

mySugr BOLUS CALCULATOR SETTINGS FORM



Important: The Bolus Calculator makes insulin dose suggestions based on the information you enter. If the information you enter is incorrect, the resulting insulin dose suggestion may not be appropriate for your diabetes management. Additionally, the calculation does not consider influences like stress, activity, illness, or other factors which may affect your blood glucose level.

Date: _____

Name of person with diabetes: _____

Name of treating healthcare professional: _____



Item	User settings	Field selection options
Insulin type (short acting)		Apidra / Fiasp / Humalog / Novorapid / Other
Diabetes type		Type 1 / Type 2 / LADA / Other
Blood glucose unit		mmol/L **Ensure mmol/L is used to match your Accu-Chek Guide Me meter for BG transfer
Hypoglycaemia <i>Below which bG level do you have a hypo</i>		3.0 / 3.5 / 4.0 / 4.5 mmol/L
Offset time		0:45 to 8:00 hours (0:15 increments) <i>max. value is influenced by Acting time</i>
Acting time		2:00 to 8:00 hours (0:15 increments) <i>min. value is influenced by Offset time</i>
Maximum bolus <i>maximum insulin dose to be given at one time</i>		0 to 50 units
Insulin increments <i>Dose recommendation will round accordingly</i>		Tenth (0.1) / Half (0.5) / Full (1.0)
Carbs unit		Grams / BE / KE / CC
Meal rise <i>(How much can your bG go up after a meal before needing additional insulin)</i>		1.7 to 11.1 mmol/L

For the same settings all day, use the below fields

Item	User settings	Field selection options
Blood glucose target range	- mmol/L	Lower target value: 3.9 - 7.7 mmol/L Upper target value: 5.6 - 12.2 mmol/L
Insulin correction factor	1 U : mmol/L	0.3 to 22.2 mmol/L
Carbs / insulin ratio	1 U : g	1 to 150 g

OR

For variable setting values throughout the day, use the fields below

Time period	Blood glucose target range	Insulin correction factor	Carbs / insulin ratio
-	- mmol/L	1 U : mmol/L	1 U : g
-	- mmol/L	1 U : mmol/L	1 U : g
-	- mmol/L	1 U : mmol/L	1 U : g
-	- mmol/L	1 U : mmol/L	1 U : g
-	- mmol/L	1 U : mmol/L	1 U : g

Step 1: Pair your meter with the mySugr app to activate mySugr PRO*. Scan the QR code to get help



Step 2: Setup the mySugr Bolus Calculator with the customised settings from the form above

The Bolus Calculator setup can be accessed two ways: either from the logbook screen when trying to use the calculator for the first time OR through the Settings menu within the app features section.

NOTE: Depending on your device, you may first need to activate the Bolus Calculator. The switch to turn on the Bolus Calculator is under Profile & Settings -> Insulin Therapy (iOS devices), OR under the Settings tab (Android).

Step 3: Using the mySugr Bolus Calculator after completing setup

1. Add and edit entry

Use an imported blood glucose reading from the user's paired Accu-Chek meter or add manually using the "+" icon.

Add carbs and any other relevant data to the entry by tapping the desired field to add information.

2. Calculate

After adding all desired information to the entry, tap the "Calculate" button. To get an appropriate calculation, it will ask if any insulin has been injected within the selected insulin Acting time. If no insulin has been injected in that time, select "No" when prompted. The calculated bolus amount will appear.

3. Confirm, log, deliver

To understand the calculated dose press the icon.

Confirm the calculated bolus dose by pressing "Accept". Deliver the bolus amount accepted to ensure the information logged is accurate.

Note: the glucose value is only eligible for a bolus calculation if less than 15 minutes old

*mySugr PRO is activated for free when the mySugr app is paired with an Accu-Chek Guide or Accu-Chek Guide Me blood glucose meter. As long as blood glucose values continue to be imported once every 30 days, the user will continue to have access to the additional features of mySugr PRO.

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. For more information on mySugr and intended use, please refer to the User Manual and Terms & Conditions within the mySugr app.

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