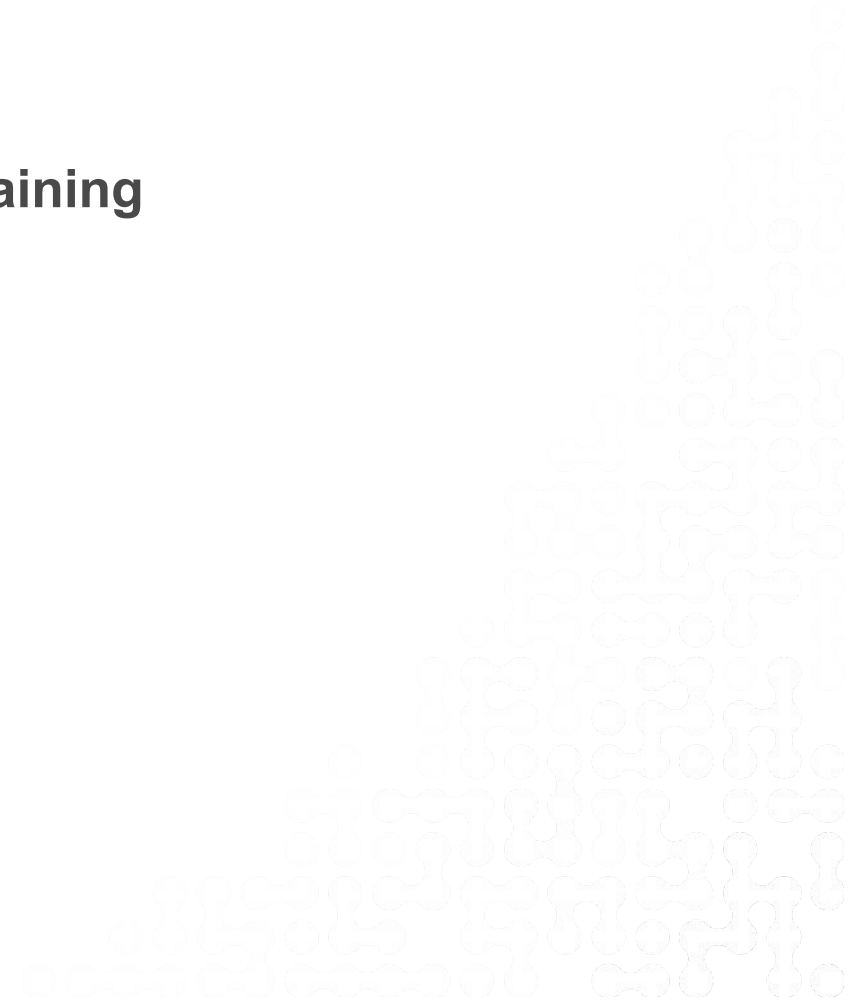


# Accu-Chek e-Learning Content



# What will I learn from this module?

- 1) **What is Diabetes?**
- 2) **NEW Accu-Chek Simply Easy Diabetes Pack product training**
- 3) **NEW Accu-Chek Guide Me product training:**
  - Getting to know the meter
  - Getting to know the lancing device
  - How to do perform a test
  - Transferring Data and the mySugr App
  - Changing the batteries



# Diabetes in Australia



# The diabetes epidemic

Australia

Roche *Diabetes*



What is diabetes?

## Diabetes is -

A chronic condition marked by high levels of glucose in the blood.

There are three types of diabetes. Type 1, Type 2 and Gestational diabetes.

## Type 1

Type 1 Diabetes is an autoimmune condition. The damaged pancreas cannot produce insulin.

Approx. 10-15% of cases of diabetes are Type 1.

## Type 2

The pancreas can secrete some insulin but either not enough or the body's cells are resistant to it.

Approx. 85-90% of cases of diabetes are Type 2.

## Gestational

Occurs during pregnancy and usually resolves after pregnancy.

Higher chance of developing Type 2 diabetes later in life.

# The diabetes epidemic

Australia

RocheDiabetes



*Nearly half of people with diabetes do not meet their therapy goals*

*Urgent need to prevent and better manage diabetes*

**>280**

Australians develop diabetes every day

**Approx.  
50%**

Australians with diabetes achieve adequate control of their blood glucose levels

**180**

Is the number of EXTRA DECISIONS a person with diabetes has to make EVERY DAY

**No. 1**

cause of blindness in Australia and worldwide

Source: Facts about diabetes, Diabetes Australia. Available at: <https://www.diabetesaustralia.com.au/about-diabetes/diabetes-in-australia/> Accessed: May 2021.

Source: National Diabetes Week 2020: Heads Up on diabetes, available at <https://www.health.gov.au/ministers/the-hon-greg-hunt-mp/media/national-diabetes-week-2020-heads-up-on-diabetes>. Last accessed August, 2020.

# Accu-Chek Simply Easy Diabetes Management Pack Walkthrough

# Introducing the NEW Accu-Chek Diabetes Pack

Roche Diabetes



## THE SYSTEM THAT'S SIMPLY EASY.

The New Accu-Chek Simply Easy Diabetes Management pack is an **all in one exclusive bundle** which includes everything you need to manage blood glucose, including:

- The **New** Accu-Chek Guide Me blood glucose meter
- Accu-Chek FastClix lancing device
- Accu-Chek FastClix lancets 24 pack
- Accu-Chek Guide test strips 10 pack
- **Free** access to mySugr® Pro



**\$106 of value\* for only \$19.95 RRP**

\*Calculated at RRP for individual components. Full breakdown available from Roche Diabetes Care upon request.

Accu-Chek Simply Easy Pack Product Training

# Getting to Know the Meter



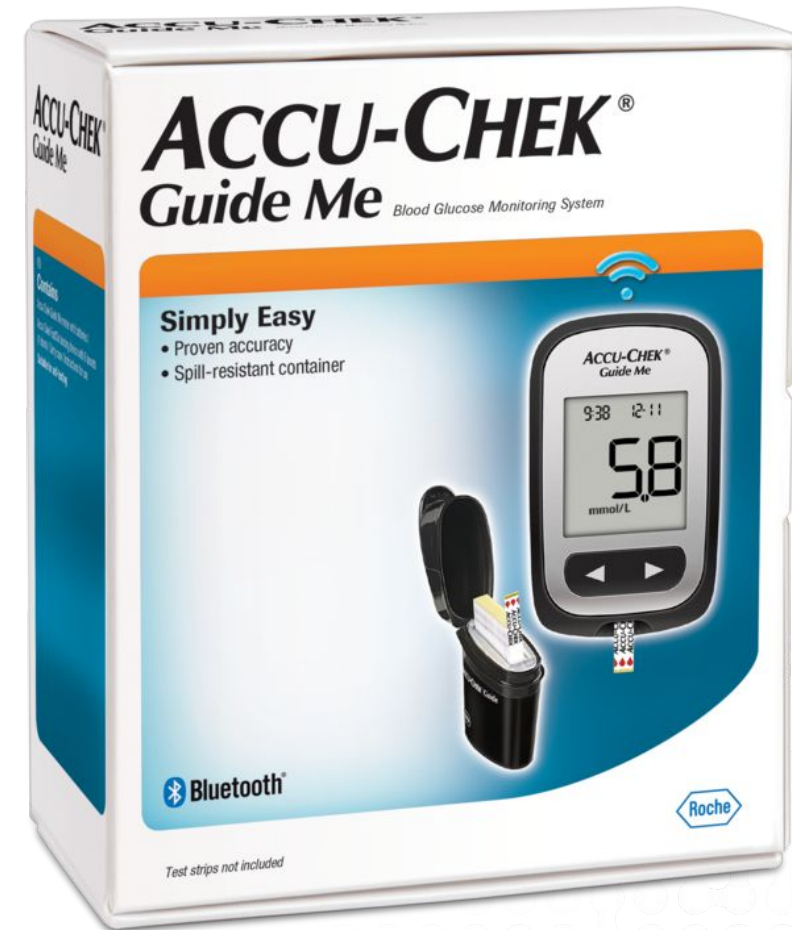


# Introducing the Accu-Chek Guide Me system

Roche Diabetes



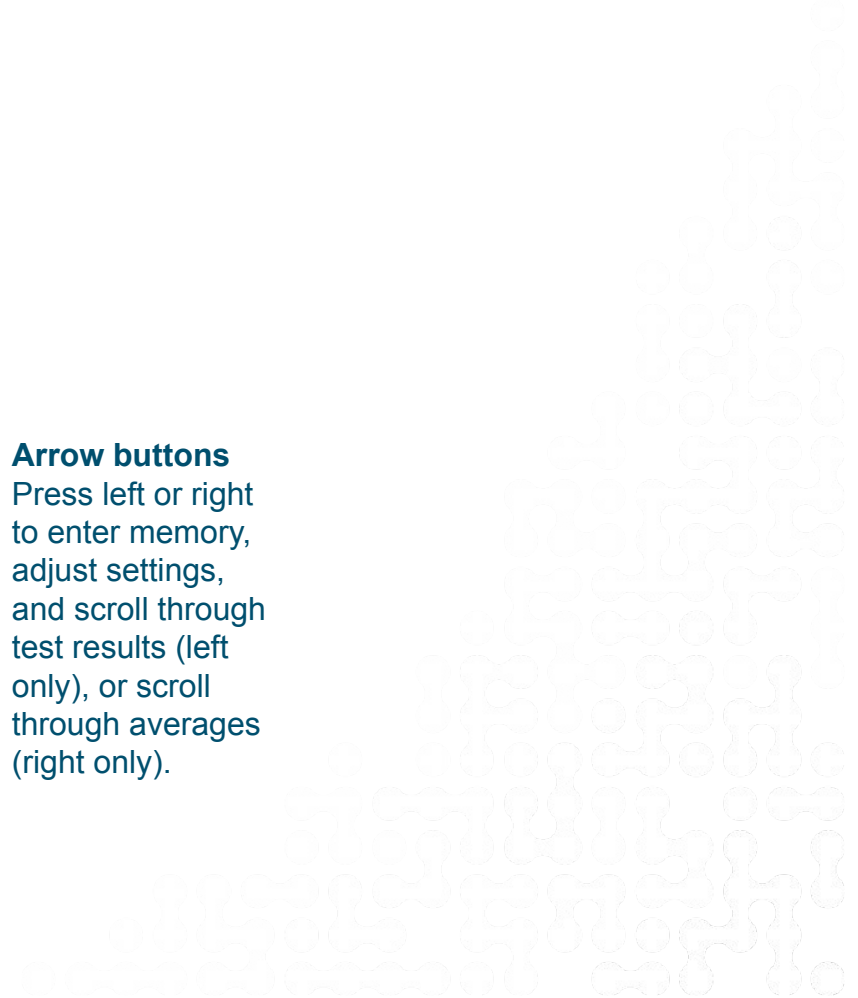
The Accu-Chek Guide Me system is designed for simple<sup>1</sup> and accurate<sup>2,3</sup> monitoring. So people with diabetes can get their blood glucose result without giving it a second thought.



# Parts of the meter

## Front of the meter

Accu-Chek Guide Me meter



# Parts of the meter

## Sides of the meter

**Micro USB port**  
For manual  
transfer of data  
from meter to  
computer



Left Side

**Power/Set button**  
Turns the meter  
on or off and  
sets options



Right Side



# Accu-Chek Guide Me

## Key features and benefits

RocheDiabetes



### Simply use the entire end.

Place a small drop of blood anywhere along the end instead of on a tiny spot.



### Simply take just one strip.

Spill-resistant vial lets you take one and spill none.



### Simply more accurate.

Accu-Chek Guide test strips deliver advanced 10/10 accuracy for reliable results you can trust.<sup>1</sup>



### Simply see test results

Large, easy-to-read display makes it simple to see test results.



### Simply lance with less pain

Includes 11 different depth settings  
Precision Guided technology.



### Simply log results without a paper logbook

Automatically log results right to the free mySugr app on your smartphone.

<sup>1</sup> 95% of the measured glucose results shall fall within  $\pm 10$  mg/dL of lab reference value for blood glucose concentrations  $< 100$  mg/dL and within 10% for blood glucose concentrations  $\geq 100$  mg/dL. Data on file.

# Parts of the Meter

## Back of the meter

Back view

To support patient safety,  
Accu-Chek Guide Me meters  
now have a child resistant door

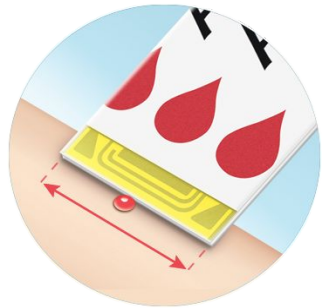


Battery door



**Batteries**

3-volt lithium  
batteries, coin  
cell type CR2032  
(Panasonic  
recommended)



## Easy-to-see, hard-to-miss test strip

- Now, a small drop of blood can be placed *anywhere* along the yellow edge
- Widest application area among leading brands<sup>1</sup>
- Advanced accuracy delivers even tighter 10/10 accuracy for reliable results patients can trust<sup>2</sup>

**93% of patients** find it easier and **faster to correctly place** a small amount of blood on the end of the strip.<sup>3</sup>

## Spill-resistant vial

- Take one and spill none — may reduce frustration and wasted strips
- Slim, discreet design fits in pocket or purse
- Available in 100 pack of test strips only



**88% of patients** agree it's **easier to remove** a strip compared to standard round vial.<sup>3</sup>

Accu-Chek Simply Easy Pack Product Training

# Getting to Know the Lancing Device



# Accu-Chek FastClix lancing

Lancing designed for comfort

RocheDiabetes



## Accu-Chek FastClix Lancing

- **Simple**

- Prime and release in 1-Click action – easy to use<sup>1</sup>

- **Gentle**

- Clixmotion<sup>®</sup> for guided lancet motion and 11 individual depth settings – virtually pain-free<sup>2</sup>

- **Unique:**

- 6 lancets in a drum, no single lancets to see or touch – convenient and hygienic, no exposed needles





# Accu-Chek FastClix lancing

## Companion products

Roche Diabetes



### Three Key reminders:

1. *Accu-Chek lancing devices are for single patient use only.*  
The same device must not be used for multiple patients.
2. *Wash and dry hands before lancing.*  
Fingers that are wet, or have traces of sugar, can provide results that are inconsistent<sup>1</sup>.
3. *Change the lancet after each use.*  
Multiple uses result in the tip of the lancet becoming dull, which can increase the feeling of pain.

### Multiple pack sizes available:

- 24 lancet pack
- 102 lancet pack
- 204 lancet pack

Accu-Chek Guide Me Product Training

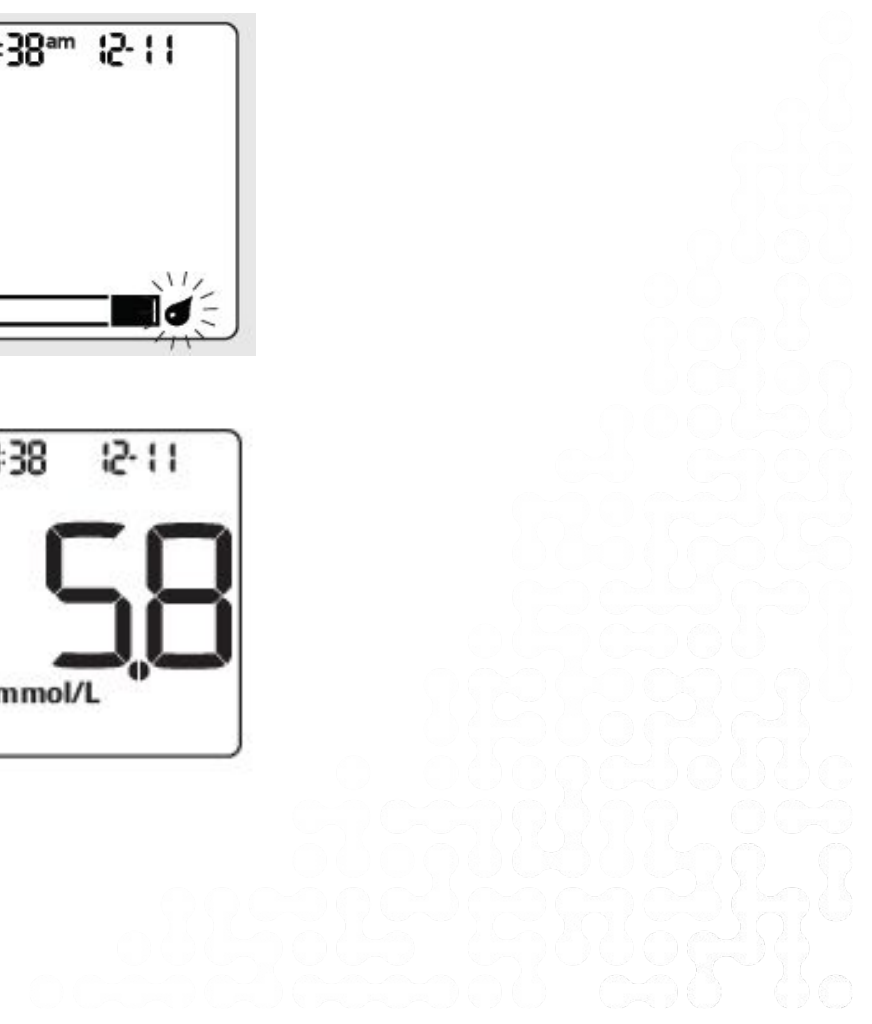
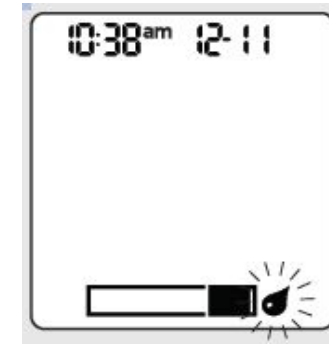
# How to perform a blood glucose test



# Accu-Chek Guide Me Product Training

## Performing a bG test

1. Wash your hands and dry thoroughly.
2. Remove a test strip from the test strip container.
3. Insert the metallic end of the test strip into the meter.  
The meter turns on.
4. When the **flashing drop symbol** appears, obtain a blood drop.
5. Touch the **yellow edge** of the test strip to the blood drop. Do not put blood on top of the test strip.  
Remove your finger from the test strip when **the flashing hourglass appears**.
6. The test result appears on the display. Remove and discard the used test strip.

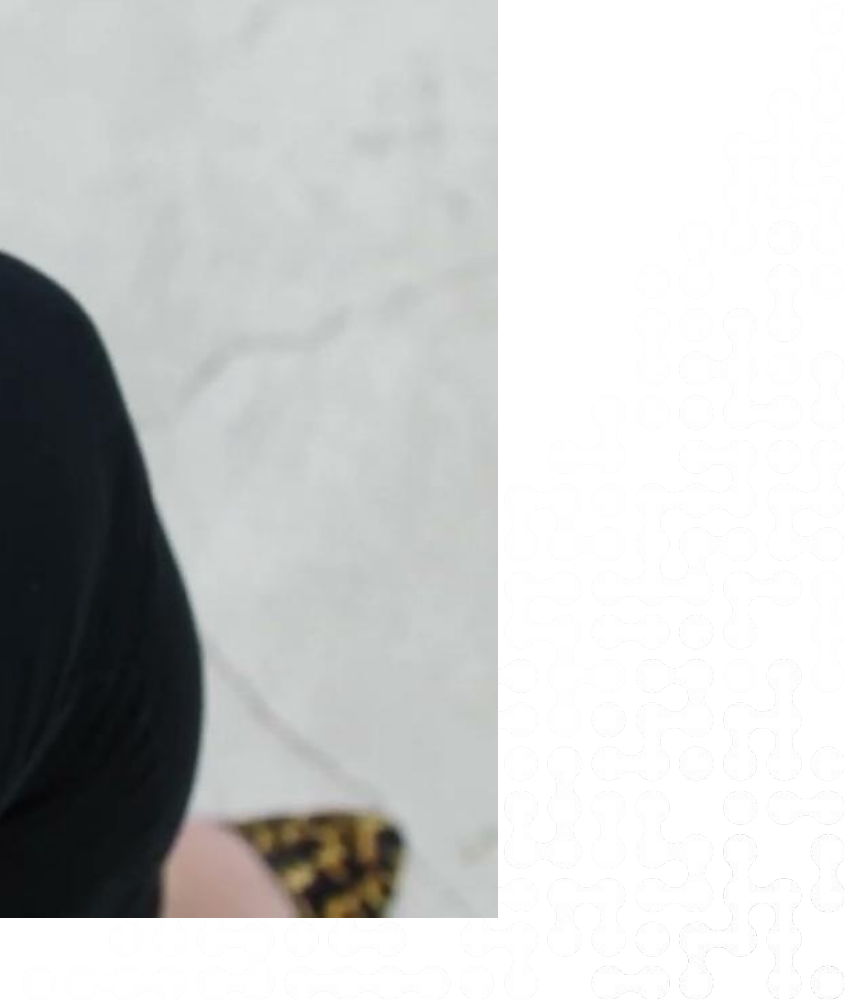


# Accu-Chek Guide Me Product Training

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Performing a bG test - video



Accu-Chek Guide Me Product Training

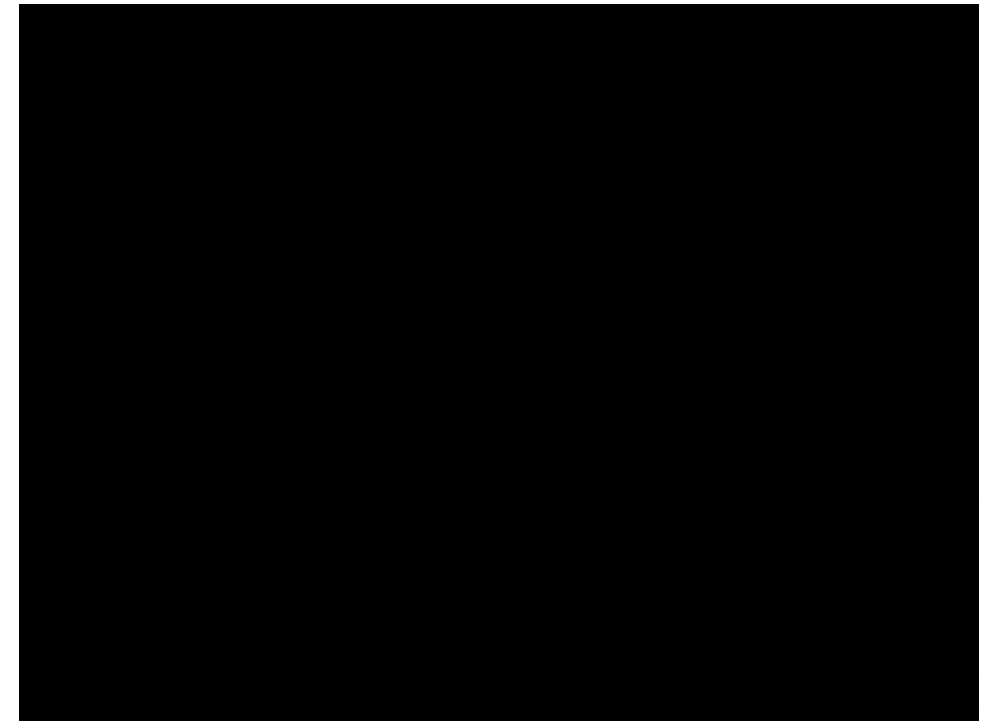
# Using mySugr with Guide Me

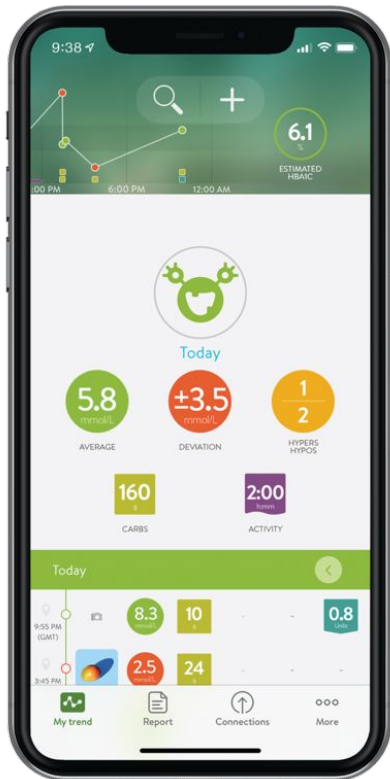


# Accu-Chek Guide Me + mySugr app

The blood glucose meter that offers seamless compatibility with mySugr

- **mySugr app** is an app for people with diabetes to track their blood glucose levels, meds, meals and even their mood throughout the day
- **Number of users<sup>1</sup>:** > 3 million users globally; >65K users in Australia
- **Connection:** The Accu-Chek Guide Me meter connects to the mySugr app





Any extra tags will show up under the blood glucose data - these can give a great idea of what could be impacting the results

The chart shows an average of two values recorded

mySugr can store therapy information



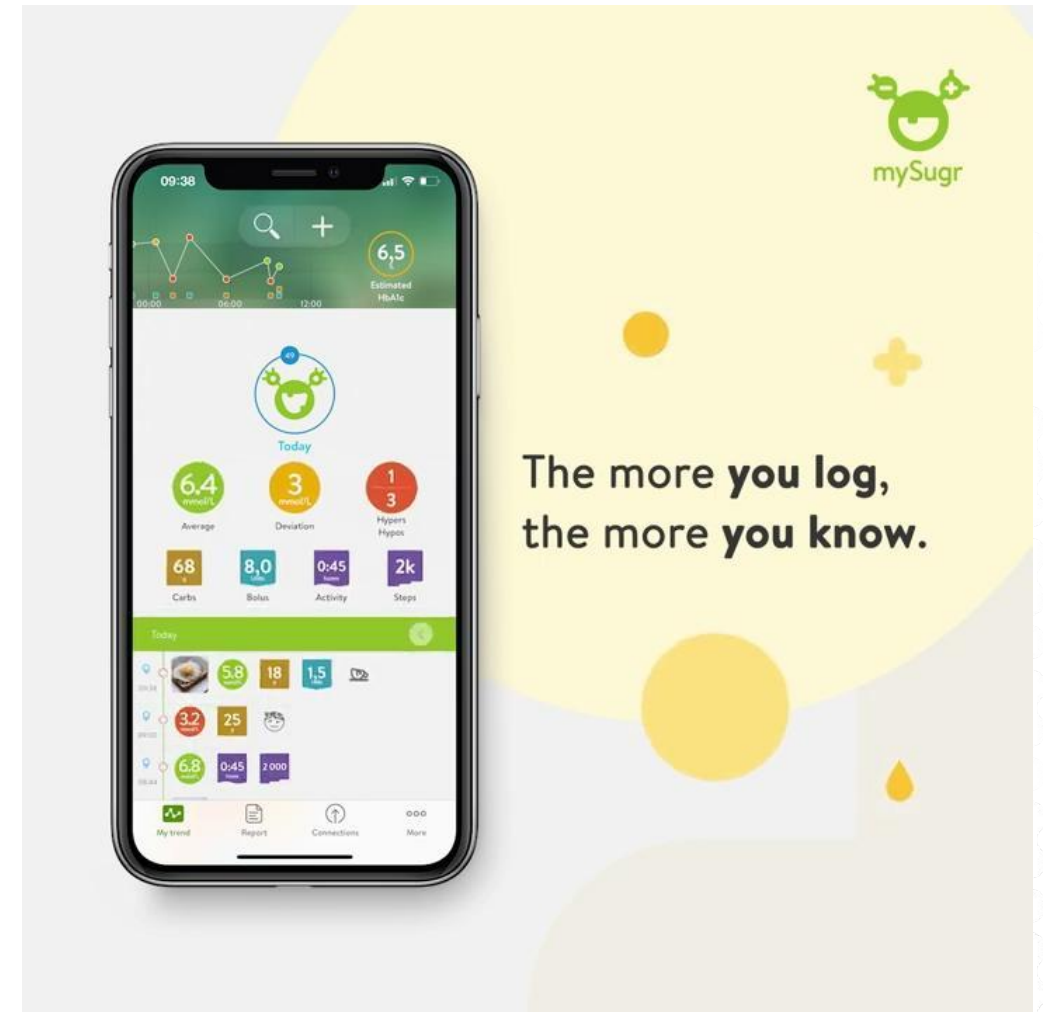
This symbol ø highlights a result that has been edited

See therapy information as well as carbs, blood glucose and activity

The shaded area gives an idea of blood glucose trends and time above / below target

## What are the benefits?

- **mySugr app** encourages structured blood glucose testing by using gamification to tame their 'diabetes monster'
- With the mySugr app it's quick and easy to collect all your important diabetes therapy data in one place through a growing number of connected devices and even manual logging. This can be shared with you, their HCP at any time.
- If logging their diabetes data and performing structured blood glucose monitoring, then patterns can emerge, showing the effects of exercise, foods and medications on their diabetes.
- Getting this holistic picture allows people with diabetes to discuss their diabetes management with pharmacists like yourself and gain a greater understanding of their diabetes.



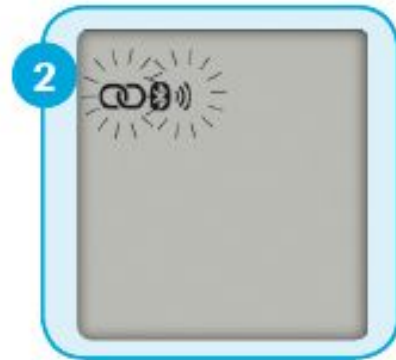


# Accu-Chek Guide Me Product Training

## Pairing your meter



On your **mobile device**: ensure Bluetooth is on and open the diabetes management app.



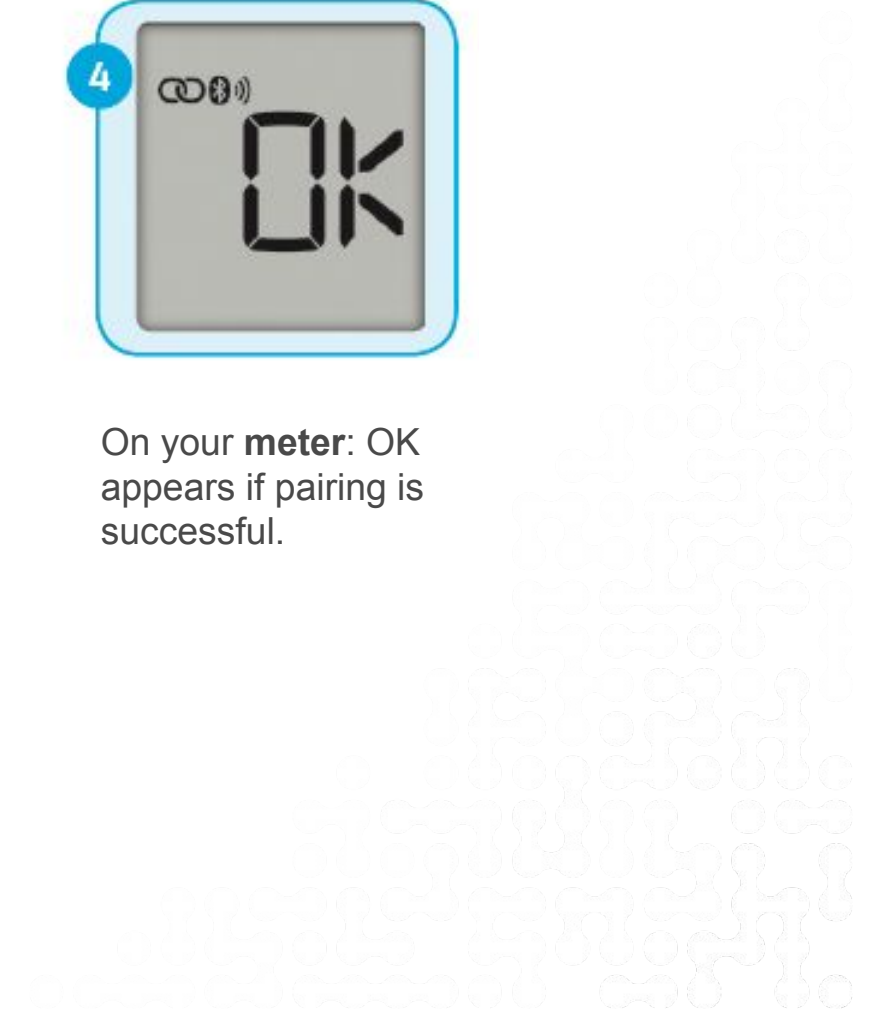
On your **meter**: with the meter off, press and hold the left and right arrow together until the Bluetooth symbol flashes on the display.)



On your **mobile device**: within the app, follow the instructions and select your meter. When prompted, enter the meter's 6-digit PIN.



On your **meter**: OK appears if pairing is successful.



# Accu-Chek Guide Me Product Training

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## Connecting to the mySugr app



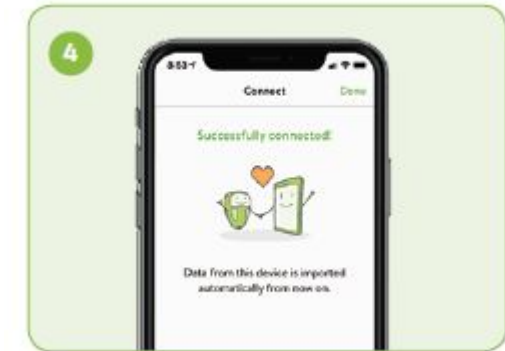
Using your smartphone, **download the mySugr app** from the App Store or Google Play and **create your mySugr account**.



**Turn on Bluetooth®** on your smartphone (if it's not on already)



Open the mySugr app, and select **Connections** on the menu. Select **Accu-Chek Guide Me**, and then **Connect now**. Follow the step-by-step directions for pairing.



After your meter is successfully connected to the mySugr app, **data from your meter is imported** automatically. Now you can easily keep your diabetes data under control!

To ensure mySugr PRO access continues for FREE, a user must log a result every 30 days.

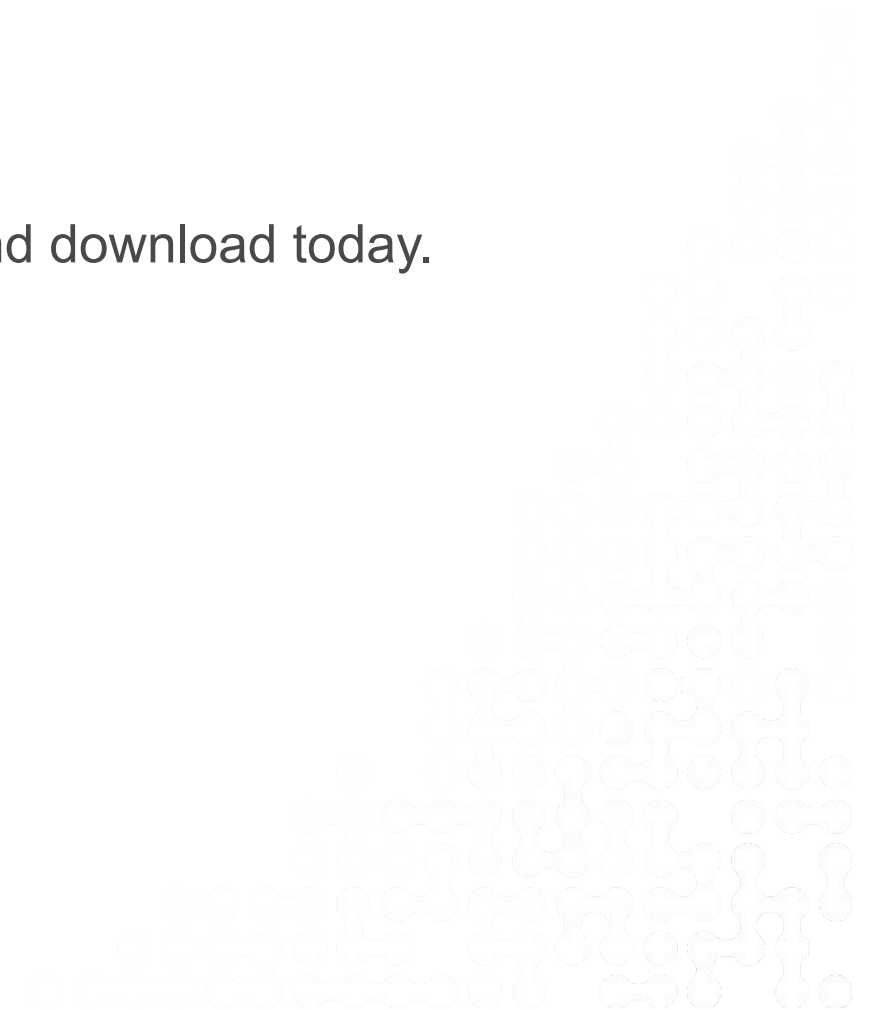
# mySugr

Want to see for yourself?

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Search mySugr on the Apple App store or Google Play store and download today.



Accu-Chek Guide Me Product Training

# Changing batteries



# Accu-Chek Guide Me Product Training

## Changing the batteries



1. Open the battery door on the back of the meter by pushing the tab in the direction of the arrow and pulling the door up.



2. Remove the old batteries.



3. Slide the new batteries under the black tabs with + side facing up. Replace the battery door and snap it closed.

**To support patient safety, Accu-Chek Guide Me meters have a child resistant door**

# Accu-Chek Guide Me Product Training



## Changing the batteries - video



# Accu-Chek by your side

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Support at every turn

## More Information

- How to Videos – Accu-Chek AU YouTube
- Contact your designated Territory Manager dedicated for your store

## Accu-Chek Business Services Support

- [accu-chek.com.au](http://accu-chek.com.au) | Accu-Chek Enquiry Line: 1800 251 816



# Accu-Chek Guide Me meter kit registration

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It's important for your customers to register their meter warranty.

To record the new Accu-Chek Guide Me meter kit for warranty, simply scan the QR code with your smartphone camera or go to:

[www.accu-chek.com.au/register-your-meter-warranty](http://www.accu-chek.com.au/register-your-meter-warranty)



**NOTE:** QR code can also be found in the inside cover of the Simply Easy Diabetes Management pack



Answers in green

**Q1. Select the types of diabetes:**

- GDM
- Type 1
- Type 2
- Type 3

**Q2. What is included in the Simply More bundle?**

- Accu-Chek Guide meter kit
- Accu-Chek FastClix 24 lancets pack
- Accu-Chek Guide test strips 10 pack
- Access to mySugr Pro
- Accu-Chek Guide test strips 100 pack

**Q3. A user should change their lancet after each use?**

- True
- False

**Q4. Select the features of mySugr**

- PDF log book export to share and send
- Estimated Hb1Ac
- Available on Google Play and Apple App Store
- Bluetooth connectivity enables easy results transfer
- Shopping list generator
- Automatically takes blood glucose readings

**Q5. To maintain access to mySugr PRO version, you must log a result once in every 30 days.**

- True
- False

**Q6. The Accu-Chek Guide and Accu-Chek Guide Me meters have the child resistant battery door?**

- True
- False

Answers in green

**Q7. What does mySugr help people see?**

- Patterns in their diabetes
- Effects of medication, food, exercise
- The weather forecast
- How to perform a blood glucose test

**Q8. What technology does the Accu-Chek Guide Me use to connect to mySugr?**

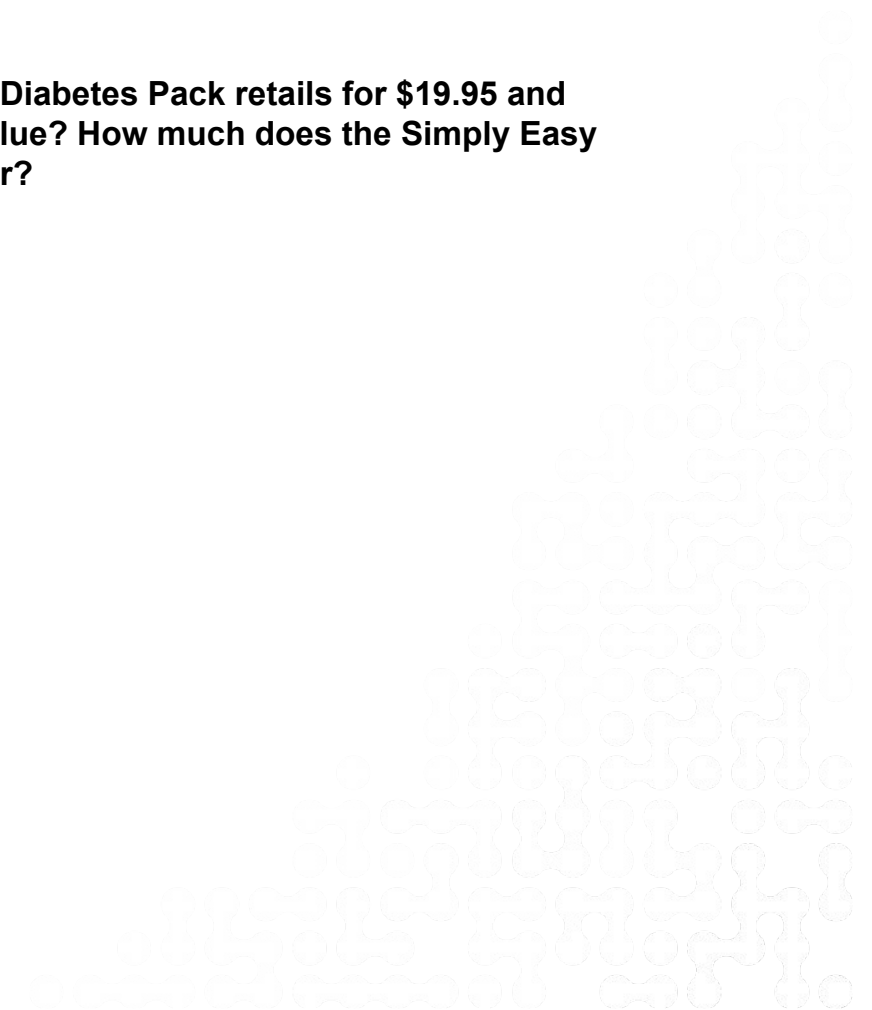
- Infrared
- Bluetooth
- Wifi
- Telepathy

**Q9. What can mySugr help with customers coming into the Pharmacy with?**

- People can have meaningful conversations about their diabetes with Pharmacists
- People can share their diabetes data report with Pharmacists
- People can purchase product instore

**Q10. The Simply Easy Diabetes Pack retails for \$19.95 and includes how much value? How much does the Simply Easy Diabetes Pack retail for?**

- \$106
- \$215
- \$150
- \$1000



WARNING – KEEP BATTERIES OUT OF REACH OF CHILDREN. If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on 13 11 26 for fast, expert advice.

FOR PEOPLE WITH DIABETES. ALWAYS READ THE INSTRUCTIONS FOR USE. CONSULT YOUR HEALTHCARE PROFESSIONAL FOR ADVICE.

**accu-chek.com.au | Accu-Chek Enquiry Line: 1800 251 816**

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*Doing now what patients need next*