# Plus Rx
# User Guide:
# United States

# Introducing Plus Rx

## A new tool to manage your diabetes your way.

Plus Rx[1] is an in-app diabetes coach for adults with type 1 or type 2 diabetes. It gives you real-time guidance that makes managing diabetes between office visits easier. Plus Rx must be prescribed by a licensed health care provider.

### Is Plus right for you?

Many people struggle to manage diabetes. Sometimes it is overwhelming and confusing. Understanding and remembering your health care team's advice about medications, food, and exercise isn't easy. If you need help managing your blood glucose, understanding everyday diabetes decisions, communicating your hard work to your health care team, and keeping all your information in one place between office visits, Plus can help.

### Diabetes Support, Anytime Anywhere

Plus is not a pill or a shot — it is a completely new kind of approach to support you in helping you manage your diabetes. The real-time feedback and guidance fits into your daily life to help you stay on track with your diabetes care plan. Plus can help make living with diabetes easier which makes for a healthier, happier you.

Plus is accessible from your mobile phone or computer. It supports your health care team's treatment plan while helping you build your knowledge about diabetes and stay motivated.

### Share your results with your health care team before your next visit or at their request

Before your next diabetes check-up, you can send your health care team a report about the diabetes information you have entered. This can help your health care provider understand the challenges that you face between appointments. That way, during your office visit, you can discuss your treatment plan and experiences managing diabetes.

Plus provides you coaching messages based on the blood glucose values that you enter or automatically sync with your blood glucose meter. These messages are meant to provide support and education that supplement the diabetes education and management plan given by your health care provider and team. While the educational statements may include information on the effect of your medications on your blood glucose, these statements are not meant to provide instruction on how to change these medications. For your safety, only make medication changes based on the instructions from your health care provider and team.

### Indication for use

The Plus® Rx System is indicated for use by healthcare providers (HCPs) and their patients – aged 18 years and older - who have type 1 or type 2 diabetes. The Plus® Rx System is intended to provide secure capture, storage, and transmission of blood glucose data as well as information to aid in diabetes self-management. The Plus® Rx System analyzes and reports blood glucose test results and supports medication adherence. In addition, the Plus® Rx System provides coaching messages (motivational, behavioral, and educational) based on real-time blood glucose values and trends. It includes software intended for use on mobile phones or personal computers in the home or in professional healthcare settings. The software also allows for entry of other diabetes-related healthcare information and provides educational information. Plus® Rx includes an insulin dose calculator to allow patients to use their prescribed regimen to calculate a dose of insulin for a given amount of carbohydrates and/or blood glucose value.

The Plus® Rx System is not intended to replace the care provided by a licensed healthcare professional, including prescriptions, diagnosis, or treatment.

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[1] Plus Rx may be referred to as Plus throughout the User Guide.

plus (+)
adapthealth

## Warnings
- For medical questions, please contact your health care provider.
- If you are experiencing an emergency, please dial 9-1-1.

## Caution
Federal law restricts this device (Plus Rx) to sale by, or on the order of, a licensed health care provider.

Plus Rx is designed to work with glucose results reported in mg/dL and cannot safely be used with mmol/L values. To avoid harm please ensure that any glucose meter used with Plus is set for blood glucose values in mg/dL.

## Contraindications
Plus Rx is not indicated for people with gestational diabetes or who use an insulin pump. For more information, call Customer Care at 1-888-450-3664.

## Note
Plus is designed for individual use and should not be shared with other individuals.

REF

| Platform | Catalog # |
|---|---|
| Mobile App for iOS | 202041 |
| Mobile App for Android | 202042 |
| Web Portal | 202043 |

*+B6G2PLUSRX1COF*

Manufactured by:
Welldoc, Inc.
10221 Wincopin Circle, Ste #150
Columbia, MD 21044
United States of America

## Customer Care: Ready to Answer Your Questions
Need help using Plus? Call us at 1-888-450-3664.

Available Monday – Friday 8:00 am – 6:00 pm (ET).

# Contents

Important note: Instructions in this user guide apply to both mobile and desktop versions of Plus, unless otherwise indicated.
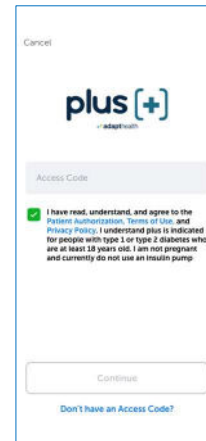
Mobile-specific instructions          Desktop-specific instructions

## Welcome to Plus

If you are new to Plus, tap "Sign Up" to register.

## Create Your Account

1.  Enter your access code
2.  Agree to Terms of Use
3.  Enter your personal information
4.  Create your PIN (mobile only)

## Log In

1.  Enter your Username/Email and Password
2.  Tap "Log In"

OR

1.  Tap "Log In with Google"

Most of the time you will only need to enter your PIN, or use Touch ID or Fingerprint (if enabled), to access the app. There are special times when you will be asked to log in by entering your Username/Email and Password:

1.  Accessing the app on more than one device like your iPhone and iPad
2.  Re-installing the app if you accidently delete it
3.  If you forget your PIN and need to create a new one
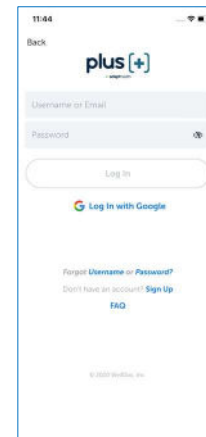
## Desktop Instructions

1.  Enter your Username/Email and Password
2.  Click Log In
3.  Select "Remember me" to save your username/email for the next time you log in

## Using the App

1.  Tap the app icon
2.  Enter your 4-digit PIN, or use Touch ID or Fingerprint (if enabled)

### Forgot your PIN?

1.  Select "Forgot your PIN?"
2.  Enter your username/email and password to log in
3.  Enter a new 4-digit PIN
4.  Re-enter your new 4-digit PIN to confirm the change and open the app

### Change your PIN

1.  From the home screen, tap the "More" menu and then tap "Settings"
2.  Select "PIN" and then "Change PIN"
3.  Enter your current PIN and then follow instructions to create a new PIN

### Forgot your Password?

1.  Click "Forgot your Password?" on the Log In screen
2.  Choose how you want to get your username or temporary password:
    *   Text message (only available if you have entered your mobile phone number in Plus)
    *   Email
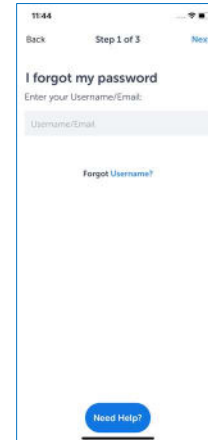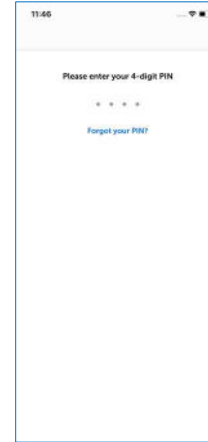
## Renewing Your Plus Rx Prescription

When your prescription is due for renewal, you will be asked if you would like to continue to use Plus Rx. Simply tap "Yes", and you can keep using Plus Rx to help you stay on track with your diabetes plan.

For most Plus Rx users, there is no cost because Plus Rx is paid for by health insurance. If your insurance requires a co-pay, our pharmacy partner will call.

If you have questions about a co-pay or when to call the pharmacy, view the videos about continuing to use Plus.

# SMART Visit Reports

The SMART Visit Report helps you and your health care team keep track of and discuss your progress at office visits or between visits. All the information you enter, including your medication list, blood glucose values for the last 30 days, responses to health assessment surveys, your notes, and other health information helps you and your health care team manage your diabetes.

Watch the SMART Visit Report video to learn how and when to schedule your report so it is received in time for your next office visit. You can also view a sample SMART Visit Report and information about each section.

When you know the date of your next office visit, schedule the SMART Visit Report to be sent before your appointment. You can also send a SMART Visit Report to yourself.

# Sending a SMART Visit Report

You can send a SMART Visit Report at any time, but most health care providers would like to receive the report a day or two before your office visit.

1. From the home screen, tap the "More" menu and then tap "Health Information"
2. Tap "SMART Visit Report"
3. Select one or more people and/or yourself to send the report to
4. Tap "Send"
5. Select the type of report you would like to send:
   - Just the Summary – A brief summary of your recent data
   - Summary and Logbook – A brief summary of your recent data including all your blood glucose readings for the past 30 days
   - Full Report – Includes a brief summary of your recent data, your full medication list, health information, and Logbook
   - Food Diary – Includes a detailed record of your food entries and related notes for a 7-day period
6. Tap "Send"
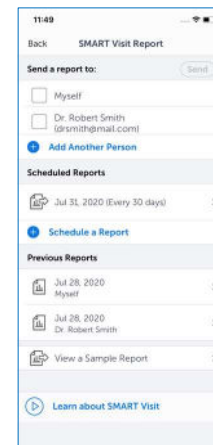
You will receive an email when your report has been sent. If you send a SMART Visit Report to yourself, a copy is sent to your Messages. The copy sent to you will not contain responses to health assessment surveys.

The SMART Visit Reports that you have sent can be viewed under "Previous Reports". Simply tap on the report date to view the report.

### Desktop Instructions

To send a SMART Visit Report

1. Select "Health Info" at the top of the page
2. Click "SMART Visit Report"
3. Select one or more people and/or yourself to send the report to
4. Click "Send SMART Visit Report"
5. Select the type of report you would like to send
6. Click "Send"

## Add Additional SMART Visit Report Recipients

1. Tap "Add Another Person"
2. Enter the name and fax number and/or email for the new person

## Schedule a SMART Visit Report

1. Tap "Schedule a Report"
2. Select a person to send the report to
3. Tap how often to send the report
4. Select the Start Date
5. Tap "Save"
6. Select the type of report to send
7. Tap "Send"

# Getting Started

## Setting Up Your Medication List

Your Medication List gives you a view of your medications and how many times you take them daily. It is important to record all medications you are taking—prescription, over-the-counter, supplements, and vitamins. Plus will give you personalized feedback based on your diabetes medications.

Note: Always continue to take your medications as prescribed and confirm your prescription information with your health care provider at your earliest convenience.
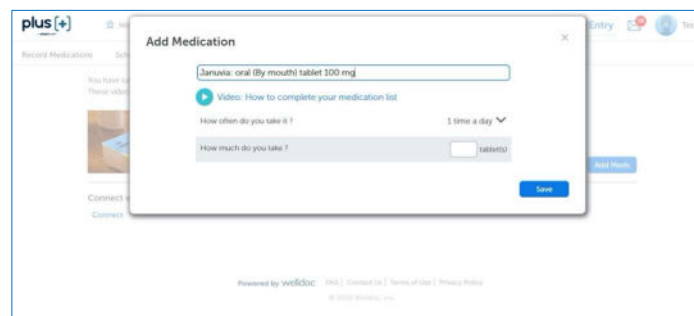
### Add Medication

1. From the home screen, tap the "More" menu and then tap "Medications"
2. Tap "Create/Update Medication List" and then tap the "Add Medication" button
3. Enter at least the first 3 letters of the medication name and tap "Search"
4. Choose the medication name and strength you want to add
5. Select how often you take the medication
6. Enter the amount you take and tap "Save"
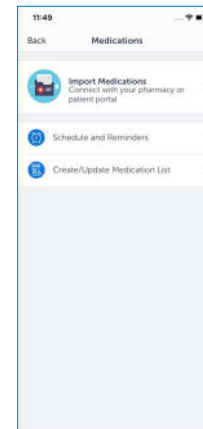
### Import Medications

You can also import your medications from your pharmacy or patient portal.

1. From the home screen, tap the "More" menu and then tap "Medications" and select "Import Medications"
2. Select a source and log in using your account credentials

### Setting Up a Bolus Insulin Regimen

People take bolus (short-acting or fast-acting) insulin in many different ways. If you add a bolus insulin to your medication list, you will be prompted to select your dosing type based on how you take your bolus insulin. The options include:

- Fixed Amount: Bolus insulin dose is the same at each meal.
  *For example: 5 units at each meal*

- Sliding Scale: Bolus insulin dose is based on a range of BG values.
  *For example: 1 unit of bolus insulin for a BG between 150 mg/dL and 200 mg/dL, 2 units of bolus insulin for a BG between 201-250 mg/dL*

- Correction Factor or Sensitivity Factor: Bolus insulin dose is based on the amount the BG is lowered by one unit of bolus insulin.
  *For example: 1 unit of bolus insulin for every 50 points over 150 mg/dL*

- Insulin-to-Carb Ratio: Bolus insulin dose is based on the amount of carbohydrate being eaten.
  *For example, you may take 1 unit for every 15 g of carb*

- Combination of the above
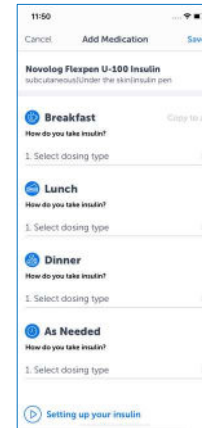
You may only add one type of injectable bolus insulin to your medication list. If you use the same dosing type at each meal, tap "Copy to all".

Example of bolus insulin regimen with an insulin-to-carb ratio and correction factor:
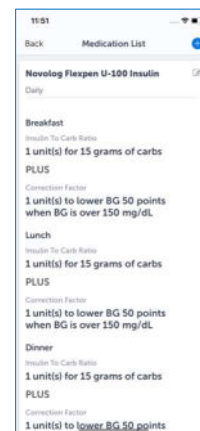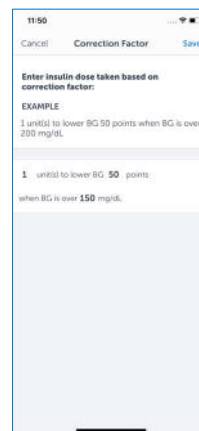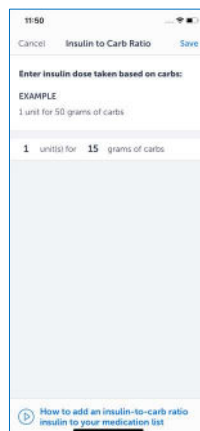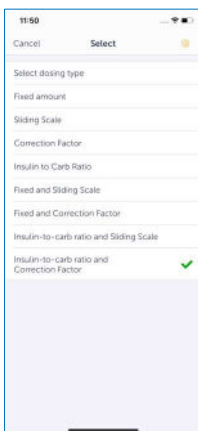
### Edit Medication

You can change your dose, how often you take your medication, or delete the medication from your list.

- Tap the pencil icon next to the medication name
- Change how often you take your medication, the amount you take, or the medication strength
- To remove the medication from your list, tap "Delete this medication"

### Desktop Instructions

To edit your medication:
- Click the pencil icon next to the medication name
- Click the arrow by the medication name to change how often you take your medication, the amount you take, or the medication strength
- To remove the medication from your list, click "Delete"
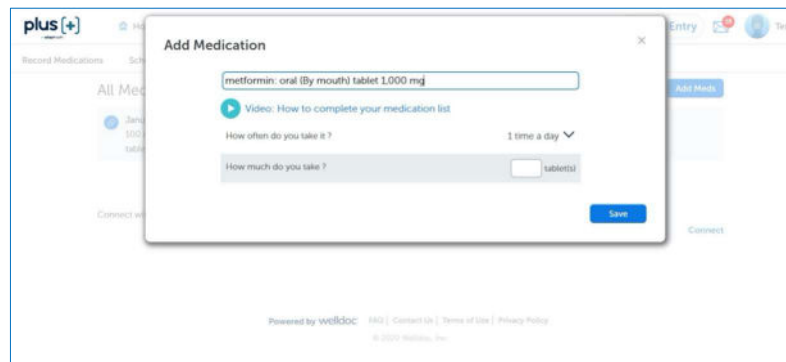
Your medications are scheduled for Breakfast, Lunch, Dinner, Bedtime, or As Needed based on how many times a day you take them.

### Change Your Medication Schedule

1. Select "Schedule and Reminders" from the Medications menu
2. Tap on the medication you would like to change
3. Select when you take your medication

### Set Medication Reminders

1. Select "Schedule and Reminders" from the Medications menu
2. Tap the slider next to the meal to turn on a reminder
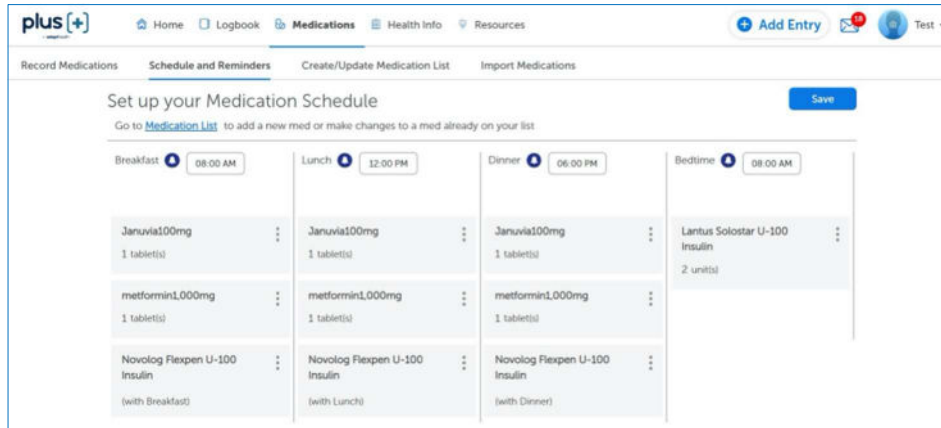3. Select the time to adjust your reminder time and tap "Done"
4. Tap "Save"

### 💻 Desktop Instructions

To change your medication schedule:

- Click and drag your medication to another time of day or meal type
- Click "Save"

To set a reminder to take your medication:

- Click on the bell icon by the meal type or time of day
- Select the reminder time
- Click "Save"

# Managing Connections & Devices

In Connections & Devices, you can customize your Plus experience.

Tap the "More" menu on the home screen and then tap "Connections & Devices" to do the following:

- Connect your activity tracker
- Pair your glucose meter
- Pair your blood pressure monitor
- Pair your weight scale
- Connect your continuous glucose monitor
- Import medications and labs results
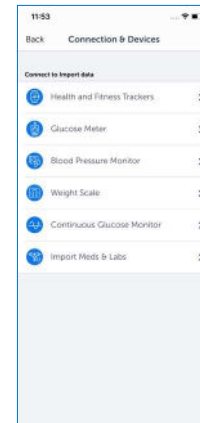
## Connect Your Health & Fitness Trackers and Devices

If you have an activity tracker such as Fitbit®, Garmin®, Misfit™, Polar®, Strava, or Withings; or the Apple Health (iOS devices) or Google Fit or Samsung Health (Android devices) app; you can connect it to sync your data.

### Connect Your Activity Tracker
1. Go to Connections & Devices and tap "Health and Fitness Trackers"
2. Select the activity tracker* to connect
3. Log in using your Fitbit®, Garmin®, Misfit™, Polar®, Strava, or Withings username and password.

The first time you connect an activity tracker, Plus syncs the last 30 days of lifestyle data including exercise, steps, sleep, height and weight. After connecting, each time you use or add information to your activity tracker, the information is automatically updated in Plus.
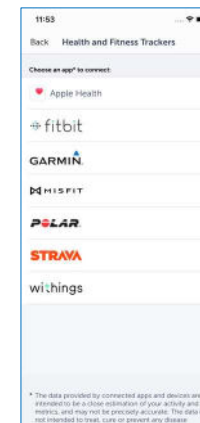
### Connect to Apple Health or Google Fit or Samsung Health
1. Go to Connections & Devices and tap "Health and Fitness Trackers"
2. Select Apple Health or Google Fit or Samsung Health*

If you connect to Apple Health, Plus syncs the last 30 days of blood glucose, blood pressure, and lifestyle data including exercise, steps, sleep, and weight and the last 5 years of lab results. If you connect to Google Fit, Plus syncs the last 30 days of lifestyle data including exercise, steps, sleep, and weight. If you connect to Samsung Health, Plus syncs the last 30 days of food information and lifestyle data including exercise, steps, sleep, height and weight. After connecting, data will be synced from Apple Health or Google Fit or Samsung Health each time you launch the Plus mobile app.

*The data provided by these monitors are intended to be a close estimation of your activity and metrics but may not be precisely accurate. The data are not intended to treat, cure, or prevent any disease.*

*View Your Lifestyle Data*

1. Go to the Logbook to view all your synced data. The source of your synced data will be indicated with your activity tracker's icon.
2. Data synced from your activity tracker is shared with your health care provider in your SMART Visit Report.
3. You cannot change your activity tracker information displayed in Plus. If you want to change or delete your data, go to your activity tracker application.
4. If you would like to disconnect your activity tracker, simply select "Disconnect".

## Pair Your Meter

Pairing your glucose meter from your mobile device will allow you to wirelessly send your blood glucose values to Plus via Bluetooth® instead of entering them manually. To pair your meter, turn on Bluetooth® on your device, go to "Connections & Devices" and "Glucose Meter", select one of the following meters, and follow the prompts.

- Accu-Chek® Aviva Connect
- Accu-Chek® Guide
- Accu-Chek® Instant
- True Metrix® Air
- Contour® NEXT ONE
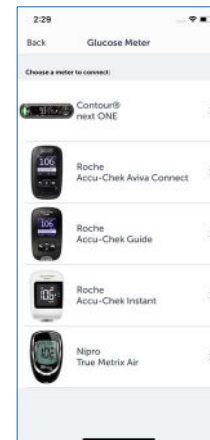
*Sync Your Data*

There are three ways to sync your data. You must have Bluetooth® turned on to sync.

Automatic Sync

1. Turn on your meter
2. Open Plus
3. View data being synced automatically from the Home Screen, Logbook, and Blood Glucose entry screen
4. View your synced data in the Logbook

Manual Sync

1. Turn on your meter
2. Open Plus
3. Go to the Blood Glucose new entry screen
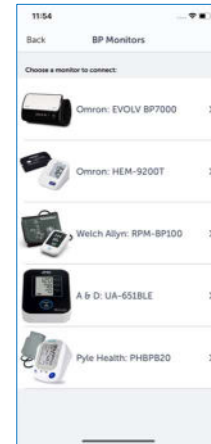4. Click on "Sync with meter" link

OR

1. Turn on your meter
2. Within the app, go to the home screen or Blood Glucose entry screen
3. Pull down to sync your data
4. View your synced data in the Logbook
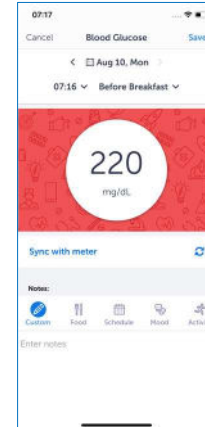
## Pair Your Blood Pressure Monitor

Pairing your blood pressure monitor from your mobile device will allow you to wirelessly send your blood pressure readings to Plus via Bluetooth® instead of entering them manually. To pair your monitor, turn on Bluetooth® on your device, go to "Connections & Devices" and "Blood Pressure Monitor", select one of the following monitors, and follow the prompts.

- Omron® Evolv™
- Omron® (HEM-9200T)
- A&D BP Monitor (UA-651BLE)
- Pyle Health (PHBPB20)
- Welch Allyn (RPM-BP100)

### Sync Your Data

There are three ways to sync your data. You must have Bluetooth® turned on to sync.

#### Automatic Sync

1. Turn on your monitor
2. Open Plus
3. View data being synced automatically from the Home Screen, Logbook, and Blood Pressure entry screen
4. View your synced data in the Logbook

#### Manual Sync

1. Turn on your monitor
2. Open Plus
3. Go to the Blood Pressure new entry screen
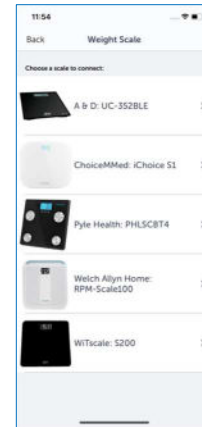4. Click on "Sync with monitor" link

OR

1. Turn on your monitor
2. Within the app, go to the home screen or Blood Pressure entry screen
3. Pull down to sync your data
4. View your synced data in the Logbook
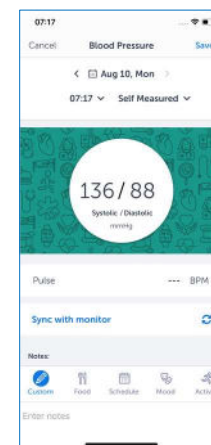
## Pair Your Weight Scale

Pairing your weight scale from your mobile device will allow you to wirelessly send your weight readings to Plus via Bluetooth® instead of entering them manually. To pair your weight scale, turn on Bluetooth® on your device, go to "Connections & Devices" and "Weight Scale", select one of the following weight scales, and follow the prompts.

- A&D (UC-352BLE)
- ChoiceMMed (iChoice S1)
- Pyle Health (PHLSCBT4)
- Welch Allyn (RPM-Scale100)
- WiTscale (S200)

### Sync Your Data
There are three ways to sync your data. You must have Bluetooth® turned on to sync.

#### Automatic Sync
1. Turn on your weight scale
2. Open Plus
3. View data being synced automatically from the Home Screen, Logbook, and Weight entry screen
4. View your synced data in the Logbook

#### Manual Sync
1. Turn on your weight scale
2. Open Plus
3. Go to the Weight new entry screen
4. Click on "Sync with scale" link

OR

1. Turn on your weight scale
2. Within the app, go to the home screen or Weight entry screen
3. Pull down to sync your data
4. View your synced data in the Logbook
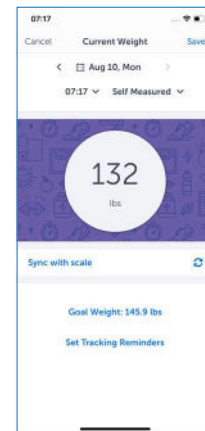
## Connect your Dexcom CGM

1. Go to Connections & Devices and tap "Continuous Glucose Monitor"
2. Select "CGM data by Dexcom" to connect
3. Log in using your Dexcom CGM username and password

The first time you connect a Dexcom CGM, Plus syncs the last 30 days of glucose data. The current day's data is only available on a 3-hour delay.

Connecting a Dexcom CGM will reconfigure Plus for a more customized experience.

### View Your CGM Data

- Go to the Logbook
- Select a date to view your glucose data

CGM data synced from your Dexcom is shared with your health care provider in your SMART Visit Report.

You cannot change your synced data. If you would like to disconnect your Dexcom CGM, go to "Continuous Glucose Monitor" and select "Disconnect".

### Use of CGM Data within Plus

Dosing decisions should not be made based on this device. The user should follow instructions on the continuous glucose monitoring system.

The (CGM) device is not intended to replace self-monitoring practices advised by a physician.
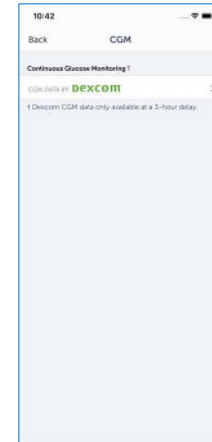
# Supplies

To manage your diabetes supplies, tap the "More" menu from the home screen and then tap "Supplies". You can do the following from the Supplies menu:

- View which supplies are eligible for ordering
- Order eligible supplies
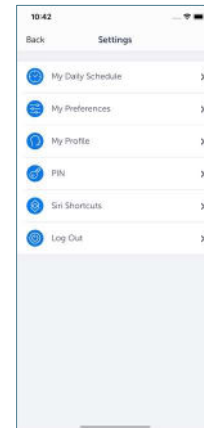- View details for recent orders

## Desktop Instructions

To access the Supplies menu, hover over your name in the top right of the screen and click "Supplies".
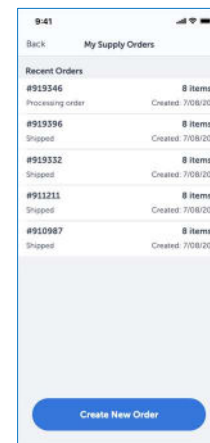
# Settings

To access the Settings menu, tap the "More" menu from the home screen and then tap "Settings". You can do the following from the Settings menu:

- Update your daily schedule
- Manage your preferences
- View your profile
- Change your PIN
- Create Siri Shortcuts
- Log out

## Desktop Instructions

To access the Settings menu, hover over your name in the top right of the screen and click "Settings".

From here, you can view your profile, update your daily schedule, manage your preferences, and connect or disconnect your apps and devices.

## Preferences

To manage your preferences, select "Settings" from the main menu and then select "My Preferences".

You can customize your experience for the following:

- Language – Select preferred language
- Emails – Select which emails you want to receive
- A1C Target – Set to less than 7% or 8%
- Blood Pressure Target – Set to less than 130/80 mmHg, 140/90 mmHg, or 150/90 mmHg
- Weekly Challenge – Turn on or off
- Insulin on Board* – View if this feature is turned on with your prescription

It is important to set your A1C and blood pressure targets based on your health care provider's recommendation, since coaching messages are based on this information. Blood glucose targets are also based on your A1C target.

*Insulin on board is only turned on if your provider included it in your Plus Rx prescription.*

## Set Up Your Daily Schedule

Your daily schedule includes the times throughout the day when you usually eat your meals and go to sleep.

To set up your daily schedule:

1. Tap the menu icon from the home screen
2. Tap "Settings"
3. Tap "My Daily Schedule"
4. To edit the times, tap on the time and scroll to the correct time
5. Tap "Set" to save the new mealtime or bedtime
6. Tap "Save" when you are finished editing all mealtimes and bedtime
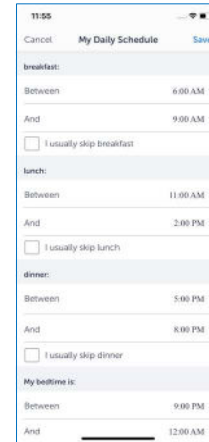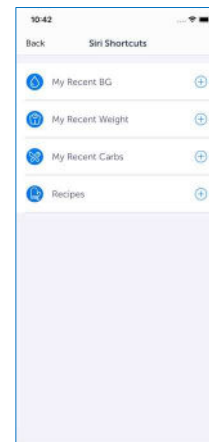
## Siri Shortcuts

For iOS users, shortcuts can be created to view your most recent BG, weight, and carb entries or to view recipes. There are 2 ways to create shortcuts:

1. From the Settings menu, tap "Siri Shortcuts"

or

2. Use the Shortcuts app on your iOS device

*Siri Shortcuts only work for iOS operating system 13.x and above*

# Weekly Challenge

You will be invited to join the Weekly Challenge. Once you commit, your home screen will display your Weekly Challenge and your progress as you complete challenges.

Weekly Challenges* are customized to help you focus on what matters most to improve your health: blood glucose checks, meals, medications, activity, and sleep. Challenges will change based on the data you enter.

You have a week to complete all the tasks in your Weekly Challenge. They do not need to be completed in a single day.

You can turn off Weekly Challenges in My Preferences.

*Weekly Challenges are available for those who have type 2 diabetes and do not have a CGM connected.*
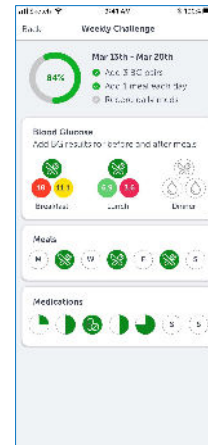
## Making Entries

## Home Screen

The home screen is personalized based on the information you enter. It helps you understand what to do and when.

- Quickly add your data through specific prompts per your treatment plan.
- Easily record your medication every day. We'll remind you so you don't miss a beat.
- Find healthy recipe ideas.
- Get rewarded for your progress in Plus (if enabled)
- If Plus Rx is covered under your prescription drug benefit, you will be asked before your current prescription expires if you would like to continue. Simply tap "Yes" to continue using Plus Rx.
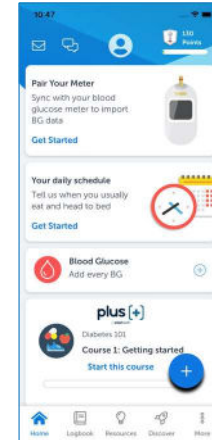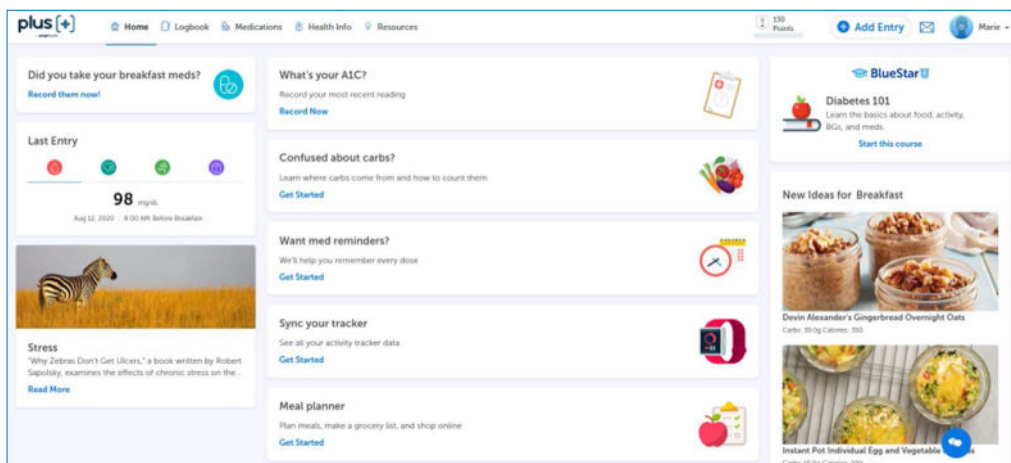
At the top of the home screen, you can access messages and profile information.

Use the menu along the bottom of the home screen to navigate to other parts of the app by tapping on "Logbook", "Resources", "Discover", and "More".
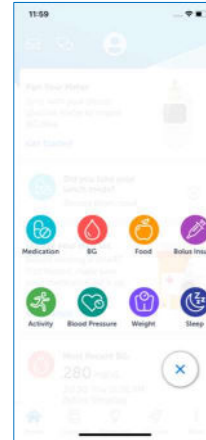
### Desktop Instructions

Use the main menu across the top of the home screen to access Logbook, Medications, Health Info, and Resources.

plus (+)
adapthealth

## Home Screen: Make Entries

Quickly make entries from the home screen using the "+" icon. You can view the information you entered in your Logbook.

## Record Medications

Your medications are displayed for a day according to your schedule (by Meal or Time of the Day). Insulin amounts are displayed for Before Meal (Breakfast, Lunch, Dinner) and/or Bedtime.

- Tap the "Meds" icon to record your medications
- You can record one or all of your medications by meal or time of day
- Tap to check you have taken all your medications for the day, by meal or time of day
- You can also tap one medication at a time

To record a bolus insulin dose, tap "Record Bolus Insulin" to launch the bolus insulin entry screen
You can record medications for an earlier day

- Tap the date
- Change the day to a previous day

You have the flexibility to add a dose of a medication from your list or record a one-time dose of a medication that is not on your list.
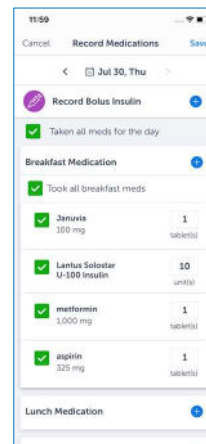
💻 *Desktop Instructions*
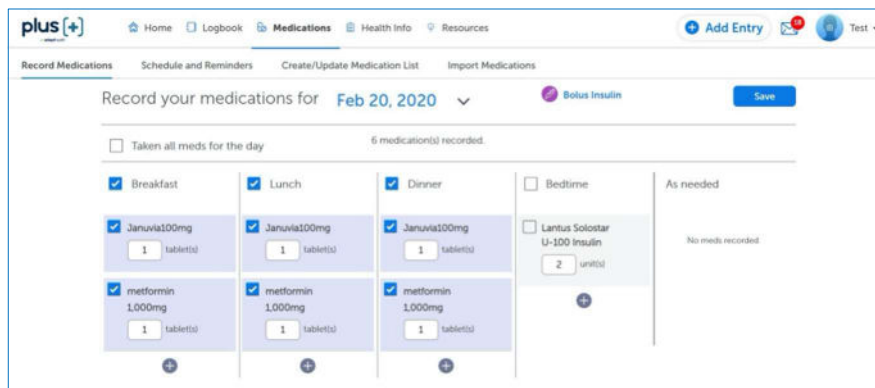
To record medication that you have taken:

- Click "Medications" to see Record Medications
- Check the medications you have taken
- To record a bolus insulin dose, select "Bolus Insulin" to launch the bolus insulin entry screen
- Change the date if you want to record medication for an earlier day

To add an unscheduled dose of medication from your list:

- Click "+" in the meal or time of day
- Select a medication from your list
- Click to check that you have taken your medication

To add a dose of a medication not on your medication list:

1. Click "+" by the meal or time of day
2. Search for the medication
3. Select to add medication
4. Enter the amount you have taken
5. Click "OK"
6. Click "Add to Medication List"
7. Click "Save"

## Insulin Calculator

Because you have a prescription to use the Plus Rx product, you have access to the Insulin Calculator. The Insulin Calculator helps determine your bolus insulin dose, based on your provider's instructions. The Insulin Calculator supports "fast-acting" insulins* such as Novolog® or Fiasp® (insulin aspart), Humalog® or Admelog® (insulin lispro), Apidra® (insulin glulisine), and "short-acting" insulins such as Humulin R or Novolin R (regular insulin).

The Insulin Calculator works for a variety of flexible insulin regimens, such as:

- An insulin-to-carbohydrate ratio (bolus insulin doses based on the number of carbohydrates being eaten)
- Correction factor (bolus insulin doses based on blood glucose value)
- Sliding scale (bolus insulin doses based on blood glucose value)
- Any combination of these regimens

The Insulin Calculator uses the regimen you entered in your medication list to calculate the correct dose of bolus insulin to take based on your carbs and blood glucose value. Prior to starting to use the Insulin Calculator, you will be required to complete in-app training on the use of the calculator. If you change your insulin dosing regimen, you will need a new prescription to continue using the Insulin Calculator.

*Note: The Insulin Calculator does not support dose calculations of the rapid-acting insulin, Afrezza®. Adding Afrezza to your medication list will disable the Insulin Calculator.

### Insulin on Board

The Insulin on Board feature is only available if your provider included it in your Plus Rx prescription. To see if your prescription includes Insulin on Board, go to "Settings" and tap "My Preferences". This feature is for users who:

- Use a correction factor to determine bolus insulin doses, and
- Use a fast-acting insulin such as Novolog® or Fiasp® (insulin aspart), Humalog® or Admelog® (insulin lispro), or Apidra® (insulin glulisine)

Insulin on Board is a term used to describe the amount of fast-acting insulin that is still active from an earlier dose. The Insulin Calculator will subtract Insulin on Board, when applicable, to help you prevent hypoglycemia from taking too much insulin in a short period of time (also known as insulin stacking). The amount of Insulin on Board is based on how many units you have taken to treat above target or high blood glucose levels earlier in the day. It does not include the amount of insulin you take for food (carbs). For calculating the amount of Insulin on Board, the duration of action for fast-acting insulin is set to 5 hours.

Note: Plus Rx cannot calculate a dose within 2 hours of a previous dose, because it is difficult to know how much insulin is still active within this time frame. You can still take and record insulin based on your provider's instructions.

ID:1784 Version 1.0a
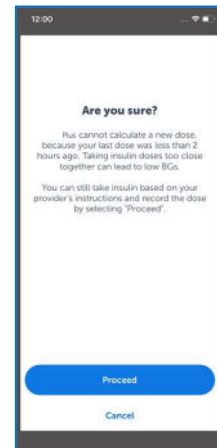
## Calculate a Dose

To calculate a dose of bolus insulin based on a flexible regimen, tap the "+" icon and then the bolus insulin icon.

Step 1: View your insulin and last recorded dose*. Then, tap "Calculate a current dose" and select what the bolus insulin dose is for: Breakfast, Lunch, Dinner, or As Needed
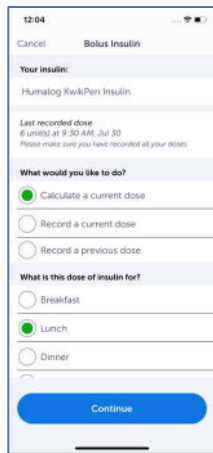
Step 2: View your total Insulin on Board, if this feature is turned on with your prescription

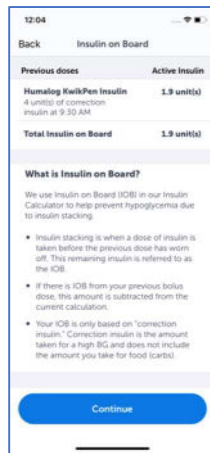Step 3:  Enter or verify your blood glucose and/or the amount of carbs, if needed

- Tap "Calculate Dose" to see your recommended dose

Step 4: Review the calculation for your recommended dose and tap "Continue"

Step 5: View your dose and tap "Save" to record the dose
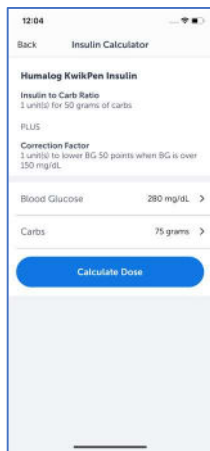
| Step 1 | Step 2 |
|---|---|

| Step 3 | Step 4 | Step 5 |
|---|---|---|

If your recommended insulin dose is significantly different than expected, contact your health care provider for instructions. You can also record a current dose without using the Insulin Calculator, or enter a previous dose.

*Note: Recording all previous doses is necessary for accurate Insulin on Board calculations.

27    Making Entries

## Add Blood Glucose

In addition to syncing with a blood glucose meter, you can manually add blood glucose results. Blood glucose targets vary depending on the type of entry, such as whether you are entering a before meal or after meal blood glucose. Plus assigns a value to meter results of "HI" as greater than 600 mg/dL and "LO" as less than 20 mg/dL.
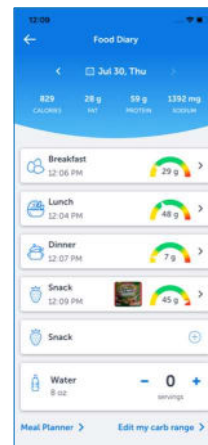
- Tap the "BG" icon to record your blood glucose
- Enter your blood glucose
- Adjust the date, time, and type of blood glucose, if needed
- Add notes related to your blood glucose
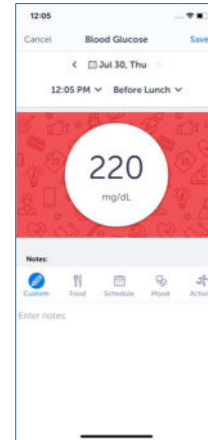
## Add Food

The Food Diary provides an easy way to track your food.
- Tap the "Food" icon to open the Food Diary
- Tap "+" next to the appropriate meal (Breakfast, Lunch, Dinner, or Snack)

The first time you use the Food Diary, you will be prompted to set a carb range.

You can add in a carbohydrate range for each of your meals, then select "Done". As you add meals, the Food Diary will display if your meal was in your carb range.
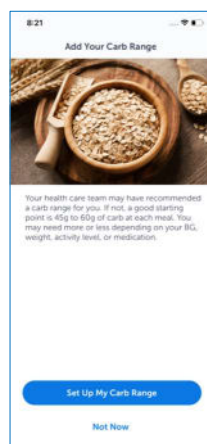
There are multiple ways to record food.

- To add a food item, you can search, take a photo, scan a food barcode, or add a custom food.
  - After choosing a food item, select the serving size and then "Add Food" to your meal
  - After entering all foods for your meal, select "Done"
  - To save multiple food items as a meal, tap the star icon
- To just add a photo of your food, select "Photo", take photo, and then "Save Photo Only"
- If you just want to record carbohydrate grams, tap the "Search" icon and tap "Just Add Carbs"
- Edit the time of your meal or snack, as needed
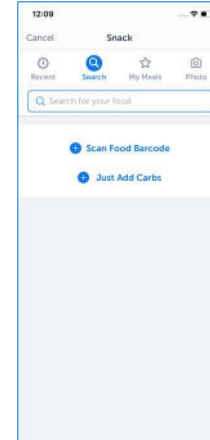
## Desktop Instructions

To add a food item:

- Click the "+" icon, then click the food icon
- Search for a food item or select from "Recent"
- Select a serving size and the total amount of carbs in the foods you selected will be displayed
- Add any additional carbs you plan to eat at this meal
- You have the option to name and save your meals so you can quickly add your carbs to your next food entry
- You may also choose to enter "Just Carbs"

### Restaurant Helper

Restaurant Helper helps you find nearby restaurants based on your location or by zip code.

- From the home screen, tap "Restaurant Helper"
- A list of restaurants will be displayed based on your current location. Tap "Only with Menu" to view restaurants with menus
- Select a restaurant
- Every restaurant on the list will have a phone number, website, and ability for you to get directions

Restaurants that have a menu icon display a list of the menu items with a carbohydrate range of 45 to 60 grams. You can add menu items directly to your Food Diary. You also have the option of changing the range to match your mealtime carbohydrate goals.
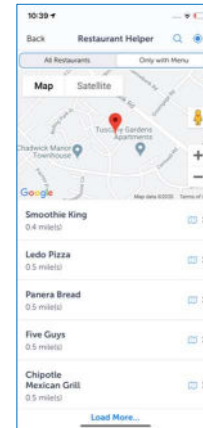
## Add Activity

- Tap the "Activity" icon to log your exercise
- Select an activity, such as walking or gardening
- Enter the amount of time you exercised (duration)
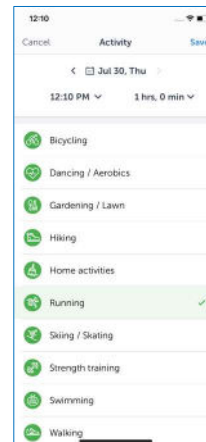
## Add Blood Pressure

- Tap the "Blood Pressure" icon to log your blood pressure
- Enter your systolic and diastolic blood pressure readings and your pulse
- Add notes related to your blood pressure reading
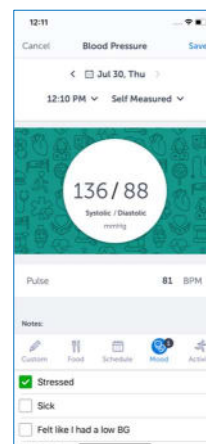
## Add Weight

- Tap the "Weight" icon to log your weight
- Enter your current weight
- Set a goal weight and/or tracking reminders
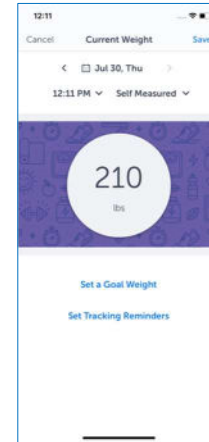
## Add Sleep

- Tap the "Sleep" icon to log your sleep
- Enter your bed time and wake time to calculate sleep duration
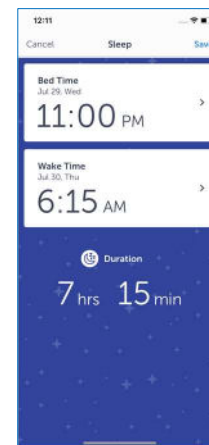
## Rewards

Get rewarded for your progress in Plus. Earn points and badges when you make entries, review educational content, connect devices, send a SMART Visit Report, and more.

From the home screen, select the Rewards icon to view your total points and your badges.  Select "How do I earn more points?" for a full list of activities included in the Rewards program.

# Logbook

The Logbook displays all of your entries. The Logbook is customized based on whether you take bolus insulin or have a CGM connected. To view your Logbook, select "Logbook" on the home screen.

You can add, change, or delete entries from the Logbook.
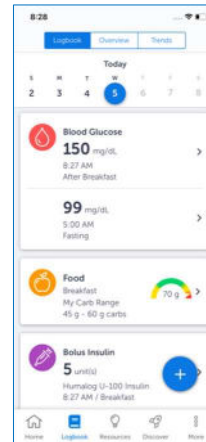
## Logbook: Make Entries

1. Tap an entry type

   - Blood Glucose
   - Food
   - Bolus Insulin
   - Medication
   - Activity
   - Sleep
   - Blood Pressure
   - Weight

2. Tap the entry date to change from current date and time

Standard Logbook

## Change Entries

1. Select the day you made the entry
2. Tap on the entry you want to change
3. Edit the information
4. Tap "Save"

## Delete Entries

1. Select the day you made the entry
2. Select the entry you want to delete
3. Swipe left and tap "Delete"

Note: For Android, press on the Logbook entry until you see a message confirming you want to delete the entry.

Logbook with CGM

### Desktop Instructions

To view your Logbook:

- Click "Logbook" at the top of the page
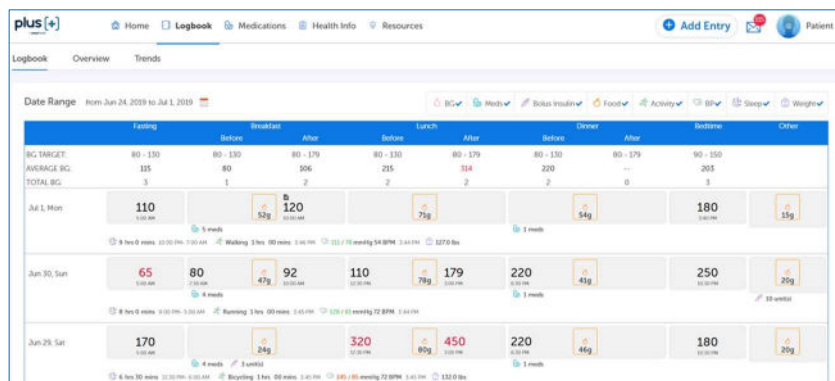
To view your entries:

- Click on date ranges to set the date range you want to view
- Click on entry types to filter your view

To make a new entry:

- Click on any empty square on your Logbook to add an entry for that date, or click on the "+" icon at the top right of the screen

To edit Logbook entries:

- Click on any entry to make changes, including entries for earlier dates

# Health Information

Health Information is where you can view and/or update your Medical History, Clinical Results, Preventive Health, Lifestyle information, Provider, and Prescription Information. You can also send or schedule a SMART Visit Report to yourself and/or your health care provider.

From the home screen, tap the "More" menu and then tap "Health Information". You need to be connected to the Internet to access Health Information and to add new entries to it.

The Health Information menu includes:

- SMART Visit Report — Send or schedule a report to send to yourself and/or your provider
- Import Health Data — Sync your lab, pharmacy, or patient portal directly with Plus to pull in lab results and medications
- Clinical Results — Enter your blood pressure readings and lab values and learn if your results are in target, out of target, or overdue
- Preventive Health — Enter the date of your exams (eye and foot), immunizations, and screenings
- Medical History — Enter the year you were diagnosed with diabetes, your history of cardiovascular disease and other medical conditions
- Lifestyle — Add your height and weight. Your body mass index (BMI) will be automatically calculated. You can also enter information about your tobacco usage
- Provider – You can add your next health care appointment and set a reminder. You can also access your health care provider information
- Prescription Information – View your Plus Rx prescription information

# Getting Feedback

## Real-Time Guidance

Plus supports you with instant guidance about any of your blood glucose entries that are entered in real time. Any blood glucose that is entered within 2 hours of actually checking it is considered to be a "real-time" blood glucose.

These messages provide:

- Immediate guidance on your blood glucose value and how to treat it
- Information on nutrition and activity
- Education about diabetes-related health issues like blood pressure and cholesterol
- Messages to motivate and inspire you, including personal stories from other people with diabetes

Note: Real-time guidance is not available when a CGM is connected.
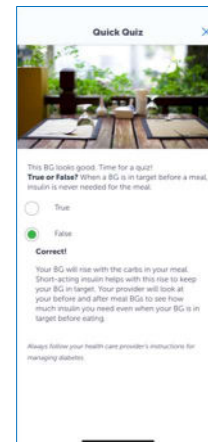
# Messages

When Plus sees something interesting about your blood glucose, you will receive a personalized message.

The type of messages includes:

- Pattern Reports
- Weekly Reports
- SMART Visit Reports
- Answers to your Ask an Educator questions

## View Your Messages

Tap the messages icon from the home screen.

The number displayed shows you how many unread messages are in your inbox.

Your Unread messages are displayed first. To see all your messages and choose an individual category, tap "Show" in the top right corner.

Note: This messaging system is a read-only system. You cannot send or forward messages from it.
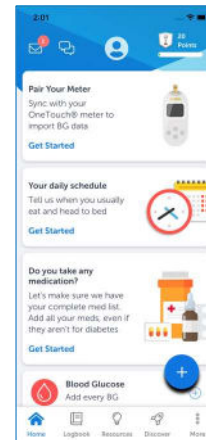
## Desktop Instructions

To view your messages:

- From the top right corner of your screen, click "Messages"
- Your unread messages are displayed first. You can read your messages by selecting an individual category or "All"
- Click on the message you wish to read
- Click the heart icon to add to your Favorites
- Click "Back" when you are finished reading
- Click the "X" at the end of the message to delete it

## Pattern Reports

Pattern Reports appear in your Messages when a pattern in your blood glucose or CGM data is detected. For example, Plus may see a pattern of high blood glucose at the same time of day for 2 or more days. Pattern Reports can help you identify the cause and possible solutions for a blood glucose pattern.

## Weekly Reports

Weekly Reports show you how you are doing in a 1-week period. They help you understand how your lifestyle affects your blood glucose and what changes may help further improve blood glucose.

The Weekly Report has two parts:

- Weekly Summary
- Insights*

You will receive a message each week to let you know your Weekly Report is ready for you.

*Insights are available for those with type 2 diabetes who do not have a CGM connected.*
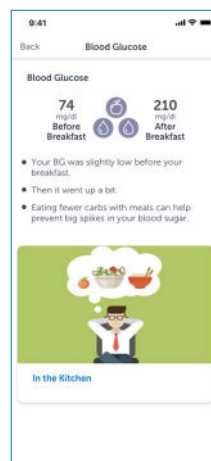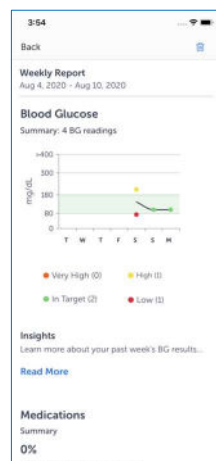
### Weekly Summary

The Weekly Summary shows all the entries you have made in a week for:

- Blood Glucose
- Carbs
- Medications
- Activity
- Sleep

### Insights

Insights are displayed for each category and help you understand your data and how to make improvements.

Tap "Read More" to review insights about your blood glucose, carbs, medication, activity, and sleep.

## Logbook: Overview and Trends

The Logbook displays all of your data. You can also view summary information about your blood glucose, blood pressure, and weight entries.

To view your Logbook, tap "Logbook" on the home screen.

- To view an overview of your blood glucose or CGM data and blood pressure readings, tap "Overview" in the header.
- To see your blood glucose or CGM data, blood pressure, or weight trends, tap "Trends" in the header.



Standard Overview



Overview with CGM

# Resources

Plus offers several resources to assist you in learning more about diabetes.

To access Resources, tap "Resources" on the home screen.

Resources include the following:

- Ask an Educator — Submit general diabetes questions to a certified diabetes educator
- Plus — Review any courses and lessons you have previously completed
- Meal Planner – Choose recipes, plan meals, create a grocery list, and even shop online
- Healthy Recipes — View breakfast, lunch, dinner, and snack/dessert recipes. Each recipe has nutrition facts to help you make healthy meal choices
- Videos — Educational videos on how to help you manage your diabetes day-to-day
- Articles — Learn the ABCs of diabetes, how to count carbohydrates, and information on dining out, eating well, exercise, and staying healthy
- Inspirations – Get motivational and inspirational thoughts to help you stay positive
- Diabetes Education Services — Learn when to receive diabetes self-management education and how to find education services
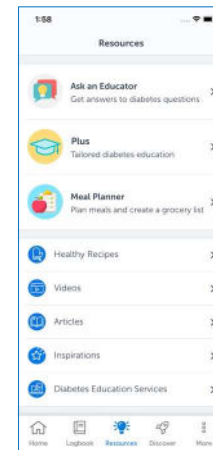
## Desktop Instructions

To search for a topic or by keyword in resources:

- Select the text box next to the magnifying glass icon
- Enter a topic or keywords you want to search
- View the search results

## Ask an Educator

You can ask Plus's certified diabetes educators general questions about diabetes topics such as healthy eating, monitoring your blood glucose, being active, taking your medications and how to integrate Plus into your daily life.

The team of certified diabetes educators reviews the questions submitted and will send an answer to you in Messages. Questions and answers may be displayed for other users to see, however your identity will remain private as "Fellow User".

Using the magnifying glass, you can search all the posted questions and answers by a topic or keyword, or select from diabetes self-management education categories.
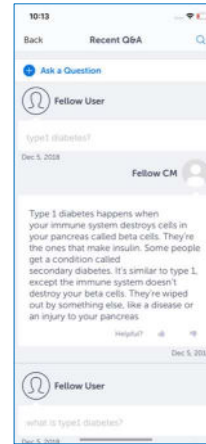
**IMPORTANT SAFETY INFORMATION:**

For medical questions, please contact your health care provider.

If you are experiencing an emergency, please dial 9-1-1.

## Plus

Plus* offers tailored diabetes education to help you become an expert in your own diabetes. You can access Plus from your home screen.

- To get started, select a topic. Each one focuses on a specific diabetes self-management behavior
- Once you choose a topic, view your course list
- Open your first course to start your lessons

You can view your progress through Plus on the home screen.

Your progress will also be displayed on your SMART Visit Report to keep your health care team updated.

You can review any previously completed courses and lessons in the Resources section.
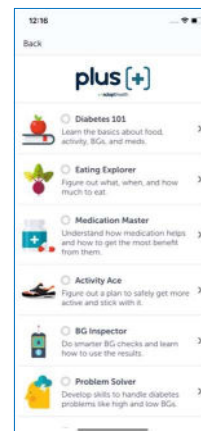
*Plus is available to those who do not have a CGM connected.*

# Meal Planner

Plus makes it easier to eat healthy. You can choose recipes based on your preferences, plan meals, create a grocery list, and even shop online.

- To get started, select a week to create your meal plan
- Then, select a date and click on the meal you would like to plan
- Build your meal by choosing a recipe, searching the database, or adding your own food
- Once you select all your meals, you can view your Grocery List, edit the ingredients, or add new ingredients to the list
- Share your Grocery list and/or order the ingredients online by clicking on the "Shop Online" button. When you shop online, you will leave Plus and go to an external website
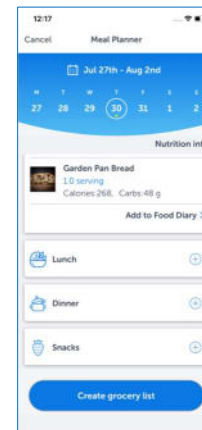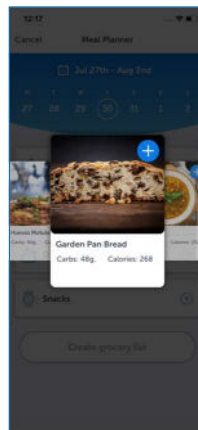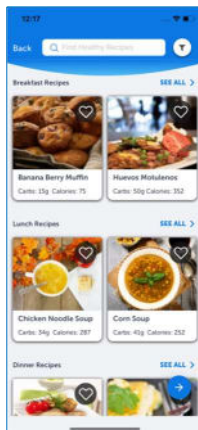
## 🔘 Outside of App Communication

When you are not using Plus, you can stay connected on your mobile device in the following ways:

Notifications

- Receive notifications when you have a message from Plus, a scheduled reminder for medication or weight tracking, and to introduce Plus features
- Enable or disable notifications in your device's settings


Text Messages

- Receive engagement-based text messages from Plus
- Reply "STOP" to discontinue the text messages


Widget

- View your daily entries
- Tap to make entries
- Enable or disable the widgets in your device's settings

## Help

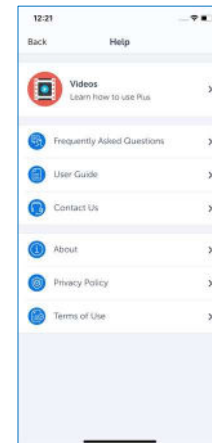Plus offers several help topics to assist you.

**To access Help Topics:**

- Tap the "More" menu on the home screen
- Tap "Help"

Help Topics include:

- Instructional Videos
- Frequently Asked Questions
- User Guide
- Contact Us — Customer Care information
- About — Product version and unique device identifier
- Privacy Policy
- Terms of Use

## Desktop Instructions

To access Help Topics:

- Click "Help" in the top right of the screen

From here, you can access the same Help topics that are available in mobile. You also have the option to download the Plus mobile app.

## Security & Technology

To ensure security, it is recommended that desktop users keep their browser up-to-date and have anti-virus installed. For mobile users, it is recommended to keep the OS (Operating System) up to date and not install the app on jailbroken devices.

Supported OS and Browser Versions:

- iOS operating system:  11.x and above
- Android operating system: 7.x and above
- Supported web browser versions: IE 11, Chrome 84.0, Firefox 78.0, Safari 12, Mozilla 72, and Edge 44