

Rx only



Mobile Prescription Therapy

for adults with type 2 diabetes

User Guide

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Product Description



Introducing BlueStar A new tool to manage your diabetes your way.

BlueStar is the first mobile prescription therapy for adults with Type 2 diabetes. BlueStar gives you real-time guidance that makes managing diabetes between office visits easier and more doable. BlueStar must be prescribed by a provider.

Is BlueStar right for you?

Most people struggle to manage type 2 diabetes. Sometimes it is overwhelming and confusing. Understanding and remembering your doctor's advice about medications, diet, and exercise isn't easy. If you need help controlling your blood glucose, understanding everyday diabetes decisions, communicating your hard work with your doctor, and keeping all your information in one place between office visits, BlueStar can help.

Diabetes Support, Anytime Anywhere™

BlueStar is not a pill or a shot — it is a completely new kind of approach to support you in helping you manage your type 2 diabetes. BlueStar's real-time feedback and guidance fits into your daily life to help you stay on track with your diabetes care plan. It works with you, struggles with you, achieves with you, and celebrates with you. BlueStar can help make living with diabetes easier which makes for a healthier, happier you.

BlueStar is accessible from your mobile phone or computer. It supports your healthcare provider's treatment plan while helping you build your knowledge about diabetes and stay motivated.

Share your results with your doctor before your next visit or at your healthcare team's request

Before your next diabetes check-up, you can use BlueStar to send the information you put into BlueStar to your doctor. This can help your healthcare provider understand the challenges that you face between appointments. That way, during your office visit, you can both be ready to discuss your treatment plan and experiences managing diabetes.

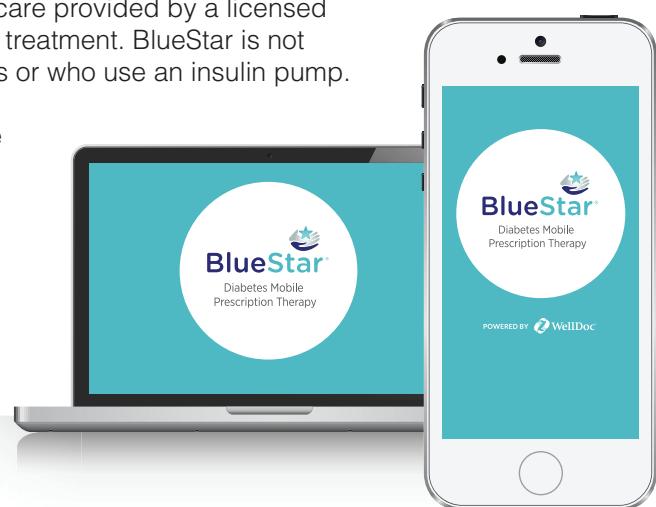
Indication for use

BlueStar is indicated for use by healthcare providers and their adult patients, aged 21 years and older, who have type 2 diabetes. BlueStar is not intended to replace the care provided by a licensed healthcare professional, including prescriptions, diagnosis, or treatment. BlueStar is not indicated for people with type 1 diabetes, gestational diabetes or who use an insulin pump.

Important Safety Information: For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

For more information visit
www.bluestardiabetes.com

or call
BlueStar Customer Care
at 1-888-611-4794





Ready to Answer Your Questions

BlueStar® Customer Care will be happy to help you with the following:

- How to use BlueStar
- Reporting errors when trying to use BlueStar
- Technical questions related to BlueStar on mobile and/or Web
- Questions about your prescription or health insurance reimbursement

Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET)

Phone: (888) 611-4794

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Getting Started



If you are new to BlueStar®, tap Sign Up to start registering or Log In with your username and password.

BlueStar®

Already have an account? [Log In](#)

Register for your BlueStar account

Complete this form to create BlueStar account

If you have any question, please contact our customer support at 1-888-611-4794 on Monday - Friday 8:00 am - 7:00 pm(ET)

Access Code	Last Name
First Name	Date of Birth
Email	Gender <input type="radio"/> Female <input type="radio"/> Male
Choose Username	Choose Password
Choose Password	Confirm Password
Choose a security question Select a question	Answer
Do you take medication for diabetes? <input type="radio"/> Yes <input type="radio"/> No	
Enter your cell number below and we will text you a link to download BlueStar Diabetes Mobile App xxx xxx xxxx <small>(Optional)</small>	
<input type="checkbox"/> I am at least 21 years old with type 2 diabetes. I am not pregnant and currently not using any insulin pump	
<input type="checkbox"/> I agree to Terms of service	

Virtual Training

- After you complete registration, you will be taken to a BlueStar training video to learn how to set up your medication profile and enter your diabetes data.
- Once you complete your training, it is important that you enter your medications in BlueStar so you can receive personalized guidance based on your treatment plan to manage your diabetes.
- The training video is available in the BlueStar Help section for you to watch again at any time. To learn more about the Health Info Section, sending your SMART Visit report to your doctor before your visit or any other features within BlueStar, visit the Help section.

Virtual Training

Congratulations

Congratulations on registering for BlueStar. To get started, you will need to complete BlueStar training. It only takes about 5 minutes to complete. This training will help you make the most of your BlueStar experience and ensure the real-time guidance is based on your physician's treatment plan.

[Start My Training](#)

If you have any questions, please contact customer care at **1-888-611-4794**
Monday - Friday 8:00 am - 7:00 pm (ET)

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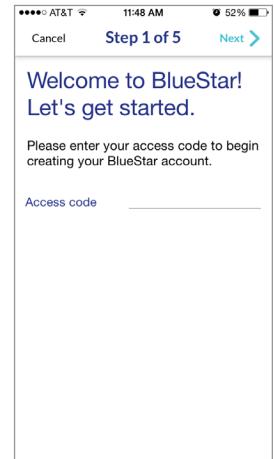
Getting Started (continued)



Follow the simple instructions below to create your BlueStar account.

To sign up:

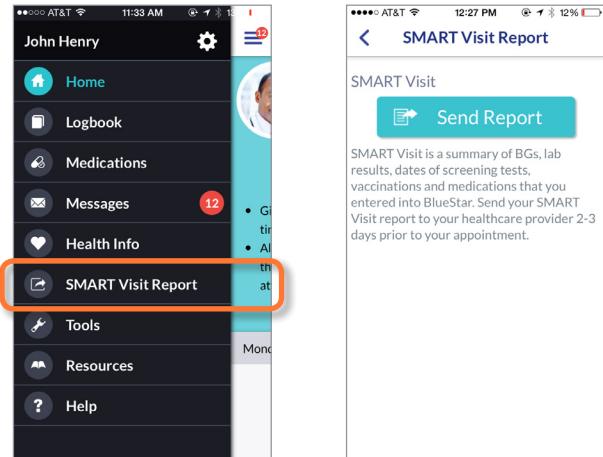
- a. Enter your Access Code
- b. Enter your personal information
- c. Tap on phone or click on website to agree to Terms of Service
- d. Read Patient Authorization then tap or click on Accept
- e. Tap or click on Create Account



What is a SMART Visit Report?



One of the many benefits of using BlueStar to manage your diabetes is that you can share your progress with your healthcare team at your next visit. You must send your SMART Visit report in order for your healthcare team to receive the information from BlueStar. A best practice is to send your SMART Visit report 2-3 days prior to an appointment so your provider will have the information to review with you during the visit.

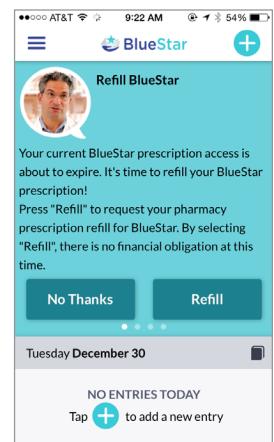
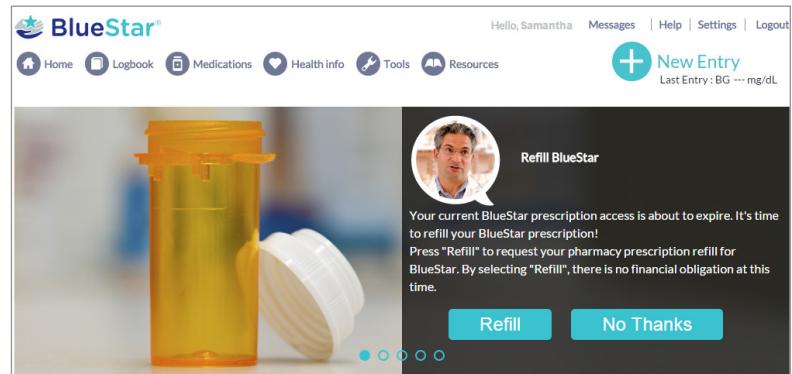


The screenshot displays the BlueStar web application. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health info, Tools, and Resources. A 'New Entry' button is visible on the right. Below the navigation, there's a promotional image of a smartphone displaying the BlueStar app. To the right of the phone, a logbook entry for a coffee cup is shown. A message encourages adding a new entry to the logbook. Below this, a section titled 'LAST 4 ENTRIES' lists four recent entries. Further down, a progress bar indicates that the user's profile is 62% complete, with specific metrics for Medical History (100%), Clinical Results (12%), Preventive Health (62%), and Lifestyle (67%). At the bottom, a call-to-action box prompts the user to 'Send an update to your doctor through SMART Visit', with a 'Send Report' button. A note explains that the SMART Visit report is a summary of BGs, lab results, dates of screening tests, vaccinations, and medications entered into BlueStar, and should be sent 2-3 days before an appointment.

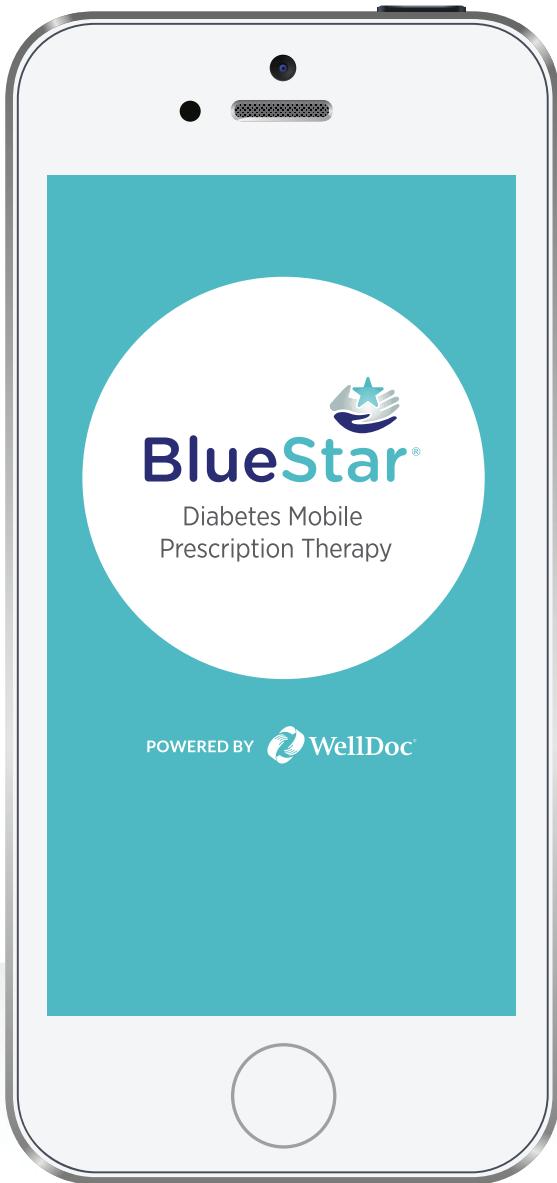
Refilling your BlueStar Prescription



BlueStar will remind you when it's time to refill your BlueStar prescription. About a week before your refill is due, BlueStar provides a fast easy way to initiate your refill with the pharmacy. When you see the message "Refill BlueStar" simply select "Refill" and BlueStar will let the pharmacy know you want to continue using BlueStar.



Using BlueStar on Your Phone



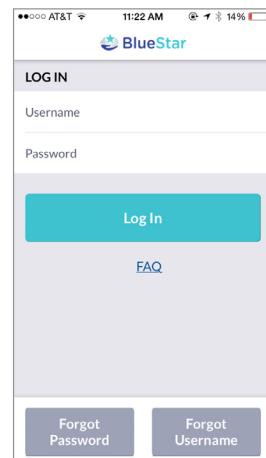
BlueStar® is recommended for use on smartphones with an iOS 7 or greater or Android OS 4.0 or greater.

BlueStar® is the first prescription app for adults with Type 2 diabetes. BlueStar gives you real-time guidance that makes managing diabetes between office visits easier and more doable. BlueStar must be prescribed by a provider.

Log In

Enter your Username and Password then tap **LOG IN**

Tap the **FAQ** link to find the most Frequently Asked Questions about BlueStar.

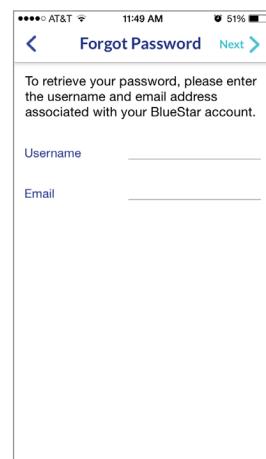


Trouble logging in?

Tap **FORGOT PASSWORD** to retrieve your BlueStar password or **FORGOT USERNAME** to retrieve your username

The next time you log in to BlueStar, you will be asked to create a 4-digit PIN. Your PIN will make logging in faster and easier.

Enter your PIN on the dotted line each time you log in

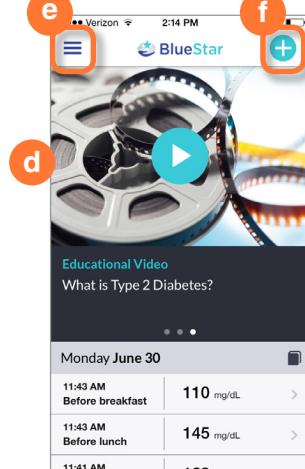
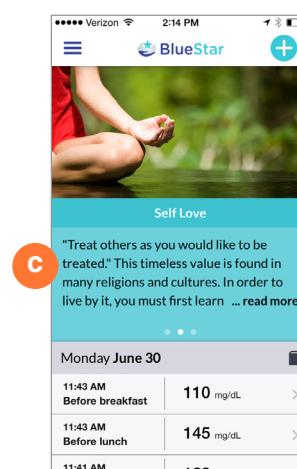
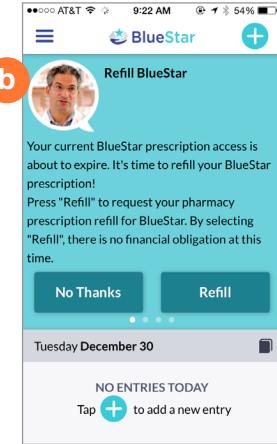
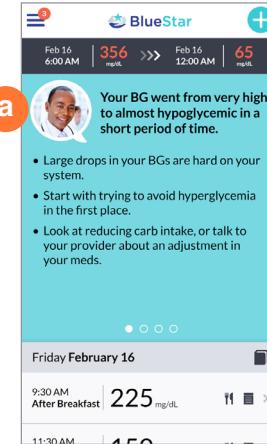


Home Screen (mobile)



The BlueStar® carousel displays important information to help you manage your diabetes.

- a. When BlueStar sees something interesting about your BG, a message is delivered to your carousel and logbook for that day.
- b. Check for refill reminders for your BlueStar prescription in the carousel. A reminder to refill will appear every month.
- c. Get a daily boost with a new message to motivate you every day about your general health and well-being.
- d. Short, 2- to 5-minute educational videos are designed to build your knowledge about diabetes and fit into your busy schedule. Each video is available for 48 hours before it is replaced by the next one in the carousel. You can find all the diabetes videos in the Resources section.
- e. Menu icon top left. Select the page you want to use or view.
- f. Tap + icon top right from any screen to make a new entry



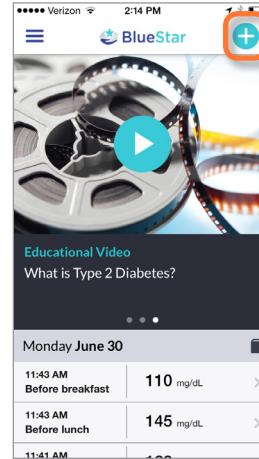
Making entries



Entering your blood glucose when you test and the medications you take can help you stay on track with your diabetes treatment plan. In return, BlueStar gives you real-time guidance. Your experience is personalized so you understand more about your diabetes every day.

You can enter BG, carbs, exercise information, medications, and notes about your activities or how you are feeling each day. Below is the type of information you can input in BlueStar:

- Blood Glucose (BG)—enter your numbers every time you test your BG
- Carbs—enter how many carbs you had in a meal.
- Date/Time—displays current Date and Time. You have the flexibility to adjust the date to view or edit entries from an earlier date
- Activity Type—(Before Breakfast, Before Lunch, etc.) Your activity type defaults to how your Daily Schedule is preset on the website. You can update your Daily Schedule activity times in Settings
- Record Medications—record all your prescribed, over-the-counter medications, vitamins, and supplements. BlueStar will personalize your guidance based on your diabetes medications
- Add a Note—add important information that relates to your BG entry



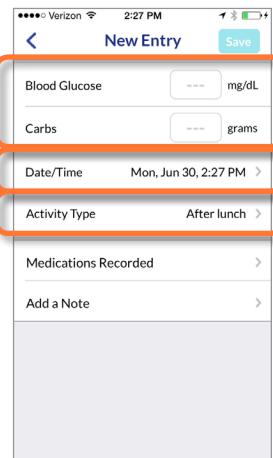
Blood Glucose	mg/dL
Carbs	grams
Date/Time	Mon, Jun 30, 2:27 PM
Activity Type	After lunch
Medications Recorded	
Add a Note	

Making entries (continued)



To make a New Entry

- a. Tap on **NEW ENTRY + ICON** top right from any screen
- b. Select **DATE AND TIME**.
Note: Will default to current date and time
- c. Select **ACTIVITY** (Before Breakfast, Fasting, Before Lunch, etc.)
Note: Will default to an activity based on your Daily Schedule
- d. Enter your Blood Glucose reading (BG) and Carbs (if applicable)



Medications (Medication List)



This is where you can view your medication information. It is important to record all meds you are taking—prescription, over-the-counter, supplements, and vitamins. BlueStar will give you personalized feedback based on your diabetes medications.

- Your Medication List gives you a view of your medications and how many times you take them daily.

Note: Always continue to take your medications as prescribed and confirm your prescription information with your healthcare provider at your earliest convenience.

Medication List	
Apidra	subcutaneous (Under the skin) solution Daily, 3 time(s) per day
BREAKFAST	FIXED DOSE 2 unit(s)
LUNCH	FIXED DOSE 2 unit(s)
DINNER	FIXED DOSE 2 unit(s)
metformin 500 mg	oral (By mouth) tablet Daily, 2 time(s) per day
1ST TIME	1 tablet(s)

Add Medication:

- Tap the + button and enter at least 3 letters to search for a med
- Select the medication you want to add
- Enter how often you take your med
- Enter the amount you take and save

Medication List

We noticed you haven't entered your medication treatment plan into BlueStar.

- Make it great day and enter your meds today.
- We promise, you'll be surprised how much BlueStar can help once we know more about your treatment plan!
- To learn how, [watch the video](#) on Set Up Your Medication Profile.

metf

metformin: oral (By mouth) tablet 1,000 mg
metformin: oral (By mouth) tablet 500 mg

metformin: oral (By mouth) tablet 850 mg
metformin: oral (By mouth) tablet extended release 24 hr 500 mg
metformin: oral (By mouth) tablet extended release 24 hr 750 mg

Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
123 space Search

Add Medication

metformin 500 mg
oral (By mouth) tablet

How many times is it taken?

Select frequency

2 times a day

Do you take a different amount each time?

No

Amount taken

Reason for taking?

Select reason

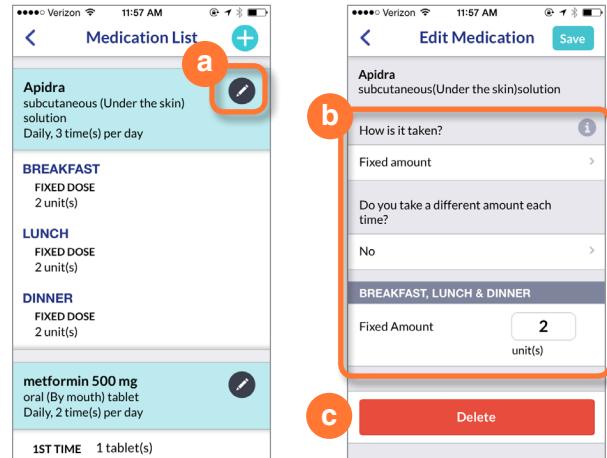
Medications (Medication List) (continued)



Edit Medication:

You can change your dose, how often you take your med, or delete it from your list

- a. Tap the **PENCIL** icon next to the medication name
- b. Change how often you take your med, the amount you take or the med strength
- c. Tap the **DELETE** button to remove the med from your list



Medications (Schedule Setup and Med Reminders)



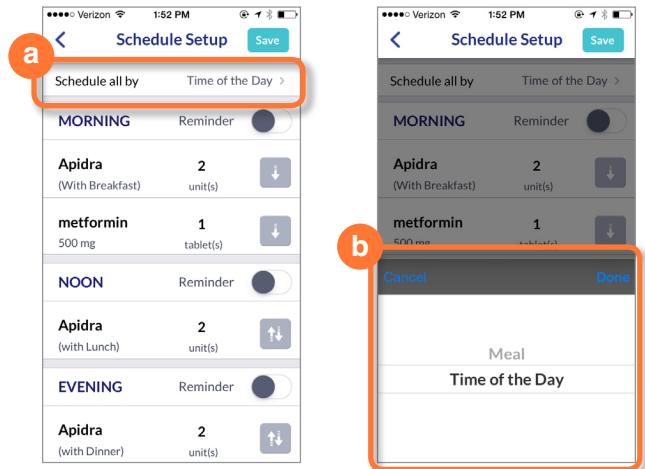
Here is where you can change your medication schedule and set a reminder to take your med.

Medication Schedule

Your medications are scheduled by Time of the Day (Morning, Noon, Evening and Bedtime or by Meal (Breakfast, Lunch or Dinner).

Change your med schedule:

- Tap the “arrow symbol”
- Select another Meal or Time of the Day to take your med and save. Your med schedule is now updated for you to record in your Daily Med Log



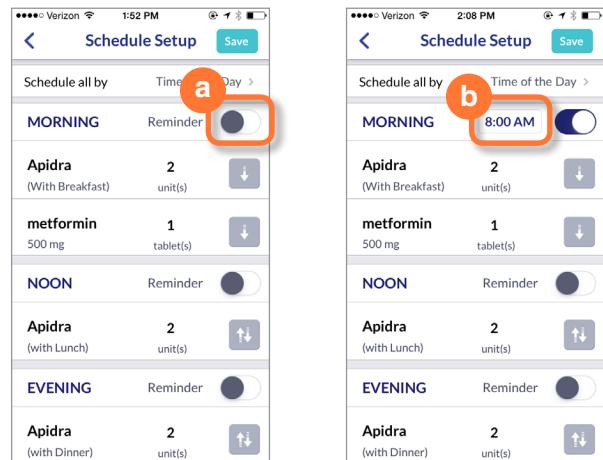
Medication Reminders

You can set a reminder to take your medication.

To set a reminder:

- Tap the slider next to “Reminder”
- Tap the time to change if needed

A notification will pop up on your phone when it is time for you to take your med



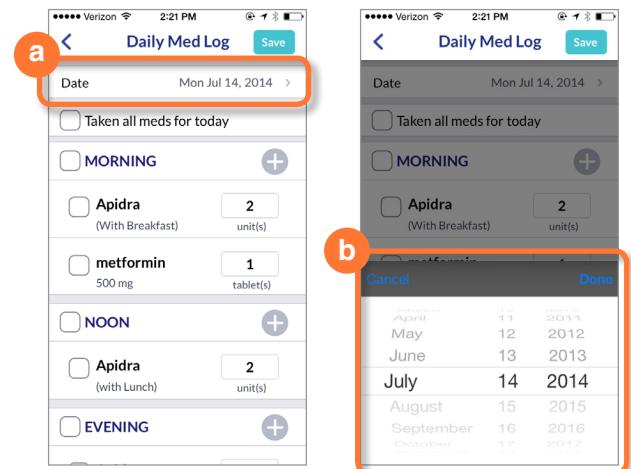
Medications (Daily Med Log)



Your medications are displayed for a day according to your schedule (Meal or Time of the Day)

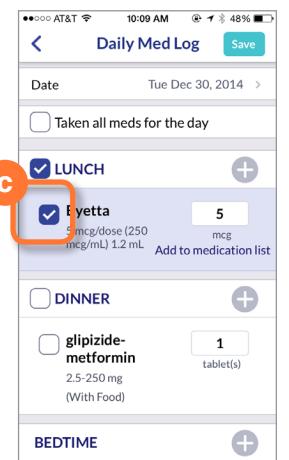
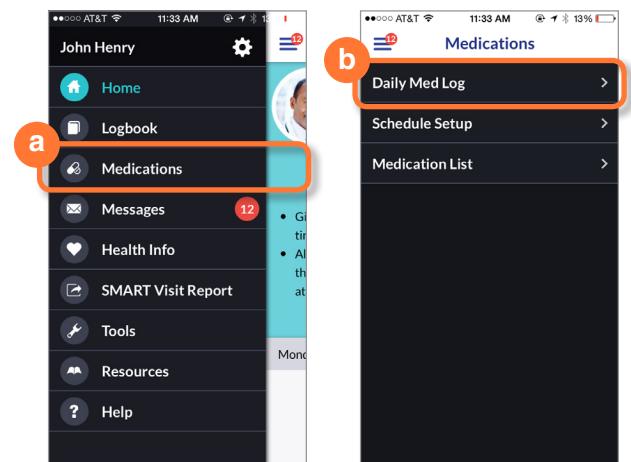
You can change the date if you want to record medications for an earlier day

- Tap the Date
- Change the day to a previous day



Tap to check you have taken all your meds for the day, by meal or time of day. You can also Tap one medication at a time.

- Tap the Menu button
- Select medications and then Daily Med Log
- Tap to check that the meds you have taken



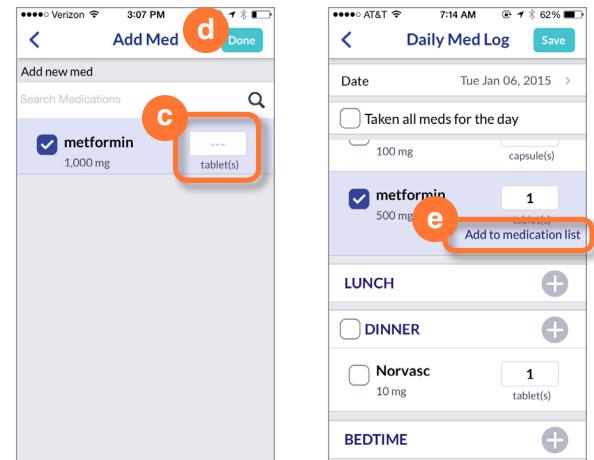
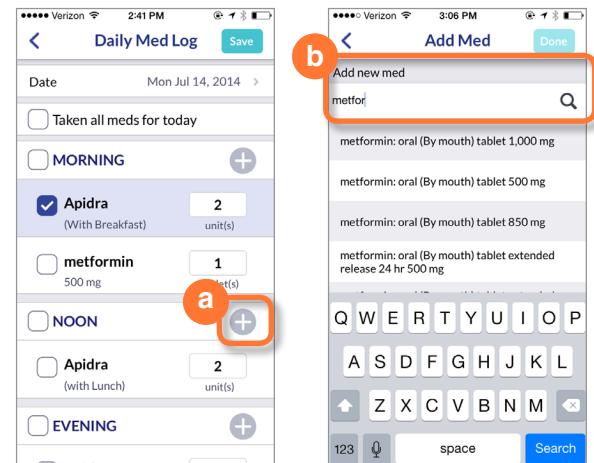
Medications (Daily Med Log) (continued)



You have the flexibility to add a dose of a med from your list or record a one-time dose of a med that is not on your list.

To add a dose of a new med:

- a. Tap + to add med
- b. Search for the med
- c. Enter the amount you have taken
- d. Tap **DONE**
- e. Tap **ADD TO MEDICATION LIST** to add the med to your list



Real-Time Guidance



BlueStar supports you with instant guidance about any of your BGs that are entered in real time. BlueStar considers any BG that is entered within 2 hours of actually checking it to be a "real time" BG.

These messages can help you with:

- Immediate guidance on your BG value and how to correct it
- Information on nutrition
- Education about diabetes related health issues like blood pressure and cholesterol
- Messages to motivate and inspire you, including personal stories from other people with diabetes

Great Job-Keep It Up



Doing pair checks helps keep your BGs controlled. Adam, just like this one. Try another pair, check at bedtime and then do a fasting when you get up, but before eating. Every BG helps!

Close

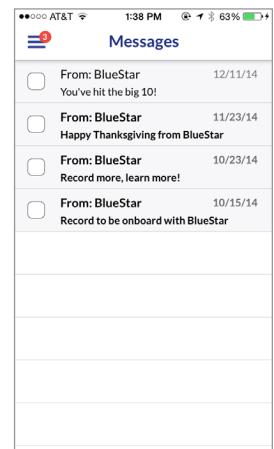
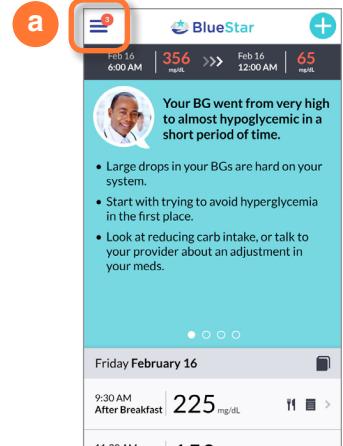
Messages



BlueStar will send you personal messages through the message center. These messages can cover a range of topics, from introducing new features in BlueStar to reminding you to share your health info with your doctor before your next office visit. It is an easy way to communicate to you without cluttering your personal email.

- a. The number displayed over the **MESSAGES ICON** shows you how many unread messages are in your Inbox. To view your messages, tap the **MESSAGES NUMBER ICON**
- b. Tap the message you wish to view. Tap **BACK ARROW** to return to list of messages or **DELETE** to remove the message from your Inbox

Note: Your BlueStar® messaging system is a read-only system. You cannot send or forward messages from it.



Tools (Easy Carb Estimator)



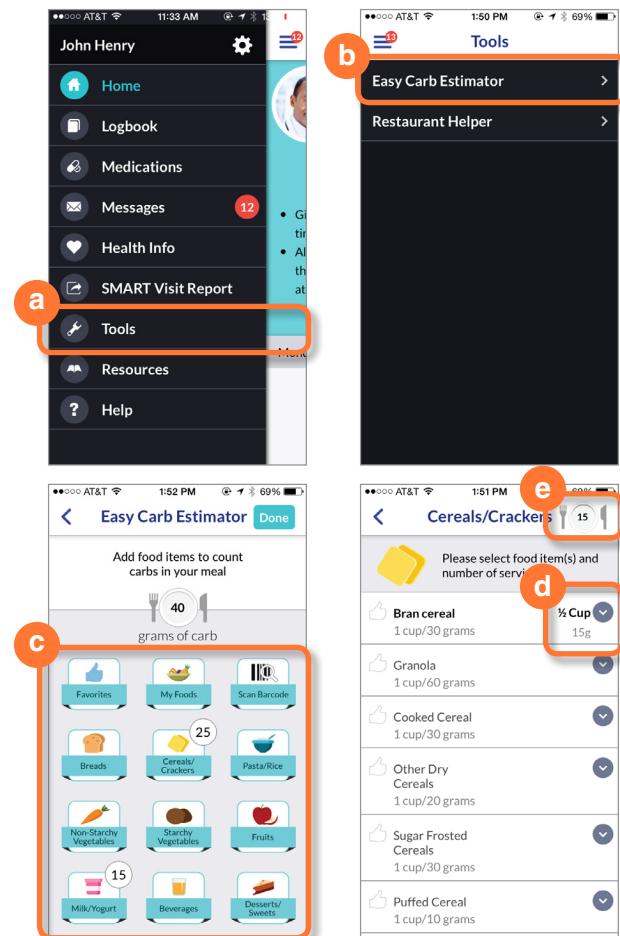
BlueStar has two tools to help you manage your diabetes day-to-day: **Easy Carb Estimator** and **Restaurant Helper**

Easy Carb Estimator

Easy Carb Estimator provides an easy way to estimate carbs in a meal

- a. Select Tools from menu
- b. Select Easy Carb Estimator
- c. Choose a food item(s) or scan a food label
- d. Tap on the arrow to select an amount
- e. The total amount of carbs in the foods you selected will be displayed in the “food plate” at the top of the page.

After you calculate your carbs, you may wish to enter this into your New Entry to log your carbs.



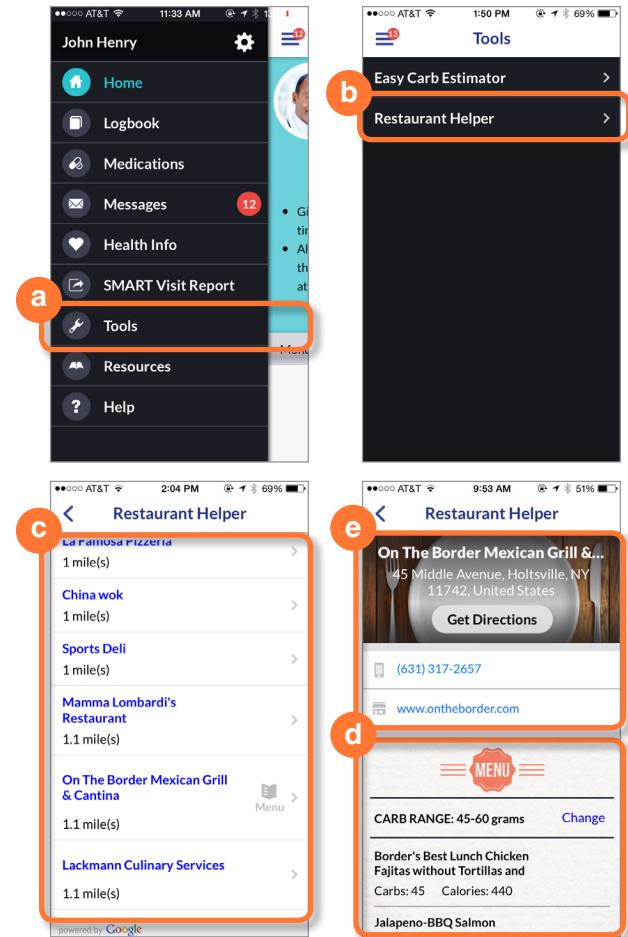
Tools (Restaurant Helper)



Restaurant Helper

Restaurant Helper searches to find restaurants nearby with healthy menu options.

- a. Select Tools from menu
- b. Select Restaurant Helper
- c. A list of restaurants will be displayed
- d. Select the restaurant with the menu icon to filter your meals based on a carb range
- e. Every restaurant on the list will have a phone number, website and ability for you to get directions from your current location



Logbook

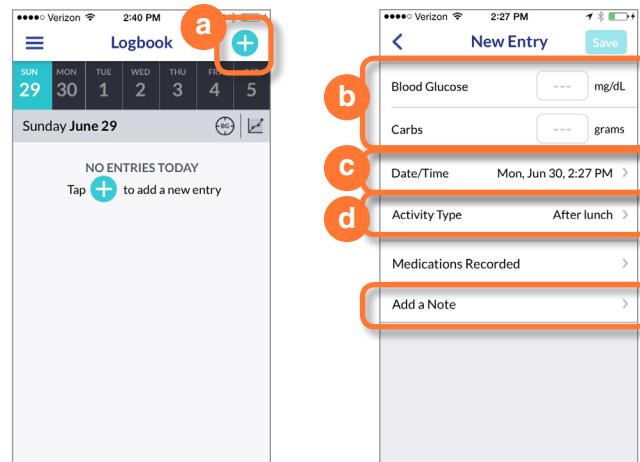


Logbook is a record of all your BG readings and related information such as carbs, meds, and notes you have entered into BlueStar®.

Be sure to check your BG targets set by your healthcare provider. You will see your targets listed right below dates and Activity Type.

To make a new Logbook entry:

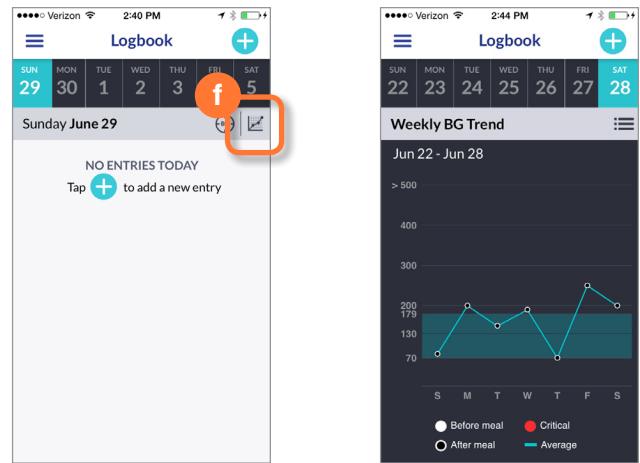
- a. Tap the + icon top right
- b. Enter **BLOOD GLUCOSE** and **CARBS** for that meal
- c. Select current **DATE/TIME** or an earlier date
- d. Select **ACTIVITY TYPE**
- e. Select **ADD A NOTE** to add important information about your BG entry



- f. Tap **GRAPH ICON** right screen to see how your BG numbers are trending.
- g. Tap the **BG TARGETS ICON** to see your BG targets and average by activity type. You can select up to 5 weeks of BG entries

Note: Only the last thirty (30) days of data will appear in the logbook on your phone.

To edit any logbook entry, just click on it to make changes and then save them. If you would like to view your complete logbook display or print it, please Log In to the BlueStar website.



BG Targets and Averages		
Show Average	Last 1 Week	>
Dec 23 - Dec 29		
BG Target (in mg/dL)	BG Average (in mg/dL)	
Fasting	70-130	---
Before Breakfast	70-130	125
After Breakfast	80-179	188
Before Lunch	70-130	98
After Lunch	80-179	---
Before Dinner	70-130	---

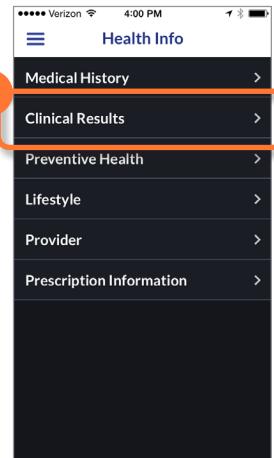
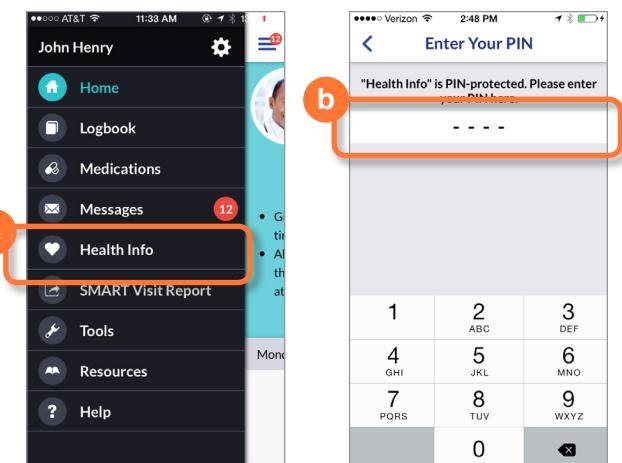
Health Info



You need to be connected to the Internet to access Health Info and to add new entries to it.

Health Info is where you can review your Medical History, Clinical Results, Preventive Health, Lifestyle, Provider, and Prescription information.

- a. Tap on **HEALTH INFO**
- b. Enter your PIN. If you have not created a PIN, BlueStar® will prompt you to create one
- c. Tap your selection from the **HEALTH INFO** menu



IMPORTANT SAFETY INFORMATION:

For medical questions, please contact your healthcare provider.
If you are experiencing an emergency, please dial 911.

Health Info (Medical History)

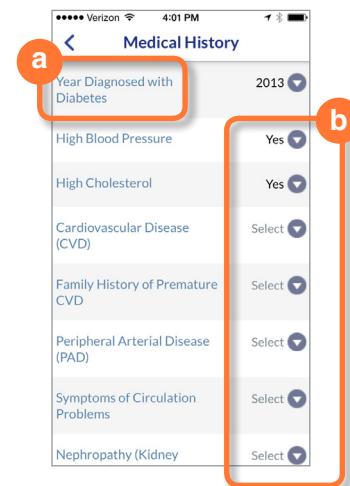


To complete your Medical History:

- Select year diagnosed with Diabetes
- Tap Yes or No to answer each of the medical history questions

Note: If you're not sure of the answer to some of the questions, be sure to discuss it with your healthcare provider.

Be sure to update your Medical History if there are changes to any diseases or conditions you may have.



IMPORTANT SAFETY INFORMATION:

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If you are experiencing an emergency, please dial 911.

Health Info (Clinical Results)



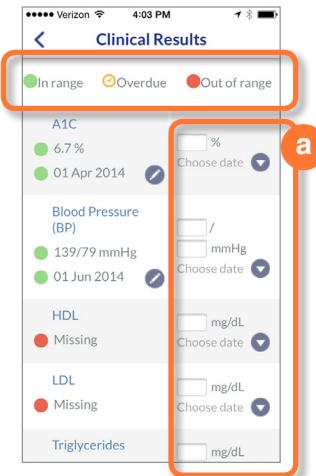
BlueStar lets you know if your numbers are in range, out of range, or you are overdue for a lab test.

To enter Clinical Results:

- Enter the numbers and dates for your current lab results and blood pressure check.

Remember to update your information each time you have new results.

If you're not sure of the answers to some questions, be sure to discuss these with your healthcare provider.



IMPORTANT SAFETY INFORMATION:

For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

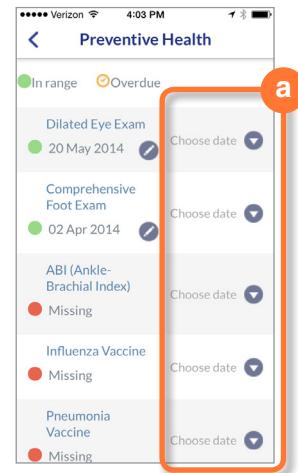
Health Info (Preventive Health)



Preventive Health is a great tool for staying on track with exams and vaccinations that can help you manage your health. It lets you know if you are overdue or missing an item on the list.

- a. Choose the date for each exam or vaccination you have had on the list

Remember to update your list whenever you have had a new exam or vaccination.



Health Info (Lifestyle)



Lifestyle displays your weight, height, calculates your BMI, and your smoking history.

- a. Enter your current weight and choose date
- b. Enter height in feet and inches and choose date
- c. Your BMI is calculated automatically from your weight and height
- d. Tap to enter your smoking history

The screenshot shows the 'Lifestyle' section of the BlueStar app. At the top, there are three status indicators: 'In range' (green), 'Overdue' (yellow), and 'Out of range' (red). Below these are four data entry fields:

- a. Weight:** Shows 280 lbs, with a date of 21 May 2014, and a 'Choose date' button.
- b. Height:** Shows 6 ft 2 in, with a date of 05 Feb 2014, and a 'Choose date' button.
- c. BMI:** Shows 35.9, with a note 'Calculated from height and weight'.
- d. Tobacco Usage:** Shows 'Missing' and a dropdown menu set to 'I smoke'.

At the bottom, there is a question: 'On an average, how many packs per day do you smoke?' followed by a 'Select' button.

Health Info (Provider)



You can review your healthcare provider information here and send a SMART Visit Report to your provider. To make changes to your healthcare provider information, you must call BlueStar® Customer Care at (888) 611-4794. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).

- a. Tap **Health Info**
- b. Enter your PIN
- c. Tap **Provider**
- d. View your Provider and BlueStar prescription information

The figure consists of four screenshots from a mobile application:

- Screenshot a:** Shows the main menu with various icons. The "Health Info" icon is highlighted with an orange circle and a letter "a".
- Screenshot b:** Shows a numeric keypad for entering a PIN. A red circle with the letter "b" is in the top right corner.
- Screenshot c:** Shows a list of categories under "Health Info", with "Provider" highlighted by an orange circle and a letter "c".
- Screenshot d:** Shows detailed provider information for "Dr. Bonnie Schaeffer MD" and a "Send Report" button. A red circle with the letter "d" is in the top right corner.

Health Info (Prescription Information)



Prescription Information lets you know when your BlueStar prescription will expire along with helpful information about refills.

A screenshot of a smartphone screen displaying prescription information. The top status bar shows signal strength, battery level, and the time 4:15 PM. Below the status bar, the title "Prescription Information" is shown with a back arrow. The main content area displays the following information:

BlueStar Prescription(Rx) Number	100
Expires	30 Jun 2015
Last Refill	30 Jun 2014
Refills Prescribed	12
Refills Left	12

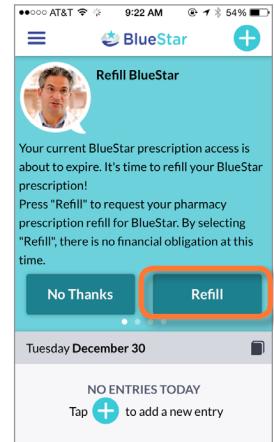
If your BlueStar prescription expires or you need more refills, please contact the pharmacy at <xxx-xxx-xxxx>

Refilling Your Prescription



Every 30 days, you will be prompted to refill your prescription. Most physicians and prescribers will give patients a prescription for BlueStar for 1 year. But similar to medications, the patient must refill the prescription to continue to use BlueStar.

When you see the message “Refill BlueStar” simply select “Refill” and BlueStar will let the pharmacy know you want to continue using BlueStar.



Sending a SMART Visit Report to your healthcare team

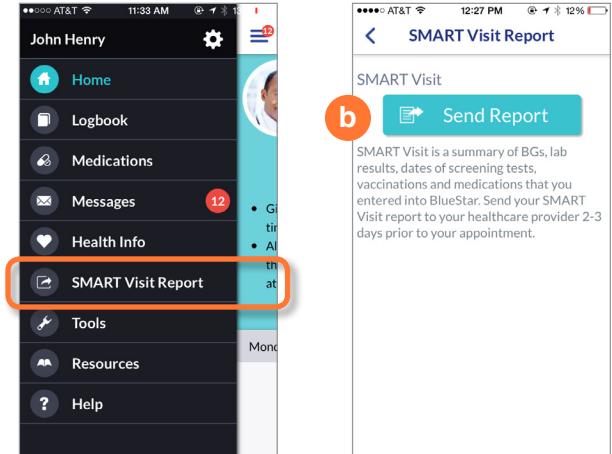


You can send a SMART Visit Report from your phone in two ways:

To send a SMART Visit Report from the main menu:

- Tap **SMART Visit Report** on the menu
- Tap **Send Report**. Tap **OK** to confirm

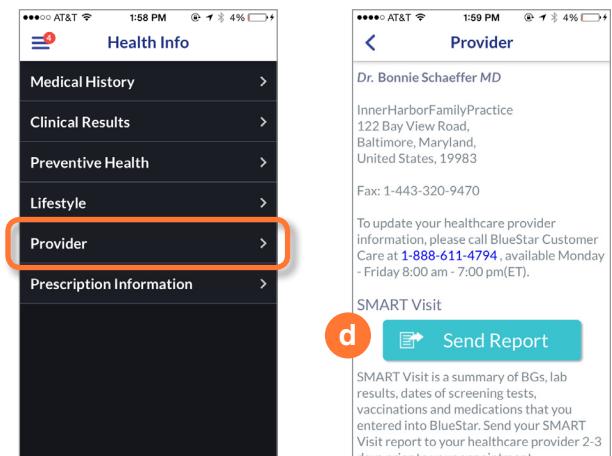
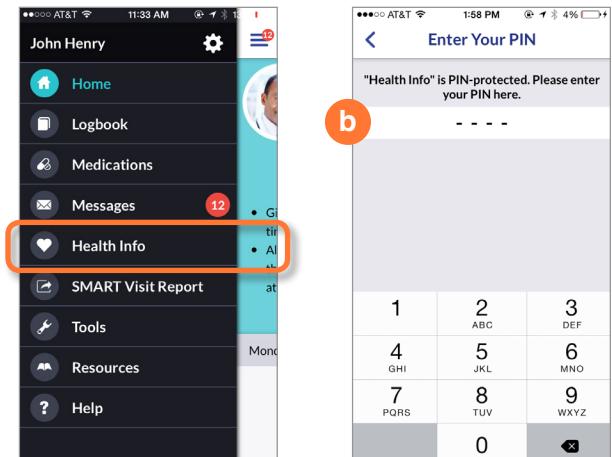
BlueStar will send you an email when your report has been sent to your provider.



To send a SMART Visit Report from the Provider page in Health Info section:

- Tap **Health Info**
- Enter your PIN
- Tap **Provider**
- Tap **Send Report**. Tap **OK** to confirm

BlueStar will send you an email when your report has been sent to your provider.



Resources



Resources has a collection of articles, tips and videos about managing your diabetes day-to-day and recipes to help you plan healthy meals.

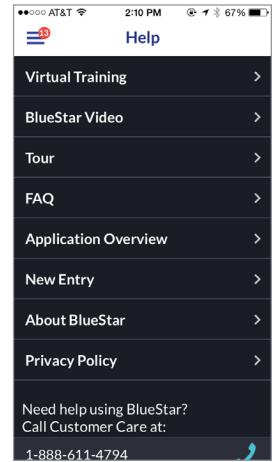
A screenshot of a mobile application interface titled "Resources". The screen shows a list of categories: "Healthy recipes", "Living with diabetes", "Diabetes videos", and "Diabetes library". Above the list, the status bar indicates signal strength, battery level at 69%, and the time as 2:00 PM. A back arrow is visible on the left side of the header.

A screenshot of a mobile application interface titled "Dinner Recipes". The screen shows a single recipe card for "Baked Fish". The card includes the title, a brief description ("It can be served with vegetables and rice, pastas, or potatoes."), and a note indicating it serves 4 people. Below the card, sections for "Nutrition Facts" and "Ingredients" are listed. The "Nutrition Facts" section provides detailed nutritional information, and the "Ingredients" section lists the required items. The status bar at the top shows signal strength, battery level at 69%, and the time as 2:01 PM. A back arrow is visible on the left side of the header.

HELP is here to help you make the most of BlueStar to stay on track with your diabetes care plan.

If you are new to BlueStar, Tour or Overview are great places to start.

- Virtual training—learn to setup your medication profile and enter diabetes data
- Welcome video—from the founder of BlueStar
- Overview—explains each main section of BlueStar
- Tour—takes you on a tour of how BlueStar works
- FAQ—find the most Frequently Asked Questions about BlueStar
- New Entry—explains what each entry category is for
- About BlueStar—tells you what version you are using of the mobile app
- Privacy Policy
- Tap the Customer Care number to speak with a BlueStar customer care representative. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).



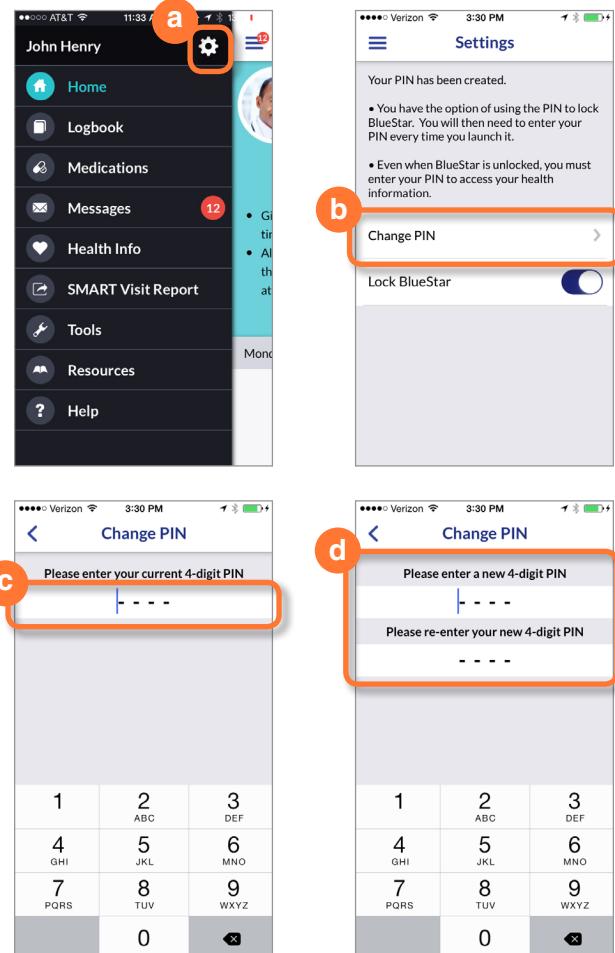
Settings



Use PIN Settings to create or change your PIN number or lock BlueStar®. You will need to use a PIN to access your Health Info.

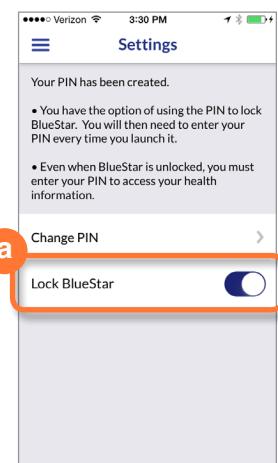
To create or change your PIN:

- a. Tap on the COG icon
- b. Tap on **CREATE PIN** or **CHANGE PIN**
- c. Enter your current PIN on dotted line
- d. Enter new PIN on dotted line then re-enter



To lock BlueStar:

- a. Move the **LOCK BLUESTAR** slider control to the right to lock your application



Using BlueStar on the Web



BlueStar® is recommended for use on the following web browsers:
Internet Explorer 10 and 11
Mozilla Firefox 33 and 34,
Google Chrome 39
Safari 8.0

BlueStar® is recommended for use on the following tablets:
iPad Retina/Air - 2048x1536
iPad Mini - 1024x768
Samsung tab 10.1 - 1280x800
Samsung tab 7.0 - 1024x600

Log In



BlueStar® is the first prescription app for adults with Type 2 diabetes. BlueStar gives you real-time guidance that makes managing diabetes between office visits easier and more doable. BlueStar must be prescribed by a provider.

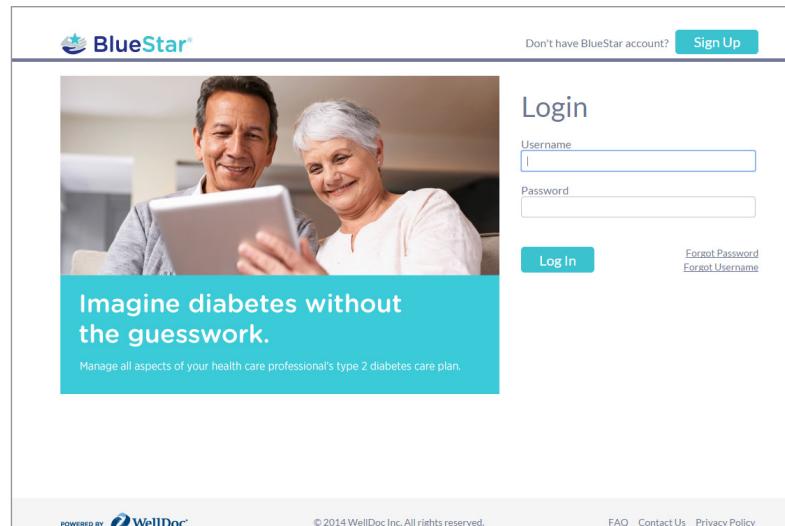
Log In

Enter your Username and Password then click **LOG IN**

Trouble logging in?

Click **FORGOT PASSWORD** to retrieve your BlueStar password or **FORGOT USERNAME** to retrieve your username

Click on the **FAQ** link at the bottom of the page to find the most Frequently Asked Questions about BlueStar



The screenshot shows the BlueStar login page. At the top, there's a navigation bar with the BlueStar logo, a "Sign Up" button, and links for "Don't have BlueStar account?". Below the navigation is a large image of a smiling man and woman looking at a tablet together. To the right of the image is a "Login" form with fields for "Username" and "Password", and "Log In" and "Forgot Password/Forgot Username" buttons. A teal banner below the image contains the text "Imagine diabetes without the guesswork." and the subtext "Manage all aspects of your health care professional's type 2 diabetes care plan." At the bottom of the page, there's a "POWERED BY WellDoc" logo, copyright information ("© 2014 WellDoc Inc. All rights reserved."), and links for "FAQ", "Contact Us", and "Privacy Policy".

Home Screen



The BlueStar® home screen carousel displays important information to help you manage your diabetes and build your knowledge.

The carousel on the BlueStar home screen displays your last 4 BG entries. When BlueStar sees something interesting about your BG, a message is delivered to your carousel and logbook for that day.

The screenshot shows the BlueStar mobile application interface. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health info, Tools, and Resources. On the right side of the header, it says "Hello, Adam" and "Messages 2". Below the header, there's a large image of a smartphone displaying the BlueStar app. To the right of the phone is a cup of coffee. A message bubble icon with a plus sign and the text "New Entry" is visible. Below the message, it says "Last Entry: BG 150 mg/dL 16 Dec 2014 08:16 AM". A section titled "Is it time to add a new entry in your Logbook?" is shown. Below this, a table lists the last 4 entries:

Date	Time	Action	BG
16 Dec 2014	08:16 AM	Before Breakfast	150 mg/dL
11 Dec 2014	12:33 PM	Before Lunch	120 mg/dL
05 Dec 2014	12:30 PM	Before Lunch	150 mg/dL
03 Dec 2014	12:31 PM	Before Lunch	300 mg/dL

Get a daily boost with a new message to motivate you each day about your general health and well-being.

The screenshot shows the BlueStar mobile application interface. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health info, Tools, and Resources. On the right side of the header, it says "Hello, Adam" and "Messages 2". Below the header, there's a large image of a quilt with heart patterns. A message bubble icon with a plus sign and the text "New Entry" is visible. Below the message, it says "Last Entry: BG 150 mg/dL 16 Dec 2014 08:16 AM". A section titled "Love Unclogs Arteries" is shown. Below this, a text message reads: "Love, whether given or received, not only adds meaning to your life, it also adds years! When researchers gave tender, loving care to rabbits that were fed diets high in cholesterol, the rabbits' clogged arteries opened and their risk of heart attack was reduced. Even watching movies about love can boost your immune system and help fight cold and flu viruses."

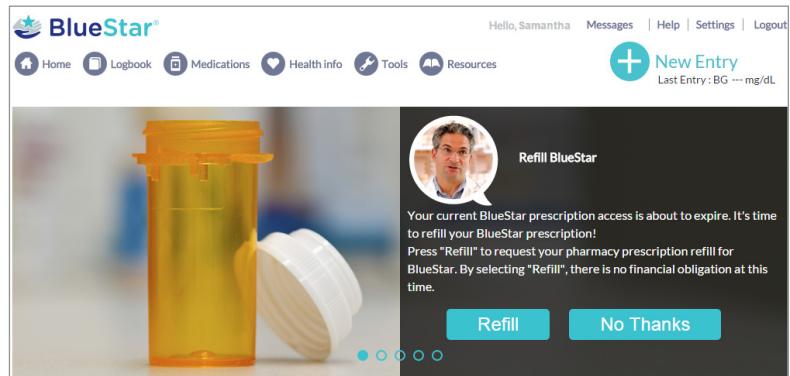
Short, 2- to 5-minute educational videos are designed to build your knowledge about diabetes and fit into your busy schedule. Each video is available for 48 hours before it is replaced by a new one.

The screenshot shows the BlueStar mobile application interface. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health info, Tools, and Resources. On the right side of the header, it says "Hello, Adam" and "Messages 2". Below the header, there's a large image of a film reel. A message bubble icon with a plus sign and the text "New Entry" is visible. Below the message, it says "Last Entry: BG 150 mg/dL 16 Dec 2014 08:16 AM". A section titled "Short-term Goals Lead to Long-term Diabetes Management" is shown. Below this, a blue button with the text "Watch Now" is visible.

Home Screen (continued)



Check for refill reminders for your BlueStar prescription in the carousel.



- Health-related tips and reminders for completing your Profile
- Profile status shows how much of your Health Info Profile is complete and what sections may need completing. Click on the pencil icon to complete any section. Or click on **HEALTH INFO** from the main menu to complete your profile.

Keeping your Clinical Results, Preventive Health, Medical History, and Lifestyle information up to date will help us customize BlueStar® for you.

- SMART Visit is a summary of the information you entered into BlueStar you can send to your healthcare provider. It includes your BGs, lab results, notes, screening tests dates, vaccinations, and medications.

Send SMART Visit 2-3 days prior to an appointment so your provider will have the information to review with you during the visit. Click on **SEND REPORT** to send a SMART Visit report to your provider

a Take action to gain traction on your diabetes!

- Stay on track with your diet and physical activity - So if it has a drive through window, **AVOID IT!**
- Go for healthcare visits - As Ben Franklin said, "An ounce of prevention is worth a pound of cure!"
- Check your BGs readings - *And remember you're never just a number to us.*

b Your Profile is **62%** complete.

Medical History	100%
Clinical Results	12%
Preventive Health	62%
Lifestyle	67%

c Send an update to your doctor through SMART Visit

SMART Visit is a summary of BGs, lab results, dates of screening tests, vaccinations and medications that you entered into BlueStar. Send your SMART Visit report to your healthcare provider 2-3 days prior to your appointment.

Send Report

Making Entries



Entering your blood glucose and medications can help you stay on track with your diabetes treatment plan. That way BlueStar can personalize real-time guidance for you every day.

You can enter information for any of the following categories:

- **Blood Glucose (BG):** enter your numbers after you test yourself
- **Carbs:** enter how many carbs you had in a meal
- **Date/Time:** displays current Date and Time. You have the flexibility to adjust the date/time to enter entries from an earlier date
- **Activity Type:** (Before Breakfast, Fasting, Before Lunch, etc.) This defaults to how your Daily Schedule is preset. You can update your Daily Schedule activity times in Settings
- **Record Medications:** record all your prescribed, over-the-counter medications, vitamins, and supplements. BlueStar will personalize your guidance based on your diabetes medications
- **Add a Note:** add important information that relates to your BG entry

To make a New Entry:

- Click on New Entry + icon top right from any screen
- Select **DATE AND TIME**. *Note: Will default to current date and time*
- Select **ACTIVITY** (Breakfast, Fasting, Before Lunch, etc.). *Note: Will default to an activity based on your Daily Schedule*
- Enter your **BLOOD GLUCOSE** reading (BG) and **CARBS** (if applicable)
- Click on **TAKEN ALL MEDS FOR THE DAY** or individual medications you took for that meal or time of the day
- Click on **ADD A NOTE** to add information about your BG entry
- Click on **SAVE** to save your entry information



The screenshot shows the 'New Entry' interface. At the top, there are fields for 'Blood Glucose' and 'Carbs'. Below that is a 'Medications' section with a checkbox for 'Taken all meds for the day' and a grid of individual medication entries. The grid includes columns for Morning, Noon, Evening, and Bedtime, each with a checkbox and a list of medications. At the bottom, there is a 'Notes' section with a text input field and a 'Save' button.

Medications (Medication List)



This is where you can view your medication information. It is important to record all meds you are taking—prescription, over-the-counter, supplements, and vitamins. BlueStar will personalize your guidance, based on your diabetes medications.

- Your Medication List gives you a view of your medications and how many times you take them daily. You can add a new med to your list, make changes to a med, or delete a med from your list

Note: Always continue to take your medications as prescribed and confirm your prescription information with your healthcare provider at your earliest convenience.

Add a new medication:

- Enter at least 3 letters to search for a med
- Select the medication you want to add
- Enter how often you take your med
- Enter the amount you take and save

Edit medication:

You can change the strength of your med, your dose, how often you take your med, or delete it from your list

- Click pencil icon next to the medication name
- Change the arrow by the med name to change the strength
- Click the arrow to change the reason you take your med, how often you take it, or the amount you take
- Click the delete button to remove the med from your list
- Click save

Medications (Schedule Setup)



Your medications are scheduled by Time of the Day
(Morning, Noon, Evening and Bedtime or by Meal
(Breakfast, Lunch or Dinner)

Change your med schedule:

- Change your schedule by dragging your med to another time of day or meal type.
Your med schedule is now updated for you to record in your Daily Med Log

The screenshot shows a 'Medications' screen with a 'Setup your Medication Schedule' section. It features a 2x2 grid of time slots: Morning (08:00 AM), Noon, Evening, and Bedtime. Each slot contains a list of medications with their dosages. Below each slot is a 'Drag and Drop Med here' button. A red circle labeled 'a' is drawn around the 'Morning 08:00 AM' slot, and an arrow points from it towards the 'Bedtime' slot.

Medication reminders:

- You can set a reminder to take your medication. Click on the bell icon by the meal type or time of day. Select the reminder time and save. A notification will pop up on your phone when it is time for you to take your med

This screenshot shows the same 'Medications' screen as the previous one, but without the red circle and arrow. It displays the same 2x2 grid of time slots and meal types, with 'Drag and Drop Med here' buttons below each slot.

Medications (Daily Med Log)



Your medications are displayed for a day according to your schedule (Meal or Time of Day)

You can change the date if you want to record medications for an earlier day

- a. Select the arrow by the date
- b Use to calendar to change the day to a previous day

The screenshot shows the 'Medications' section of the BlueStar app. At the top, it says 'Log your medications for 14 Jul 2014'. A red circle labeled 'a' highlights the date selection arrow. Below the date, there's a checkbox for 'Taken all meds for the day'. Under 'Morning', a checked box for 'Apidra' with '2 unit(s)' and '(with Breakfast)' is selected. A red circle labeled 'b' highlights the calendar icon next to the date. The calendar shows days from 1 to 31 of July 2014. To the right, there are sections for 'Noon', 'Evening', and 'Bedtime' with placeholder entries for Metformin and Aspirin.

Check that you have taken all your meds for the day, by meal or time of day. You can also record one medication at a time.

- a. Click Medications
- b. Daily Med Log
- c. Check the medications you have taken

You have the flexibility to add a dose of med from your list or record a one-time dose of a med that is not on your med list

This screenshot shows the 'Medications' section with a red circle 'a' highlighting the 'Medications' tab in the navigation bar. A red circle 'b' highlights the 'Daily Med Log' tab in the header. The interface displays medications recorded for 14 Jul 2014. It includes sections for Morning, Noon, Evening, and Bedtime. Under Morning, 'Apidra' is checked with '2 unit(s) (with Breakfast)'. Under Noon, 'Metformin 500mg' is checked with '1 tablet(s)'. Under Evening, 'Metformin 500mg' is checked with '1 tablet(s)'. Under Bedtime, 'Apidra' is checked with '2 unit(s) (with Dinner)'. A red circle 'c' highlights the '+' button at the bottom right for adding new medications.

Medications (Daily Med Log) (continued)



Add a dose of med from your list:

- Click + in the meal or time of day
- Select a med from your list
- Click to check that you have taken your med

Medications

Daily Med Log Schedule Setup Medication List Save

Log your medications for 14 Jul 2014

Taken all meds for the day 2 medication(s) recorded.

Morning	Noon	Evening	Bedtime
<input checked="" type="checkbox"/> Apidra 2 unit(s) (with Breakfast)	<input type="checkbox"/> Metformin 500mg 1 tablet(s)	<input type="checkbox"/> Metformin 500mg 1 tablet(s)	<input type="checkbox"/>
<input type="checkbox"/> Aspirin 500mg tablet(s)	<input type="checkbox"/> Apidra 2 unit(s) (with Lunch)	<input type="checkbox"/> Apidra 2 unit(s) (with Dinner)	<input type="checkbox"/>
	<input type="checkbox"/> Metformin 1,000mg 1 tablet(s)	<input type="checkbox"/> Aspirin 500mg 2 tablet(s)	

+ a

Medication List

Search for medication Search Medications Add

Log your m...

Taken all meds for the day

Morning	Evening
<input checked="" type="checkbox"/> Apidra	<input type="checkbox"/> Metformin 500mg ... tablet(s) Daily
	<input type="checkbox"/> Metformin 1,000mg ... tablet(s) Daily

b c

Medications (Daily Med Log) (continued)



To add a one-time dose of a new med:

- Search for the med
- Select to add med
- Enter the amount you have taken
- Click OK
- Click **ADD TO MEDICATION LIST** to add the med to your list

Last Entry : BG 200 mg/dL
02 Jul 2014 03:42 PM

Medication List

Search for medication Add

<input type="checkbox"/> Metformin 500mg --- tablet(s) Daily	<input type="checkbox"/> Metformin 1,000mg --- tablet(s) Daily
--	--

Last Entry : BG 200 mg/dL
02 Jul 2014 03:42 PM

Medication List

Search for medication Search Medications Add

<input type="checkbox"/> Metformin 500mg --- tablet(s) Daily	<input type="checkbox"/> Metformin 1,000mg --- tablet(s) Daily	<input checked="" type="checkbox"/> Tylenol 1 tablet(s)
--	--	---

Ok

Hello, Melissa Messages 2 | Help | Settings | Logout

New Entry Last Entry: BG 15 mg/dL
05 Jan 2015 09:12 AM

Medications

Daily Med Log | Schedule Setup | Medication List Save

Log your medications for 16 Dec 2014

Taken all meds for the day 1 medication(s) recorded.

<input type="checkbox"/> Breakfast	<input type="checkbox"/> Lunch	<input type="checkbox"/> Dinner
<input type="checkbox"/> Diovan 160mg 1 tablet(s)		
<input type="checkbox"/> Lantus 15 unit(s)		<input type="checkbox"/> Lantus 15 unit(s)
<input checked="" type="checkbox"/> Metformin 500mg		

Add to medication list

Real-Time Guidance



BlueStar supports you with instant guidance about any of your BGs that are entered in real time. BlueStar considers any BG that is entered within 2 hours of actually checking it to be a “real time” BG.

These messages can help you with:

- Immediate guidance on your BG value and how to correct it
- Information on nutrition
- Education about diabetes related health issues like blood pressure and cholesterol
- Messages to motivate and inspire you, including personal stories from other people with diabetes

GREAT JOB-KEEP IT UP



Doing multiple injections and BG checks every day isn't easy, Adam, but we're here to support you. Checking in pairs, before and after meals, helps you get the most out of your insulin and avoid highs and lows.

Close

Messages



BlueStar will send you personal messages through the message center. These messages can cover a range of topics, from introducing new features in BlueStar to reminding you to share your health info with your doctor before your next office visit. It is an easy way to communicate to you without cluttering your personal email.

To view your messages:

- a. Click on **MESSAGES** at the top of the screen
- b. Review your list of messages and click on the message you would like to read
- c. Click **X** icon to delete a message

Note: Your BlueStar® messaging system is a read-only system. You cannot send or forward messages from it

From	Subject	Received
BlueStar	BlueStar is your partner for diabetes self-managem...	Thu 18 Dec 2014 03:26 PM
BlueStar	BlueStar is your partner for diabetes self-managem...	Tue 16 Dec 2014 08:18 AM
BlueStar	Record more, learn more!	Wed 10 Dec 2014 08:00 AM

Logbook



Logbook is a record of all your BG readings and related information such as carbs, meds, and notes you have entered into BlueStar. You can view and edit your entries here.

Be sure to check your BG targets set by your healthcare provider. You will see your targets listed right below dates and Activity Type.

To view your entries:

- Click on date ranges to set the date range you want to view
- Click on Activity Type to change the view to view by time

To make a new entry:

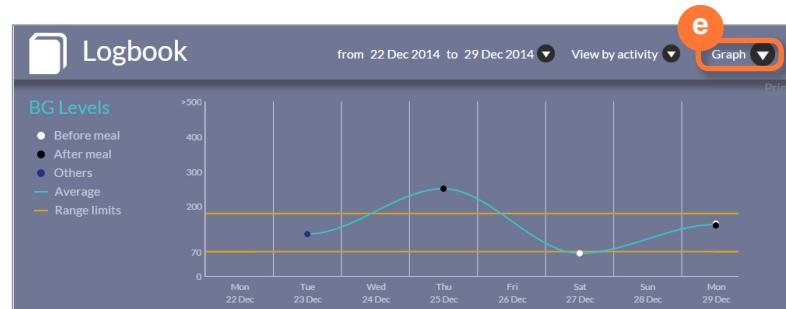
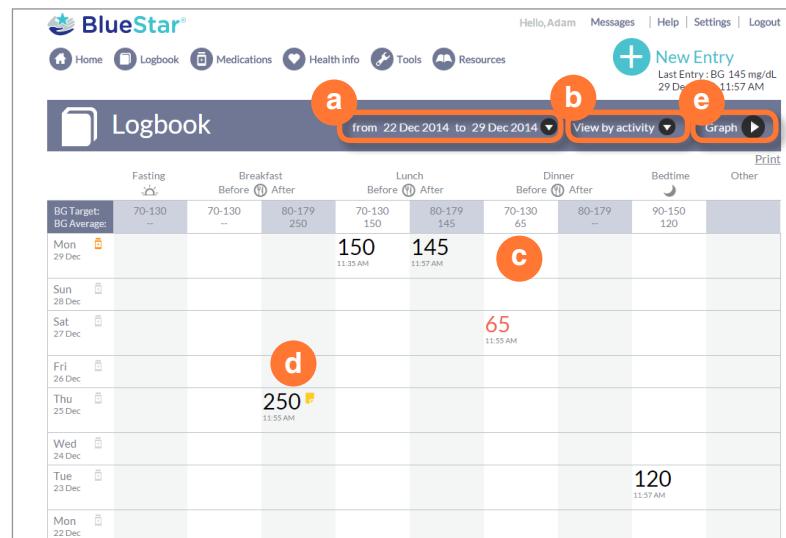
- Click on any empty square on your Logbook to add an entry for that date and activity type or click on the + icon top right screen

To edit Logbook entries:

- Click on any entry to make changes, including entries for earlier dates

To view Trending Graph:

- Click Graph top right screen to see how your BG numbers are trending



Health Info (Medical History)



Use Health Info to record your important health information for BlueStar®, including:

- Medical History (other medical problems that can affect your diabetes management)
- Clinical Results (A1C, cholesterol, kidney function tests, etc.).
- Preventive Health (vaccinations, foot exam, eye exam, etc.).
- Lifestyle (height, weight, smoking history).
- Provider
- Prescription

IMPORTANT SAFETY INFORMATION:

For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

- a. Click any of these links to learn more about these diseases and conditions

BlueStar®

Hello, Adam | Messages | Help | Settings | Logout

New Entry | Last Entry : BG 150 mg/dL | 29 Dec 2014 11:35 AM

Health Info

Medical History | Clinical Results | Preventive Health | Lifestyle | Provider | Prescription

Medical History

Your Medical History is 40% complete. Fill in the missing information and click Save.

Year Diagnosed with Diabetes	2013
High Blood Pressure	Yes
High Cholesterol	No
Cardiovascular Disease (CVD)	No
Family History of Premature CVD	Select
Peripheral Arterial Disease (PAD)	Select
Symptoms of Circulation Problems	Select
Nephropathy (Kidney Problems)	Select

To complete your Medical History:

- Select year diagnosed with Diabetes
- Click Yes or No to answer each of the medical history questions

Note: If you're not sure of the answer to some of the questions, be sure to discuss it with your healthcare provider.

Be sure to update your Medical History if there are changes to any diseases or conditions you may have.

Year Diagnosed with Diabetes
2013

High Blood Pressure
Yes

High Cholesterol
No

Cardiovascular Disease (CVD)
No

Family History of Premature CVD
Select

Peripheral Arterial Disease (PAD)
Select

Symptoms of Circulation Problems
Select

Nephropathy (Kidney Problems)
Select

Health Info (Clinical Results)



BlueStar lets you know if your numbers are in range, out of range, or you are overdue for a lab test

To enter Clinical Results:

- Enter the numbers and dates for your current lab results and blood pressure check

Remember to update your information each time you have new results

If you're not sure of the answers to some questions, be sure to discuss these with your healthcare provider

Health Info

Clinical Results

Your Clinical Results are 25% complete. Fill in the missing information and click Save.

25%

A1C: 6.7% (In range) | 01 Apr 2014 (In range)

Blood Pressure (BP): 139/79 mmHg (In range) | 01 Jun 2014 (In range)

HDL: Missing (Overdue)

LDL: Missing (Overdue)

Triglycerides: Missing (Overdue)

Serum Creatinine: Missing (Overdue)

Add a recent visit

a

IMPORTANT SAFETY INFORMATION:

For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

Health Info (Preventive Health)



Preventive Health is a great tool for staying on track with exams and vaccinations that can help you manage your health. It lets you know if you are overdue for an exam or vaccination or missing an item on the list.

- a. Choose the date for each exam or vaccination you have had on the list

Remember to update your list whenever you have had a new exam or vaccination

The screenshot shows the 'Preventive Health' tab of the BlueStar Health Info application. At the top, there's a progress bar indicating 38% completion. Below it, a message says 'Your Preventive Health are 38% complete. Fill in the missing information and click Save.' On the right, there are buttons for 'In range' (green dot) and 'Overdue' (orange dot). The main area lists several preventive services with their last update dates:

Service	Last Update	Status
Dilated Eye Exam	20 May 2014	In range
Comprehensive Foot Exam	02 Apr 2014	In range
ABI (Ankle-Brachial Index)	Missing	Overdue
Influenza Vaccine	Missing	Overdue
Pneumonia Vaccine	Missing	Overdue
Hepatitis B Vaccine Series	No	Overdue
Medical Nutritional Therapy (MNT)	Missing	Overdue
Diabetes Self-Management Education/Support (DSME/S)	Missing	Overdue

On the right side, there's a section titled 'Add a recent visit' with a button 'Choose date'. To the left of the table, there's a button 'Your last update'. A red box labeled 'a' covers the dropdown menu for the first service in the list.

Health Info (Lifestyle)



Lifestyle displays your weight, height, calculates your BMI, and your smoking history.

- a. Enter your current weight and choose date
- b. Enter height in feet and inches and choose date
- c. Your BMI is calculated automatically from your weight and height
- d. Click Tobacco Usage to enter your smoking history

Health Info

Lifestyle

Your Lifestyle info is 67% complete. Fill in the missing information and click Save.

Weight: 280 lbs (21 May 2014)
Height: 6ft 2in (05 Feb 2014)

BMI: 35.9

Tobacco Usage: Missing

In range
Overdue
Out of range

Add a recent visit

Calculated from height and weight

Select

a
b
c
d

Health Info (Provider)



This is where you can review your healthcare provider information and send a SMART Visit to your healthcare provider. To make changes to your healthcare provider information, you must call BlueStar® Customer Care at (888) 611-4794. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).

- a. Click Send Report to send a SMART Visit report to your provider

The screenshot shows the BlueStar Health Info provider dashboard. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health Info (which is highlighted in blue), Tools, and Resources. On the far right of the nav bar, it says "Hello, Adam" and includes links for Messages, Help, Settings, and Logout. Below the nav bar, a teal header bar says "Health Info". Underneath, there are two main sections: "Your Prescribing Provider" on the left and "SMART Visit" on the right. The provider info includes a photo placeholder, the name Ethan Susal, and the address Sinaia, 2525 York Road, Towson, Maryland, United States, 21030. It also lists the phone number 1-232-232-2222 and fax number 1-232-232-2222. The SMART Visit section has a large orange "Send Report" button with a white "a" icon. A note below it explains what a SMART Visit is and provides the contact number 1-888-611-4794. At the bottom of the page, there's a footer note about updating provider info.

Health Info

Your Prescribing Provider

Ethan Susal
Sinaia
2525 York Road.
Towson, Maryland,
United States, 21030
Fax: 1-232-232-2222

SMART Visit

Send Report

SMART Visit is a summary of BGs, lab results, dates of screening tests, vaccinations and medications that you entered into BlueStar. Send your SMART Visit report to your healthcare provider 2-3 days prior to your appointment.

To update your healthcare provider information, please call BlueStar Customer Care at **1-888-611-4794**, available Monday - Friday 8:00 am - 7:00 pm(ET).

Health Info (Prescription Information)



Prescription Information lets you know when your BlueStar prescription will expire along with helpful information about refills.

The screenshot shows the BlueStar Health Info interface. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health info (which is highlighted with a blue background), Tools, and Resources. To the right of the navigation are links for Hello, Adam, Messages, Help, Settings, and Logout. A "New Entry" button with a plus sign is visible, along with a message indicating a last entry for BG 150 mg/dL on 29 Dec 2014 at 11:35 AM. Below the navigation is a dark blue header bar with a heart icon and the text "Health Info". Underneath is a light blue horizontal bar with links for Medical History, Clinical Results, Preventive Health, Lifestyle, Provider, and Prescription. The main content area is titled "Your BlueStar Prescription Details". It displays the BlueStar Prescription(Rx) Number RX100. A note says, "If your BlueStar prescription expires or you need more refills, please contact the pharmacy at [1-877-244-4415](#)". Below this, a table provides the following information:

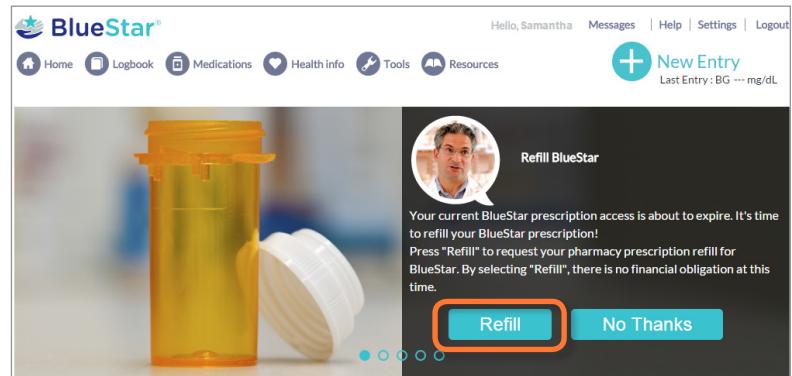
Expires	01 Dec 2015
Last Refill	20 Nov 2014
Refills Prescribed	12
Refills Left	10

Refilling Your Prescription



Every 30 days, you will be prompted to refill your prescription. Most physicians and prescribers will give patients a prescription for BlueStar for 1 year. But similar to medications, the patient must refill the prescription to continue to use BlueStar.

When you see the message "Refill BlueStar" simply select "Refill" and BlueStar will let the pharmacy know you want to continue using BlueStar.



Sending a SMART Visit Report to your healthcare team



You can send a SMART Visit Report from the web in two ways:

To send a SMART Visit Report from the main menu:

- Go to Home Page and scroll to the bottom, then select **Send Report**. Select OK to confirm

BlueStar will send you an email when your report has been sent to your provider.

The screenshot shows the BlueStar web application. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health info, Tools, and Resources. A 'Hello, Adam' greeting and a 'Messages 2' notification are also present. On the right, there's a 'New Entry' button and a message about a recent blood glucose entry. Below the navigation, there's a section titled 'LAST 4 ENTRIES' showing recent blood glucose readings. To the left, there's a smartphone displaying the BlueStar mobile app. In the center, there's a callout box with the heading 'Send an update to your doctor through SMART Visit'. It contains text explaining what a SMART Visit is and a 'Send Report' button. The entire 'SMART Visit' section is highlighted with an orange border.

To send a SMART Visit Report from the Provider page in Health Info section:

- Go to **Health Info** section
- Select the **Provider** tab
- Select **Send Report**. Select **OK** to confirm

BlueStar will send you an email when your report has been sent to your provider.

The screenshot shows the BlueStar web application. At the top, there's a navigation bar with links for Home, Logbook, Medications, Health info, Tools, and Resources. A 'Hello, Adam' greeting and a 'Messages 2' notification are also present. On the right, there's a 'New Entry' button and a message about a recent blood glucose entry. Below the navigation, there's a section titled 'Health Info' with tabs for Medical History, Clinical Results, Preventive Health, Lifestyle, Provider, and Prescription. The 'Provider' tab is highlighted with an orange border. To the left, there's a section for 'Your Prescribing Provider' showing contact information for Ethan Susai. To the right, there's a 'SMART Visit' section with a 'Send Report' button. The entire 'SMART Visit' section is highlighted with an orange border.

Tools (Easy Carb Estimator)



BlueStar has tools to help you manage your diabetes day-to-day.

Easy Carb Estimator

- a. Select Tools from menu
- b. Select Easy Carb Estimator
- c. Choose a food item(s)
- d. Select an amount
- e. The total amount of carbs in the foods you selected will be displayed in the "food plate"

The screenshot shows the BlueStar mobile application interface. At the top, there is a navigation bar with links for Home, Logbook, Medications, Health info, Tools (which is highlighted with a red circle labeled 'a'), and Resources. To the right of the navigation bar, it says 'Hello, Adam' and includes links for Messages, Help, Settings, and Logout. A 'New Entry' notification is shown with the text 'Last Entry : BG 150 mg/dL 29 Dec 2014 11:35 AM'. Below the navigation bar, the title 'Tools' is displayed with a wrench icon. The main content area is titled 'Add food items to count carbs in your meal.' It lists several food items with their details:

- Almonds, Whole Natural 28 nuts/6 grams
- Cruncha Ma-Me Freeze-Dried Edamame Veggie Snack 1 bag/7 grams
- Vegan Spring Onion Noodle Soup 27 g/20 grams

A sidebar on the left, labeled 'c', contains a list of food categories with icons:

- Favorites
- My Foods
- Breads
- Cereals/Crackers
- Pasta/Rice
- Non-Starchy Vegetables
- Starchy Vegetables
- Fruits

To the right of the food list, there is a section for 'My Foods' with a food plate icon. A dropdown menu labeled 'Servings' is open, with 'Select' and a dropdown arrow. A note says 'There are 0 foods selected yet. To add a food item, choose the number of servings.' At the bottom right, there is a large food plate icon labeled 'e'. At the bottom center, there is a blue button labeled 'Add New Food to List'.

Resources



RESOURCES contains a collection of articles and videos to help you learn more about diabetes. Here you will also find recipes to plan healthy meals and a diabetes library to help you manage your diabetes day-to-day.

The screenshot shows the BlueStar mobile application interface. At the top, there is a navigation bar with icons for Home, Logbook, Medications, Health info, Tools, and Resources (which is highlighted with a red oval). To the right of the Resources icon, there is a "New Entry" button with a plus sign and some status information: "Last Entry: BG 150 mg/dL 29 Dec 2014 11:35 AM". The main content area has a blue header bar with the word "Resources". Below the header, there are four tabs: "Healthy recipes" (selected), "Living with diabetes", "Diabetes videos", and "Diabetes library". Under the "Healthy recipes" tab, there is a sidebar with links to "Breakfast Recipes", "Lunch Recipes", "Dinner Recipes", and "Snack/Dessert Recipes". The main content area lists three recipe items:

- Corn Casserole**: This family favorite casserole is good for breakfast or lunch. Add more flavor by topping it with fresh tomato salsa.
Carbs: 36g Calories: 214
- Huevos Motulenos**: A special breakfast when you have a little extra time.
Carbs: 50g Calories: 352
- Green Onion Omelet**: In the spring, in areas where they grow, wild onions can be used in place of green onions. Yellow or white onions work as well.
Carbs: 16g Calories: 184
- Pumpkin Parfait**: The rich flavor of pumpkin with granola is a delicious combination. Try this recipe for breakfast or an after-meal treat.
Carbs: 40g Calories: 226

Settings



Click on **SETTINGS** top right on any screen to make updates to any of your settings. Then select the tab for the screen you would like to update.

- **My Profile:** your email address

Note: No changes can be made after registration to basic profile information. If you have changed your name due to marriage, divorce or other legal means, please call Customer Care at (888) 611-4794. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).

- **Security and Password:** Password, Security Questions, Username
- **Daily Schedule:** Breakfast, Lunch, Dinner, Bedtime Schedules
- **Notifications:** Lets BlueStar know which notifications you would like to receive

The screenshot shows the BlueStar mobile application interface. At the top, there is a navigation bar with links for Home, Logbook, Medications, Health info, Tools, and Resources. To the right of these are links for Hello, Adam, Messages, Help, Settings (which is highlighted with a red box), and Logout. Below the navigation bar, there is a large blue button labeled "New Entry" with a plus sign. To the right of this button, it says "Last Entry: BG 145 mg/dL 29 Dec 2014 11:57 AM". The main content area has a dark blue header with the word "Settings". Below this, there is a sub-header "Your personal profile information". On the left side, there is a section for "Adam Susai" with details: "01 Dec 1980", "Male", "1501 St Paul Street, Baltimore, Maryland, United States, 21202", and the phone number "1-111-222-3434". To the right of this, there is a "Demographic Information" section with fields for "Email" (testing@test.com), "Ethnicity" (Not Answered), "Race" (Not Answered), and "Marital Status" (Not Answered). At the bottom of the profile section, it says "To update the above contact information please [Contact Us](#)".

Help



HELP is where you can:

- Watch Virtual Training and BlueStar Welcome Video
- Download a PDF version of BlueStar User Guide
- Send a link to your phone to download BlueStar Diabetes Mobile app
- Get contact information to speak to a Customer Care representative

The screenshot shows the BlueStar mobile application's main menu. At the top, there are navigation links: Home, Logbook, Medications, Health info, Tools, and Resources. On the right side of the header, there are links for Hello, Adam, Messages, Help, Settings, and Logout. A "New Entry" notification is visible, stating "Last Entry: BG 145 mg/dL 29 Dec 2014 11:57 AM". Below the header, a large blue bar contains the word "Help". Underneath, there are sections for "BlueStar Virtual Training" (with links to Introduction, Setup Medication Profile, Enter Diabetes Data, and Get Started), "BlueStar Welcome Video" (with a "Watch Now" button), "BlueStar User Guide" (with a download link), and "About BlueStar" (with version information: Version 2.4, Build: 8556.105614, and a caution note about federal law restrictions). To the right, there is a section for the "BlueStar Diabetes Mobile App" with download links for the App Store and Google Play, and a "Contact Us" section with customer support information.