

How to share your diabetes information in three easy steps



1. Download & setup app



2. Connect meter to app



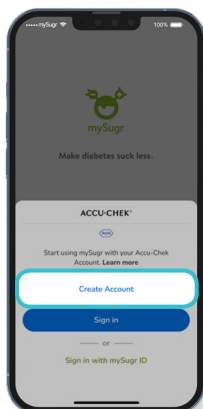
3. Generate sharing code

Download the mySugr® app

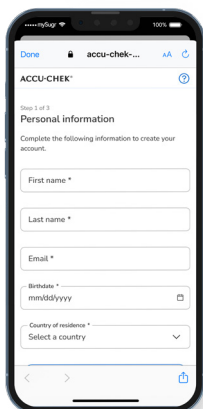
It's easy. Scan the code with your phone to download, then use your email to create an account.



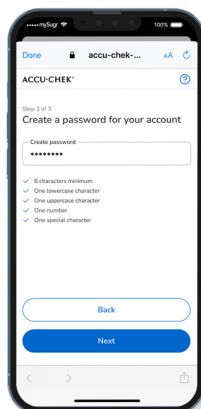
Download and setup the mySugr* app



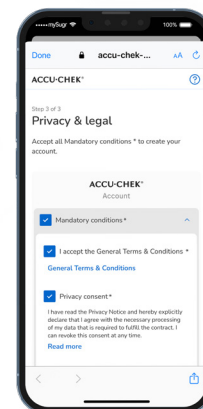
1. Open the mySugr app, tap on "Create Account".



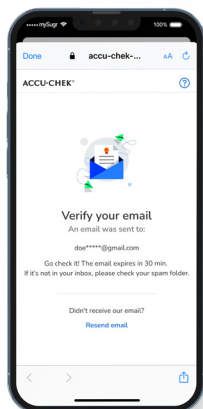
2. Enter your personal information, tap "Next".



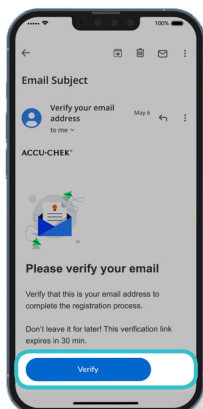
3. Create a secure password, tap "Next".



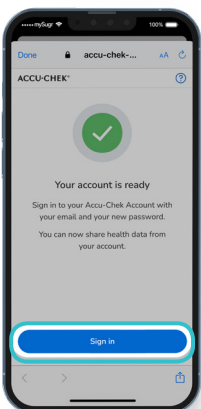
4. Review terms and conditions, tap "Create".



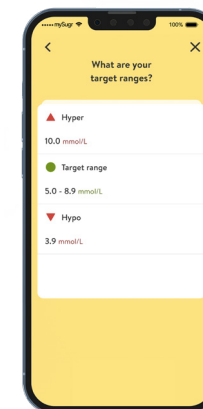
5. Check your email inbox to verify email address.



6. In the email, tap "Verify".



7. Tap "Sign In", enter your email and new password.



8. Proceed with the initial mySugr app setup.

To be completed by your healthcare team to help you set up the mySugr app (tick / complete as appropriate):

Type of diabetes			Diabetes therapy			Target ranges		Blood sugar / Carbs		Other
Type 1	Type 2	Gestational	Pen / Syringes	Pump	No Insulin	Hypo	Hyper	mmol/L	g	Meter
☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	Accu-Chek Instant
LADA	MODY	Other	Pills: Yes	Pills: No				mg/dL	ex	Glucose sensor (if asked)
☐	☐	☐	☐	☐				☐	☐	

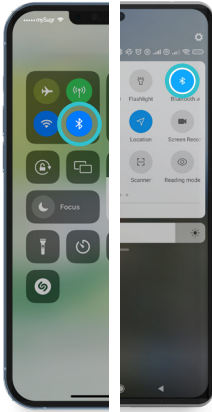
Connect your Accu-Chek meter to the mySugr app

The mySugr app automatically and wirelessly captures your readings when connected to an Accu-Chek meter. Using an Accu-Chek meter together with the mySugr app can help improve your blood sugar control, estimated HbA1c, and diabetes understanding.^{1,2} Here's how to connect your meter:†

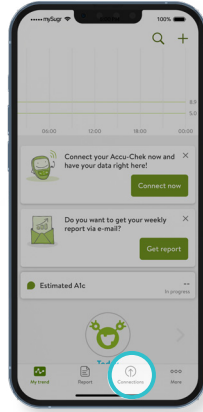
† If you do not have an Accu-Chek Instant meter please speak with your healthcare professional.



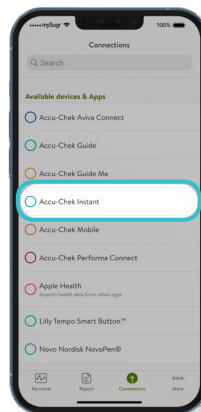
IPHONE ANDROID



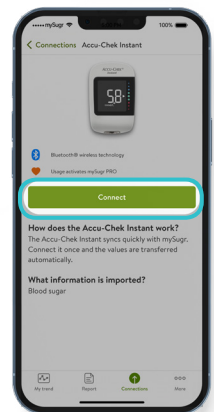
1. Make sure Bluetooth is turned on.



2. In the mySugr app, tap on "Connections" at the bottom of the screen.



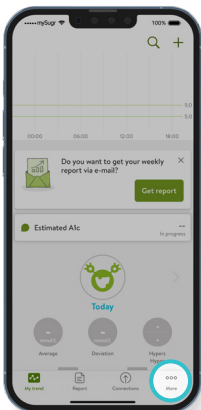
3. Choose your device from the list.



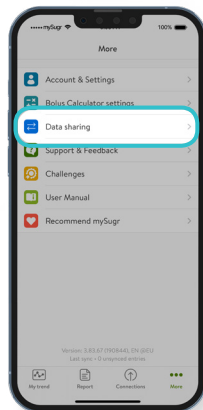
4. Tap the Connect button and follow the on-screen instructions.

Generate sharing code

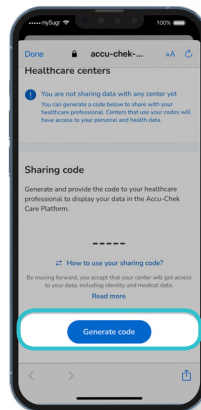
You can easily share your results with your healthcare professional, so you both get the full picture of what's affecting your blood sugar. To do this, mention you are ready to share your results with them using the mySugr app. They will then ask you to generate a sharing code using the mySugr app to securely connect you to their system. Here's how:



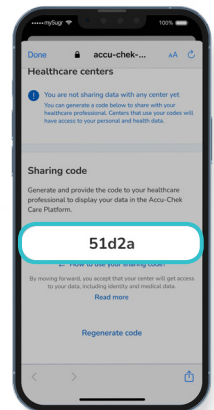
1. In the mySugr app, tap "More".



2. Tap "Data sharing".



3. Tap the "Generate Code" button.



4. Give this code to your healthcare professional.

Need help? info@accu-chek.co.za

Reference: 1. Debono F, et al. Diabetes Technol Ther. 2019;21(S2):S235-S240. 2. Mayor R, et al. ATTD 2023 poster session: 22-25 February, Berlin, Germany. All names, images and data shown are for demonstration purposes only, not real patients. The screens you see may differ from the screens in the app.

*To check if you have a mobile device that is compatible with the mySugr app, contact our customer support centre.

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