

Tab 1

GlucoseSense Member Guide

The **GlucoseSense Member Guide** provides instructions for getting started with the **GlucoseSense Inc. App** and **additional resources** for support. There are many new features *coming soon*, so we will continue to update this document with the most relevant information!

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Signing up for GlucoseSense as a member

1. Download the GlucoseSense mobile app



GlucoseSense for Members

- a. [iOS App](#)
 - b. [Android App](#)
2. Tap **Create an Account**
3. Choose **Member** and tap **Continue**
4. Enter your **name**, **email**, and **create a password** (must 8+ characters, including one uppercase letter, one lowercase letter, and one number)
5. Tap **Continue** and enter your phone number
6. (Optional) Enable **two-factor authentication**
 - a. Tap **Send Code** to receive a 4-digit SMS verification code.
 - b. Enter the code and tap **Verify**.
 - c. Or, skip this step by tapping **Continue**.
7. Review and accept the acknowledgements, then tap **Confirm**
8. Complete your member profile
 - a. Select your **diabetes type**, enter your **birthday**, and **enable location services**
 - i. *Note: Your location is used to determine what timezone you're in and make sure your data is accurate.*
9. Connect with your care provider (if applicable)
 - a. Tap **Add a Care Provider**
 - b. Enter your care provider's **Share Code**
 - c. **Tap the check box** to enable sharing your data and tap **Submit**
 - i. *Note: You can add care providers at any time within the GlucoseSense app's **Community** tab under **Followers**.*



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Connecting your devices to your GlucoseSense account

1. In the upper right corner, tap your **Profile**
2. Tap **Devices** and tap the **Add a New Device** button
3. Connect your glucose monitor
 - a. Select your glucose monitor brand (e.g., Dexcom or Abbot), and tap **Connect**
 - b. Log in to your glucose monitor account
 - c. Historical Glucose data will sync within a few minutes
 - i. *Note: Dexcom data is displayed with a 1-hour delay*
4. Connect your fitness tracker(s)
 - a. Tap the **Add a New Device** button and tap **Connect** next to your health & fitness tracker brand(s)
 - i. *Note: If you connect more than one fitness tracker, your **Primary** device serves as the main source of your lifestyle and fitness data*

Logging food

1. Tap the blue '+' button in the middle of the navigation bar
2. Select how you want to log your food:
 - a. **Describe your Food**
 - i. Tap the text field and **write a description** or use **voice-to-text** to speak a description of your meal. Be brief and as specific as possible when describing your food.



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- ii. *Note: The **nutrition details are estimates** and should not be used for insulin dosing.*
 - b. **Photo of your Food:**
 - i. Allow GlucoseSense to access your phone's camera
 - ii. Tap the blue circle button at the bottom of the screen to **take a picture** of your food
 - iii. Tap the photo square in the bottom left of the screen to **upload a picture** you have already taken
3. Tap **Analyze Nutrition** and your estimated nutrition information will generate after few seconds
4. View your meal:
 - a. Select **Nutrition Summary** on the home page OR go to your **Insights** page in the bottom navigation menu
5. (Optional) Edit nutrition information:
 - a. Select the meal, **tap the three dots** in the top right then select **Edit**
 - b. Change the meal's **Suggested Title**, adjust the nutrition information **in the green box**, or manage the **Meal Items**

Manually Logging Activities

1. Tap the blue **+** button in the middle of the navigation bar and select **Activity**
2. Set the **start time** and **duration** of your activity
3. Tap **Activity Type** and type the name of the activity that you participated in



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4. Tap **Log Activity** when you are done adjusting the information
5. To find where the activity is logged:
 - a. Tap the **Insights** tab and the event card will be located under the day it occurred.
 - b. Tap the **Home** tab and the event card will be located under the graph on the time and day it occurred
6. The total steps, calories, and minutes will be updated on the **Activity Summary** for the day that it occurred (Located on the **Home** tab)
7. To view the activity, tap on the event card in any of the above scenarios
8. An **Event GlucoseScore** and **Insight** will be generated an hour after the activity is complete

Manually Logging Rapid Insulin

1. Tap the blue '+' button in the middle of the navigation bar and select **Rapid Insulin**
2. Set the **date and time**, **units**, and **type of insulin**
3. Tap **Log Insulin**
 - a. *Note: Your blood sugar levels are analyzed for a 3-hour period after you log rapid insulin.*
4. View your insulin event on the **Home** tab or in your **Insights** tab under the logged day
 - a. Your **Insulin Log** will update your total rapid insulin units and dose count



GlucoseSense for Members

Inviting a Follower to your GlucoseSense Account

1. Tap the **Community** tab in the bottom right of the navigation menu
2. Select **View All** next to **Followers**
3. Tap **Add a Follower** and select **Invite family & friends**
 - a. Tap **Send Code** to share your code with someone and give them access to your GlucoseSense data
 - i. See Managing Follower Access for more details about sharing your data
4. You'll get a notification whenever someone adds your Share Code, and their profile will be added to your **Followers** list on the Community tab

Adding a Care Provider to your GlucoseSense account

1. Tap the **Community** tab in the bottom right of the navigation menu
2. Select **View All** next to **Followers**
3. Tap **Add a Follower** and select **Add a care provider**
4. Enter your provider's 6-digit **Share Code**
5. **Tap the check box** to enable sharing your data and tap **Submit**
 - a. See Managing Follower Access for more details about sharing your data
6. Your provider will be added to your **Followers** list on the Community tab

Managing Follower Access



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1. Tap the **Community** tab in the bottom right of the navigation menu
2. Select **View All** next to **Followers**
3. Select a follower and tap **Edit Access**
 - a. *Note: You can only edit access for followers listed under **Friends and Family**. Your **Care Providers** are automatically granted full access to your dashboard*
4. Select what data you want to share with this follower
 - a. **GlucoseScore**: Share your most recent daily GlucoseScore
 - b. **Most Recent Glucose Level**: Share your latest blood sugar value with a timestamp
 - i. *Note: Blood sugar data is displayed with a delay. GlucoseSense is not meant for real time monitoring*
 - c. **Full GlucoseSense dashboard**: Share your glucose levels, GlucoseScores, and insights

Removing a Follower

1. Tap the **Community** tab in the bottom right of the navigation menu
2. Select **View All** next to **Followers**
3. Select the follower you want to remove and tap **Remove follower**
4. Tap **OK** to confirm and they will no longer have access to your data

Following a GlucoseSense member



GlucoseSense for Members

1. Tap the **Community** tab in the bottom right of the navigation menu
2. Select **View All** next to **Following**
3. Tap **Add a Share Code**
4. **Enter the member's Share Code** that you would like to add to your follower list
 - a. *Note: Share Codes can be found on the Community page by going to **Followers** → **View All** → **Invite a Follower***
5. Tap **Submit** and you will be able to access data allowed by the member you are following

Unfollowing a GlucoseSense member

1. Tap the **Community** tab in the bottom right of the navigation menu
2. Select **View All** next to **Following**
3. Select the member you want to unfollow and tap **Unfollow**
4. Tap **OK** to confirm and you will no longer have access to their data

Understanding the Trends Page

On the Trends page, you can begin to see patterns in your blood sugar management from week to week, or month to month. Tap a specific day if you want to learn more.



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1. Tap the **Trends** tab in the bottom navigation menu
2. Select **Week** or **Month** to view your GlucoseScores over a period of time
 - a. Swipe left and right to move between weeks or months
3. Tap on a **day** to view the day's glucose analysis
 - a. View the day's GlucoseScore, average glucose, minimum and maximum glucose levels, time in range, and stability
4. Tap **view your glucose levels** to view your dashboard for that day

Understanding the Insights Page

On the Insights page, you can scroll through AI-powered insights about your blood sugars, with insights about specific events and your days as a whole. Tap an insight to open the event's details.

1. Tap the **Insights** tab in the bottom navigation menu
2. **Scroll down** to view your event cards in chronological order
3. Select a **day** from the calendar at the top to jump to a specific day
4. Tap on an **event card** to view specific information about the event

About the GlucoseSense widget

1. If you have an Apple product, you can add the GlucoseSense widget to your home screen.
2. **Tap and hold** your phone's home screen
3. When all the apps are wiggling, select **Edit** in the top left corner



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4. Tap **Add Widget** and type **GlucoseSense Inc.** into the search bar
5. Select **GlucoseSense Inc.** from the list and tap **Add Widget**
6. Place the widget anywhere on the home screen.
 - a. *GlucoseSense Team Suggestion: Also add your CGM app's widget and place it next to the GlucoseSense widget to view your overall management score alongside your real-time data*
7. Log events using the widget:
 - a. **Log activity** by tapping the **pink circle icon**
 - b. **Log rapid insulin** by tapping the **blue circle icon**
 - c. **Log nutrition** by tapping the **green circle icon**

Important Resources

- [GlucoseSense Website](#)
- ['Understanding the GlucoseScore' Video](#)
- Youtube playlist link here
- Download the mobile app
 - [iOS App](#)
 - [Android App](#)
- **Contact us**
 - Email: support@glucosense.ai
 - Phone: (404) 432-1874
- **Social media**



GlucoseSense for Members

- Instagram: @glucosense_inc
- TikTok: @glucosense