InsuLogger
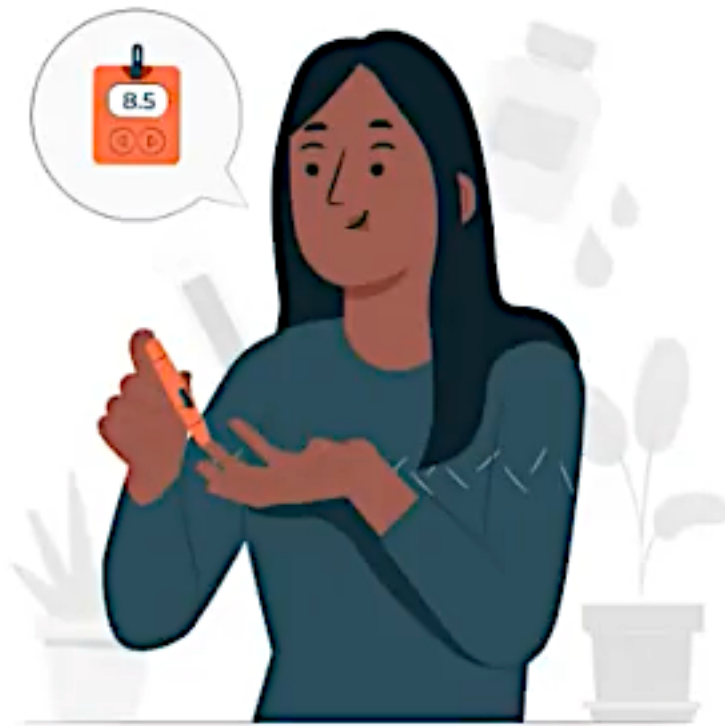
User Guide

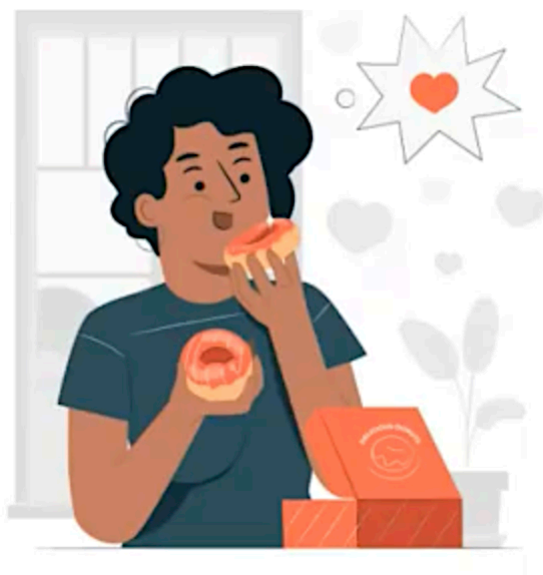Developed By Mikaela DuPont, Andrii Kostenko, Eric Gonzalez, and Kinjalben Jivani

Guide Prepared by Julia Serra

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About this Guide

InsuLogger is an easy-to-use platform designed to help you manage your diabetes. This guide will walk you through the basics of InsuLogger and demonstrate the ways it can support you in managing your diabetes and achieving a healthy lifestyle.

This guide includes the following sections:

- Getting started: register as a new user and create your editable profile.
- Using InsuLogger: instructions and notes on Insulogger's bolus dose generator and recipe generator.
- Collecting data: instructions and notes on accessing your activity history and creating reports.

Note: This guide assumes that you are already working with a healthcare team to understand and manage diabetes. For questions regarding medical knowledge and your individual needs, please consult your doctor.
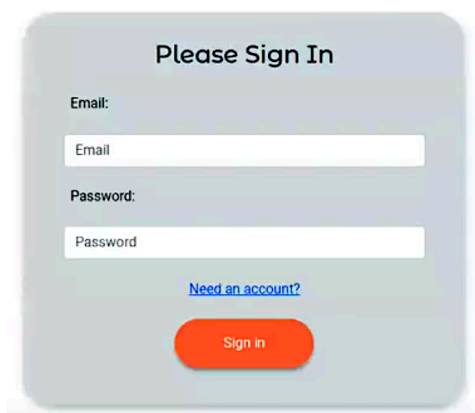
Getting Started

It only takes a few minutes to set up your InsuLogger account and start using our tools. To begin, navigate to the InsuLogger homepage. Before you create your account, we recommend browsing our About page for more information about the benefits of and science behind InsuLogger.

Registering as a new user

In order to access InsuLogger's features, you need to create an account with a secure password.

To create a new account:

1. Click on **Log In** on the navigation bar.
2. Click **Need an Account?** to create a new account.

3. Enter your first and last name, email.
4. Create a password and confirm that password.

Note: Your password must contain a number, an uppercase and lowercase letter, and consist of at least 8 characters.

5. Click **Create an Account**. This will bring you to the page where you will build your profile.

Note: You will receive an email confirmation once your account is created. You do not need to verify your account.

Creating a Profile

Your profile will collect the information needed to calculate an accurate bolus dose.
You will be asked to enter the following information. This information can be obtained in a conversation with your doctor:

- Date of birth
- Sex
- Weight
- Insulin name
- Insulin strength
- Blood sugar target (minimum and maximum)
- Basal rate
- Sensitivity
- Carb-insulin-ratio

Editing your profile. You can edit your profile at any time by clicking **Profile Settings** on the navigation bar.

Warning: Inaccurate information in your profile will result in an inaccurate bolus dose, potentially resulting in dangerous blood sugar levels. Consult your doctor to ensure the most accurate and safe results.

Using InsuLogger

InsuLogger aims to make managing your diabetes as simple as possible via our easy-to use bolus dose generator and recipe generator. Your profile must be set up before using these features.

Generating your Bolus Dose

A bolus insulin dose is a dose of insulin taken at mealtimes to manage blood sugar levels. You can use InsuLogger's bolus dose generator before your meal to determine the correct amount of insulin based on your carb intake and your profile information.

To use the bolus generator:

1. Enter the amount of carbs in the food you want to consume in the **Carbs Intake** box.
2. Take your blood sugar level and enter it in the **Blood Sugar Level** box.
3. Click **Submit**.

Warnings and Alerts. If your blood sugar levels are dangerously high or dangerously low, InsuLogger will generate a warning or alert. An alert means that you should keep an eye on your symptoms and do your best to stabilize your blood sugar. A warning means that your blood sugar levels are potentially dangerous. If your blood sugar is low enough to prompt and alert or warning, you will not be given a bolus dose.
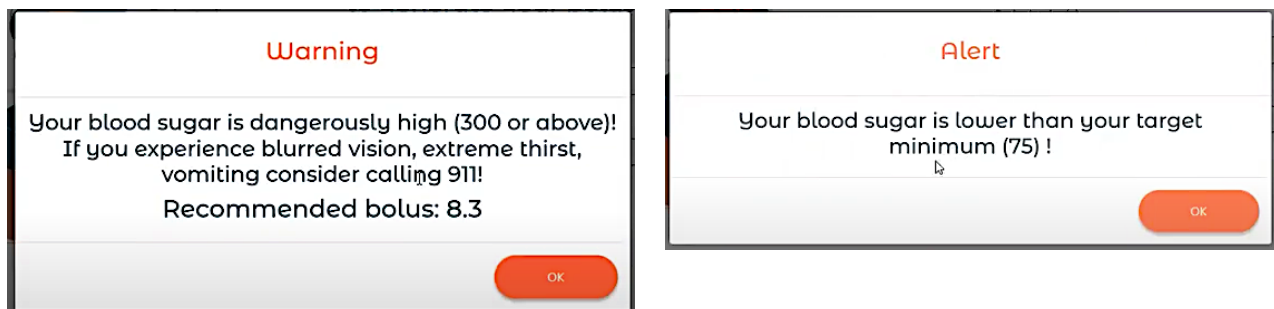
Generating Recipes

Finding recipes that meet your individual carbohydrate needs can be a challenge. InsuLogger can ease some of that stress with our convenient recipe generator.

To use our recipe generator:
1. Click **Recipes** in the Navigation bars.
2. Enter your desired carbohydrate contents for your meal in the text box.
3. Click **Generate**.

The recipe generator will give you a recipe at or below your desired carbohydrate contents. If you want to generate a new recipe, simply click **Generator** a second time.

Collecting Data

In addition to generating bolus doses, InsuLogger is a valuable tool for tracking your progress and sharing data with your health care providers. Our easy-to-use format collects your data and presents it in an easy-to-access format. They can also be easily downloaded.

View your Activity History

Your activity history displays every bolus dose you generate with InsuLogger. For each dose, the activity history displays the date and time generated, blood sugar level, carb intake, along with any warnings or alerts.

Your activity reported can be downloaded as a .csv file at any time by clicking **Export.**

Generating a Report

A report will show your average blood sugar level, bolus, and carb intake over a designated period of time. Like the activity history, this can also be downloaded by clicking **Export.** You have full control over the time intervals your report shows.

To create a report:

1. Click on **Report** in the navigation guide.
2. Enter your desired date range. This can be anything from a single day to an entire year.
3. Use the **Filter** drop down list to select the intervals at which your averages will be generated.

As an example, a report for 5/01/2022 through 5/21/2022 in three day intervals would show your averages for three days at a time throughout the indicated time range (see below).

Report

Select the days that you would like to view reports for using the drop-down calender.
Then, select a filter that will average the blood sugar levels and bolus insulin dosages based on the filter.

From : 05/01/2022　　To : 05/21/2022　　Filter : Every 3 days ⌄　　Report　　Export

Date (From)	Date (To)	Blood Sugar (Average)	Insulin Bolus (Average)	Target Blood Sugar (Minimum)	Target Blood Sugar (Maximum)
05/01/2022	05/03/2022	111 (mg/dL)	3.2 unit(s)	70 (mg/dL)	150 (mg/dL)
05/04/2022	05/06/2022	143 (mg/dL)	4.4 unit(s)	70 (mg/dL)	150 (mg/dL)
05/07/2022	05/09/2022	115 (mg/dL)	2.9 unit(s)	70 (mg/dL)	150 (mg/dL)
05/10/2022	05/12/2022	146 (mg/dL)	4.5 unit(s)	70 (mg/dL)	150 (mg/dL)

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