

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[®]!

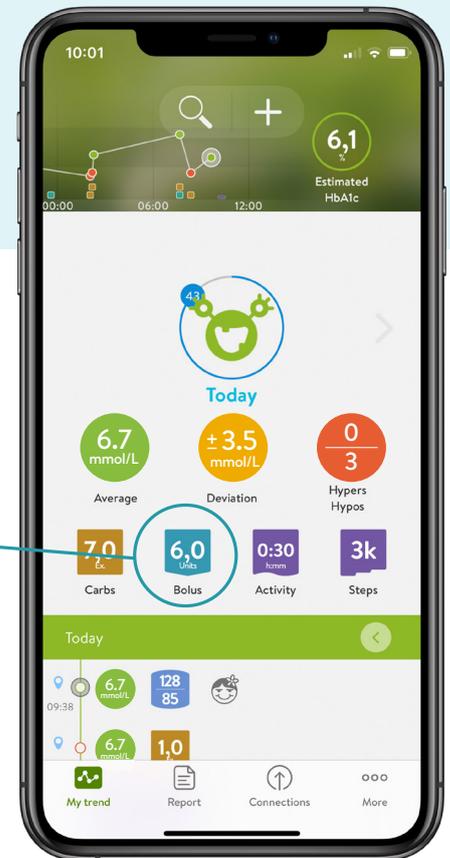
mySugr Bolus Calculator*

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”

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.

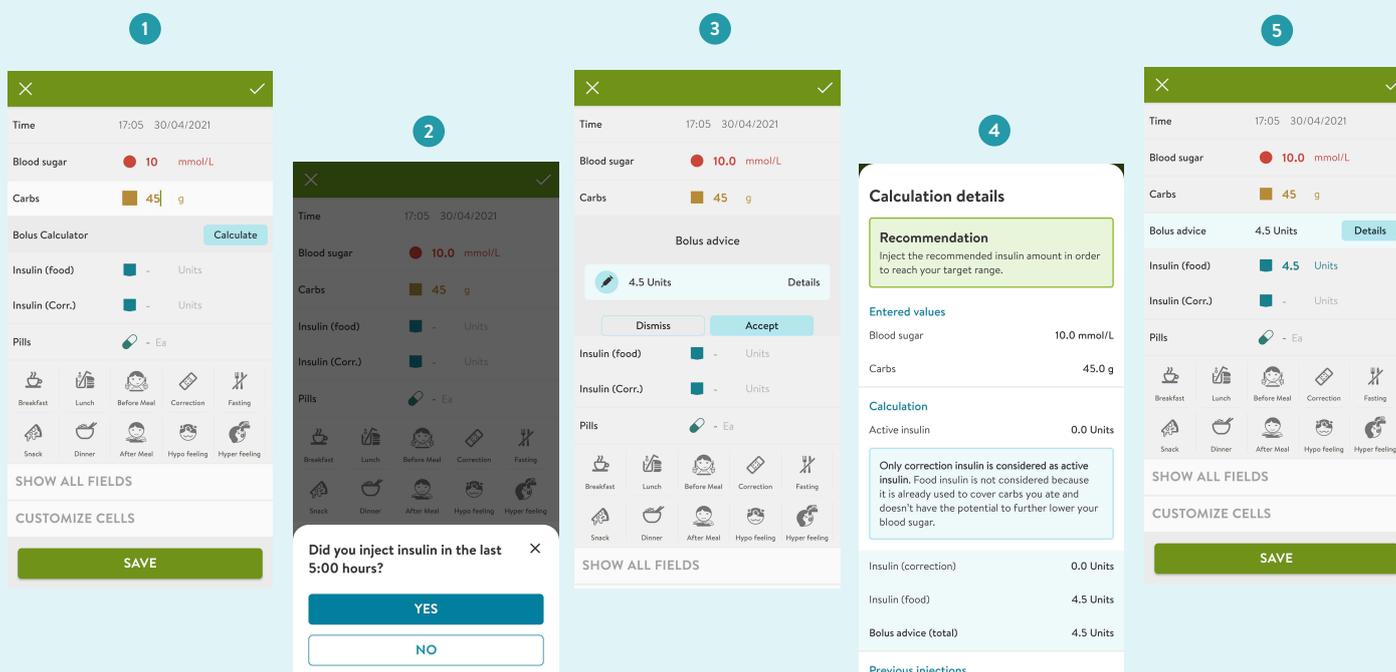
Pair your meter with the mySugr app to activate mySugr PRO. Scan the QR code to get help

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

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



Screen images shown are examples only and images you see may vary depending on device and app version.



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).

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.

*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 owned 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.