

# Welcome to your Accu-Chek SmartGuide CGM user guide



**We are delighted to provide you with the Accu-Chek SmartGuide continuous glucose monitoring (CGM) solution.** Whether you have used a CGM sensor before or are going to wear one for the first time, we are here to support you every step of the way.

Smartphone required, not included in the solution



## Online training material

Visit the CGM Learning Center for product-related guides and videos

# Getting started

The Accu-Chek SmartGuide CGM user guide provides important information about your new solution. You will find step-by-step guidance to help you set up and start using your CGM.

## Here to support you



Visit the Accu-Chek website for more product-related information:  
[www.accu-chek.domain/linkgoeshere](http://www.accu-chek.domain/linkgoeshere)



### Customer Service

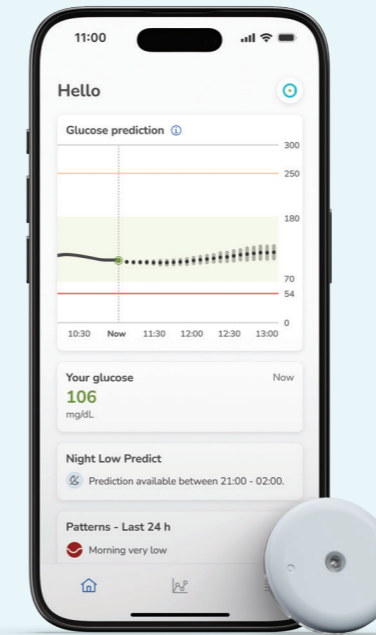
We're here to help if you have any difficulties with your Accu-Chek SmartGuide CGM.  
XXX-XXX-XX

Scan the QR code to access training materials in our CGM Learning Center



# What's included with your Accu-Chek SmartGuide CGM solution

**Meet your personal glucose guide.** The wearable sensor and 2 integrated apps work together to monitor your glucose levels and predict where they are going.\* Using the apps and the data they provide will help you make the most of your CGM solution.



Smartphone required, not included in the solution

## Accu-Chek SmartGuide CGM sensor

A comfortable and water-resistant sensor you wear on your arm for up to 14 days to receive accurate<sup>1</sup> glucose readings in real time. It automatically measures your glucose levels every 5 minutes.



## Accu-Chek SmartGuide app

The app receives the real-time CGM data from your sensor. It monitors and visualizes your current glucose levels, and notifies you if they need attention.



## Accu-Chek SmartGuide Predict app

The Predict app estimates your upcoming glucose values, so you can act or prepare to reduce the risk of highs and lows.<sup>2</sup> It also identifies glucose patterns and suggests how to resolve them.

# How to use this guide

The guide contains 3 sections to help you set up and start using your Accu-Chek SmartGuide CGM.

It provides a summary of the most important information you need to know, but you can find comprehensive training content in our CGM Learning Center: [www.accu-chek.domain/linkgoeshere](http://www.accu-chek.domain/linkgoeshere)

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## How to get started

Learn about the first and most important steps you need to take in order to start using the CGM.

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## Explore the CGM app

Discover the features and benefits of the app.

Page

# 17-28

## Explore the Predict app

Discover the features and benefits of the Predict app.

\*The Accu-Chek SmartGuide Predict app predicts the general estimated glucose development within the next 2 hours (Glucose Predict), the estimated high risk of low glucose within the next 30 minutes (Low Glucose Predict), and the estimated risk of night-time hypoglycemia for the upcoming 7 hours (Night Low Predict, active between 21:00 and 02:00).

<sup>1</sup>Mader JK, Waldenmaier D, Mueller-Hoffmann W, et al. Performance of a Novel Continuous Glucose Monitoring Device in People With Diabetes. J Diabetes Sci Technol. 2024 Sep;18(5):1044-1051.

<sup>2</sup>Simulation study, study data not published yet, data on file, Roche Diabetes Care GmbH, 2025.

“ Be empowered by knowing your current glucose levels and future glucose development\*, and learn how you may reduce the risk of of highs and lows<sup>1</sup>, with the Accu-Chek SmartGuide CGM solution — your personal glucose guide. ”





\*The Accu-Chek SmartGuide Predict app predicts the general estimated glucose development within the next 2 hours (Glucose Predict), the estimated high risk of low glucose within the next 30 minutes (Low Glucose Predict), and the estimated risk of night-time hypoglycemia for the upcoming 7 hours (Night Low Predict, active between 21:00 and 02:00).


<sup>1</sup>Simulation study, study data not published yet, data on file, Roche Diabetes Care GmbH, 2025.


## How to get started


There are 6 simple steps you need to complete to start using your Accu-Chek SmartGuide CGM solution. Make sure you read the instruction pages carefully and complete the steps in the correct order.


- Step 1**  **Download and set up the Accu-Chek SmartGuide app**

The first step is to download the app and create or log in to your Accu-Chek account. The sensor won't work without the app, so it's important to make sure you've got it installed and set up. [Read more on page 6.](#)
- Step 2**  **Apply the Accu-Chek SmartGuide sensor**

The second step is to apply the sensor to your upper arm. The process is quick and easy, thanks to the all-in-one applicator. The app also contains step-by-step instructions to help you. [Read more on page 7.](#)
- Step 3**  **Pair the Accu-Chek SmartGuide sensor and app**

The third step is to pair the sensor with the app, so that it can receive glucose readings from the sensor. Make sure your device has Bluetooth® enabled before you start the pairing process. [Read more on page 8.](#)
- Step 4**  **Calibrate the Accu-Chek SmartGuide sensor**

The fourth step is to calibrate the sensor by checking your blood glucose and entering the value into the app. You'll need a blood glucose meter to complete this step. [Read more on page 9.](#)
- Step 5**  **Download and set up the Accu-Chek SmartGuide Predict app**

The fifth step is to download the Predict app and log in with your Accu-Chek account. Once you've done this, the Predict app can start using your CGM data to predict your upcoming glucose values. [Read more on page 10.](#)
- Step 6**  **Remove and dispose of the Accu-Chek SmartGuide sensor**

The sixth and final step is to remove the sensor, after you've worn it for 14 days, and dispose of it properly. You can set up a sensor expiration reminder and the CGM app will tell you when to do this. [Read more on page 11.](#)

## Step 1

Set up the SmartGuide app



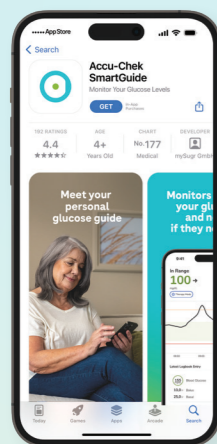
# Download and set up the Accu-Chek SmartGuide app

## How to get the app, connect it to your Accu-Chek account, and set it up

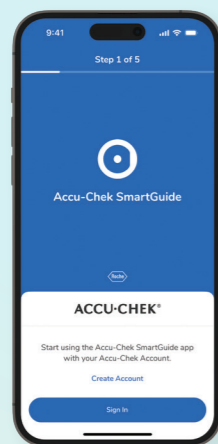
The app uses data from your sensor to monitor your glucose. The sensor won't work without this app, so you'll need to make sure you've completed the steps below before you apply the sensor.



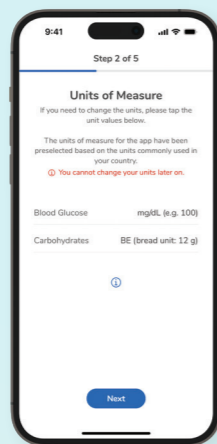
## Here's how to download and set up the app



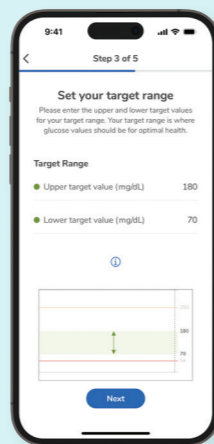
**1.** Download and install the app from the Apple App Store or Google Play Store.



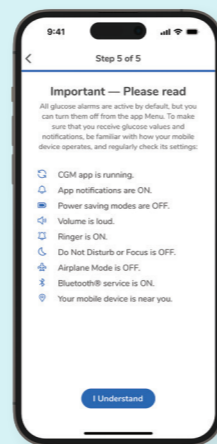
**2.** First, you must either create a new Accu-Chek account or log in with an existing one.



**3.** Next, define your units of measure for blood glucose and carbohydrates.



**4.** Follow steps 3–4 to set your target range and alarm thresholds.



**5.** Review and give permission for the app to send you notifications (e.g. glucose alarms).



After you've set up the app, you'll need to apply and pair your CGM sensor with your mobile device. Until then you will see an empty graph on the Home screen. Don't worry – this will update once you've applied the sensor and completed the warm-up period.

**Next, see how to apply and activate your first CGM sensor.**

### More information



Scan the QR code to access training content, including step-by-step videos.

## Step 2

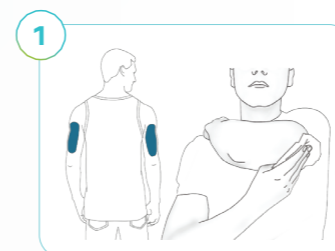
Apply the sensor



# Apply the Accu-Chek SmartGuide sensor

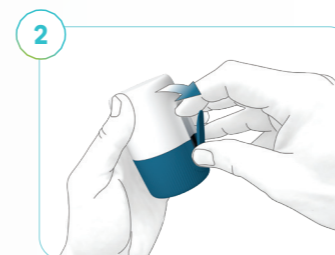
## How to apply the sensor to your body safely and effectively

Open the app, which provides step-by-step instructions to apply the sensor. In the Menu, tap **Manage CGM Sensor**, then **Pair New Sensor** and **View Tutorial**. When you are ready to apply the sensor, tap **Next**.



Select your right or your left arm for applying the sensor.

Disinfect the application site with an alcohol wipe and let the skin dry completely.

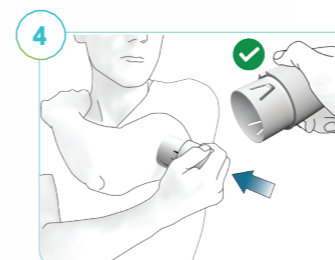


Slightly flip the pull tab (A) open.

If the pull tab has already been opened before use, discard the device and use a new one.

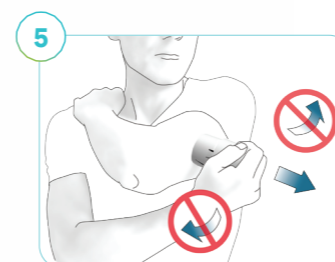


Do not press on the device. Turn the twist cap (B) to open the sterile barrier. You will feel a slight resistance and hear a cracking sound. Pull the twist cap from the applicator (C). Don't touch the needle inside. Don't put the blue twist cap back on after you have removed it.



Place the hand of the disinfected arm on your opposite shoulder. This helps to tighten the skin.

Reach under your arm and place the applicator (C) on the application site. Hold the applicator by the external housing. Press down firmly to insert the sensor.



Remove the applicator in the same direction without rotating or wiggling it. Swipe over the adhesive pad firmly with your finger to make sure the adhesive pad is properly attached.

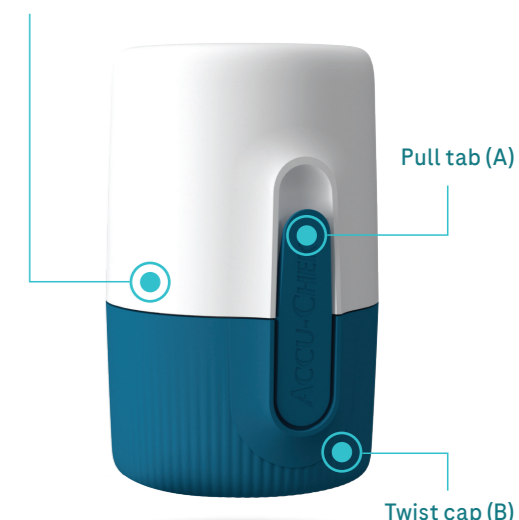
**You can wear the sensor for 14 days.**



### You will need:

- The Accu-Chek SmartGuide app
- A new, unused Accu-Chek SmartGuide device (pictured below)
- Alcohol wipe for the application site

### Sensor applicator (C)



After you've applied the sensor, follow the pairing instructions in the app. **You'll need the PIN code printed on the twist cap of the applicator** – do not discard it until the pairing is complete.

**Next, see how to pair the sensor with the app.**

### More information



Scan the QR code to access training content, including step-by-step videos.

## Pair the Accu-Chek SmartGuide sensor and app

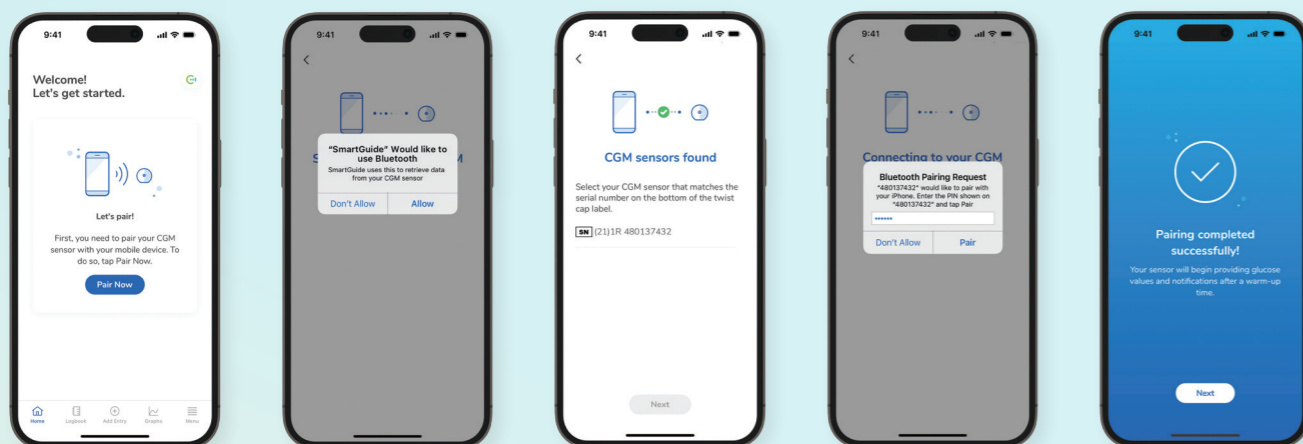
### How to set up a connection between the sensor and the app

To receive the readings from your sensor, you must pair it with the app using Bluetooth® Low Energy. Make sure that your smartphone has Bluetooth® enabled, and that it is discoverable by other devices.

You'll need the twist cap of the applicator, which has a **serial number** and a **6-digit PIN code** printed on it, to complete the pairing process.

- You will need:**
- The Accu-Chek SmartGuide app
  - Bluetooth® enabled on your smartphone
  - The twist cap of the applicator with a serial number and PIN code

### Here's how to pair the sensor with the app



- 1.** Tap **Pair now** to start the process. The app takes you through it one step at a time.
- 2.** Tap **Search** and give the app permission to connect to the sensor and get data from it.
- 3.** Your phone looks for sensors in range. Check your sensor's serial number, select your sensor, and tap **Next**.
- 4.** Enter the 6-digit PIN code from the twist cap of the applicator and tap **Pair**.
- 5.** Once pairing is complete, you'll start receiving glucose values and notifications after a warm-up period.



The sensor is now connected to the Accu-Chek SmartGuide app. A 1-hour warm-up period is required before the sensor can start transmitting glucose values to the app.

Next, see how to calibrate your sensor.

#### More information



Scan the QR code to access training content, including step-by-step videos.

## Calibrate the Accu-Chek SmartGuide sensor

### How to enter a blood glucose reading for calibration

The sensor requires calibration to provide you with the most accurate readings possible:

- An uncalibrated sensor will be in **Trend Mode**. You can see CGM values but should not use them for therapy decisions.
- A calibrated sensor will be in **Therapy Mode**. You can use the confirmed values to make decisions (e.g. to dose insulin).

The sensor mode appears under the CGM value on the Home screen.

#### More information



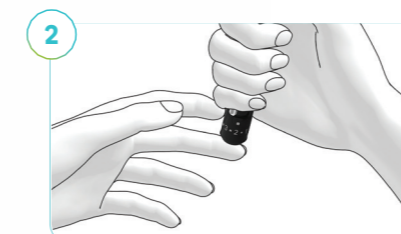
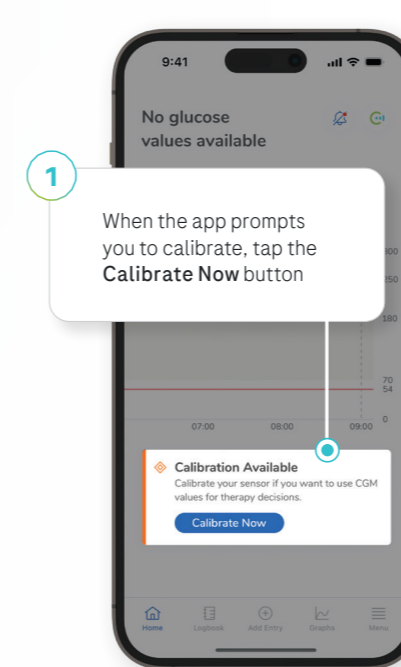
Scan the QR code to access training content, including step-by-step videos.



#### You should calibrate your sensor:

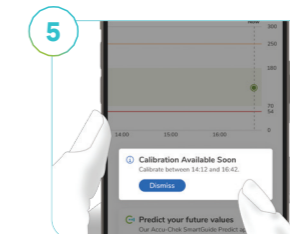
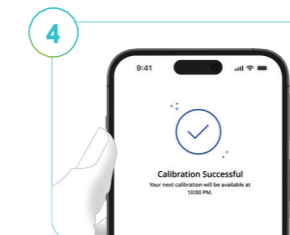
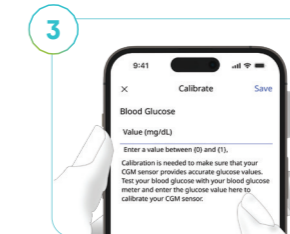
- Whenever the Accu-Chek SmartGuide app prompts you to do so.
- At home or in a stable environment (avoid extreme sunlight or temperatures).
- At a time when your blood glucose is stable (not shortly after a meal, insulin injection, or physical activity).

### Here's how to calibrate the sensor



Take a glucose reading with your blood glucose meter.

The reading must be between 40 and 400 mg/dL and less than 3 minutes old when you enter it into the app.



Once the calibration process is completed, the Home screen will be displayed and you can use the CGM values to make therapy-related decisions.

Next, see how to download and set up the Accu-Chek SmartGuide Predict app.

Enter your blood glucose reading and tap **Save**. Make sure the value is correct because you cannot change it later. Tap **Confirm** to proceed, or **Cancel** to return to the previous step.

If you confirm an incorrect value, system performance cannot be guaranteed. Discard the sensor, apply a new one, and repeat the previous steps.

If calibration is successful, a confirmation message will appear. Tap **OK** to go to the Home screen.

If calibration is unsuccessful, wait 15 minutes before repeating the process using a new reading from your blood glucose meter.

Calibrate the sensor whenever the app prompts you to do so.

- The first request will arrive 12 hours after insertion of the sensor.
- A second request will arrive 30 minutes to 3 hours after the initial calibration.

When prompted to calibrate the sensor, prepare for a test at your earliest convenience.

## Download and set up the Accu-Chek SmartGuide Predict app

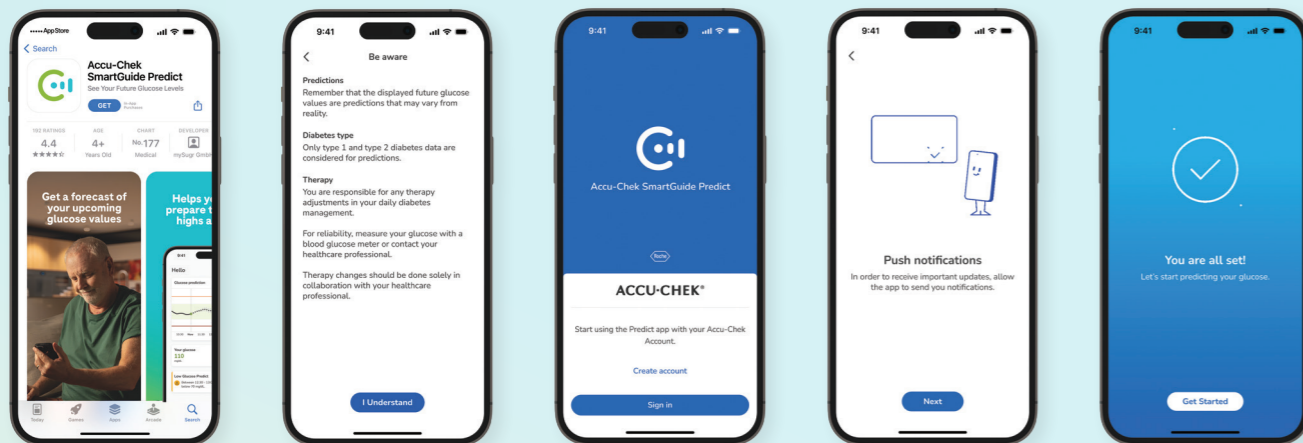
### How to get the Predict app, connect it to your Accu-Chek account, and set it up

The Predict app uses data from the Accu-Chek SmartGuide CGM app to estimate your upcoming glucose values. Make sure you have the app set up before you get the Predict app to go with it.

The apps work together to provide a smooth experience. You can easily switch between them using the button on the Home screen.



### Here's how to download and set up the Predict app



1. Download and install the app from the Apple App Store or Google Play Store.
2. Open the app, view feature highlights, read the disclaimer and tap **I understand**.
3. Log in with the same Accu-Chek account you used for the the Accu-Chek SmartGuide app.
4. Enable notifications on your smartphone and provide some personal details.
5. The Predict app starts retrieving CGM data from the Accu-Chek SmartGuide app.

It is very important to enable notifications to get the most out of the apps. See more about how the Predict app works on [page 19](#).



#### More information

Scan the QR code to access training content, including step-by-step videos.

Once the Predict app collects the data it needs from the CGM app, you can start viewing your predictions.

Next, see how to remove and dispose of the sensor.

## Remove and dispose of the sensor

### How to properly remove and dispose of an expired sensor

Each Accu-Chek SmartGuide CGM sensor can be used for a maximum of 14 days. When your sensor has expired, or shortly before it is due to expire, you must remove it and replace it with a new one. It's important to remove the sensor from your arm safely and dispose of it in accordance with your local regulations for waste.

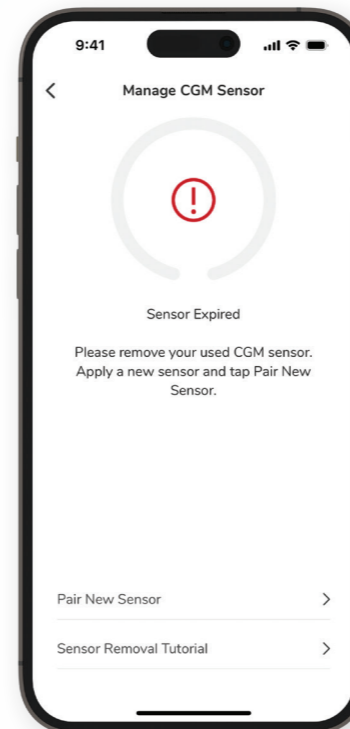


#### Enable notifications

The app will notify you when you need to replace your sensor.

### Here's how to remove the sensor

1. Tap **Menu** and select **Manage CGM Sensor** to confirm that your sensor must be replaced.
2. Carefully peel off the adhesive pad, starting on the flat edge of the sensor.
3. Inspect the back of the removed sensor to make sure the pin-like sensing element is attached. It is crucial to confirm that this has been extracted from your skin. Look at/feel the application site to check.
4. Dispose of the used sensor safely. Follow the waste disposal guidelines for infectious material issued by your local authority.
5. Apply a new sensor. Each time you replace the sensor, choose a new location on the back of your upper arm so that the last application site can heal properly. We recommend alternating between the left and right arm, to give the application sites proper healing time.



#### More information



Scan the QR code to access training content, including step-by-step videos.



#### You're ready to use your Accu-Chek SmartGuide CGM solution!

Now you can start exploring all the features of the apps.







# Explore the Accu-Chek SmartGuide app

## How to navigate the app and use its most important features

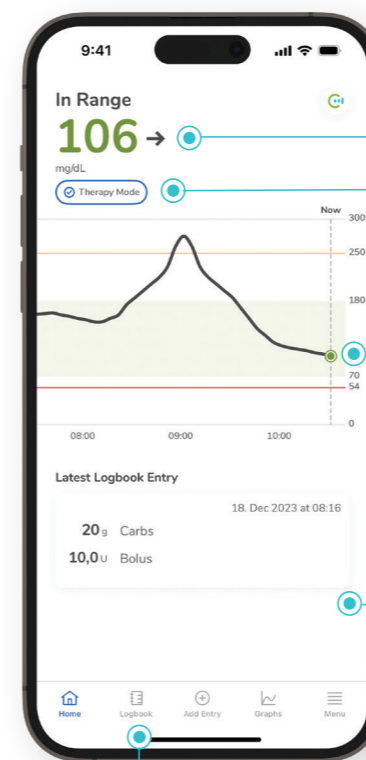
The app connects to your sensor, so you can monitor your glucose and keep track of insulin injections, carbohydrate intake, and personal activities.

- ✓ You need an **activated, paired, and calibrated sensor** to use the app.
- ✓ Make sure to **enable notifications** from the app to get the most out of it.

### Key features include:

-  Trend arrows
-  Logbook
-  Graphs
-  Notifications

## How to read the Home screen



### Your latest CGM value with a trend arrow

See your current glucose value – if it's green, you'll know you are in your target range. The color of the value indicates your glucose status and the direction of the arrow indicates the direction in which your glucose is trending.

### Sensor mode

The current sensor mode is shown under the CGM value. A calibrated sensor will be in **Therapy Mode** and an uncalibrated sensor will be in **Trend Mode**.

### A graph of the last three hours

The graph shows your recent glucose readings in connection with your target range. You can see an extended version in the **Graphs** section.

### Your latest Logbook entries

View your latest manually-entered blood glucose readings and other information you've recorded in the **Logbook**.

### Logbook Add entry

Use the **Logbook** to add:

- Manual blood glucose meter readings.
- Information about carbohydrate intake and insulin injections, plus personal notes, to add context to your readings.

### Graphs

View the **Graphs** to see:

- Time spent within each range during a certain date interval.
- Visualizations of your data, such as glucose trends and statistics.

### Menu

Use the **Menu** to see:

- **Therapy Settings** (glucose alarm thresholds, target range, and units of measurement).
- **App Settings** (alarms, reminders, and profile information).



## Trend arrows and colors

Trend arrows can help you plan ahead and take action to stay in your target range. They estimate the direction in which your glucose may be going, based on recent glucose readings. The color of the glucose value and the direction of the arrow provide visual cues:

### Trend arrows

	<b>Rising quickly</b>	Your glucose value is rising quickly (30 mg/dL+ over the next 15 minutes)
	<b>Rising slowly</b>	Your glucose value is rising slowly (15-30 mg/dL over the next 15 minutes)
	<b>Steady</b>	Your glucose value is stable (no change or insignificant change)
	<b>Falling slowly</b>	Your glucose value is falling slowly (15-30 mg/dL over the next 15 minutes)
	<b>Falling quickly</b>	Your glucose value is falling quickly (30 mg/dL+ over the next 15 minutes)

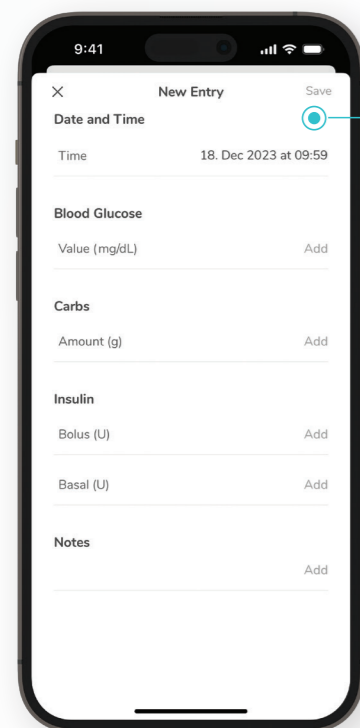
### Colors

<b>Very High</b> <b>280</b> mg/dL	<b>Orange</b> - glucose value is very high
<b>High</b> <b>210</b> mg/dL	<b>Yellow</b> - glucose value is high
<b>In Range</b> <b>100</b> mg/dL	<b>Green</b> - glucose value is in range
<b>Low</b> <b>60</b> mg/dL	<b>Red</b> - glucose value is low
<b>Very Low</b> <b>48</b> mg/dL	<b>Deep red</b> - glucose value is very low



## Logbook

Record and track your insulin, meals, and more in the Logbook, so you can learn how these factors affect your glucose levels. You can record your blood glucose value, carbohydrates, bolus insulin (U), and basal insulin (U) with a date and time. You can also make notes, for example about exercise and other activities.

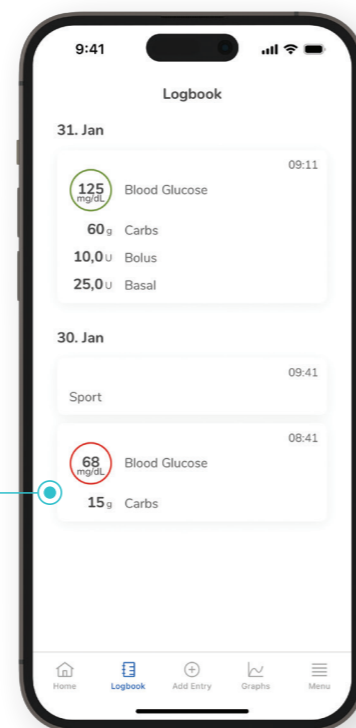


**Add new entry**

Tap **Add Entry** in the tab bar of the Home screen record an action. Follow the steps to enter the required details, and add any other information you want to record into the **Notes** section.

**Edit entry**

Select an entry to edit or delete. You cannot edit or delete calibration entries, and deleted entries cannot be restored.



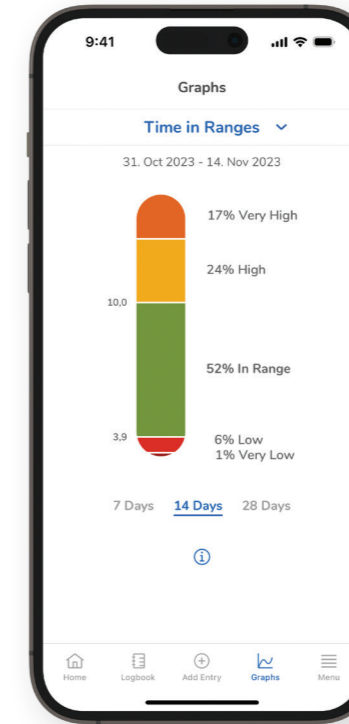
## Graphs and statistics

The Accu-Chek SmartGuide app provides a clear overview of the data from your sensor to help you learn more about your diabetes. Tap the **Graphs** icon in the tab bar of the Home screen to see different types of data:



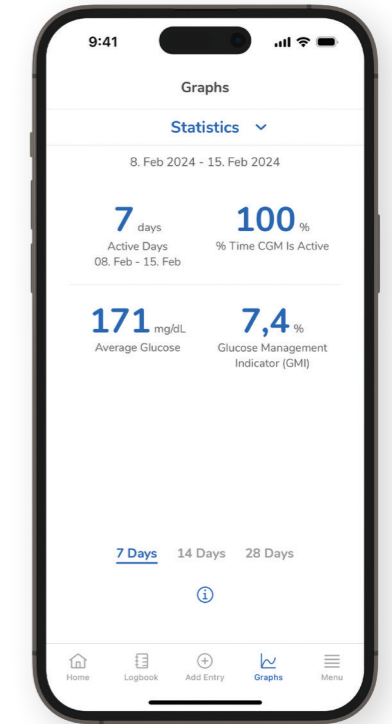
**Trend graph**

- See an extended view of the graph from the **Home** screen.
- This graph shows your continuous glucose data from the past 6, 12, or 24 hours.
- It can also include your Logbook entries, to add context to the data.



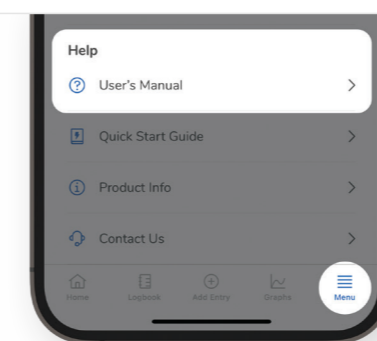
**Time in ranges**

- See how much time your glucose values stayed within ranges, including your personal target range, over the past 7, 14, or 28 days.
- The goal is to spend as much time as possible **In Range** (the green area of the graph).



**Statistics**

- View your CGM usage and key metrics for the past 7, 14, or 28 days.
- See your active CGM time, average values, and glucose management indicator (GMI).



You can tap the (i) icon for more information about the content on the screen and how to use it.

**Remember, you can always refer to the User's Manual in the Help section of the Menu.**



# Alarms and reminders

Stay informed about your glucose levels and trends with customizable notifications, which may help you spend more time in your target range.<sup>1</sup> The Accu-Chek SmartGuide app uses a range of push notifications to help you know when your glucose needs attention. You can personalize them to meet your needs, so you're always in control – or even switch them off if you prefer.

## Importance of notifications

Responding quickly and correctly to changes in your glucose is an integral part of diabetes therapy. Keeping the app notifications enabled helps you get the best support from your Accu-Chek SmartGuide CGM solution.

You can view and customize alarms and reminders in the Menu.

## Remember to enable notifications

Tap the **Notifications** option in your smartphone settings and enable **Notifications** and **Critical Alerts** for the app.

You can disable notifications, but this is not recommended for safety reasons.

An icon at the top right of the Home screen shows if you have set notifications in a way that would stop you receiving them.

There are 3 versions of the icon:

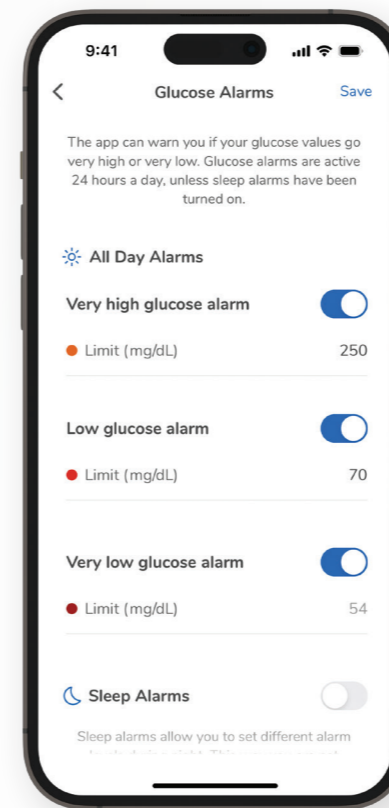
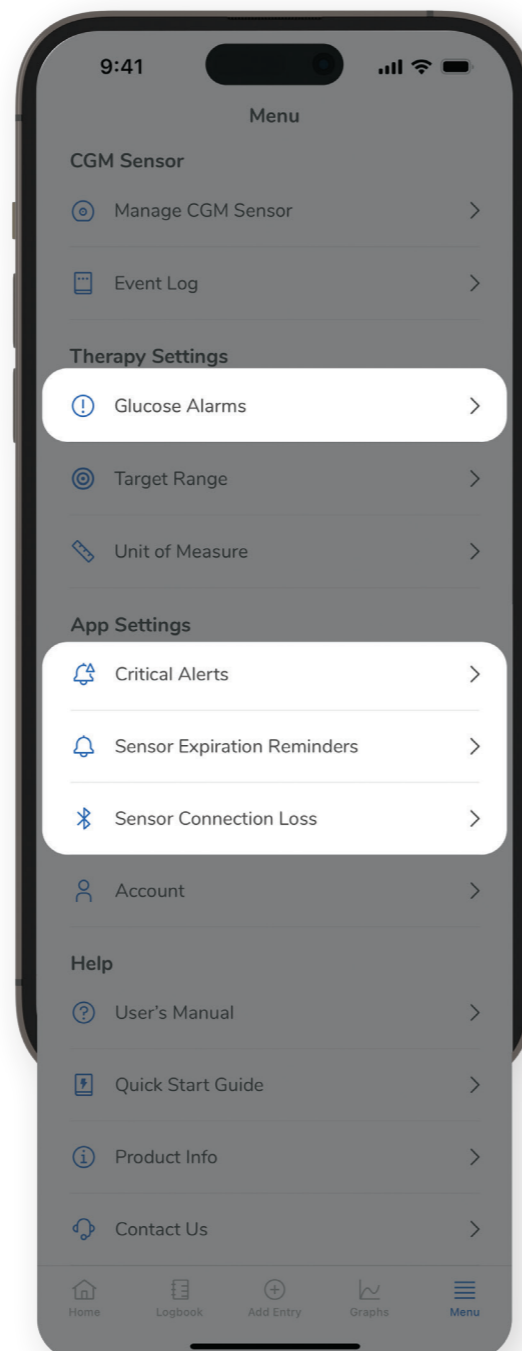
No icon means that you should receive notifications as intended. All good!

A bell with a slash and a red dot means that you will not receive notifications. Tap the icon to learn more and change the settings.

A bell with a slash but no dot means that you've previously tapped the icon and read the information but haven't corrected the setting(s).

Remember, you can always refer to the User's Manual in the Help section of the Menu.

**Disabling notifications** is possible but not advisable for safety reasons.



# Types of alarms and reminders

## Glucose Alarms

Set alarms for glucose levels higher or lower than your target range.

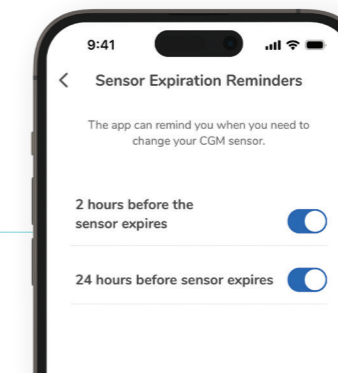
- These alarms are enabled by default, but can be disabled. This is not recommended for safety reasons.
- You can choose the values that trigger the alarms, but the Very low glucose value is fixed at 54 mg/dL. When your glucose exceeds your defined limits, the alarms will prompt you to respond.
- You can choose a different glucose limit for times when you are asleep. Use **Sleep Alarms** to limit disturbances during the night.

**Enable notifications** in your smartphone settings!



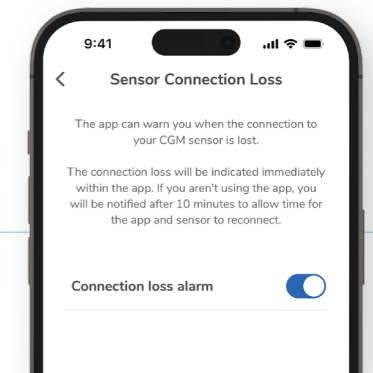
## Critical Alerts

- You can still receive notifications about glucose changes when your device is silenced or set to **Do Not Disturb**.
- Tap **Menu - Critical Alerts** and enable these alerts to ensure you can respond quickly to excursions.



## Sensor Expiration Reminders

- You can receive a reminder when your CGM sensor is due to expire and should be replaced.
- Tap **Menu - Sensor Expiration Reminders** and select 24 hours before, 2 hours before, or both.



## Sensor Connection Loss

- You will receive a notification if the app loses its connection to the sensor.
- Tap **Menu - Sensor Connection Loss** to change the alarm, which is enabled by default.



## Learn more about the Accu-Chek SmartGuide app

Scan the QR code to access videos and other content about the app and its key functions.

# Explore the Accu-Chek SmartGuide Predict app

## How to navigate the Predict app and use its most important features

Get a forecast of your upcoming glucose values with the Predict app, so you can act or prepare to prevent highs and lows. It estimates where your glucose will go in the next 30 minutes, 2 hours, and during the night, so you can stay ahead of potential changes.

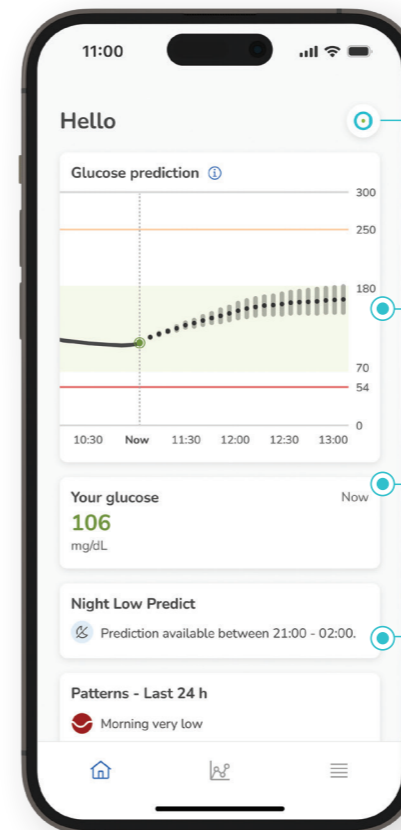
### Key features include:

1. Glucose Predict
2. Low Glucose Predict
3. Night Low Predict

! The Predict app requires an internet connection and CGM data from the Accu-Chek SmartGuide app to generate predictions.

! Make sure to enable notifications to get the most out of the app.

## How to read the Home screen



You can tap the button in the upper right-hand corner to switch to the Accu-Chek SmartGuide app, quickly and easily.

### Graph of predicted glucose values

See a graph of your predicted glucose values for the next 2 hours.

### Most recent glucose value

See your most recent glucose value. The color indicates whether you are in range.

### Notifications

Your notifications will show up here. Make sure you have them enabled!

! Tap the **Menu** icon, on the bottom right corner of the **Home** screen, to see your **Notification Settings**.

- Check your Notification Settings as soon as you start using the Predict app. You can enable, disable, and customize notifications to meet your needs and preferences.
- Make sure to enable notifications for the Predict app in your iOS/Android settings as well.
- Notifications help you respond to events as they occur, whether or not you have the Predict app open.

i Remember, you can always refer to the User's Manual in the Help section of the Menu.

# What to consider when using the predictive features

The Predict app uses your CGM readings and the blood glucose and insulin data you record in the Logbook to provide its predictions. Some factors may not be “visible” to the Predict app, or may change in the short term. Taking those factors into account helps you to make safer decisions.



Your actual glucose values may differ from the predicted values.



## The Predict app can only make predictions based on the information it has collected

It cannot take into consideration:

Future actions which you have planned

- Meals
- Insulin injections
- Physical activity

Factors which have a delayed effect on glucose levels

- Physical activity
- Fat and protein rich food
- Alcohol consumption

Other external factors which may affect your glucose

- Medication
- Stress
- Illness



## Carbs and insulin recorded in the Logbook can be factored into the predictions

- Carbohydrates and insulin recorded in the Logbook will be factored in to the predictions and lead to slight changes in your estimated glucose values.
- Predictions issued right after a meal or insulin injection may be less accurate when the respective data has not been logged. The predictions will update once the unlogged event has an effect on your glucose. This takes at least 20 minutes.

(See more about the Logbook on page 14)



## Some of the predictions may be temporarily unavailable when:

- **You have just recorded carbohydrates or insulin in the Logbook**

The predictive features will be unavailable for 20 minutes after you have logged carbohydrates (Low Glucose Predict) or carbohydrates and/or insulin (Night Low Predict). This gives the app time to update the prediction based on your intake. Carbohydrates need at least 20 minutes after consumption to exhibit an effect on glucose levels.

- **You have low glucose (at or predicted to go below 70 mg/dL or below your low glucose alarm threshold)**

The Predict app will not provide any predictions when your glucose levels are low because you need to focus on stabilizing them. The Predict app will indicate when you risk having low glucose and you can always see your current glucose values, so that you know what they are at all times.

- **There is no internet connection, or no input from the CGM sensor and app**

All predictive features are only available when your device has an active internet connection. This means that they will not work when airplane mode is enabled. If the supply of CGM data or communication with the CGM app is disrupted, the predictions may be unavailable.

# What is the difference between the predictions and the glucose alarms?

The predictions show when highs or lows are likely to happen, and the alarms notify you when your glucose actually goes above or below your defined limits.



## Glucose predictions in the Accu-Chek SmartGuide Predict app

The Predict app **estimates your upcoming glucose values**. It is intended to provide insights in advance, so that you can take appropriate action to keep your glucose level in the desired range.

You can look ahead and take action before a high or low occurs, instead of reacting to excursions when they happen.

### Low Glucose Predict

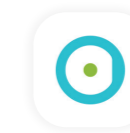
- Between 12:30 - 13:00, you might go below 70 mg/dL.

## There are 3 types of glucose predictions:

- **Glucose Predict**, which shows your estimated glucose levels for the next 2 hours.
- **Low Glucose Predict**, which notifies you if a low is likely to occur within 30 minutes.
- **Night Low Predict**, which shows your risk of having low glucose during the night.

### The predictions may help you to

- ✓ Prepare for changes in your glucose
- ✓ Prevent excursions before they happen<sup>1</sup>
- ✓ Spend more time in your target range<sup>1</sup>



## Glucose alarms in the Accu-Chek SmartGuide app

The CGM app **notifies you when your current glucose value is too high or low**, so that you can take action to bring it back on track.

The alarm limits can be set and activated in the app. It will prompt you to take action when your current glucose value actually reaches a defined threshold, so they can be seen as a back-up for the predictions.

### Very Low Glucose Detected

Immediately eat or drink fast-acting carbs as recommended by your healthcare professional.

[Dismiss](#)

## There are 3 types of glucose alarms:

- **Very High Glucose**, which can be customized from 140–400 mg/dL.
- **Low Glucose**, which can be customized from 60–100 mg/dL.
- **Very Low Glucose**, which is set to 54 mg/dL and cannot be changed.

### The alarms may help you to

- ✓ React to changes in your glucose
- ✓ Stabilize your glucose levels
- ✓ Return to your target range



# 1. Glucose Predict

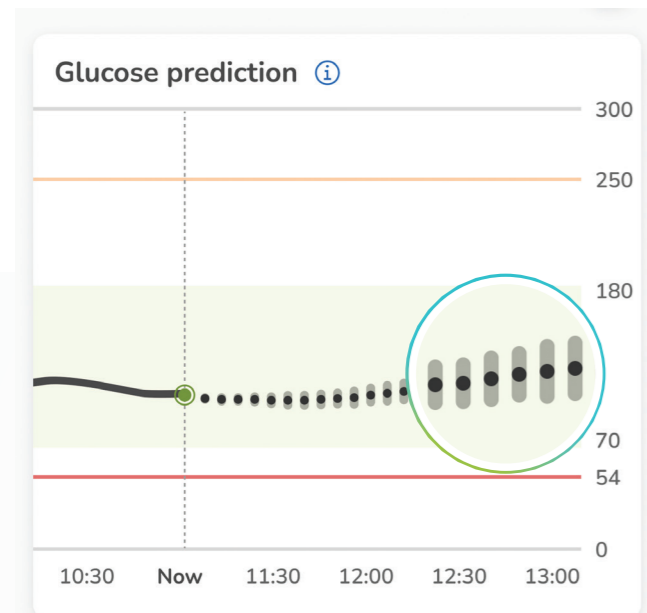
Key features:

Be prepared with the 2-hour Glucose Predict feature, which shows where your glucose is going to help you stay ahead of glucose excursions.<sup>1</sup>

The prediction appears on the **Home** screen and shows the likelihood of your glucose values being within range or going either low or high. It is based on your CGM values, carbohydrate and insulin data in the **Logbook**, and the time of day.

- You will need:**
- At least 1 hour of CGM data.
  - Internet connection on your device.
  - A current glucose value above 70 mg/dL.

## How to read the graph



Your glucose Now  
**106**  
 mg/dL

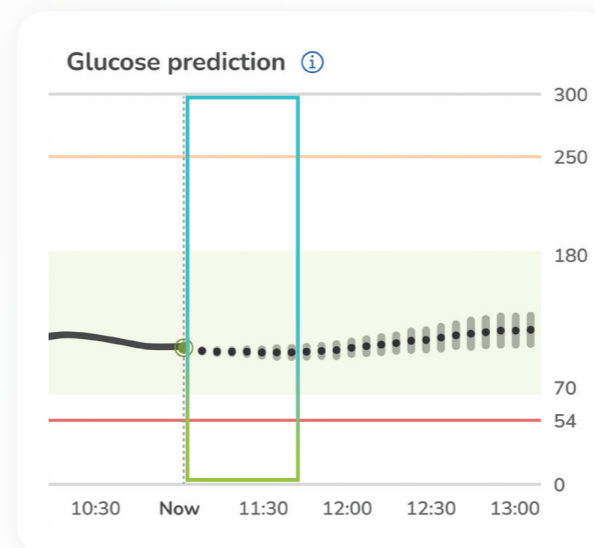
- The **large dot** in the graph and the **number below the graph** both show your current glucose value.
- **To the left of the dot**, the graph shows your glucose values from the past 60 minutes as a solid line.
- **To the right of the dot**, the dotted line represents the best estimate of your predicted values. The vertical grey bars behind the dotted line represent the level of uncertainty. Like all predictions, the uncertainty grows the further ahead you look. The level of uncertainty is represented by the length of the grey bars; the longer they are, the greater the uncertainty.

**Your actual glucose values might still end outside of these bars.**

- **Values in green** are in your target range, and deviations are shown in yellow/orange for highs and red/dark red for lows.

- Orange = Very high
- Yellow = High
- Green = In range
- Red = Low
- Dark red = Very low

## How to act on the predictions



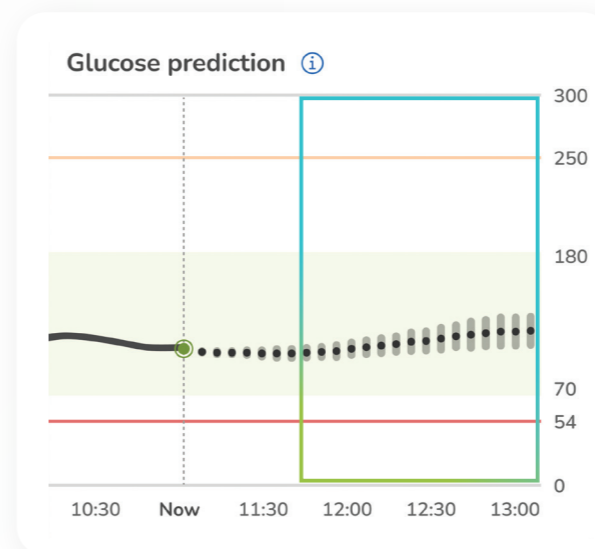
### ! Accuracy: High

#### Predictions within 45 minutes

You can take action, but consider whether it makes sense to act immediately or wait a while. The right time to act depends on:

- the time when a high or low is predicted
- the type of action you want to take.

For example, injecting rapid-acting insulin or eating fast-acting carbohydrates could change your glucose levels within 20 minutes. However, slow-acting carbohydrates (e.g. a mixed meal with fat and protein) can have a delayed effect.



### ! Accuracy: Moderate

#### Predictions for more than 45 minutes

No immediate action is needed. These predictions show you possible excursions in the future, to make you aware of your upcoming glucose levels and give you some time to prepare.

As the prediction will update every 5 minutes, based on your CGM values, monitor the situation and prepare for the possibility that carbohydrates or insulin are needed later.

## Important information to keep in mind



### There are some situations in which this feature might be less reliable or unavailable

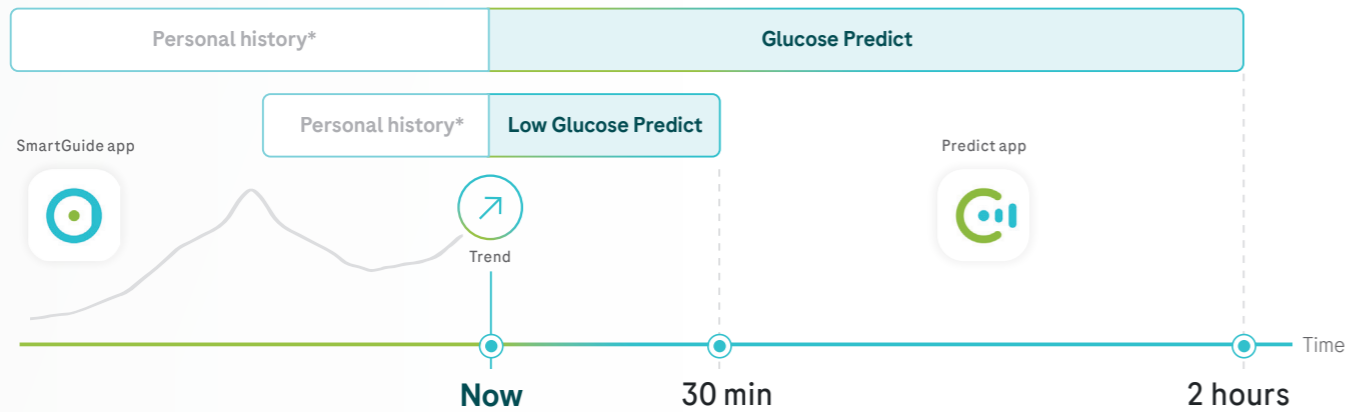
The Predict app can only make predictions based on the information it has collected, and there are some factors it cannot take into consideration. See page 20 for information about what to consider when using the predictions.



### Glucose fluctuations can affect the prediction

The forecast will be less accurate if your glucose fluctuated strongly before the prediction was made. Strong fluctuations happen when your glucose values go up and down in a very short period of time.

# What is the difference between the trend arrows and the predictions?



## Trend arrow

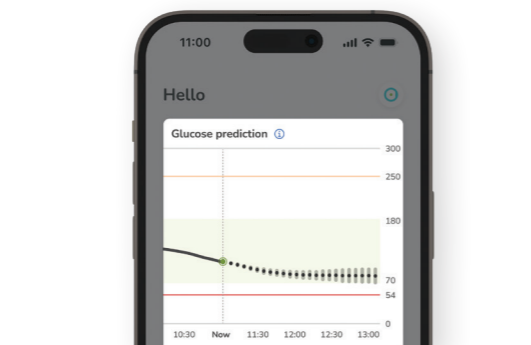
The trend arrow appears on the **Home** screen of the Accu-Chek SmartGuide app, next to your current glucose value.

It estimates the general direction of your glucose, based on recent CGM readings. The arrow shows whether your glucose is:

- ↑ Rising quickly
- ↘ Falling slowly
- ↗ Rising slowly
- ↓ Falling quickly
- Steady

### The trend arrow helps you to:

- ✓ Understand your **current** glucose value
- ✓ Know the current trend of your glucose
- ✓ Respond to developing glucose values



## Glucose Predict

The glucose prediction graph appears on the **Home** screen of the Accu-Chek SmartGuide Predict app.

It predicts your upcoming glucose values for the next 2 hours, based on your CGM readings, Logbook data, and the time of day. It provides more detail about where your glucose is going, to help you stay ahead of glucose excursions.<sup>1</sup>

### The prediction graph helps you to:

- ✓ Understand your **future** glucose values
- ✓ Know when highs and lows might happen
- ✓ Act or prepare to prevent glucose excursions



## How Anna uses the Glucose Predict feature to prepare for a journey

### Everyday life example

Anna has had diabetes for some years now. She injects insulin several times a day to keep her glucose in her target range.

Today she is going to visit her brother, who lives 2 hours away. Long car trips are often challenging for Anna because she worries about having low glucose while driving. Two hours before her trip, Anna had breakfast and injected her insulin.

### Anna's goals:

- ✓ Know where her glucose is heading
- ✓ Stay informed about her levels
- ✓ Reduce the risk of glucose excursions

### 1 Preparing with the 2-hour glucose prediction

Anna uses the Glucose Predict feature to check her estimated glucose values for the next 2 hours. Her glucose is currently higher than her target range, and her predicted levels are also slightly elevated.

Since her last insulin injection was only 2 hours ago, it would be too soon to correct the values. Another injection now could overlap with the last one and increase her risk of low glucose. Anna will take her insulin pen with her and check her glucose again when she gets to her brother's house, to see if correction insulin is needed then.

### 2 Staying informed about her glucose levels

Anna makes sure that notifications are enabled in both apps. Although it's unlikely that she will have low glucose during her drive, the Predict app will update every 5 minutes and keep her informed about her glucose levels.

The Low Glucose Predict feature would warn her if low glucose is likely within the next 30 minutes. And if her glucose actually dropped below the individualized low threshold, the Low Glucose Alarm in the Accu-Chek SmartGuide app would let her know.

### 3 Starting the drive feeling prepared and secure

Anna always has a cereal bar and some glucose tablets in her bag, in case she needs them. She puts her phone in a holder, so she can hear any notifications while she's driving and pull over to check the apps if needed.

Anna can now relax and enjoy the drive, knowing that she has prepared for the journey and will stay informed about her glucose levels.



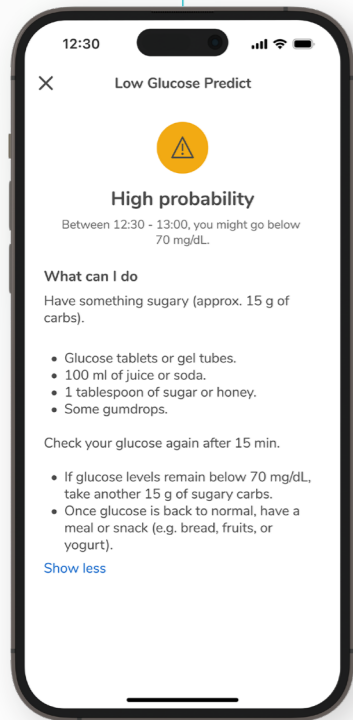
Watch video in the CGM Learning Center

## 2. Key features: Low Glucose Predict

Feel more at ease with the Low Glucose Predict feature, which alerts you when a low is likely within 30 minutes so you can prepare.

The prediction is based on your recent CGM values and trends, and the carbohydrate data you have recorded in the Logbook.

**Low glucose soon!** Now  
Between 12:30 - 13:00, you might go below 70 mg/dL.



### How to act on the prediction

A push notification will be sent once the probability of low glucose is detected. You can customize the threshold for the notification from 60 to 100 mg/dL.

- The notification is intended to prompt you to stop what you're doing and consider corrective action. Check the situation immediately and decide if and how much carbohydrate intake is needed.
- It is enabled by default but can be turned off in **Menu - Notification Settings**.
- When you tap the notification, you will see more information and suggestions for what you can do.

If you receive a **Low glucose soon!** notification while driving, you should stop as soon as possible and check whether carbohydrate intake is needed.

**Acting immediately could help to prevent the hypoglycemia or reduce its duration and severity.**

### You will need:

- At least 10 minutes of CGM data.
- Internet connection on your device.
- Notifications enabled, even in **Do Not Disturb** mode.



## How Monica uses the Low Glucose Predict feature while going walking

### Everyday life example

**Monica has had diabetes for several years. Although she injects insulin multiple times a day, her glucose levels are often above the recommended target range.**

Monica's doctor has explained that physical activity can help lower her glucose levels. She has started going for walks, but sometimes her glucose drops below 70 mg/dL and she doesn't feel good. Monica has sometimes had to pause her walks to sit down, eat something, and wait to feel better.

### Monica's goals:

- ✓ Be more active
- ✓ Improve her time in range
- ✓ Reduce her hypoglycemia risk

### 1 Preparing with the 30-minute low glucose prediction

Monica wants to check her glucose levels before she goes out. She views her current values in the Accu-Chek SmartGuide app and switches to the Accu-Chek SmartGuide Predict app to see her upcoming values.

Her glucose is predicted to stay in range, so she decides to start walking. The prediction does not include the potential glucose decrease from her upcoming walk, but Monica knows that the Low Glucose Predict feature will notify her if low glucose is likely within the next 30 minutes.

### 2 Making sure that notifications will keep her informed

Although Monica isn't sure how much her glucose will drop while walking, she knows the Predict app will monitor her glucose levels and keep her informed about any changes.

The Low Glucose Predict feature is enabled and will let Monica know if low glucose is likely to happen soon. She just needs to make sure that she can see, hear, or feel any notifications while she's out walking.

### 3 Going walking with more control over glucose levels

If she gets a notification, Monica can stop and check the situation in the Predict app. She always has some glucose tablets and a cereal bar in her pocket, which she could eat if low glucose is predicted and she needs to stabilize her glucose levels.

Monica feels more in control of her diabetes, knowing that she can manage her glucose levels while integrating more exercise into her routine.



Watch video in the CGM Learning Center

### Important information to keep in mind



#### There are some situations in which this feature might be less reliable or unavailable

The Predict app can only make predictions based on the information it has collected, and there are some factors it cannot take into consideration. See page 20 for information about what to consider when using the predictions.



#### The Low Glucose Predict feature is not suitable for night-time use

You might not see or hear the notification while you are asleep. Use the **Night Low Predict** feature instead and take appropriate action before bedtime to avoid hypoglycemia. A **Low Glucose Alarm** can also be enabled in the Accu-Chek SmartGuide app.

# 3. Night Low Predict

Key features:

Enjoy a good night of sleep with the Night Low Predict feature, which shows your risk of night-time hypoglycemia and suggests preventive action.

The prediction is based on your glucose values and trends, nightly hypoglycemia history, and insulin entries in the Logbook.

## How to use the prediction

Between 21:00 and 02:00, the Home screen shows your risk of low glucose for 7 hours during the night. For this feature, a low glucose value is defined as being below 70 mg/dL.

- You can proactively check the prediction between 21:00 and 02:00

If the low glucose risk is different for the early night (first 3.5 hours) and late night (last 3.5 hours), the prediction will further highlight the time window of high risk. The prediction is more precise for the first half of the night because it is easier to be confident about short-term predictions than long-term ones.

- You can request a recalculation every 20 minutes

If your last carbohydrate and insulin intake was less than 20 minutes ago the recalculation will be imprecise. If you recorded your intake in the Logbook, this feature will be unavailable for 20 minutes while the prediction is updated.

- You can set up a notification for high-risk nights

You can receive a notification if there's a high or very high risk of low glucose during the night. Simply select your typical bedtime for the week and the reminder will appear on your lock screen between 21:00 and 02:00, as long as notifications are enabled.

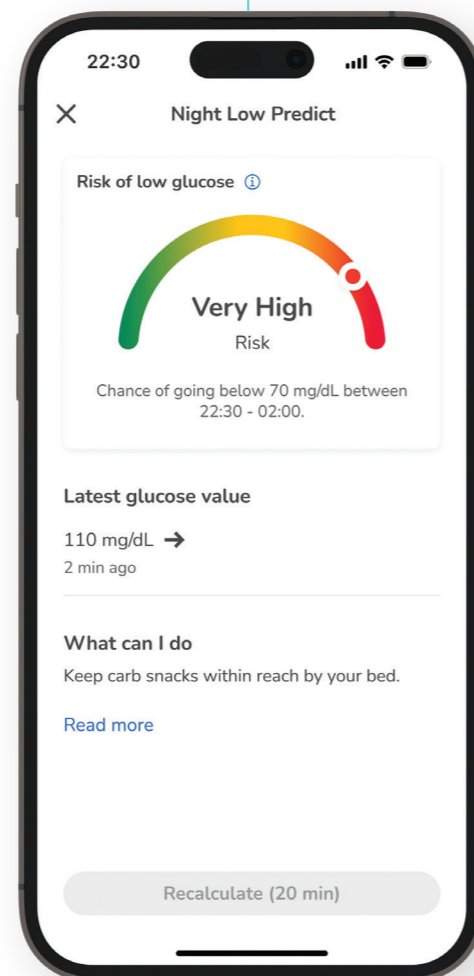


### You will need:

- At least 24 hours of CGM data.
- Internet connection on your device.
- Notifications enabled.
- A current glucose value above 70 mg/dL.



**Night low predicted!** Now  
Very high risk of going below 70 mg/dL between 22:30 - 02:00.



## How to act on the predictions

There are 3 different risk levels, with a different color representing each level.



### Normal risk

**Green: Average risk\* of low glucose**

A normal risk means that you have an average risk of having low glucose at night. You can prepare for bedtime in the same way as you usually do.



### High and very high risk

**Yellow: Higher than average risk\* of low glucose**  
**Red: Very high risk of low glucose**

A high or very high risk means that you can decide whether to consume long-acting carbohydrates with proteins and fat, and/or reduce your basal insulin or basal rate, before you go to bed.



The action you take will depend on your diabetes therapy, personal experience, and whether the low is predicted for the first 3.5 hours or last 3.5 hours of the night. In case of doubt, discuss the appropriate action with your diabetes care team.



**Make sure to also activate the Very Low Glucose Alarm in the Accu-Chek SmartGuide app during the night.**

## Important information to keep in mind



### There are some situations in which this feature might be less reliable or unavailable

The Predict app can only make predictions based on the information it has collected, and there are some factors it cannot take into consideration. See page 20 for information about what to consider when using the predictions.



### Your evening meal choices can affect your glucose levels

A request for a nightly forecast shortly after a late dinner with bolus insulin injection will be imprecise. And eating a dinner with a lot of fat and protein will not be reflected in the prediction, since this might increase the glucose several hours later.

\*The average hypoglycemia risk observed in subjects from the study used for training the night-time glucose prediction algorithm.

# How Paul uses the Night Low Predict feature for better sleep

## Everyday life example

Paul has had diabetes for over 10 years, which is treated with a short-acting and a long-acting analog insulin.

He is worried about low glucose, especially at night, because he has struggled with this in the past.

His doctor recommended reducing lows as much as possible at his last appointment.

### Paul's goals:

- ✓ Avoid night-time lows
- ✓ Reduce sleep disturbances
- ✓ Spend more time in range

### 1 Preparing with the 7-hour night low prediction

Before Paul goes to bed, he usually checks his glucose and injects long-acting insulin. Tonight, he receives a **Night Low Predicted!** notification at 22:00. It shows that he has a high risk of having low glucose levels during the first half of the night, between 22:00 and 01:30.

### 2 Checking the hypoglycemia risk before bedtime

Paul taps the notification to see more information, including his latest glucose value and what he can do to avoid a low.

Paul's glucose is now 134 mg/dL, so he decides to eat something to keep his glucose levels stable overnight. A snack before bed should help him to avoid the predicted low in the following hours.

### 3 Going to bed for a good night's sleep

Now that Paul has checked the prediction and taken action to avoid having low glucose during the night, he can go to bed and fall asleep easily.

If he often has a high risk of low glucose at night, he will ask his care team for advice about the possible causes and a reduction of his long-acting insulin dose.



Watch video in the CGM Learning Center



You can watch videos of all the scenarios featured in this guide by visiting the CGM Learning Center. It covers everything you need to set up and use the solution with confidence.

Use the QR codes provided or visit [www.accu-chek.domain/linkgoeshere](http://www.accu-chek.domain/linkgoeshere) to access the CGM Learning Center.



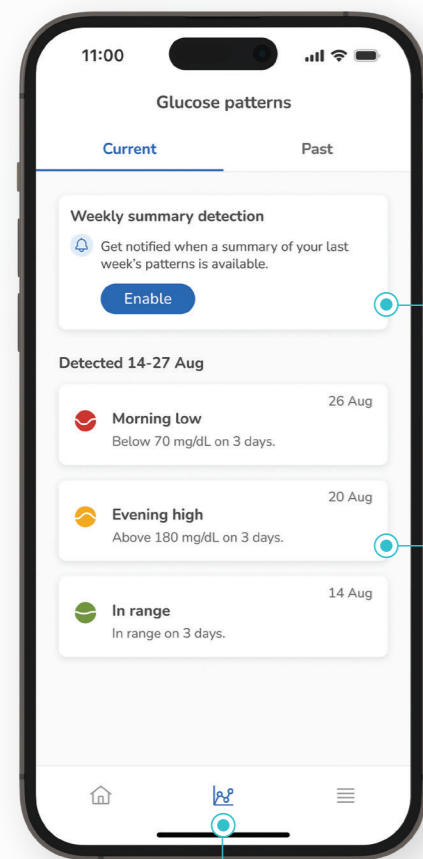
# Glucose Patterns

This feature identifies recurring glucose excursions and provides information to help you identify possible causes, so you can learn what actions might lead to frequent highs and lows.

Understanding patterns in your past glucose values, and following recommendations to improve your diabetes management, may help you to adapt your behavior and spend more time in range.<sup>1,2</sup>

A pattern is defined as an event which occurs more than once within the same day or calendar week (Monday at 00:00 to Sunday at 23:59). The Predict app requires various amounts of continuous glucose data to reliably detect patterns in your glucose values.

! Enable notifications in the Menu!



Your patterns are accessible from the **main navigation**

## Patterns overview

If the Predict app has enough data to detect patterns in your glucose values, the patterns are shown and can be tapped for further information.

### Enable summary notification

You can decide whether you want to receive the **Pattern Weekly Summary** on Mondays, when your patterns for the past week have been analyzed. You can also choose the time of day to receive the notification.

### Active patterns from the past 7 days

Patterns can look very different, depending on their frequency and cause. The patterns are shown using a range of icons and colors.

#### Pattern icons

- Low
- High
- In range
- Fluctuation

#### Pattern icon colors

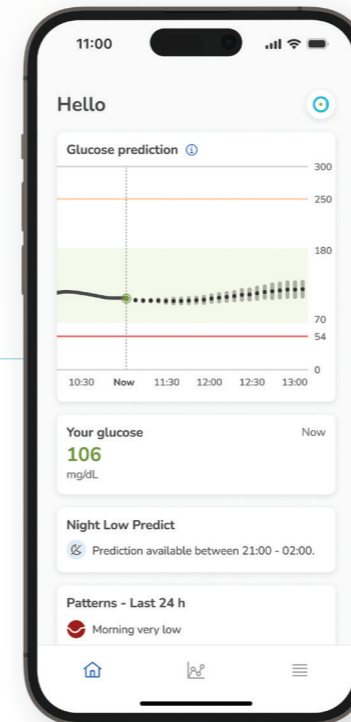
- Orange = Very high
- Yellow = High
- Green = In target
- Blue = Fluctuating
- Red = Low
- Dark red = Very low



### Learn more about patterns

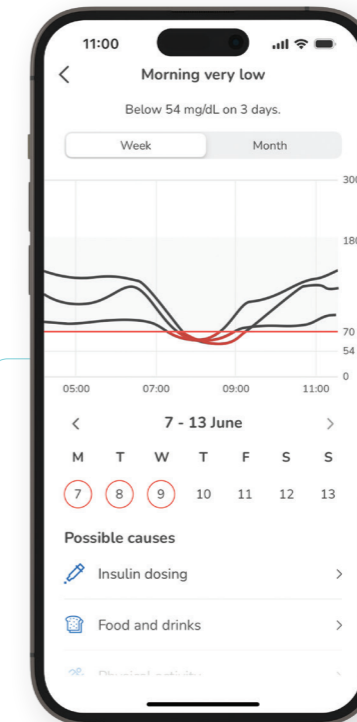
Visit the CGM Learning Center for a full list of the different pattern icons and their meaning.

## View your patterns



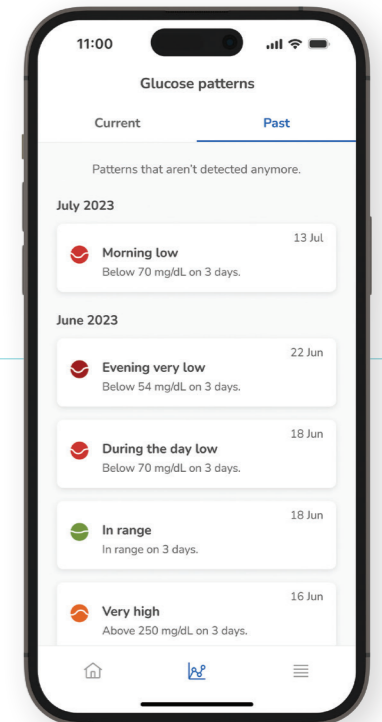
### Pattern notification

- Patterns from the past 24 hours are shown on the Home screen.
- If no patterns are found, the Predict app will display a message.
- When a new pattern is detected, the Predict app will notify you. Tap the notification for more details.



### Pattern details

- Patterns in your glucose data are shown in a graph. You can change the view to **Week** or **Month**.
- Possible causes of the pattern are shown underneath the graph.
- Tap the causes to see suggestions for changes you could make.



### Pattern history

- You may be able to resolve a pattern by changing your behavior.
- When a pattern is resolved, the Predict app moves it to the **Past** tab.
- You can see all your historic patterns in the Past tab, if you want to refer back to them.

### Providing context for pattern analysis

- Your Logbook entries have an important role to play in pattern detection. For example, meal-associated patterns can only be determined if you log your meals within the app.
- You can add information to your Logbook entries in the Accu-Chek SmartGuide app to provide more context for pattern analysis and improve the quality of suggestions you receive.
- **Some patterns might not be discovered if data is missing from the Logbook.**

### Set a reminder

- You can choose to proactively follow up on specific patterns you would like to improve by setting reminders, including push notifications.
- Setting up a reminder for a detected pattern can warn you in advance, so you can try to prevent the event happening again.



When the Predict app determines the possible causes of a pattern, it offers a few suggestions. You should **discuss your diabetes profile and therapy with your diabetes care team** before making any significant changes.



### Learn more about the Predict app

Scan the QR code to access videos and other content about the Predict app and its key functions.

<sup>1</sup>Choudhary P, Genovese S, Reach G. Blood glucose pattern management in diabetes: creating order from disorder. J Diabetes Sci Technol. 2013 Nov 1;7(6):1575-84.

<sup>2</sup>Powers M, Davidson J, Bergenstal R. Glucose Pattern Management Teaches Glycemia-Related Problem-Solving Skills in a Diabetes Self-Management Education Program. Diabetes Spectr 2013;26(2):91-97.

# Thank you for reading

You're ready to use your  
new Accu-Chek SmartGuide  
CGM solution.

Remember that we're always here  
to help you with any questions or  
issues you may have.



## Contact us



You can contact our customer  
service team by:

- Phone at XXXXXXXXX
- Email at [address@accu-chek.domain](mailto:address@accu-chek.domain)
- Website at [www.accu-chek.domain/  
linkgoeshere](http://www.accu-chek.domain/linkgoeshere)



Visit the Accu-Chek website  
for more product-related  
information at  
[www.accu-chek.domain/  
linkgoeshere](http://www.accu-chek.domain/linkgoeshere)

## Here to support you

Scan the QR code to access training content, including step-by-step  
videos, in our CGM Learning Center. It includes bite-sized information  
to help you navigate the features of your CGM solution and troubleshoot  
any issues you may have.

