Your diabetes data, simply there.

mySugr is created by people with diabetes for people with diabetes and eases the complexity of your daily diabetes routine. We envision a world where a person with diabetes can live a full and healthy life, with less worry about the daily grinds of their therapy. With over 3 million registered app users in more than 70 countries¹, we are well on our way to achieving our goal to make diabetes suck less[®]!

mySugr Bolus Calculator^{*}

The mySugr Bolus Calculator is just like a pocket mathematician. We know that bolus calculations can be tricky. Let us do the math so you don't have to! The mySugr Bolus Calculator helps you calculate the right* amount of insulin for corrections and mealtimes. Less math time, more meal time!

A clinically proven bolus calculator algorithm

The mySugr bolus calculator now uses the Roche Bolus Advisor algorithm. The Roche algorithm is backed by multiple clinical studies proven to provide the following benefits when compared to standard multiple daily injection treatment with manual bolus insulin calculations:

- Reduced postprandial hypoglycaemia²
- Increased treatment satisfaction^{2,3} and improved quality of life²
- Reduced HbA1c⁴ and improved glycaemic control⁵



Insulin dosing with less number crunching!

- Setup using your personalised therapy factors
- Reduce the guesswork when it comes to insulin calculations
- Insulin dosing based on bolus recommendations derived from your very own diabetes data
- Adjust therapy settings within the app under "Profile Settings" and "Insulin Therapy"

6,0

Bolus

mySugr Bolus Calculator: Intended Use

The mySugr Bolus Calculator is intended for use by people with insulin dependent diabetes who are aged 18 years and above and manage their diabetes with short-acting or rapid-acting insulin. The mySugr Bolus Calculator is suitable for use in intensified insulin therapy using either Multiple Daily Injections (MDI) or an insulin pump.

*The Bolus Calculator calculates the dose of insulin or carbs you need to get back in range. It's based on your individual settings and you can harm yourself with incorrect or false information. If you are unsure about your parameters, please contact your doctor before you continue. The Bolus Calculator is for your own use only and the setup should not be completed by anyone other than you.







Connect your Accu-Chek® Guide or Accu-Chek® Guide Me blood glucose meter and get mySugr PRO for free[#]!

Connect your Accu-Chek Guide or Accu-Chek Guide Me blood glucose meter to automatically import your blood sugar results and unlock mySugr PRO for free[#]! In addition to the Bolus Calculator, enjoy advanced app features like PDF and Excel Reports, Meal photos, Smart Search and more.

Get started and let mySugr help you get the diabetes results you need.

Pair your meter with the mySugr app to activate mySugr PRO. Scan the QR code to

get help

Viewing this page on a computer? Click the relevant meter image to open a help video in your internet browser



Using the mySugr Bolus Calculator

Start with a newly imported or manually entered blood sugar level. Add planned carbs intake and other details
Press Calculate. If asked, add any recent injections (active insulin), this is important for the new insulin calculation
Obtain the bolus advice calculation. To review the calculation, tap Details (see Step 4), otherwise tap Accept
The calculation details show how the bolus has been calculated. Once reviewed tap Close to return
After tapping Accept (see Step 3), the bolus will be assigned as food or correction. Tap Save to confirm the logbook entry

1		3							5
×	\checkmark			×	\checkmark			×	\checkmark
Time	17:05 30/04/2021		2	Time	17:05 30/04/2021	4		Time	17:05 30/04/2021
Blood sugar	10 mmol/L	~		Blood sugar	10.0 mmol/L		Blood sugar	• 10.0 mmol/L	
Carbs	45 9	~	~	Carbs	45 g	Calculation details		Carbs	45 g
Bolus Calculator	Calculate	Time	17:05 30/04/2021	Bolus advice		Recommendation Inject the recommended insulin amount in order to reach your target range.	Bolus advice	4.5 Units Details	
Insulin (food)	Units	Blood sugar	 10.0 mmol/L 45 g 	4.5 Units Details			Insulin (food)	4.5 Units	
Insulin (Corr.)	- Units	Carbs					Insulin (Corr.) Units		
Pills	🔗 - Ea	Insulin (food)	- Units	Dismis	is Accept	Blood sugar 10.0 mmol/L	Pills	🖌 - Ea	
ů i		Insulin (Corr.)	- Units	Insulin (Corr.)	- Units	Carbs	45.0 g	ů Č	6 🔕 🔗 🐰
Breakfast Lunch	Before Meal Correction Fasting	Pills	🖌 - Ea	D.11		Calculation		Breakfast Lu	inch Before Meal Correction Fasting
Snack Dinner	After Meel Hype feeling	<u> </u>	🔍 🔗 🐰	Pills	• - ta	Active insulin	0.0 Units	Snack Di	nner After Meal Hypo feeling Hyper feeling
SHOW ALL FIELDS		Breekfast Lunch	Before Meal Correction Fasting	Breakfast Lunch	Before Meal Correction Fasting	Only correction insulin is considered as active insulin. Food insulin is not considered because	cause	SHOW ALL FIELDS	
CUSTOMIZE CELLS		Snack Dinner	After Meal Hypo feeling Hyper feeling	1 C	Q & 6	it is already used to cover carbs you ate and doesn't have the potential to further lower your blood sugar.		CUSTOMIZE CELLS	
SAVE		Did you inject insulin in the last × 5:00 hours?		Snack Dinner After Meal Hypo feeling Hyper feeling SHOW ALL FIELDS		Insulin (correction) 0.0 Units		SAVE	
		YES			Insulin (food)		4.5 Units		
						Bolus advice (total) 4.5 Units			
						Previous injections			



mySugr Bolus Calculator settings form

YSUGR DLUS CALCULATO	DR	
ETTING	S	8-0
ORM	Sec.	mySugr
Important: The Bolus Calculator mais information you enter in incomect, the	es insulte doss supportons b resulting insulte doss support	ased on the information you enter. If the tion may not be appropriate for your clabels
which may affect year blood plucese i	aral.	
which may affect year blood glucose I Date: Person with Olabetis: Treating Healthcare Professional:	and	%Q
which may affect year blood glucose I Date:	User settings	Field selection options
which may affect year blood places i Date Person with Diabetes	User settings	Field selection options Aptin / Fare/ Hamiligy / Lipm Notology / Notompid / Dim
which may articity year blood glucose i Dear	User settings	Field selection options Autor / Farch / Henridg / Liper Peochage / Newrough J Other Type 1 / Type 2 / LADA / Other
which may affect year blood glucose i baw Mexem with Datatese Treating Healthcare Professional Item Insulin type (olbait acting) Disberes Type Blood Discose UnitCarbs Unit	User settings	Field selection cplane Aprint / Farge / Hamping / Upr Nookay, Twompid / Dar Type I / Type 2 / LADA / Dar ender the selection of the selection of the most of the selection of the selection of the Masses of the selection of the selection of the selection of the Masses of the selection of the selection of the selection of the Masses of the selection of the selection of the Masses of the selection of the selection of the selection of the Masses of the selection of the selection of the selection of the Masses of the selection of the selection of the selection of the Masses of the selection of the selection of the selection of the selection of the Masses of the selection of
androgen may effective service of phones is home: home: Transing Healtheave Professionet heme: Insulin type (short ending) Dashense Type Blood Glucese LineCarlos Unit Typespreamin service to the two phones type	User settings	Print effection options April of Face / Hamile / Lipe Neolog / Neologi / Other Tops 1: 10ps 2: LABA / Other encode C (Prays). Monotonic Laba for energy of a 2 (2 / 2 / 4 / 4 / 5 mm).
which may effect year foliod glucose is hereon with Collecting	User settings	Find selection epises Asian / Faco / Hamilto / Linn Noolog / Noologi / Chin Type 1: Type 2: (LAAL / Other "model, CR regit. "Man / Sha July 2: (LAAL / Sha 2: 3/ 2: 4/ 2: 4/ 3: 8/ 3: Did to 120 / Shart gyrta servering
which may effect year foliod glucose is herein with Collecting	User settings	Field selection ception Applies / Tenger / Lenger /
enter trag effect yer filosof glasses k One	User settings	Field infection optimized Constraints
which may after says Bood (access to one	Uber settings	Field solicities Applies Farge (2) Hearding (1) Applies Applies Farge (2) Hearding (1) Applies Applies Farge (2) Hearding (1) Applies The of the solicities Applies Farge (2) Hearding (1) Applies The of the solicities (2) Applies Applies Farge (2) Applies Applies (2) Applies Applies (2) Applies Appl
when the grid stars is the form grid stars is the form grid stars is the form of the form	Deer settings	Control of the second sec

To access a PDF copy of the Bolus Calculator settings form visit:

https://www.accu-chek.com.au/hcpsupport

The form has field entries to allow completion on the computer before printing or saving for records

Editing and reviewing bolus calculator settings

There are three ways to access the bolus calculator settings in order to edit/adjust the settings:

- Via the app Settings menu
- B During calculation of a bolus recommendation (when reviewing the calculation details)
- When prompted by the mySugr app, for example: every 90 days, when the user's time zone changes, or due to related setting changes (e.g if different bG unit was selected)

Exporting bolus calculator settings

The mySugr app now supports export of the bolus calculator settings following setup or edit/review. This may be especially helpful to support review with a diabetes healthcare professional or simply for keeping a record of settings when making adjustments to optimise diabetes management.

To export a copy of the bolus calculator settings, look for the 'forward summary' button at the bolus calculator setup summary screen.

- Open the app Settings menu and review the bolus calculator settings
- 2 At the summary screen, press the 'Forward summary* button. Note: the appearance of the button varies slightly between iOS and Android operating systems. The image to the right shaws on Android screen.

The image to the right shows an Android screen.

Select the preferred export method offered by the device. For example, email, local file save or SMS Note: export methods offered may vary depending on the user's mobile device and capabilities and services available on the device.

× Bolus Calculator Setup

Please review your settings Incorrect settings can be dangerous.

Personal information

Diabetes type	Туре 1				
General therapy settings					
Blood sugar unit	mmol/L				
Hypoglycemia	4.0 mmol/L				
Carbs unit	Grams (g)				
Meal rise	4.4 mmol/L				
Maximum bolus	10 Units				
Target range					
All day	5.0 - 7.2 mmol/L				
About your insulin					
Insulin (fast-acting)	Humalog®				
Acting time	5:00 h				
Offset time	1:10 h				
Insulin increments	Half insulin units				
Insulin correction factor					
All day	3.3 mmol/L				
Carbs / Insulin Ratio					
All day	10.0 g				
If you are unsure about your parameters, please forward this summary to your					

please forward this summary to your healthcare professional for review before you continue.

Forward summary



CONFIRM SETTINGS

EDIT SETTINGS



mySugr Bolus Calculator - Frequently Asked Questions

Why is the Roche Bolus Advisor algorithm replacing the mySugr Bolus Calculator algorithm?

The reasoning for the transition to the use of the Accu-Chek Bolus Advisor algorithm is to unify the algorithms used by Roche Diabetes Care. This unification helps to simplify the Roche Diabetes Care product offering for busy healthcare professionals and people with diabetes alike. In addition to this, the Accu-Chek Bolus Advisor has been validated for clinical safety and effectiveness in several clinical studies^{2,3,4,5}.

Why do some default settings in the updated mySugr Bolus Calculator differ from the Accu-Chek Bolus Advisor settings?

The Accu-Chek Bolus Advisor products to date have been only accessible through healthcare professionals and as such personalisation would be supported by a diabetes healthcare professional. To support accessibility the mySugr bolus calculator is available without any unlock code. In order to reduce the risk of accidental harm, some default settings (such as the target range and meal rise) are more 'conservative' in terms of the bolus recommendation they would produce.

Why do the Apple (iOS) and Android versions look slightly different?

The features, algorithm and flow of the mySugr Bolus Calculator is fundamentally the same on both platforms, but slightly differs on the user interface and look & feel due to standard platform differences.

I cannot see an option to set the Snack Size previously offered by the Roche Bolus Advisor, where is it?

The mySugr Bolus Calculator does not offer Snack Size as a setting which can be adjusted. For comparison, this would be equivalent to setting the Snack Size setting at 0 grams.

I cannot see an option to set Health Events as previously offered by the Roche Bolus Advisor, where is this?

The mySugr Bolus Calculator does not offer Health Events for bolus adjustment for events such as physical activity or illness.

The offset time setting was not in the previous mySugr Bolus Calculator, what is it?

The offset time setting is the acceptable amount of time for the blood sugar to stay at a higher level after injecting insulin as the insulin is yet to have an impact on glucose levels. The mySugr Bolus Calculator will only recommend additional insulin if the blood sugar rises even further or remains high after the offset time.

The meal rise setting was not in the previous mySugr Bolus Calculator, what is it?

The meal rise setting takes into account how much the person expects their blood sugar level to rise after a meal. The mySugr Bolus Calculator will recommend additional insulin only if the blood sugar rises further than this following a meal (during the time set for the offset time setting).

"When paired with an Accu-Chek Guide or Accu-Chek Guide Me blood glucose meter. mySugr PRO benefits include additional features like PDF and Excel Report, Smart Search, motivating challenges, Meal photos and much more! As long as you continue to import values from your Accu-Chek Guide or Accu-Chek Guide Me meter at least once every 30 days, you will stay 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. ACCU-CHEK, ACCU-CHEK GUIDE, ACCU-CHEK GUIDE ME, MYSUGR and MAKE DIABETES SUCK LESS are trademarks of Roche. Apple and Google trademarks are the property of their respective owners. Bluetooth® word mark and logos are registered trademarks sowned by Bluetooth SIG, Inc. and any use of such marks by Roche Diabetes Care is under license. All other product names and trademarks are the property of their respective owners. ©2021 Roche Diabetes Care. Roche Diabetes Care Australia Pty Limited, 2 Julius Avenue North Ryde NSW 2113. ABN 69 602 140 278. 09/2021. AU-1031.



References: 1. Roche Messaging Warehouse, July 2021 2. Gonzalez et al. 2016. Expert Study: Utility of an Automated Bolus Advisor System in Patients with Type 1 Diabetes Treated with Multiple Daily Injections of Insulin-A Crossover Study. Diabetes Technol. Ther. 18, 282-287.

^{3.} Ziegler et al. 2013. Use of an insulin bolus advisor improves glycemic control in multiple daily insulin injection (MDI) therapy patients with suboptimal glycemic control: First results from the ABACUS trial. Diabetes Care 36, 3613-3619.

^{4.} Hommel et al., 2017. Effects of advanced carbohydrate counting guided by an automated bolus calculator in Type 1 diabetes mellitus (StenoABC): a 12-month, randomized clinical trial. Diabet. Med. 34, 708–715.

^{5.} Vallejo-Mora et al. 2017. The Calculating Boluses on Multiple Daily Injections (CBMDI) study: A randomized controlled trial on the effect on metabolic control of adding a bolus calculator to multiple daily injections in people with type 1 diabetes. J. Diabetes 9, 24-33.