)
- Click Settings (gear icon) on the top-right of your account
- Select "Integrations" from the menu
- Locate "Continuous Glucose Monitor" device from the integrations list > Click "Connect"
- You will be prompted to sign into your CGM account, so please make sure you have your username/password available
- Follow the on-screen prompts to verify the integration sync

Metabolic Code

Unlink your HealthKit app

Home

Chat

Programs

Organization

Clients

Calendar

Documents

Forms

Billing

Reports

Assessments & Labs

Website

Support

Connected With: Live Better
Melanie Klesse (Switch)

Mary

You have invoices due from Live Better. Please pay them at your earliest convenience.

DashboardFood JournalActivitiesSelfiesNotesMetricsMetrics (Graphs)Goals

Post an Entry

Food

Metric

Activity

Note

Selfie

Next Appointment

JAN 21

Initial Consultation - Insurance with
Melanie Klesse

January 21st, 2021 at 9:00 AM EST

In Person

View all Appointments →

Current Tasks

Review Documents

Read or download documents that your provider has shared with you.

Fill Out Forms

Complete forms that your provider has added in your account.

Complete Programs

Participate in programs that you're enrolled in.

Current Goals

View all Goals →

Eat breakfast every morning

DAILY

Meditate for 10 minutes today

DAILY

Go for a 15-minute walk today

DAILY

Go grocery shopping once per week

WEEKLY

Help

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Integrations

When you connect one of your accounts with Healthie, any activity logs or metrics that are tracked in the connected account are automatically added to your Healthie account as journal entries that are available for your provider to review.

Apple Health

CONNECTED

...

FitBit

Connect

Google Fit

Connect

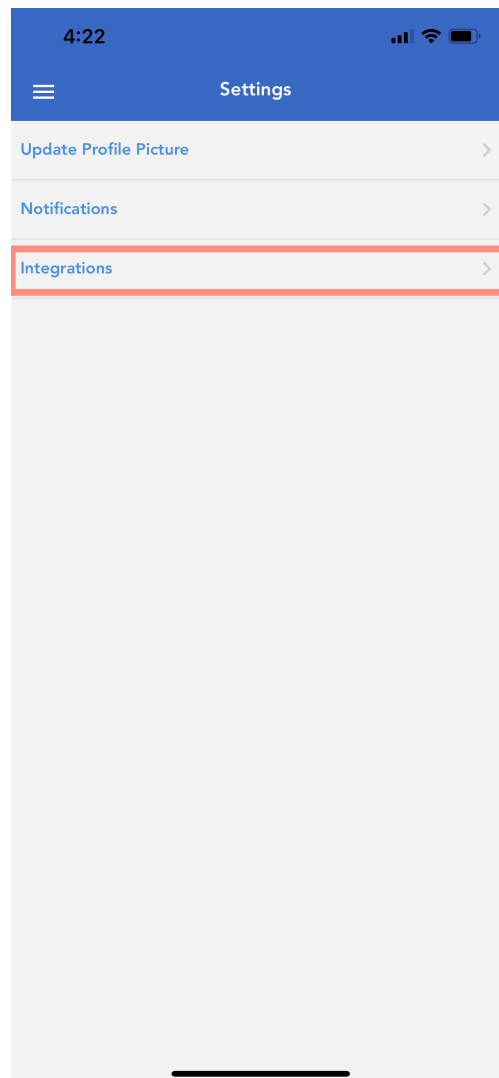
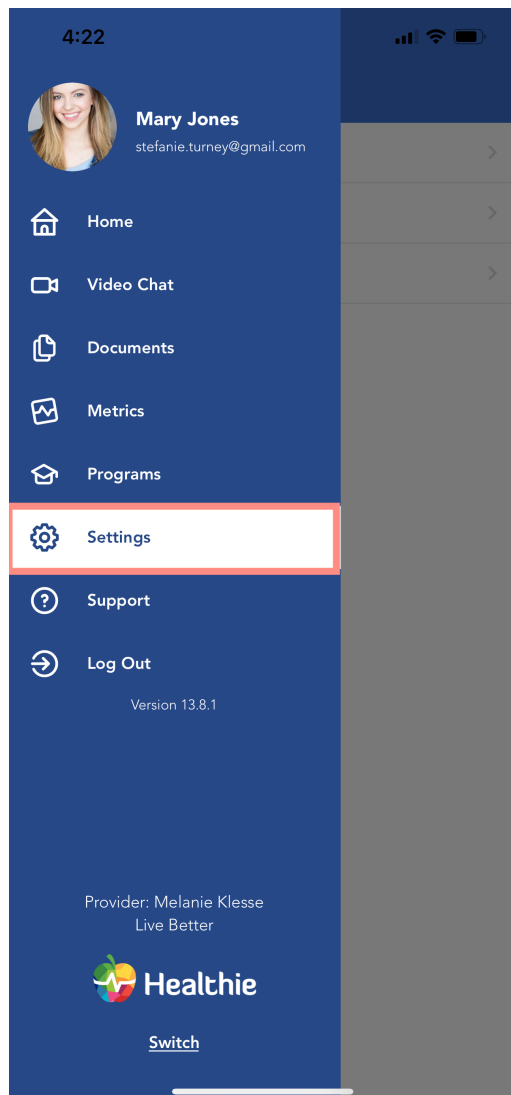
Integrating MyFitnessPal

Once Fitbit is connected with Healthie, if you also connect Fitbit with MyFitnessPal, then any meal data from MyFitnessPal will automatically be added to Healthie.

Help

2. Sync from your phone

- Sign into your Metabolic Code account from the mobile app for Android and iOS devices
- Tap the Navigation bar (three lines on the top left of the app)
- Select "Settings" from the menu
- Tap "Integrations"
- Locate the "Continuous Glucose Monitor" button > Tap "Connect"
- You will be prompted to sign into your CGM account, so please make sure you have your username/password available
- Follow the on-screen prompts to verify the integration sync



Un-sync CGM device

To un-sync your CGM account with your Metabolic Code account, go to Settings > Sync Continuous Glucose Monitoring device (From a computer, not the mobile app) > Unsync CGM

Details on CGM Sync

- You will see synced information (including Blood Glucose Levels) within the Metrics section of your Metabolic Code profile.
- When the sync is active, data will upload to your Metabolic Code account once every 6 minutes, and will load all logged metrics on your CGM device from that time period.
- Your provider will automatically see synced entries in your metrics feed within Metabolic Code (as will you). We encourage you to let your provider know that you have synced your Continuous Glucose Monitoring device, so they can be on the lookout for your metrics.

Troubleshooting

If you do not see your data pulling into your Metabolic Code account, we recommend the following:

- Check your Dexcom account, and ensure that data is being tracked and pulled into your Dexcom account as intended
- If you do not see your metrics updating in Dexcom, please reach out to Dexcom Support.
- If you see your information pulling into Dexcom, but not updating into Metabolic Code, please e-mail connect@metaboliccode, with subject line "Dexcom data tracking POC" so we can ensure that your sync is active