

ACCU-CHEK[®] Spirit
INSULIN PUMP SYSTEM

**ACCU-CHEK[®] Pocket Compass
Software with Bolus Calculator
User Guide**

Version 4.0



ACCU-CHEK[®]
Live life. The way you want.

ACCU-CHEK Pocket Compass Software with Bolus Calculator, Version 4.0 User Guide

Installation, use and maintenance/backup of the ACCU-CHEK Pocket Compass software lie in the full responsibility of the user. Roche Diagnostics does not accept responsibility for damage caused by failure to comply with this guide.

In addition, it is recommend that you do not install any software on your computer from a non-trusted source and that you protect your computer from unauthorized access by third parties. This especially applies to the security of an existing Internet access. If possible, use the latest anti-virus and firewall software and install the security updates and patches recommended by the respective manufacturers.

Date of issue: July 2008

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



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1 Introduction

The ACCU-CHEK Pocket Compass software allows you to record diabetes data anywhere with an easy-to-use handheld device and to evaluate this data in a legible and understandable form.

A variety of symbols are used in this guide to identify warnings, cautions, notes, and references. The symbols and their meanings are listed in the table below. You will not see these symbols on your handheld.

Symbols used in the User Guide

Symbol	Name	Description
	Warning	Indicates important health or safety information.
	Caution	Indicates information that must be observed when using the ACCU-CHEK Pocket Compass software.
	Note	Provides additional information, helpful tips, or other information.
	Reference	Indicates that you should refer to other reference material for more information.
		Manufacturer
REF		Catalog number
 0088		This product fulfills the requirements of Directive 93/42/EEC on medical devices.

Glossary of terms

Some terms used in this manual may be new to you. To help you understand these terms and their usage in this User Guide, refer to the table below.

Terms used in this guide

Term	Meaning
Carbohydrates	This term designates the corresponding food intake of carbohydrates.
Conduit	A communication program that allows data to be transferred (in conjunction with the HotSync function) from a compatible handheld to a PC.
Docking station	Adapter for connecting a handheld to a computer, often simultaneously used to charge the handheld.
Event	Everyday events that have an effect on your treatment.
HotSync	A function for exchanging data between the compatible handheld and the computer.
Infrared (IR)	A means of data transfer using light frequency.
Insulin types	Distinction between bolus and basal insulins.
Insulin names	The names of (up to 3) insulins can be freely defined for display with the ACCU-CHEK Pocket Compass software.
Overlapping time ranges	As a result of date and time changes (e.g. with intercontinental flights) more than one data situation is available for a selected time range.
Palm OS	The system software that controls all the programs on the handheld.
PDF	The file format of the electronic User Guide.
Personal Computer (PC)	The computer you use to exchange data (via the HotSync function) with your handheld and to access this User Guide.
Software	Program that serves to perform specific user tasks (e.g. the ACCU-CHEK Pocket Compass software).
Timeblocks	Timeblocks are freely defined time periods within a day that are frequently used to represent intervals between tests.
Time periods	One time period describes the number of days whose values are displayed together in a report (e.g. 1...30 days or all values)



Talk to your healthcare professional about using the ACCU-CHEK Pocket Compass software as part of your diabetes therapy. Always ask your healthcare professional if you have queries regarding your diabetes care.



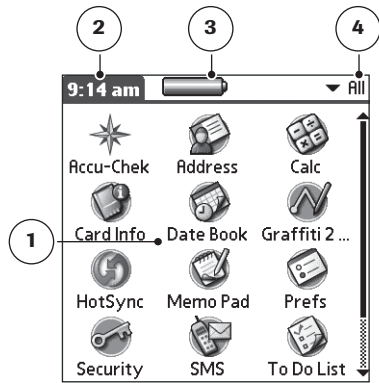
Please make sure that you fully understand how to use the handheld prior to installing the ACCU-CHEK Pocket Compass software. The features of your handheld device are described in detail in the manual provided by the manufacturer.

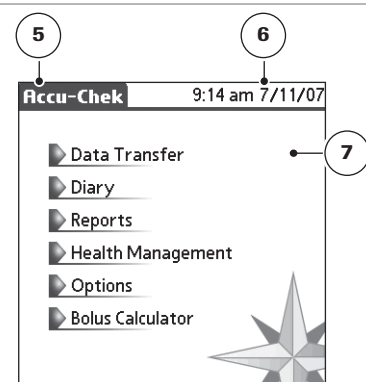
This introduction provides a short summary of the most important features and functions of the software. Each of the features and functions are described in greater detail in the subsequent sections of this user guide.

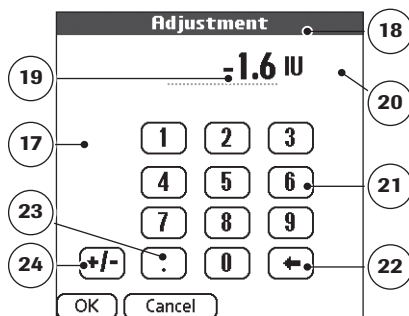
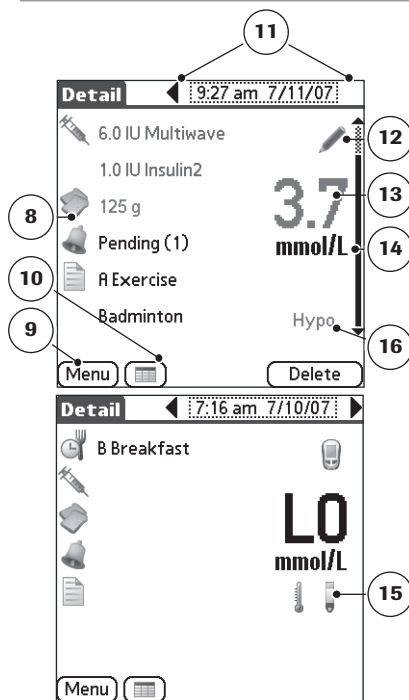
If you have any questions, please contact ACCU-CHEK Pump Support at 1-800-688-4578 – 24 hours a day, 365 days a year.

Software overview

The following section provides an overview of the most important items you may encounter when using the ACCU-CHEK Pocket Compass software. For a complete description of all icons (including the ones not mentioned here), see page 139.

	Palm OS	Description
	1 Applications Launcher	Displays all available application icons.
	2 Time display	Displays current handheld system time.
	3 Battery symbol	Displays remaining battery life.
	4 Application pick list	Allows you to choose applications displayed in the Applications Launcher.

	ACCU-CHEK Pocket Compass Software	Description
	5 Application menu	Provides information on the ACCU-CHEK Pocket Compass software.
	6 Time and date display	Displays the time and date of the handheld system.
	7 Main menu	Displays the main menu with all available functions.



ACCU-CHEK Pocket Compass Software Description

8	Icons for additional information	Shows additional information or allows entry: Timeblocks, Pump Insulins, Insulins, Carbohydrates, Reminders, Events and Comments.
9	Menu button	Switches to the main menu.
10	Diary button	Switches to the <i>Diary</i> screen for the day displayed.
11	Arrow buttons (left and right)	Display the previous and following entry or time period.
12	Area for additional information on the diary entry	Possible additional information: Manual diary entry , Values entered with bolus calculator , Value read out from meter , Value read out from insulin pump .
13	Blood glucose result	Display the blood glucose result. Results outside the measuring range are displayed as HI/LO (just as in the meter).
14	Measurement units	Displays the currently selected unit of measurement.
15	Area for additional information provided by the meter	Extreme temperature while testing Expired test strip being used
16	Hypo-/hyperglycemic display	Indicates hypoglycemic or hyperglycemic blood glucose results.
17	Numerical keypad	Appears with all input fields for which numbers must be entered (e.g. carbohydrates).
18	Title bar	Displays the name of the input field.
19	Numerical display	Displays the number being entered.
20	Unit	Displays the unit used for the entry.
21	Numbers 0 – 9	Numeric keys
22	Delete key	Deletes the most recent entry.
23	Decimal separator	Is used to enter the decimal separator (e.g. comma or point).
24	+/- key	Is used to change the +/- sign (positive/negative) in front of a number.

Before installing the software

Your handheld device as well as your ACCU-CHEK meters and insulin pump must meet certain requirements in order to be usable with the ACCU-CHEK Pocket Compass software. The devices (and features) that are suitable are described in Chapter 12, “System Requirements”.

Installing software components later

If you have forgotten to install a component (e.g. the Food List) during the initial installation or want to replace an installed component, you can do that at any time. Each application that is provided for selection during the installation process can be installed at a later time. For further information, read the (printed) *Getting Started Guide* supplied with the software package, and repeat the installation. This time, however, select only the components that were missing or the new components to be installed.



During subsequent installation, you can also change, for example, the units used for solids and liquids or the language of the food list by simply installing the food list in the desired version. Foods, meals and units (e.g. cup or spoon) that you have already self-defined will not get lost.

How to use this guide



This guide provides step-by-step instructions on how to install, operate, and maintain your software. These instructions must be followed for your software to operate correctly. The operating instructions for your handheld are provided by the respective manufacturer. Safe operation requires that you fully understand the underlying concepts of user prompts, all displays, the individual functions of your handheld, the Palm operating system (Palm OS), and the ACCU-CHEK Pocket Compass software.

To access Adobe Reader Help

If you need help using or navigating this guide:

- Choose “Help” → “Reader Help”, or
- Press F1.



Information on installing the software and this guide can be found in a separate quick reference guide, the ACCU-CHEK Pocket Compass “Getting Started Guide”.

Palm OS information

For information on Palm OS, go to the Palm Corporation company website at www.palm.com.



Do NOT use hardware accelerator programs, replacement programs for the Applications Launcher or system-wide enhancements if you are using the ACCU-CHEK Pocket Compass software. This includes programs that accelerate the clock speed of the microprocessor, provide alternative interfaces for the Palm OS software, and create new system enhancements that can cause priority conflicts with other software programs.

2 Getting Started

2.1 Preparing your Handheld

Your handheld needs to be set up for normal use as outlined in the manual provided by the manufacturer. You must have a compatible handheld with a compatible Palm OS in order to use the ACCU-CHEK Pocket Compass software (see Chapter 12, “System Requirements”).



To configure the following settings on the handheld, please adhere to the instructions provided in the manufacturer’s manual.

Check the following system data

- Determine the available disk space in order to see whether the ACCU-CHEK Pocket Compass software can be installed.

Carry out the following system settings

The following settings on the handheld are particularly important for using the ACCU-CHEK Pocket Compass software. It is therefore better to implement these settings on the handheld prior to installation.

- Select the correct display formats for
 - date
 - time
 - week start
 - decimal separator



The display format settings you make in the handheld apply for the entire system, i.e. the settings you make here also apply, for example, to display numerical values in the ACCU-CHEK Pocket Compass software. Therefore adjust the following settings to your normal system or the standard system for your country.

- Set the correct date.
- Set the correct time.



The correct time setting for both the handheld and all meters or insulin pumps used with the ACCU-CHEK Pocket Compass software is of fundamental importance. An overall evaluation of the data stored on the different devices can only be meaningful if they are correctly correlated in time. If the times on the devices deviate too much from each other (more than 5 minutes), the read out data is (depending on the report type) either flagged specifically, displayed separately (in so-called “not in sync” areas) or not taken into account at all. You should not use such data to draw conclusions for treatment.

- Set the auto-off time to at least 2 minutes.



The auto-off time must be set long enough to guarantee sufficient time for correct infrared data transfer.



It is recommended that you activate password protection if you want to protect your data from unauthorized access.

2.2 Installing the ACCU-CHEK Pocket Compass Software

If you have not already done so, install the software on your PC according to the instructions given in the separate ACCU-CHEK Pocket Compass software “Getting Started Guide”.

The program files of the ACCU-CHEK Pocket Compass software for the handheld have been copied to the computer (into the *Install* folder of the Palm user selected during installation). They can now be transferred (using the docking station or another suitable connection cable) to the compatible handheld using the HotSync function.

To install the ACCU-CHEK Pocket Compass software on your handheld (via the HotSync function)

- 1 Insert the handheld into the docking station or connect the connection cable.
- 2 Press the HotSync button on the docking station or on the handheld.

The program files for the ACCU-CHEK Pocket Compass software are installed on the handheld during HotSync data transfer.

Selecting the language when you first start the program



When you start the ACCU-CHEK Pocket Compass software for the first time, dialog boxes prompting you to configure the software appear automatically. To ensure that these dialog boxes appear in your language of choice, select the language immediately after starting the program.

- 1 Touch the desired language. The selected language is highlighted.
- 2 Confirm your selection with *OK*.

2.3 First Configuration – which devices would you like to use with the ACCU-CHEK Pocket Compass software?



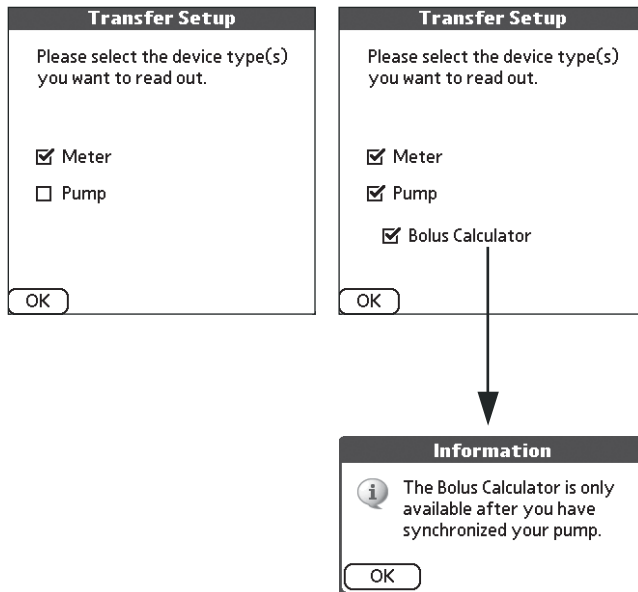
The ACCU-CHEK Pocket Compass software transfers data from insulin pumps and meters. For the data to be assigned and managed correctly, each device must be connected to the ACCU-CHEK Pocket Compass software before it is used for the first time. This is called **synchronization** (this has nothing to do with the handheld HotSync function). The ACCU-CHEK Pocket Compass software makes initial contact with your devices and in doing so ensures that the date and time settings of all devices agree.

Without this adjustment, it is impossible to transfer the data stored in your devices.

You must first define the basic settings described below. Their dialog boxes are displayed automatically (immediately after language selection) following the initial program start (later changes to these settings are possible, see Chapter 8).

Please have all the devices that you want to use ready at the initial start of the ACCU-CHEK Pocket Compass software. If you have not already done so, please set the correct date and time on your devices. During synchronization, the ACCU-CHEK Pocket Compass software connects with all devices and checks for agreement of date and time (with a maximum tolerance of ± 2 minutes).

If you are not using either meters or insulin pumps, you must still choose some basic settings.



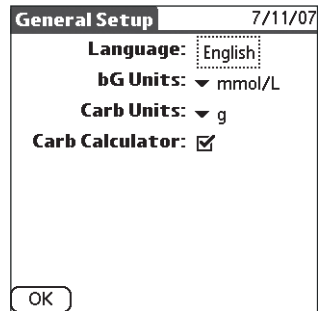
To select the device types for data transfer

Immediately after starting the program for the first time and selecting the language, the dialog box for selecting the device types used appears. Here you can choose whether you want to transfer data from ACCU-CHEK meters and/or an ACCU-CHEK insulin pump. If you select neither of the two options, you can only enter data manually. Each selection made here can be changed or expanded later. However, if you add another device, a new synchronization of **all** devices will be needed (see Chapter 8.3, “Transfer Setup”).

- 1 If you use a compatible ACCU-CHEK meter and you want to transfer its data using the ACCU-CHEK Pocket Compass software, activate the *Meter* checkbox. You can use up to 16 meters with the ACCU-CHEK Pocket Compass software.
- 2 If you use a compatible ACCU-CHEK insulin pump and you want to transfer its data using the ACCU-CHEK Pocket Compass software, activate the *Pump* checkbox. In this case the *Bolus Calculator* checkbox appears as another option that you can activate.
- 3 If you activate the *Bolus Calculator* checkbox, a dialog box informs you of the *Bolus Calculator* being available after you have synchronized your pump. Confirm the dialog box with *OK*.
- 4 If you do not want to transfer data from either of the device types, deactivate both checkboxes.
- 5 Touch *OK* to continue with other basic settings.



*It is not guaranteed that the times of the devices agree before synchronization takes place. Therefore only the data that has been stored in the devices after initial synchronization is displayed **without any restrictions**. The data prior to synchronization is (depending on the report type) either flagged specifically, displayed separately (in so-called “not in sync” areas) or not taken into account at all. This also applies to data with a date/time deviation that lies outside the allowed tolerance of 5 minutes. You should not use such data to draw conclusions for treatment.*



To make basic settings for the ACCU-CHEK Pocket Compass software

After having selected the devices, you must enter the basic system settings. Here you define the language and the standard units to be used. In addition, you decide here whether you want to use the carbohydrate calculator. The default settings are printed in **bold** in the table below.

Name	Description
Language	Select the language of choice from the list. <ul style="list-style-type: none"> ■ Deutsch ■ English ■ Français ■ Español ■ Italiano ■ Nederlands ■ Svenska ■ Português PT ■ Português BR
Glucose unit	Select the appropriate blood glucose unit that you use in your meter and your diabetes care plan from the list: <ul style="list-style-type: none"> ■ mg/dL ■ mmol/L

Name	Description
Carbohydrates	Select the appropriate carbohydrate unit from the list: <ul style="list-style-type: none">■ g■ BE (12g)■ CU (10g)■ BW (10g)■ CC (15g)
Carbohydrate calculator	Activate this checkbox if you want to use the carbohydrate calculator: <ul style="list-style-type: none">■ On■ Off

After you have confirmed your preferred settings with *OK*, the selected devices must be synchronized.

2.4 Synchronizing the ACCU-CHEK Pocket Compass Software and the Selected Devices



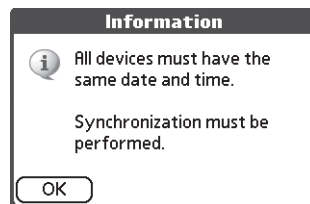
As described previously, the synchronization process is of fundamental importance for evaluating meter or insulin pump data. A time deviation (between insulin pump and meter) would mean that the times of insulin administration and blood glucose test results are no longer correctly related to each other in the report. This could result in misleading conclusions being drawn from the therapy-relevant data.

For this reason, the ACCU-CHEK Pocket Compass software considers the following criteria:



- Data is only transferred from devices that have previously been synchronized with the ACCU-CHEK Pocket Compass software.
- The dates and times of the devices involved must agree in order to be displayed in the reports without any restrictions. If the system detects a time deviation of at least ± 4 minutes while reading out the devices, a message is displayed prompting you to correct the deviation as soon as possible while performing a new synchronization.
- If the system detects a deviation of ± 5 minutes outside the tolerance range while transferring devices, the read out data is (depending on the report type) either flagged specifically, displayed separately (in so-called “not in sync” areas) or not taken into account at all. You should on no account use such data to draw conclusions for treatment.

Confirm the dialog box with *OK*, to continue with synchronization.





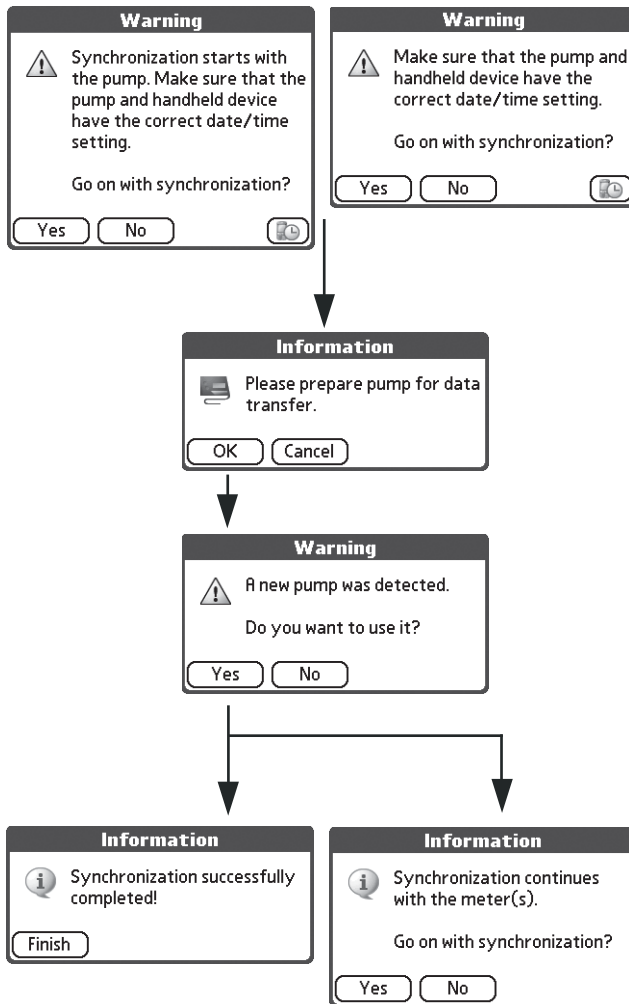
To prepare for initial synchronization

Ensure that all the devices you use (handheld, meters and insulin pump) have the same date and time settings. Small deviations (max. ± 2 minutes during synchronization) are tolerated.

- 1 Have all devices ready from which you want to transfer data. You will synchronize them **one at a time** (not all at the same time, because infrared communication can be disrupted if multiple devices try to communicate simultaneously).
- 2 The infrared windows of the devices currently being synchronized (i.e. handheld/pump or handheld/meter) must be facing each other at a distance of about 10-15 cm (4-6 inches).
- 3 Depending on the devices you have selected, proceed as follows:
 - If you are using an insulin pump and meter(s), the pump must be synchronized first. Leave the meters turned off until synchronization of the pump is complete. Activate infrared communication for the pump.
 - If you are using meters exclusively, first turn on only one meter and activate infrared communication for this device.



*If you have activated the use of an insulin pump and/or meters in the settings, you are prompted to perform a synchronization at each program start until a synchronization has been successfully completed. If you have activated this option by mistake or decided at a later time to not read out the devices, deactivate the corresponding checkboxes via **Transfer Setup** in the **Options** menu. This prevents synchronization from being started automatically.*



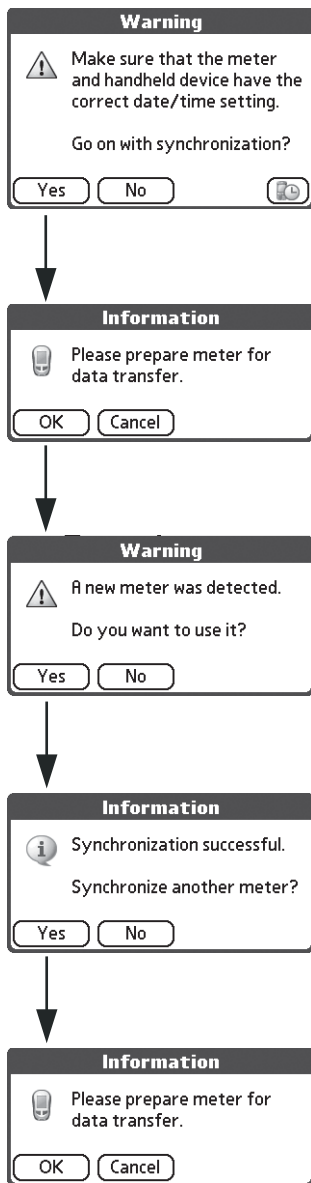
To perform initial synchronization

If you have prepared the devices according to the above instructions, you can start synchronization. If you cancel the synchronization process (with *No*), it will automatically be repeated with each program start (until it is successfully completed for the first time).

Synchronization runs in the order: insulin pump – meter 1 – meter 2 ..., and non-selected devices are omitted. Depending on the selected device types for data transfer, you will now see either the dialog box for pump synchronization or the dialog box for meter synchronization.

To synchronize the insulin pump

- 1 To start synchronization, touch *Yes*.
- 2 Activate infrared communication. Confirm preparation completion with *OK*.
- 3 Confirm that you wish to use the newly detected insulin pump with *Yes*. If you have not selected to use any meters, confirm successful synchronization of the pump with *Finish*.
- 4 If you have selected to use meters, confirm continuation of meter synchronization with *Yes*.
- 5 Deactivate infrared communication of the insulin pump.
- 6 Take the pump out of the range of infrared communication. Switch the insulin pump back to RUN mode.



To synchronize the first meter

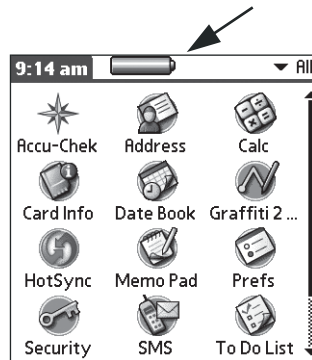
- 1 To start synchronization, touch *Yes*.
- 2 Activate infrared communication of the meter. Confirm preparation completion with *OK*.
- 3 Confirm that you wish to use the newly detected meter with *Yes*.
- 4 If you want to use only one meter, answer the question requesting another synchronization with *No*.
- 5 Turn the meter off and take it out of the range of infrared communication.

To synchronize the second meter

- 6 If you want to use another meter, answer the question requesting another synchronization with *Yes*.
- 7 Activate infrared communication of the meter.
- 8 Proceed with synchronization as for the first device.

Once the ACCU-CHEK Pocket Compass software has synchronized all devices, this setup process is complete.

3 Care and Maintenance



It is very important to properly care for your compatible handheld as recommended by its manufacturer.

The ACCU-CHEK Pocket Compass software is stored on a handheld that, depending on the model, has no power-independent storage media (i.e. a device used to keep and retrieve data); therefore, the permanent preservation of all stored data depends on power supply. The remaining battery life is displayed by a battery symbol in the upper part of the handheld screen.



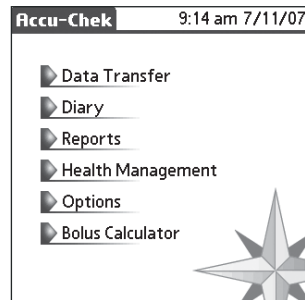
Drained batteries may lead to deletion of the handheld memory. Battery life varies depending on use.



In order to avoid loss of data, it is recommended that you recharge the batteries before they are empty. Consult your handheld manual for more detail.

It is important to HotSync on a regular basis. This backs up the data stored on the handheld onto your PC, and in case data is lost (e.g. due to drained batteries), the records can easily be copied back on to your handheld. For further information on data backup, see Chapter 10.

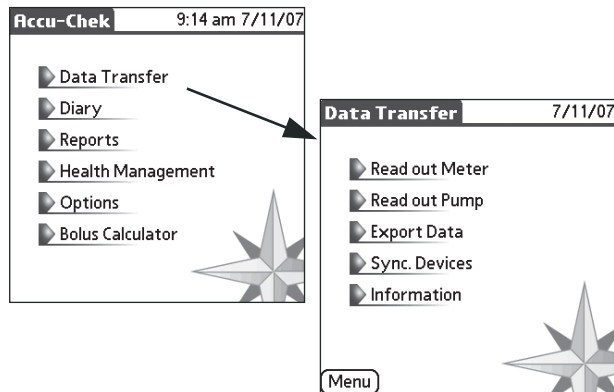
4 Overview of Software Functions



Functions are arranged in groups that are accessible via corresponding menu items. To select the desired function, touch the appropriate menu item. The functions and related menus are described later in this manual.

The *Bolus Calculator* function is only available if you have synchronized an insulin pump with the ACCU-CHEK Pocket Compass software and have activated the *Bolus Calculator* option in the *Transfer Setup* menu. For the sake of completeness, the following guide sections show all menu items relating to the bolus calculator. They may, however, not appear in your software configuration.

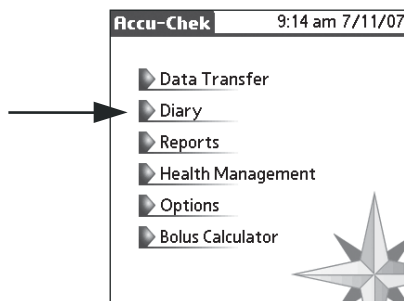
4.1 Data Transfer Menu



Touch *Data Transfer* to open the Data Transfer menu of the same name. Here you can edit all operations relating to infrared data transfer from or to other devices. This includes the following options:

- Transferring (“Reading out”) data from a suitable blood glucose meter and/or an insulin pump via infrared transfer;
- Exporting data for editing with the ACCU-CHEK Camit Pro software and the ACCU-CHEK Compass software or ACCU-CHEK Smart Pix System for printing;
- Synchronizing devices for use with the ACCU-CHEK Pocket Compass software (subsequent synchronization or re-synchronization);
- Retrieving information about completed data transfers and synchronizations.

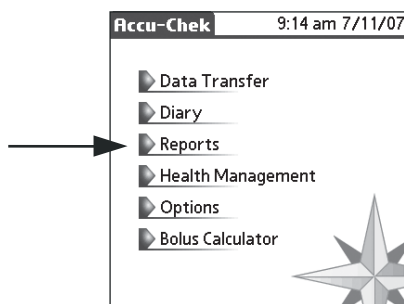
4.2 *Diary* Function



The *Diary* function provides an overview of all information entered manually and data transferred from the devices. The data is displayed with the respective date and time. All (synchronized) data that is transferred from the devices cannot be deleted. The *Diary* function allows you to:

- Retrieve all diary entries;
- Manually create new entries or enter additional information;
- Change or delete manually entered entries.

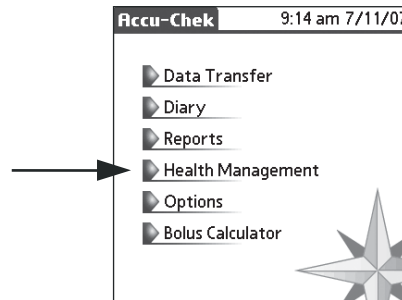
4.3 *Reports* Function



The *Reports* function enables you to review your therapy data easily and effectively. The software allows analysis of available data for certain time periods. Using the *Reports* function you can, for example:

- Analyze trends in blood glucose levels together with insulin dosages and carbohydrate intake;
- Display results either as a graph or a table.

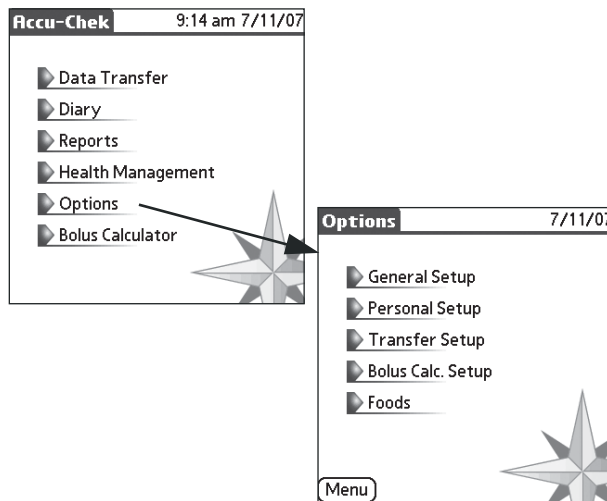
4.4 Health Management Menu



This area allows you to enter additional information that will be useful in assessing the course of your therapy.

- HbA1c
- Ketones
- Blood pressure

4.5 Options Menu



The *Options* menu allows you to:

- Set general software parameters, such as glucose units, carbohydrate units, language and use of the carbohydrate calculator (*General Setup*);
- Customize the software with your personal limits, adjust timeblocks, indicate the names of the insulins used and set the events display sequence (*Personal Setup*);
- Modify the basic selection of devices (insulin pump and/or meters) for transferring data (*Transfer Setup*);
- Define the basic settings required for the bolus calculator (*Bolus Calc. Setup*, if available);
- Edit and supplement the food list of the carbohydrate calculator if you have activated the carbohydrate calculator (*Foods*).

5 Diary

5.1 General Information

The 'Diary' application displays a list of entries with the following data:

Time	mmol/L (bG)	IU (Bolus)	g (Carbs)
7:05 pm	---	6.0	---
7:04 pm	8.7	-R-	24
6:27 pm	4.5	---	---
4:07 pm	2.7	---	48
1:51 pm	8.4	---	---
1:45 pm	8.6	4.5	24
11:46 am	---	10.0	66

The 'Detail' view for the entry at 4:07 pm shows:

- R Lunch (with insulin pump icon)
- 48 g (with carbohydrate icon)
- 2.7 mmol/L (large display)
- R Exercise (with exercise icon)
- Hypo (warning)

Using the *Diary* function, you can edit and add data. A maximum of 3000 diary entries may be saved.

All diary entries are saved with a date and time. As the maximum memory capacity is reached, the oldest entries are deleted when new entries are made. The original source of the record (insulin pump, meter, bolus calculator or manually made entry) is displayed by the appropriate icon. A calculator is displayed for entries created using the bolus calculator. Entries that were manually created without the bolus calculator are marked by a pen.

You can save information about insulin dosages, the amount of carbohydrates taken in, reminders and events. This information can be linked with a blood glucose test or entered independently of such a test. Using this information, you can get a clearer picture of your blood glucose levels. Regularly recording and reviewing this information assists you and your healthcare professional in improving your treatment.



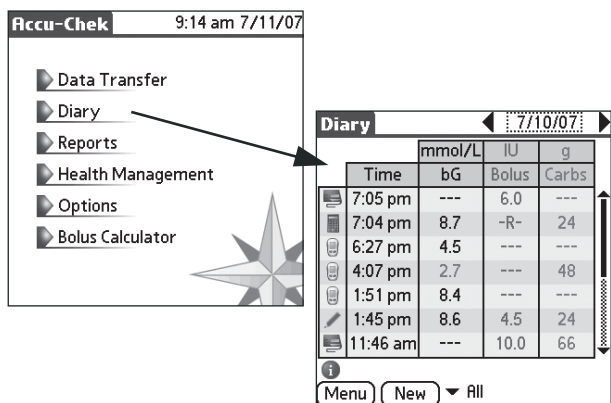
You can enter data manually or transfer data from a suitable blood glucose meter or insulin pump by infrared data transfer. Manually entered blood glucose and insulin results are marked as such and may be changed and deleted by the user.



*It is **not** possible to edit results transferred from a meter or insulin pump. You can, however, change all additional information linked to a diary entry or exempt individual records from the reports using the “Invalid” event.*



*In order to avoid manually entered blood glucose or pump insulin results being duplicated in the diary by subsequently transferring data from the meter or insulin pump (and thus being incorporated in reports twice), the manually entered result is replaced by the result being transferred. These replaced results are marked by the letter **-R-** and can no longer be changed manually. By touching such a result, you will get information on the originally entered result.*



To view the diary

- From the main menu screen, touch *Diary*. The *Diary* screen is displayed.

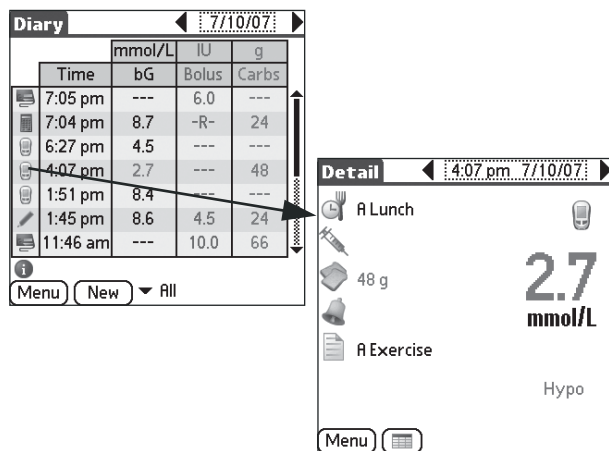
The existing data of each day is arranged in lines and sorted by time. The associated date appears in the upper right corner of the screen. Diary entries for this day appear in the center. The left column contains icons indicating the source of the entry (insulin pump, meter, bolus calculator or manual entry). This list displays the following information for an entry:

- Time
- Blood glucose result
- Insulin dosage
- Carbohydrate intake




Additional information is shown on the *Detail* screen for an entry.

To move between sequential days:

- Touch the arrows on the left and/or right of the date.



To display detailed information for a diary entry

- From the *Diary* screen, touch the icon (,  or ) on the left of the diary entry. The *Detail* screen for that entry is displayed.

To move between sequential diary entries

- Touch the arrows on the left and/or right of the date.

To return to the Diary screen

- From the *Detail* screen, touch the *Diary* button.

To return to the main menu

- From the *Diary* or *Detail* screen, touch the *Menu* button.

5.2 Manual Data Entry

Diary 7/10/07

	mmol/L	IU	g
Time	bG	Bolus	Carbs
7:05 pm	---	6.0	---
7:04 pm	8.7	-R-	24
6:27 pm	4.5	---	---
4:07 pm	2.7	---	48
1:51 pm	8.4	---	---
1:45 pm	8.6	4.5	24
11:46 am	---	10.0	66

Menu New ▾ All

Detail 4:07 pm 7/10/07

A Lunch

48 g

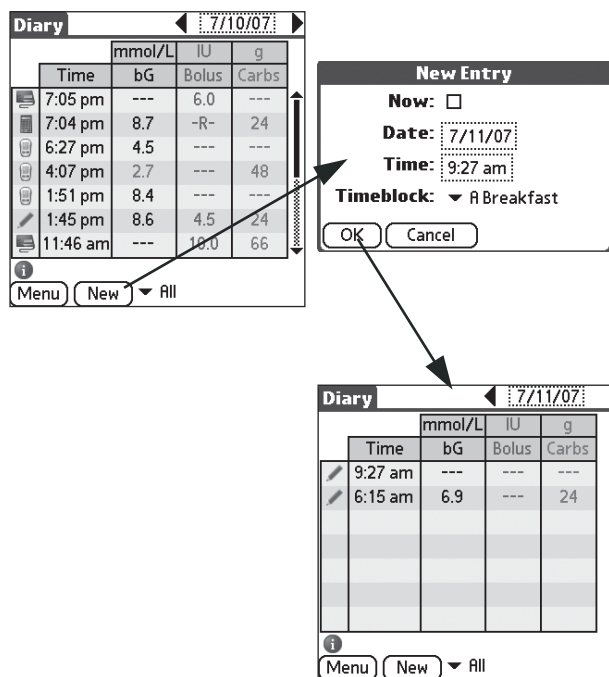
2.7
mmol/L

A Exercise

Hypo

Menu

- Information (blood glucose, insulin and carbohydrates) on manually entered diary entries may be changed subsequently at any time (unless the entries have been replaced). These entries are marked by an icon shown above the blood glucose value (manual entry).
- Manually entered pump insulin values can be edited until the data is transferred from the insulin pump. The insulin amounts stored via the bolus calculator, which can no longer be changed, are an exception. You can change the information on the type of insulin administration (pump or syringe) until the data is transferred from the insulin pump.
- You can directly add or change information on carbohydrate intake at any time by touching the respective field. The information on carbohydrate intake entered via the bolus calculator, which can no longer be changed, is an exception. For further details and explanations on entering additional information on the *Detail* screen, see the following chapters.
- Generally, you **cannot** manually change imported blood glucose values, imported insulin values and entries made through the bolus calculator (or related date and time information), but you can add additional information to this data. These entries are marked by the icons (meter), (insulin pump) or (bolus calculator).



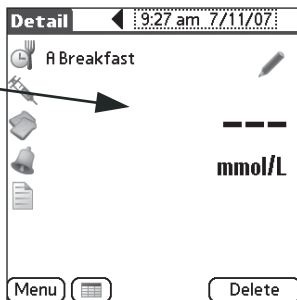
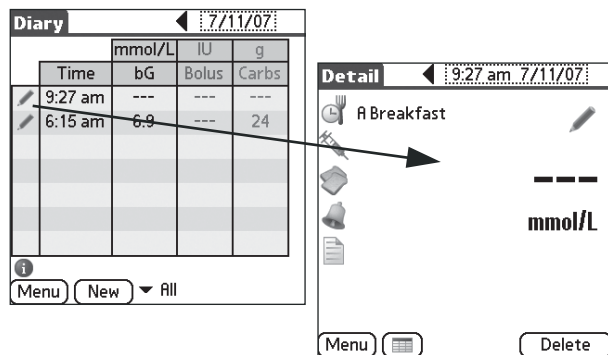
To manually add a diary entry

- 1 From the *Diary* screen, touch the *New* button. The *New Entry* screen is displayed.
- 2 If you want the current time to become the time of entry, activate the *Now* checkbox. The current date and time are adopted. Or:
- 3 Enter the date by touching the *Date* field and selecting the applicable date from the calendar displayed.
- 4 Touch the *Time* field and enter the time using the numerical keypad displayed.
- 5 If you want to set a timeblock other than the default, touch the small triangle next to the *Timeblock* entry and select the desired timeblock from the list.
- 6 Touch the *OK* button to save the new entry. This entry is then displayed at the top of the *Diary* screen.



*For the time being, the diary entry does not yet contain further information. For information on how to manually enter information directly on the *Diary* and *Detail* screens, see the following sections.*

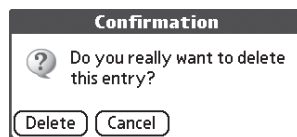
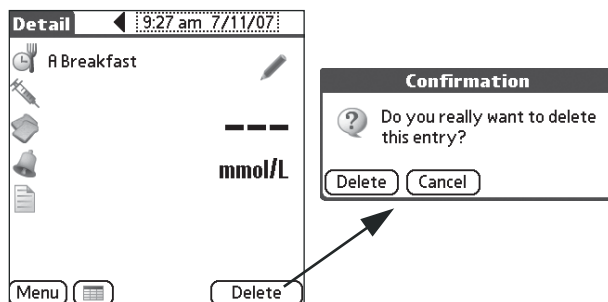
5.3 Deleting Manually Entered Diary Entries



To delete manually entered diary entries

- 1 From the main menu screen, touch the *Diary* button. The *Diary* screen is displayed.
- 2 To select the diary entry you want to delete, touch the symbol (✎) on the left of the diary entry on the *Diary* screen. The *Detail* screen for that entry is displayed.

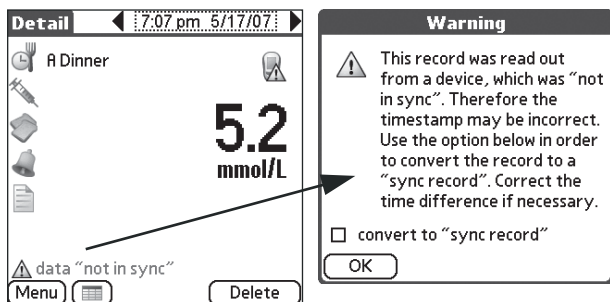
Only manually created diary entries (✎) can be deleted.




- 3 Touch the *Delete* button. A screen confirming the request for deletion is displayed.
- 4 Touch *Delete* to permanently delete the record, or touch *Cancel* to return to the *Detail* screen.

Individual records transferred from a meter or an insulin pump can be exempted from the reports using the “Invalid” event (see page 57).


5.4 Manually Converting “not in sync” Data to “in sync” Data



Device data that was, for example, created before initial synchronization or whose time and date is not clearly identifiable due to other reasons (e.g. time deviation of the devices), is displayed as “not in sync” data. This data is marked (e.g. in the diary or logbook) by the  icon. It is not used in statistical reports such as the *Average Day* or *Average Week* report.










If you are sure that the time given is correct or you know the exact time deviation, you can convert the record to an “in sync” record.

- 1 Touch the  icon next to the *Data “not in sync”* message.
- 2 Activate the *Convert to “sync record”* checkbox.
- 3 Touch *OK* to accept the data in the “in sync” area.



The converted data is managed in the same way as manual entries. Should the “not in sync” categorization be due to a time deviation that is known to you, it is recommended that you manually correct this deviation.

	mmol/L		IU		g	
	Time	bG	Bolus	Carbs		
	7:05 pm	---	6.0	---		
	7:04 pm	8.7	-R-	24		
	6:27 pm	4.5	---	---		
	4:07 pm	2.7	---	48		
	1:51 pm	8.4	---	---		
	1:45 pm	8.6	4.5	24		
	11:46 am	---	10.0	66		

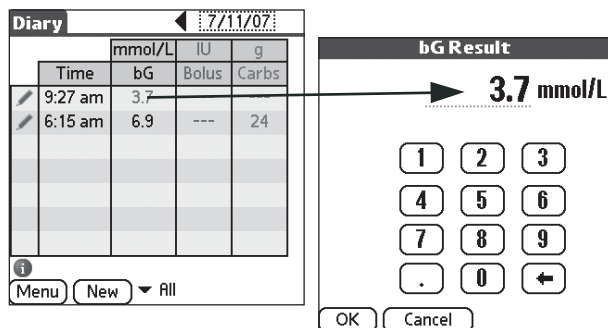
Using the respective filter option (*All* or *Sync. Data*) in the diary view, you can specify whether “not in sync” data should be displayed.

5.5 Blood Glucose

You can directly enter the three most important values (blood glucose, insulin and carbohydrates) in both the *Diary* and *Detail* screens. Other information, such as reminders, events or comments, is only entered in the *Detail* screen.

To add or edit a manually entered blood glucose result

- 1 From the *Diary* or *Detail* screen, touch the displayed blood glucose result (or the three dashes --- if no blood glucose result has been entered yet). The numerical keypad is displayed for entering the blood glucose result.
- 2 Enter the desired blood glucose result using the numerical keypad.
- 3 Touch the *OK* button to save the new or edited entry.



Leave the bG (blood glucose) field blank if you only want to retain information on timeblocks, insulin dosages, carbohydrate intake, reminders or events rather than a new result.

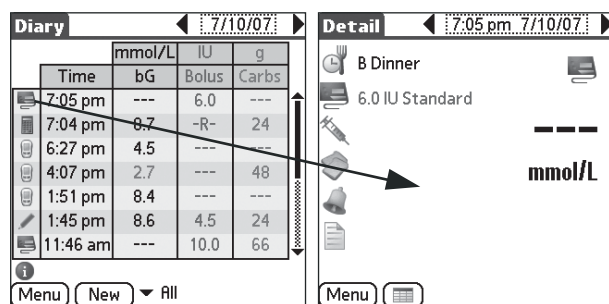


If you enter a blood glucose result that is subsequently transferred from the meter (with the corresponding value and time tolerances), the manually entered result is replaced by the transferred result. These results are marked by the letter **-R-** (Replaced) and can no longer be changed manually. By touching such a result, information on the originally entered result will appear.

5.6 Insulin

The assigned insulin amount is displayed in both the *Diary* and *Detail* screens. The insulin amount can be manually entered (and in this case also edited) in both screens.

To process insulin information if data is transferred from an insulin pump




Diary 7/10/07

Time	mmol/L		
	bG	IU	g
7:05 pm	---	6.0	---
7:04 pm	8.7	-R-	24
6:27 pm	4.5	---	---
4:07 pm	2.7	---	48
1:51 pm	8.4	---	---
1:45 pm	8.6	4.5	24
11:46 am	---	10.0	66


Menu New All


Detail 7:05 pm 7/10/07

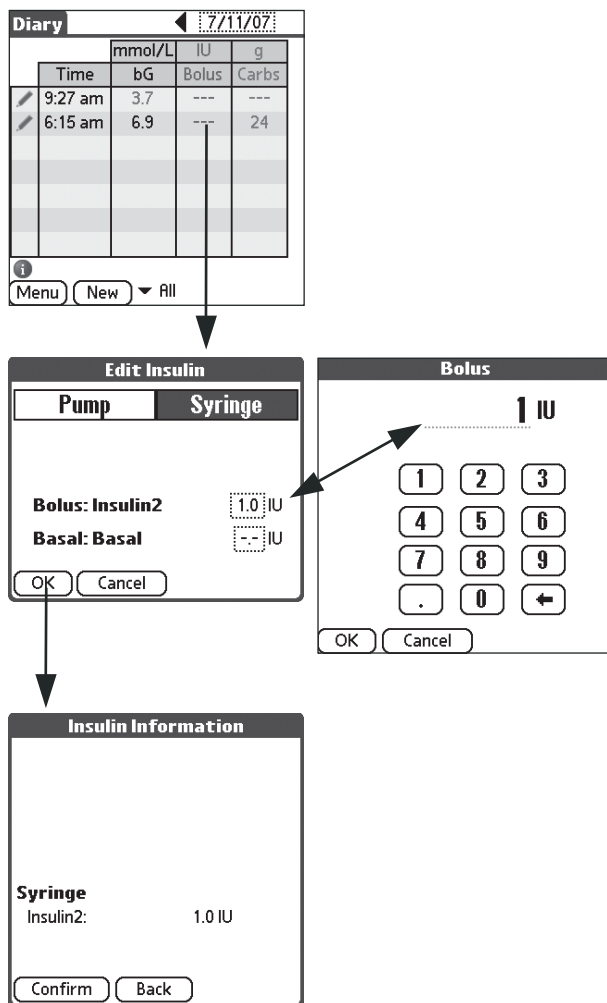
B Dinner 

6.0 IU Standard

mmol/L

Menu 

The insulin pump supplies information about the time and the dosage of insulin administered. These values are also displayed in the *Diary* and *Detail* screens and cannot be edited manually. This is shown by the *Pump*  icon. You can, however, add additional information to the diary entry.



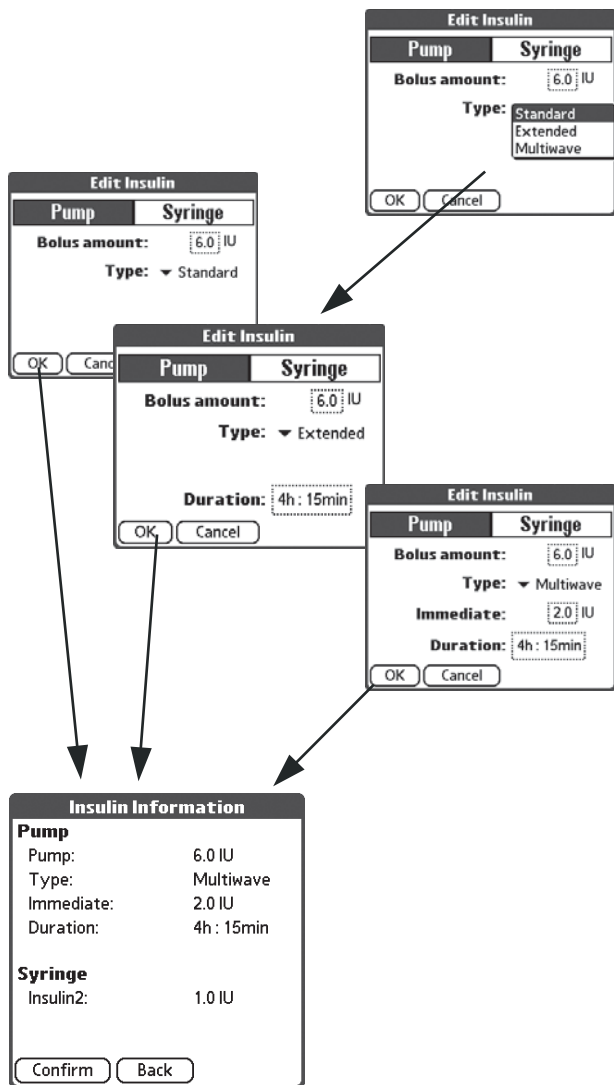
To add or edit the type and dosage of syringe insulin if you are using an insulin pump with the ACCU-CHEK Pocket Compass software



- From the *Diary* screen, touch the displayed insulin dosage (or the three dashes --- if no dosage has been entered yet), or:
From the *Detail* screen, touch the *Insulin* icon. The *Edit Insulin* screen is displayed.
- Select *Syringe* as the desired administration method.
- Touch the input field for the desired insulin type – bolus or basal (for details on distinguishing between short- and long-acting insulin types, see page 112) – and enter the dosage using the numerical keypad displayed.
- Confirm the insulin information displayed (depending on your selection) to accept the entries in the diary.

To add or edit the type and dosage of pump insulin if you are using an insulin pump with the ACCU-CHEK Pocket Compass software

Just as you cannot change or delete transferred blood glucose results, similar restrictions apply for pump insulin:

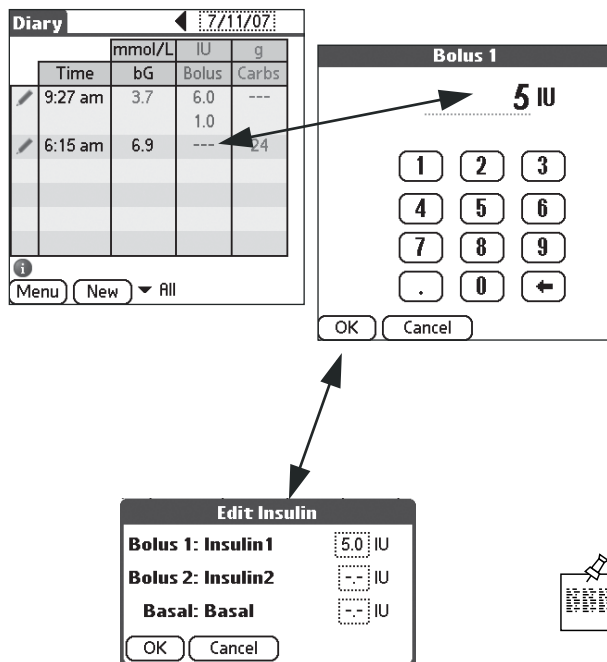
If you use a pump with the ACCU-CHEK Pocket Compass software, insulin values can be both transferred and added manually. Transferred values (*Pump*) cannot be edited but additional information can be added.




- 1 From the *Diary* screen, touch the displayed insulin dosage (or the three dashes --- if no dosage has been entered yet), or:
From the *Detail* screen, touch the *Insulin*  icon. The *Edit Insulin* screen is displayed.
- 2 Select *Pump* as the desired administration method (the selected option is highlighted). If you manually enter insulin pump dosages and then transfer pump data for the same time period, the manual entry will be replaced by the transferred value and can no longer be changed. In this case, the *Pump*  icon is displayed and the information **-R-** for *Replaced* is shown instead of the insulin value. This does not affect syringe insulin values. They can still be added or edited.

To manually enter an insulin pump dosage

- 3 Touch the input field and enter the dosage using the numerical keypad displayed.
- 4 Select the bolus type (*Standard*, *Extended* or *Multi-Wave*) from the list.
- 5 If you select *Extended*, enter the duration for that dosage. Touch the input field and enter the duration using the numerical keypad displayed.
- 6 If you select *MultiWave*, enter the duration and the immediate portion for that dosage. Touch the input fields and enter both values using the numerical keypad displayed.
- 7 Confirm the insulin information displayed (depending on your selection) to accept the entries in the diary.



To add or edit the type and dosage of syringe insulin if you are not using an insulin pump with the ACCU-CHEK Pocket Compass software

- 1 From the *Diary* screen, touch the insulin dosage displayed (or the three dashes --- if no dosage has been entered yet), or:
From the *Detail* screen, touch the *Insulin*  icon. The *Edit Insulin* screen is displayed.
- 2 Touch one of the input fields (*Bolus 1*, *Bolus 2* or *Basal*) and enter the dosage using the numerical keypad displayed.
- 3 Touch the *OK* button to confirm and save the settings in the diary.




By selecting **Bolus** or **Basal**, you can distinguish between short- and long-acting insulin (see page 112).

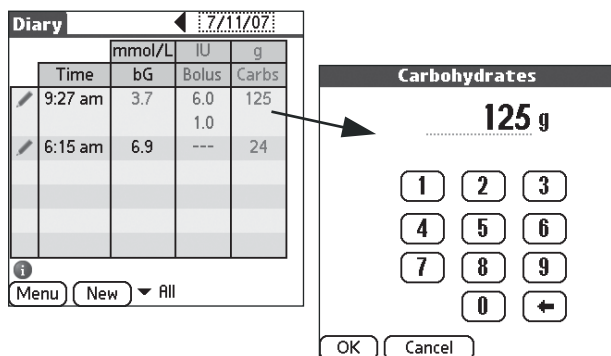
5.7 Carbohydrates

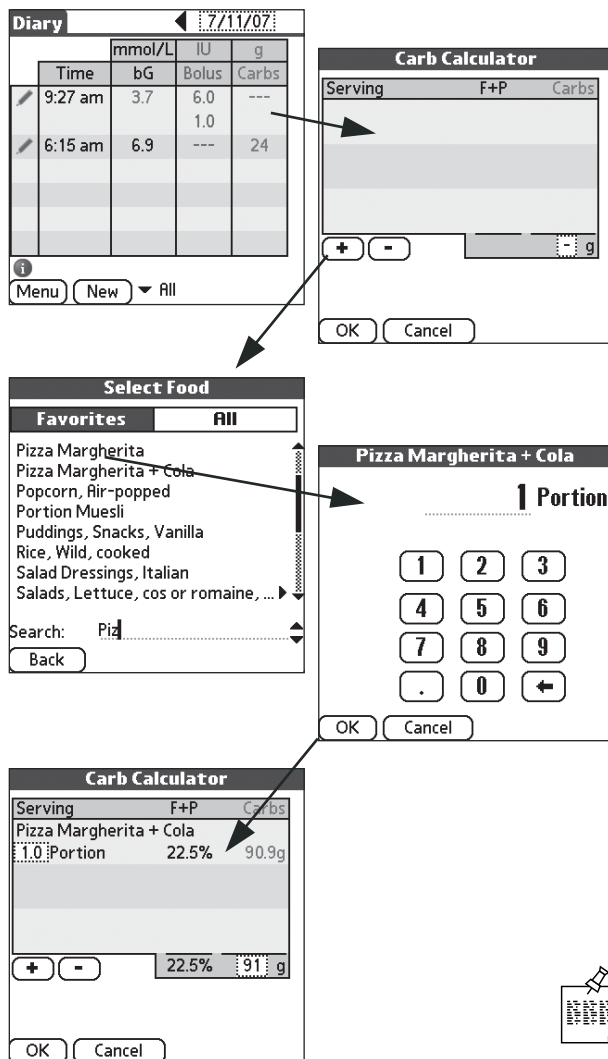
The carbohydrate value per diary entry is displayed in both the *Diary* and *Detail* screens. This information can be changed at any time as long as it was entered without using the bolus calculator. The amount of carbohydrates is indicated in the units you defined during setup of the system.

The procedure used for entering carbohydrate amounts differs depending on whether you have activated the carbohydrate calculator or not.

To add or edit a carbohydrate value with deactivated carbohydrate calculator

- 1 From the *Diary* screen, touch the displayed carbohydrate amount (or the three dashes --- if no value has been entered yet), or:
From the *Detail* screen, touch the *Carbohydrate*  icon. The *Carbohydrates* numerical keypad is displayed.
- 2 Enter the amount using the numerical keypad.
- 3 Touch the *OK* button to return to the previous screen.





To add or edit a carbohydrate value using the carbohydrate calculator

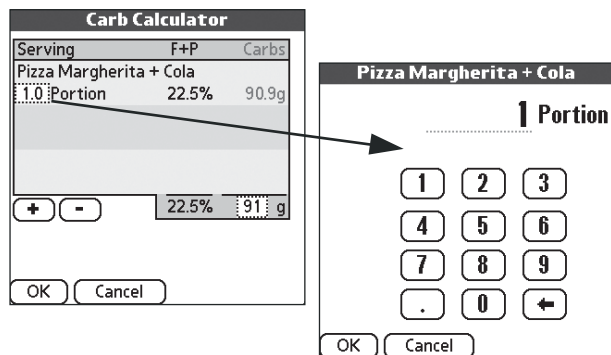
- From the *Diary* screen, touch the displayed carbohydrate amount (or the three dashes --- if no value has been entered yet), or:
From the *Detail* screen, touch the *Carbohydrates* icon.
- Touch the “+” button to add a food component or a predefined meal.
- Select the desired entry from the list.
- Enter the amount using the numerical keypad. For composed meals, *Portion* is automatically displayed as the unit; for single food components, the unit depends on the settings you made (e.g. liter, gram etc.).
- Touch the *OK* button to return to the previous screen.

The table now displays your selection with information on the carbohydrate amount. If available, the percentage of fat and proteins is also listed. The total amount of carbohydrates is displayed in the lower right corner of the table. This value then appears in the diary.

- If you want to add another food, touch the “+” button again. The procedure is identical for all other foods.
- After having selected all foods, touch the *OK* button to add the calculated carbohydrate amount to the diary entry.

If the carbohydrate calculator is activated, you can also enter the carbohydrate amount directly into the sum field.

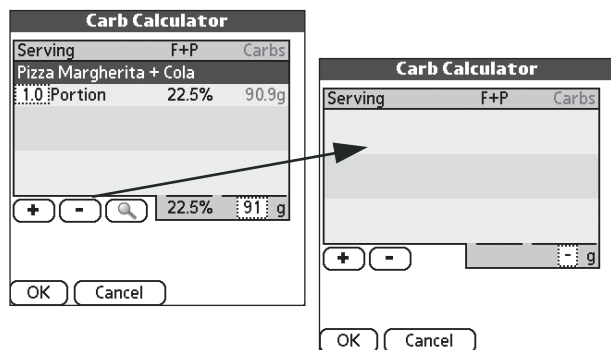
Depending on your needs and habits, you can compose your meals from several components and save them (see Chapter 8.4). You can mark food components or meals that are used particularly frequently as favorites so that they can be located more quickly in the list.



To change the amount of a food in the carbohydrate calculator

If you want to change the amount of an existing food:

- 1 Touch the number field preceding the unit of reference. The numerical keypad is displayed again.
- 2 Enter the new amount using the numerical keypad.
- 3 Touch the *OK* button to return to the previous screen.

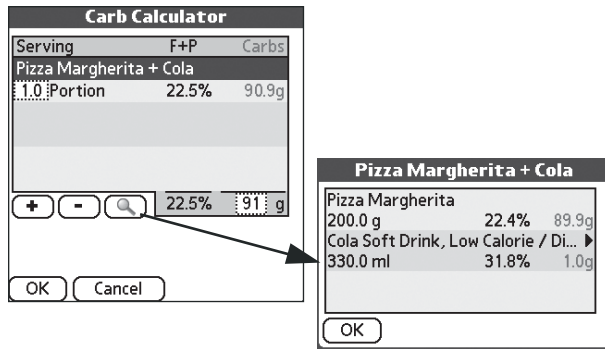


To delete a food from the list

If you want to delete an existing food component or meal from the current list:


- 1 Touch the name of the food component or meal to be deleted. The entry is highlighted.
- 2 Touch the “-” button.

The entry is immediately deleted.



To display detailed information for a meal

If you want to display detailed information on the composition of a selected meal:

- 1 Touch the name of the meal. The entry is highlighted.
- 2 Touch the *Detail*  button to retrieve the respective detailed information.
- 3 Touch the *OK* button to close this screen.




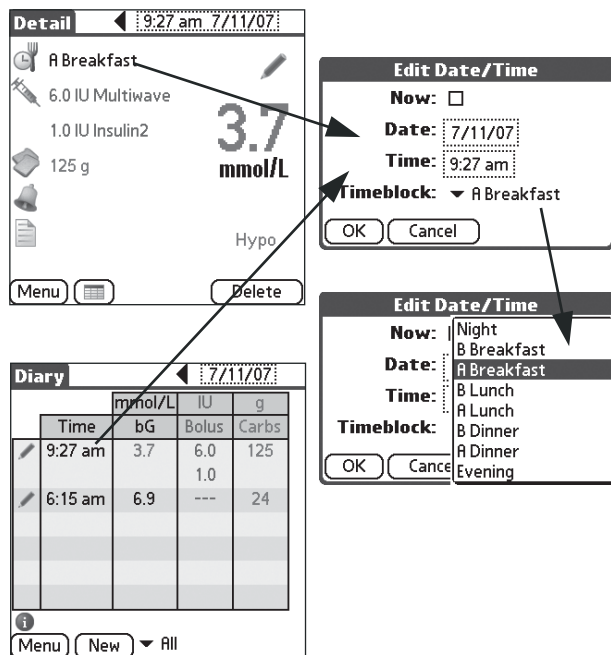
For information on editing and adding to the food list, see Chapter 8.4.

5.8 Timeblocks

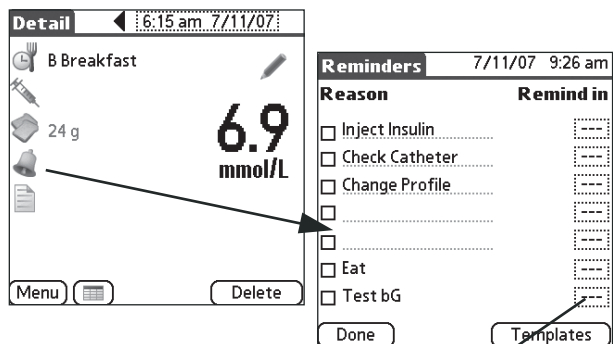
The timeblock assignment for each entry is shown in the *Detail* screen. These timeblocks are used to sort and group values in various reports (e.g. *Average Day* report). The timeblock assignment is defined using the *Personal Setup* option and is made automatically for each diary entry. Manual changes can be made at any time.

To assign a different timeblock to an entry (for instance in the case of a late breakfast)

- 1 From the *Diary* screen, touch the time of the appropriate entry or, from the *Detail* screen, touch the *Timeblocks*  icon. The *Edit Date/Time* screen is displayed.
- 2 Touch the small triangle next to the *Timeblock* entry.
- 3 Select the desired timeblock from the pick list.
- 4 Touch the *OK* button to adopt the changes and return to the *Detail* screen.



5.9 Reminders



Detail 6:15 am 7/11/07

B Breakfast

24 g

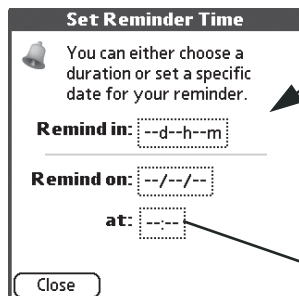
6.9 mmol/L

Menu Delete

Reminders 7/11/07 9:26 am

Reason	Remind in
<input type="checkbox"/> Inject Insulin	
<input type="checkbox"/> Check Catheter	
<input type="checkbox"/> Change Profile	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/> Eat	
<input type="checkbox"/> Test bG	

Done Templates



Set Reminder Time

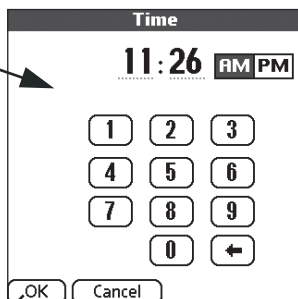
You can either choose a duration or set a specific date for your reminder.

Remind in: --d-h-m

Remind on: --/--/--

at: ---:---

Close



Time

11:26 AM PM

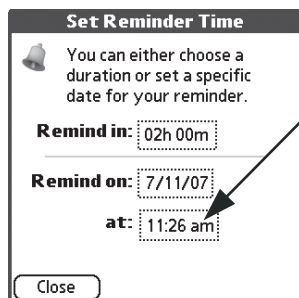
1 2 3

4 5 6

7 8 9

0 ←

OK Cancel



Set Reminder Time

You can either choose a duration or set a specific date for your reminder.

Remind in: 02h 00m

Remind on: 7/11/07


at: 11:26 am

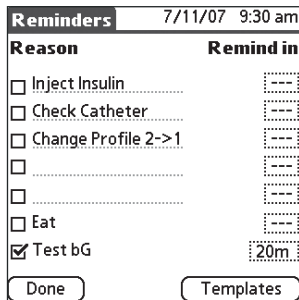
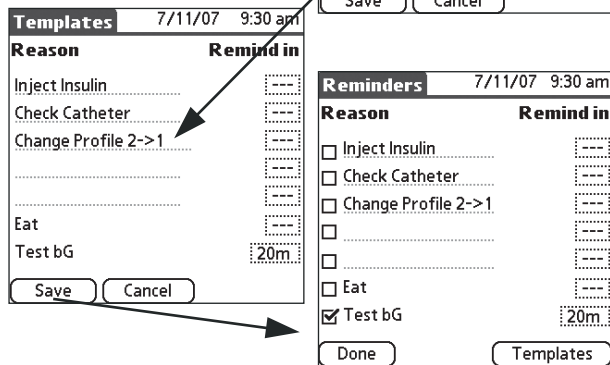
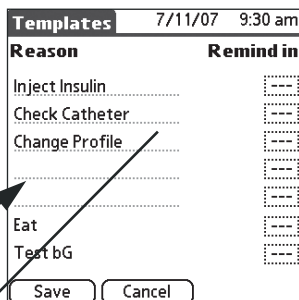
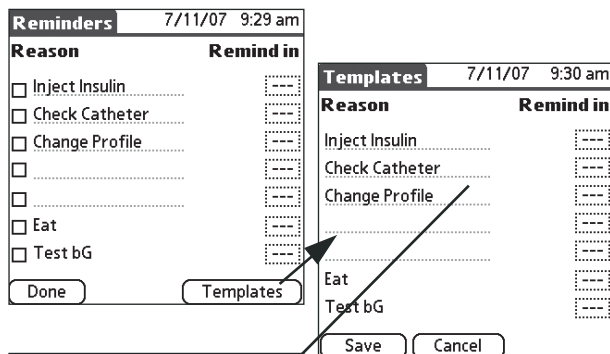
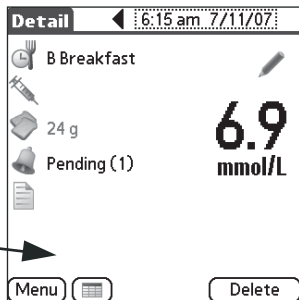
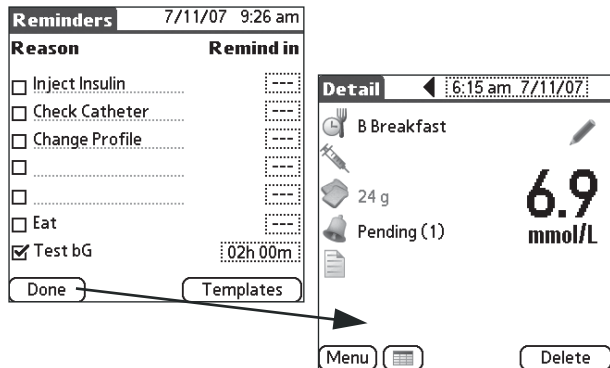
Close

The *Detail* screen for each diary entry allows you to define (up to 7) reminders. A reminder is a particular point in time at which (depending on your system preferences) an acoustic signal occurs and the reason for that reminder (e.g. performing a test, inject insulin etc.) is displayed.

To define a reminder

Reminders can only be entered in the *Detail* screen.

- 1 From the *Detail* screen, touch the *Reminders*  icon. The *Reminders* screen is displayed.
- 2 Before activating the checkbox with the desired reminder reason, you must first enter the remaining time or point in time for the reminder. You can also select several reasons and (if required) change the predefined text for the first five reasons.
- 3 If you want to add a new reason, activate one of the empty lines and enter the reason. If you frequently use the same user-defined reasons, you can save them permanently (in the template, see the following section).
- 4 Touch the field on the right of the selected reason to enter the reminder time.
- 5 Enter the reminder time either indirectly by specifying the remaining time (e.g. “Remind in 20 minutes”) or directly by entering a date and time. The information entered is automatically converted.



- After having made all entries, touch the *Done* button to save the reminders and return to the *Detail* screen.

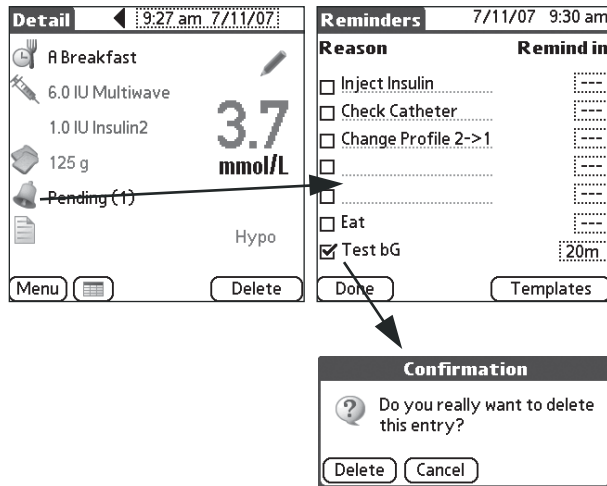
Your handheld will (depending on your system preferences) sound an acoustic signal and show the corresponding information on the display when the specified time has been reached. The reminder also occurs when the device is turned off.

To adjust the reason template

The default reasons offered for selection are adopted from a template. If you want to permanently add your own reasons to this selection, you can adjust the template accordingly.

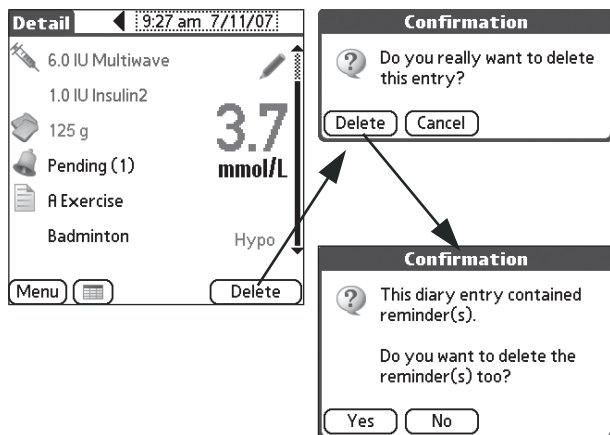
- From the *Reminders* screen, touch the *Templates* button.
- Activate one of the empty lines and enter the desired reason, or:
- Change one of the (existing) reasons from the upper list. The reasons from the lower list cannot be changed or deleted.
- If you also want to set a default time that is to elapse before the reminder is triggered (i.e. in how many minutes or hours the reminder is to occur), touch the field on the right of the selected reason to make your entry.
- After having made the desired changes, touch the *Save* button to adopt the changed template.

The new and changed entries appear each time the *Reminders* screen is opened.



To change or delete a saved reminder

- 1 From the *Detail* screen, touch the *Reminders* icon. The *Reminders* screen is displayed.
- 2 If you want to delete a single reminder, remove the checkmark next to the reason for that reminder.
- 3 Confirm the request for deleting that (single) reminder by touching the *Delete* button.
- 4 If you want to add a reminder, activate the desired checkbox.
- 5 If you want to change the reminder time, touch the field on the right of the reason. Change the time as desired.
- 6 If you want to change the reason for a reminder, touch the appropriate line. Change the text using the screen keyboard or the Graffiti function.
- 7 After having made all changes, touch the *Done* button to save the changes and return to the *Detail* screen.



What happens to reminders if you delete the diary entry?

All reminders are always transferred from the ACCU-CHEK Pocket Compass software to the calendar in the Palm OS. Thus, you can retain a reminder even if you have deleted the related diary entry.

However, if you delete the entry from the Palm OS calendar, the reminder is automatically deleted from the diary.

What happens to reminders when you change the date and/or time in your handheld?



Do not change the date and time of your handheld without any reason if you have saved reminders.

By changing the date/time settings of your handheld, pending reminders are triggered at the wrong point in time or are mistakenly treated as already triggered. Therefore, only change the date and time with good reason, or better still, when no more reminders are pending. If this is not possible:

- 1 Display the list of pending reminders before changing the time setting (see page 83).
- 2 Write down the reminder times and reasons.
- 3 Then save again the reminders that are affected by the time change.

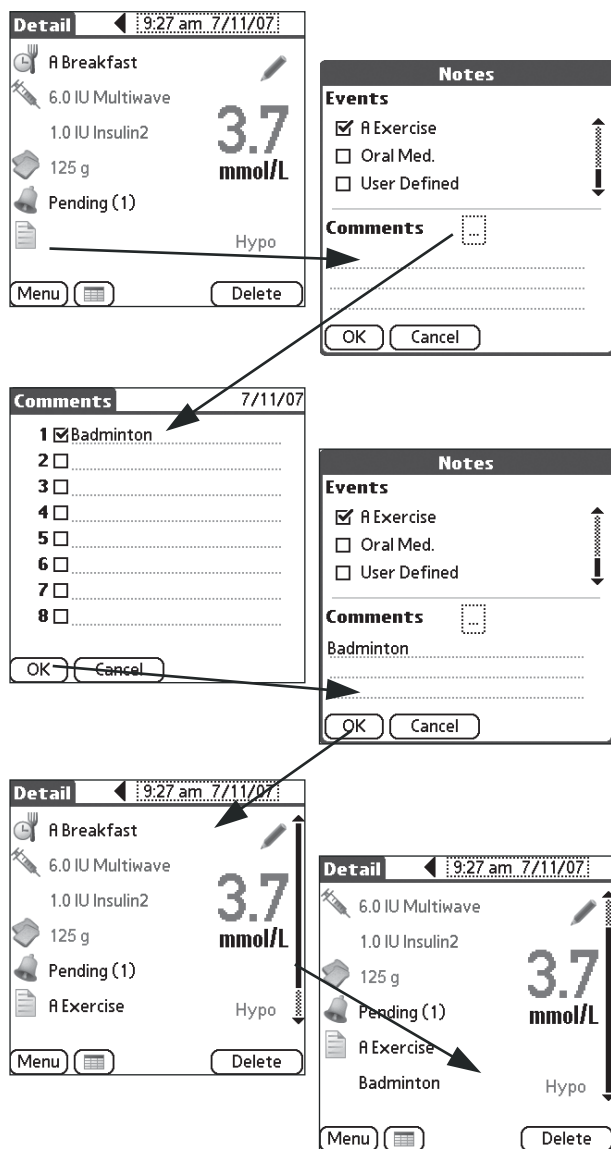
5.10 Events and Comments

You can assign up to four special events (e.g. exercise, medication, etc.) to the respective diary entry in the *Detail* screen. This data can be manually changed at any time.

Assigning events provides additional information that improves the evaluation of blood glucose test results and the adjustment of therapy. The table below contains all event entry choices.

Event	Used to indicate the following situation
Before Meal	Before a meal
After Meal	After a meal
Snack	Snack
Fasting	While fasting
Feel Hypo	If symptoms of hypoglycemia occur
Stress	Result when you feel stressed
Illness	Result when you feel ill
B Exercise	Before exercise
A Exercise	After exercise
Oral Med.	In combination with oral intake of antidiabetic drugs
Other's Result	Diary entry for another person (not for your own reports)
Invalid	Diary entry is invalid
User Defined	Entry of a non-specific event, the interpretation of which lies with the user.

You can define your own comments in addition to these predefined events. While events are defined as frequently or periodically occurring situations and are largely predefined, comments can be used to freely describe the event (e.g. before exercise) in more detail (tennis or golf).



To add or edit an event or a comment

- 1 From the *Detail* screen, touch the *Event/Comment* icon.
- 2 Touch the appropriate check box(es) (in the upper screen area) to indicate the event(s). Up to four events can be selected per diary entry.
- 3 Enter your comment (in the lower screen area; up to 64 characters) using the screen keyboard or the Graffiti function.
- 4 Touch the small field in the center of the comment field. A list for entering and selecting personal comments is displayed.
- 5 Enter the comments that you want to use regularly.
- 6 Put a checkmark in the field preceding each comment that is to be assigned to the current diary entry.
- 7 Touch the *OK* button to automatically insert the selected comments in the comment text field.
- 8 After having made all entries, touch the *OK* button to save the entries and return to the *Detail* screen.



Some events cannot be selected simultaneously (e.g. “Before a meal” and “After a meal”). If you attempt to select two opposing events, only the last one you selected will be checked.



The sequence of event choices can be changed under Personal Setup (refer to page 117) to place frequently-used entries at the top of the list and allow easier access.



Labeling a diary entry with the event “Other’s Result” or “Invalid” prevents these entries from being used in reports. You can therefore use these events specifically to leave a (non-deletable) entry out of the report.

The screenshot shows two overlapping windows. The top window is titled 'Notes' and contains a section for 'Events' with three checkboxes: 'Other's Result' (unchecked), 'Invalid' (checked), and 'User Defined' (unchecked). Below this is a 'Comments' section with a text input field and 'OK' and 'Cancel' buttons. The bottom window is titled 'Detail' and 'Diary'. The 'Detail' section shows a large '11.1 mmol/L' reading and an 'Invalid' event label. The 'Diary' section is a table with columns for Time, mmol/L (bG), IU (Bolus), and g (Carbs). The 11:20 pm entry is highlighted, showing a reading of 11.1 mmol/L, 0 IU, and 0 g.

Time	mmol/L bG	IU Bolus	g Carbs
11:29 pm	---	3.4	---
11:28 pm	11.1	-R-	12
11:20 pm	11.1	---	---
10:00 pm	---	---	18
9:25 pm	7.7	---	---
7:30 pm	6.9	-R-	48
7:28 pm	---	6.0	---

To prevent a diary entry from being used in the reports

If the comment screen is displayed:

- 1 Put a checkmark in the field preceding the *Other's Result* and/or *Invalid* comments.
- 2 Touch the *OK* button to exclude all values (blood glucose, insulin and carbohydrates) of this diary entry from being used in reports.

6 Reports

The ACCU-CHEK Pocket Compass software can display saved therapy-relevant information in a variety of ways. Graph and table views make it easier to assess the effects of events and changes in behavior. This allows you and your healthcare professional to evaluate and improve the overall course of your diabetes care over a longer period of time.

Adjust your personal settings to your specific care plan. Wrong information can distort data analysis and the interpretation of results. For detailed information on personal settings, see page 110.

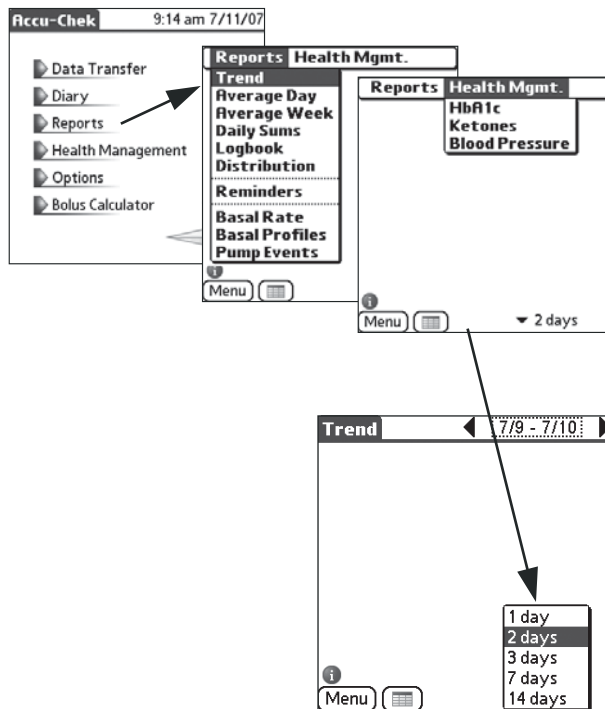
6.1 Report Selection and Settings

The Reports function displays the report type last used. The software offers different report options:

- Trend
- Average Day
- Average Week
- Daily Sums
- Logbook
- Distribution
- Reminder
- Basal Rate
- Basal Profiles
- Pump Events
- HbA1c
- Ketones
- Blood Pressure

The *Basal Rate*, *Basal Profiles* and *Pump Events* reports are only available if you are using an insulin pump with the ACCU-CHEK Pocket Compass software.

Several time periods are available for reports. Average values and further statistical information are calculated using the data available for the selected time period.

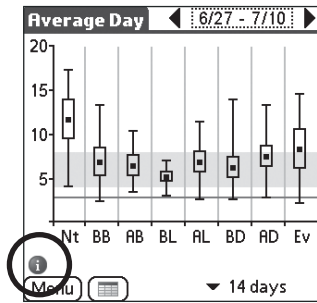
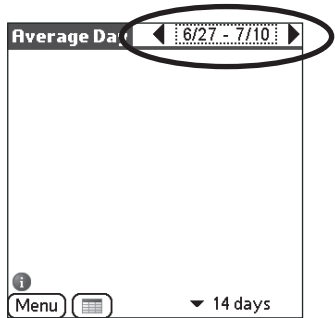


To select a report type

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the upper left corner of the screen to open the pick lists (*Reports* or *Health Mgmt.*) Here, select the desired report type.
- 3 Touch the *Menu* button to return to the main menu screen or select another report type from the pick list.

To select a report time period

- 1 From the desired report screen, touch the down arrow in the lower part of the screen. A pick list of time periods appropriate for this report type is displayed.
- 2 Select the desired time period. The corresponding date range is displayed in the upper right corner of the report screen, with the end date (on the right) being retained.



To move between sequential time periods

- Touch the arrows on the left and/or right of the date.

To move directly to a certain time period

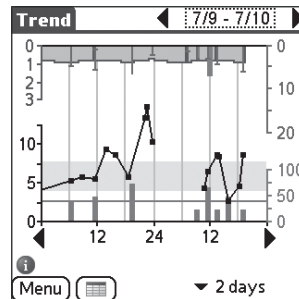
- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.

To display general explanations on reports

In each report, you can show an information text that briefly describes the report contents.

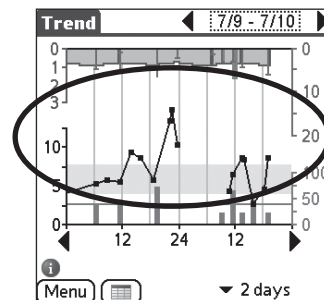
- 1 Touch the **i** icon (in the left corner above the *Menu* button).
- 2 Close the information window after reading the text using the *OK* button.

6.2 Trend

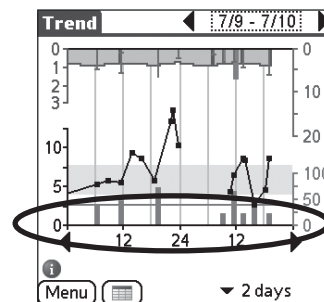


The *Trend* report shows a graph or table of the following:

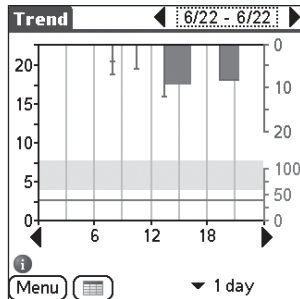
- Blood glucose results (black)
- Bolus insulins (purple)
- Carbohydrate intake (brown) and/or
- Basal rates (blue, only with insulin pump)



All blood glucose values (black squares) determined within the selected time period are shown as a curve. This curve allows you to identify the progression of blood glucose levels (increasing/decreasing) at a glance. The blood glucose values shown in the curve can be read using the scale on the left. Values above the maximum display range (indicated by an up arrow \wedge) are not included in the curve. Values outside the measurement range of your blood glucose meter are not taken into account. The green area indicates the current target range. If blood glucose tests are more than 9 hours apart, they are not linked. The currently set hypoglycemic limit is displayed as a red line.

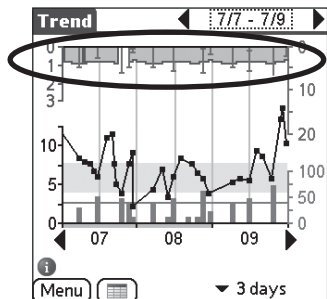


Carbohydrate intake is shown at the lower edge of the diagram in the form of upwardly progressing bars (brown). Information on carbohydrate intake is entered either directly in the diary (if used) or during the course of a bolus calculation. The scale for carbohydrate intake is displayed at the lower right edge of the diagram in the unit selected (here: 0 – 100 g).



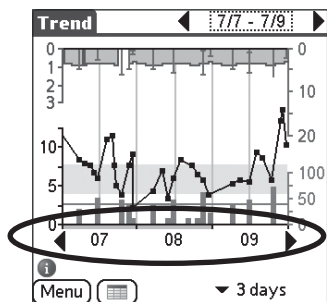
Bolus insulins, shown as descending bars (purple), are determined and displayed using manual entries (and the corresponding insulin pump data, if available). The dose can be read using the scale (from 0 to 20 IU) in the top right corner of the screen.

- A standard bolus is shown as a solid bar with a horizontal line on the end (shown in the screen shot: 2nd bar from the left). Multiple horizontal lines in a vertically displayed bolus (1st bar from the left) represent the simultaneous delivery of different bolus amounts (e.g. pump and syringe/pen).
- An extended bolus appears as a broader bar (shown in the illustration: 4th bar from the left); the width represents the duration of the delivery.
- A multiwave bolus is shown as a solid bar (shown in the illustration: 3rd bar from the left), with a horizontal line on the end. The length of this bar stands for the immediate portion of the delivery. The vertical starting point of the “flag” represents the amount of the extended portion, and its (horizontal) extension represents the duration of the delivery.

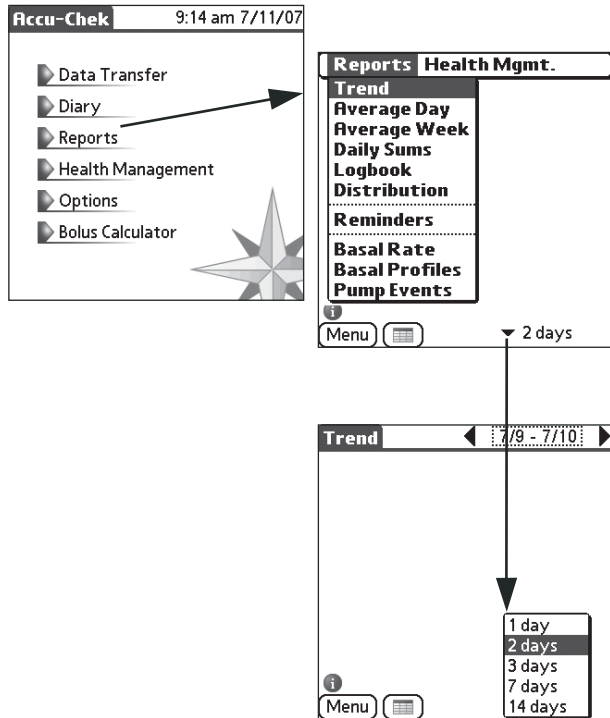


If you use an insulin pump with the ACCU-CHEK Pocket Compass software, basal rates are also displayed. In this case, the appropriate basal rate (blue) is also displayed in the upper part of the graph. The corresponding scale in the unit IU/h is displayed in the upper left edge of the graph.

If no basal rate data is available in the selected time period, this (upper) scale does not appear. The scale for the blood glucose results is expanded upwards instead.



On the lower horizontal axis the usual non-working days (weekends) are marked in light blue.

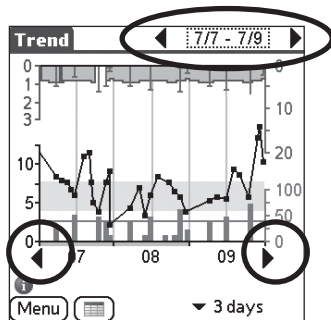


To display the Trend report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Trend* report from the pick list.

To select a report time period

- 1 Touch the down arrow on the lower edge of the screen. A pick list of time periods is displayed.
- 2 Select the desired report time period. The corresponding date range is displayed in the upper right screen corner, with the end date (on the right) being retained.

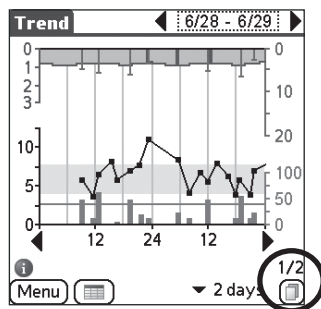


To move between sequential time periods


- Touch the arrows on the right and/or left of the date.
- Touch the arrows on the right and left of the diagram base to move the displayed time period by one day.


To move directly to a certain time period

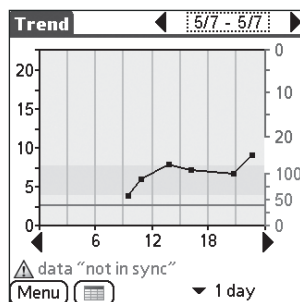
- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.



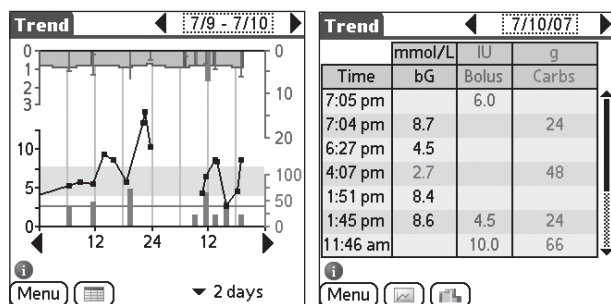
To move between overlapping time periods

If overlapping time periods are detected (e.g. after intercontinental flights), another button  is displayed in the lower right screen corner. The number pair above the icon indicates the number of overlapping time periods as well as the number of the currently displayed time period (in this illustration: 1st period of 2).

- Touch the  button to toggle between the overlapping time ranges shown. This button is also displayed if the selected time period contains “not in sync” data. When “not in sync” data situations are displayed, an appropriate text is shown above the buttons.



Information on basal rates is discarded in “not in sync” data situations. For further information on handling “not in sync” data, see page 40.




To switch to the Trend table

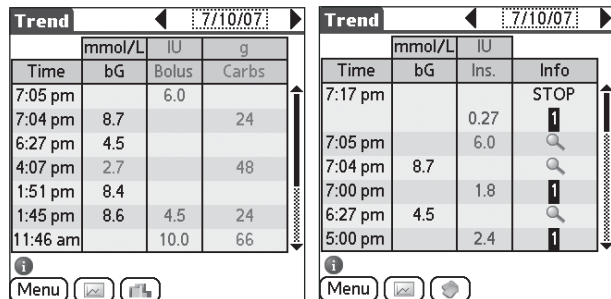
Information can be displayed as a table instead of a graph.




- Touch the *Table*  button to switch to table view.

After switching views, the last day shown in the graph is shown in table form with the blood glucose, bolus insulin and carbohydrate columns. Blood glucose results below the hypo limit are shown in red. You can switch this view to display bolus/basal insulin values and additional information (in addition to blood glucose results).

- Touch the *Basal Rates*  button to switch the view.

The appropriate diary details on blood glucose results and insulin amounts are available through the  icon. Basal insulin amounts are displayed in blue, bolus insulin amounts in purple. All other information refers to the basal rate. RUN or STOP indicates whether the insulin pump is started or stopped. The number of basal insulin units is the amount of insulin administered since the last entry. You will find a summary of the meaning of the entries in the right-hand column of the following table.




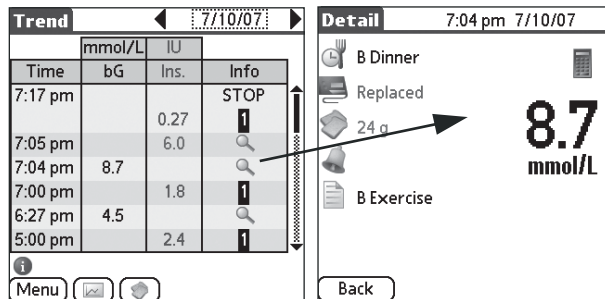
Example	Meaning
 A	Basal profile A, possible displays: A, B, 1 ... 5
RUN	Insulin pump started
STOP	Insulin pump stopped
 110%	Temporary increase/reduction of the basal profile active at the respective point in time
	More information available


To move between sequential days:

- Touch the arrows on the left and/or right of the date.

To display detailed information on an entry

- 1 Touch the  icon in the right table column. The data shown in the displayed *Detail* screen cannot be changed.
- 2 Touch the *Back* button to return to the report screen.

**To return to the Trend graph**

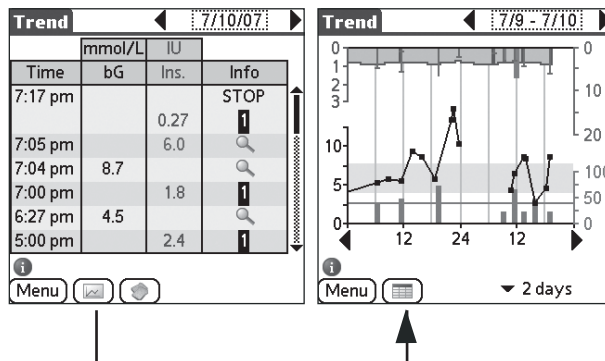
- Touch the *Graph*  button to return to the *Trend* graph.

To return to the main menu

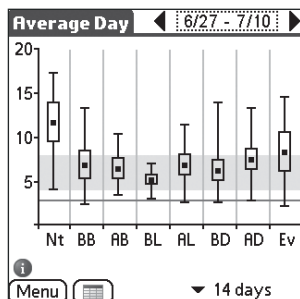
- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.



6.3 Average Day

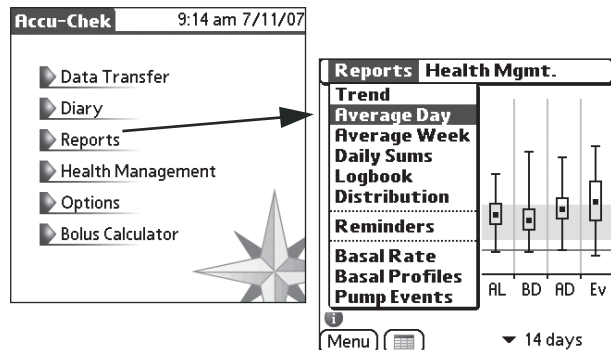


The *Average Day* report shows all blood glucose results recorded in the selected time period, grouped by different timeblocks (horizontal axis). For each of these value groups, the average is calculated and indicated by a small black square. The rectangle represents the standard deviation (spread of values) for the respective timeblock and is open at the top if values exceed 20 mmol/L (or 350 mg/dL). The horizontal lines on the vertical bars mark the highest and lowest values respectively. If only one value is available or if all values from a timeblock are identical, a short line running through the square is displayed instead of a bar and a rectangle. The block with the green background indicates the current target range. The currently set hypoglycemic limit is displayed as red line.

You have the option of displaying the *Average Day* report in graph or table form.

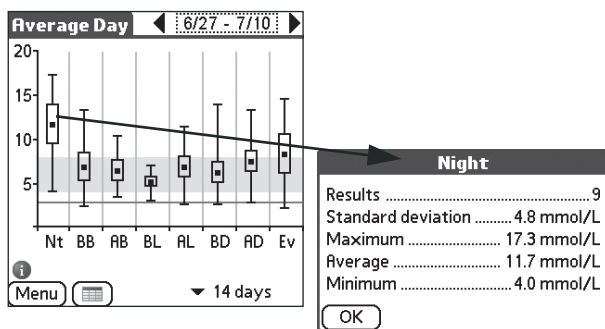
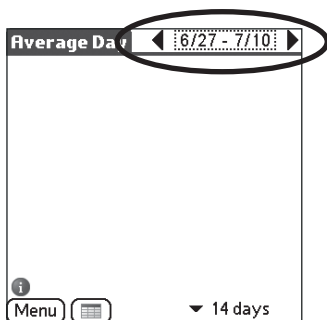
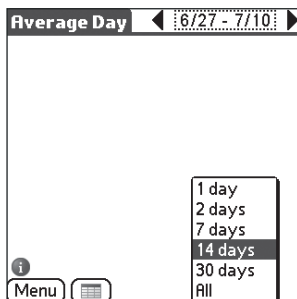


The report does not take “not in sync” data into account.



To view the *Average Day* report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Average Day* report from the pick list.



To select a report time period

- 1 Touch the down arrow on the lower edge of the screen. A pick list of time periods is displayed.
- 2 Select the desired time period. The corresponding date range is displayed in the upper right screen corner, with the end date (on the right) being retained.

To move between sequential time periods

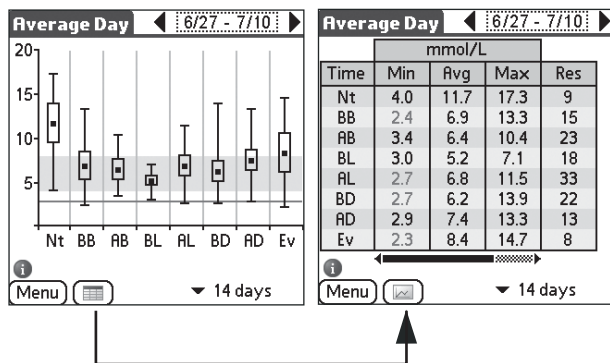
- Touch the arrows on the left and/or right of the date.

To move directly to a certain time period

- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.

To view timeblock information

- 1 Touch the area within the rectangle or the black square itself. The screen that appears shows detailed information on the selected timeblock.
- 2 Touch the **OK** button to return to the report screen.



To switch to the Average Day table

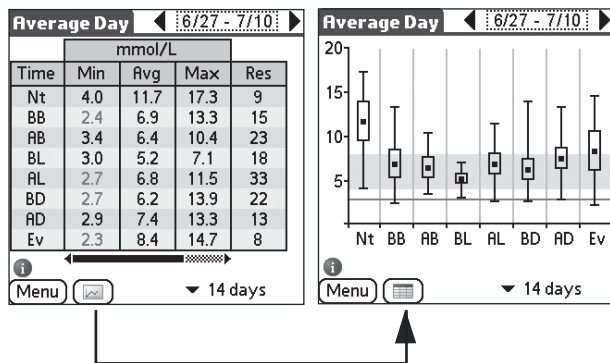
- Touch the *Table*  button to switch to table view.

After switching views, the statistical evaluation of the selected time period is shown in table form. The following information is displayed in columns, sorted by timeblock:


- Minimum blood glucose result (Min)
- Average blood glucose result (Avg)
- Maximum blood glucose result (Max)
- Standard deviation (SD)

Blood glucose results below the hypo limit are shown in red. Hidden columns can be displayed using the scroll bar located below the table.

The column at the right edge shows the number of evaluated tests in the respective timeblock (Res).



To return to the Average Day graph

- Touch the *Graph*  button to return to the graphic representation.

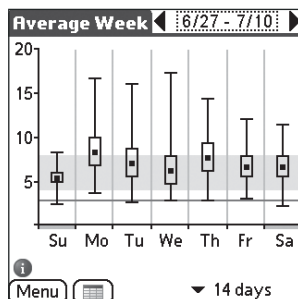
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.4 Average Week

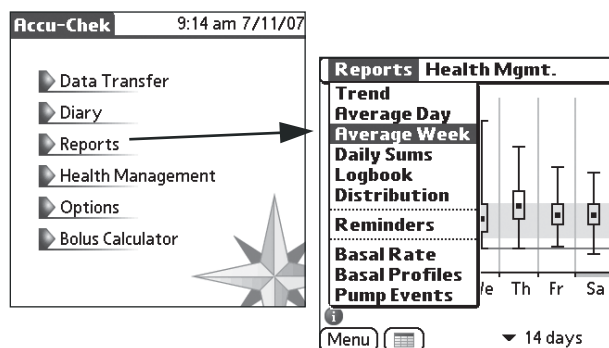


The *Average Week* report shows all blood glucose results recorded in the selected time period, grouped by different weekdays (horizontal axis). On the horizontal axis the usual non-working days (weekends) are marked in light blue. For each of these value groups, the average is calculated and indicated by a small black square. The rectangle represents the standard deviation (spread of values) for the respective weekday and is open at the top if values exceed 20 mmol/L (or 350 mg/dL). The horizontal lines on the vertical bars mark the highest and lowest values respectively. If only one value is available or if all values from a timeblock are identical, a short line running through the square is displayed instead of a bar and box. The green area indicates the current target range. The currently set hypoglycemic limit is displayed as a red line.

You have the option of displaying the *Average Week* report in graph or table form.

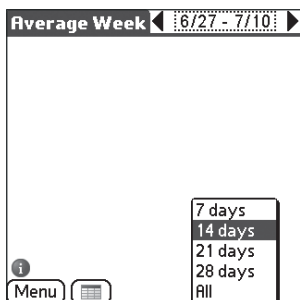


The report does not take “not in sync” data into account.



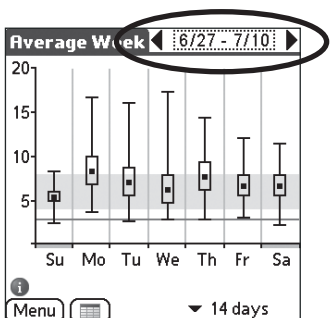
To view the *Average Week* report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Average Week* report from the pick list.



To select a report time period

- 1 Touch the down arrow on the lower edge of the screen. A pick list of time periods is displayed.
- 2 Select the desired time period. The corresponding date range is displayed in the upper right screen corner, with the end date (on the right) being retained.

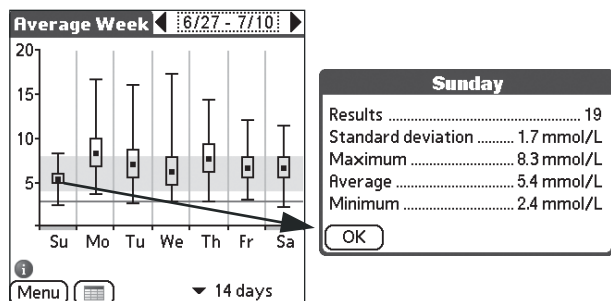


To move between sequential time periods

- Touch the arrows on the left and/or right of the date.

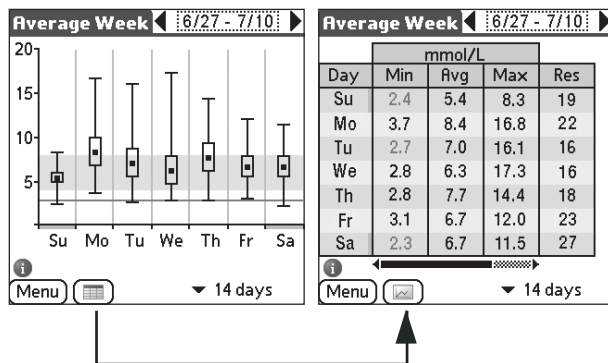
To move directly to a certain time period

- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.



To display weekday information

- 1 Touch the area within the rectangle or the black square itself. The screen that appears shows detailed information on the selected weekday.
- 2 Touch the *OK* button to return to the report screen.



To switch to the Average Week table

- Touch the *Table*  button to switch to table view.


After switching views, the statistical evaluation of the selected time period is shown in table form. The following information is displayed in five columns, sorted by weekday:

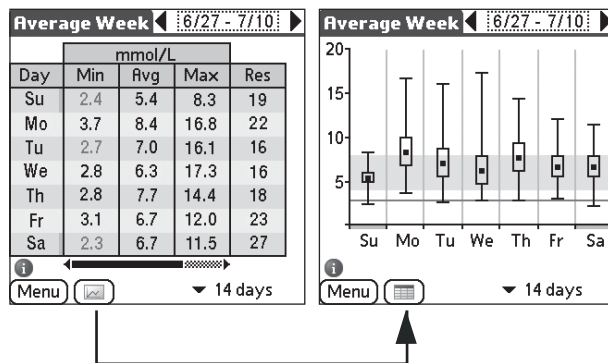
- Minimum blood glucose result (Min)
- Average blood glucose result (Avg)
- Maximum blood glucose result (Max)
- Standard deviation (SD)

Blood glucose results below the hypo limit are shown in red. Hidden columns can be displayed using the scroll bar located below the table.

The column at the right edge shows the number of evaluated tests for the respective weekday (Res).

To return to the Average Week graph

- Touch the *Graph*  button to return to the graphic representation.



To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.5 Daily Sums

Daily Sums		6/27 - 7/10		
Day	Date	IU	IU	g
		Bolus	Basal	Carbs
Tu	7/10	25.0	16.0	186
Mo	7/9	25.2	19.9	156
Su	7/8	19.1	19.9	312
Sa	7/7	20.9	17.2	176
Fr	7/6	22.1	12.2	382
Th	7/5	20.0		252
We	7/4	14.5	6.1	240

Menu 14 days

The Daily Sums report lists in one table the quantities of insulin and carbohydrates taken in every day. The usual non-working days (weekends) are marked with a light blue bar. For additional information on calculating or assigning insulin quantities, see “Naming your insulins” on page 112.



The report does not take “not in sync” data into account.

Accu-Chek 9:14 am 7/11/07

- ▶ Data Transfer
- ▶ Diary
- ▶ Reports
- ▶ Health Management
- ▶ Options
- ▶ Bolus Calculator

Reports Health Mgmt.

	IU	g
Trend		
Average Day		
Average Week	Basal	Carbs
Daily Sums	16.0	186
Logbook	19.9	156
Distribution	19.9	312
Reminders	17.2	176
Basal Rate	12.2	382
Basal Profiles		252
Pump Events	6.1	240

Menu 14 days

Daily Sums 6/27 - 7/10

14 days

30 days

Menu

To display the Daily Sums report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Daily Sums* report from the pick list.

To select a report time period

- 1 Touch the down arrow on the lower edge of the screen. A pick list of time periods is displayed.
- 2 Select the desired time period. The corresponding date range is displayed in the upper right screen corner, with the end date (on the right) being retained.

Daily Sums				
6/27 - 7/10				
Day	Date	Bolus	Basal	Carbs
Tu	7/10	25.0	16.0	186
Mo	7/9	25.2	19.9	156
Su	7/8	19.1	19.9	312
Sa	7/7	20.9	17.2	176
Fr	7/6	22.1	12.2	382
Th	7/5	20.0		252
We	7/4	14.5	6.1	240

Menu ▼ 14 days

To move between sequential time periods

- Touch the arrows on the left and/or right of the date.

To move directly to a certain time period

- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.

To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.6 Logbook

Logbook				
6/18 - 7/1				
Date	Nt	BB	AB	BL
7/1		2.4	4.8	3.5
			11.1 Δ	
			6.2	
6/30		9.2	3.8	5.0
			5.3	
6/29		8.4	6.8	5.6

⚠ data "not in sync"

Menu ▾ All ▾ 14 days

Menu ▾ All ▾ Sync. Data ▾ 14 days

The Logbook report displays the blood glucose results in a table, sorted by days (vertical axis) and grouped by time-blocks (horizontal axis). Any additional values for a single timeblock are shown in an additional row.

Blood glucose results below the hypo limit are shown in red. Hidden columns can be displayed using the scroll bar located below the table.

The report contains "not in sync" data that is flagged accordingly. This data was transferred by "not in sync" device(s). Therefore, the times of the individual values might not be correctly related to each other. It is recommended that you do not use such data to draw therapy-relevant conclusions. Using the respective filter option (All or Sync. Data), you can specify whether "not in sync" data should be displayed.

Accu-Chek 9:14 am 7/11/07

- Data Transfer
- Diary
- Reports
- Health Management
- Options
- Bolus Calculator

Reports Health Mgmt.

Trend

Average Day

Average Week

Daily Sums

Logbook

Distribution

Reminders

Basal Rate

Basal Profiles

Pump Events

mol/L

	AB	BL
Average Day	4.8	3.5
Average Week	11.1 Δ	
Daily Sums	6.2	
Distribution	3.8	5.0
Reminders	5.3	
Basal Rate	6.8	5.6

⚠ data "not in sync"

Menu ▾ All ▾ 14 days

To display the Logbook report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Logbook* report from the pick list.

To select a report time period

- 1 Touch the down arrow on the lower edge of the screen. A pick list of available time periods is displayed.
- 2 Select the desired time period. The corresponding date range is displayed in the upper right screen corner, with the end date (on the right) being retained.

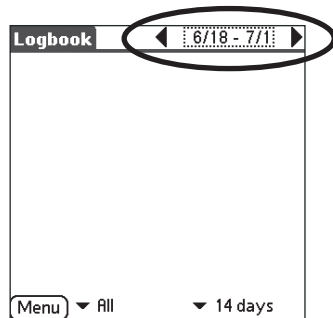
Logbook 6/18 - 7/1

Menu ▾ All

7 days

14 days

30 days



To move between sequential time periods

- Touch the arrows on the left and/or right of the date.

To move directly to a certain time period

- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.

To display detailed information for an entry

- 1 Touch one of the entries. The data shown in the displayed *Detail* screen cannot be changed.
- 2 Touch the *Back* button to return to the report screen.

Logbook					
◀ 6/18 - 7/1 ▶					
mmol/L					
Date	Nt	BB	AB	BL	
7/1		2.4	4.8	3.5	
			11.1 Δ		
			6.2		
6/30		9.2	3.8	5.0	
			5.3		
6/29		8.4	6.8	5.6	

Detail	
11:59 am 6/29/07	
B Lunch	
5.3 IU Standard	
46 g	
	5.6 mmol/L
Back	

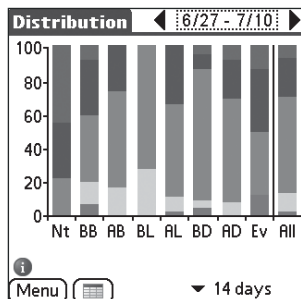
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.7 Distribution

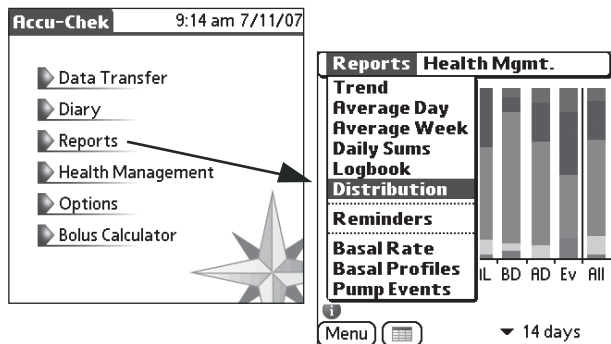


The *Distribution* report shows the distribution of the blood glucose results for the respective timeblocks in bar chart or table form. It tells you which proportion of your blood glucose results is within the target range (green portion) and which proportion is outside (orange or blue portion) or below/above the hypo/hyperglycemic limit (red or purple portion). The last bar of the chart (*All*) summarizes information for the entire selected report time period.

The report does not take “not in sync” data into account.

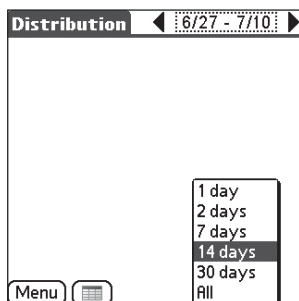


Assignment to one of the five categories depends on the target range settings that were applicable at the time the blood glucose results were entered. Later modification of the target range settings has no effect on the assignment of a blood glucose result that has already been entered.



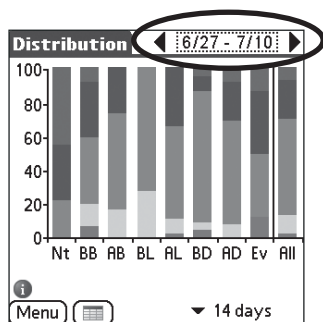
To display the *Distribution* report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Distribution* report from the pick list.



To select a report time period

- 1 Touch the down arrow on the lower edge of the screen. A pick list of available time periods is displayed.
- 2 Select the desired time period. The corresponding date range is displayed in the upper right screen corner, with the end date (on the right) being retained.

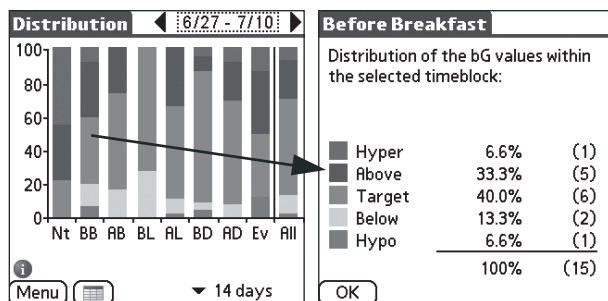


To move between sequential time periods

- Touch the arrows on the left and/or right of the date.

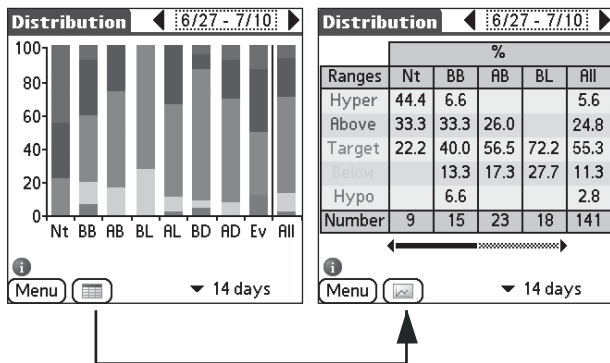
To move directly to a certain time period

- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.



To display distribution details

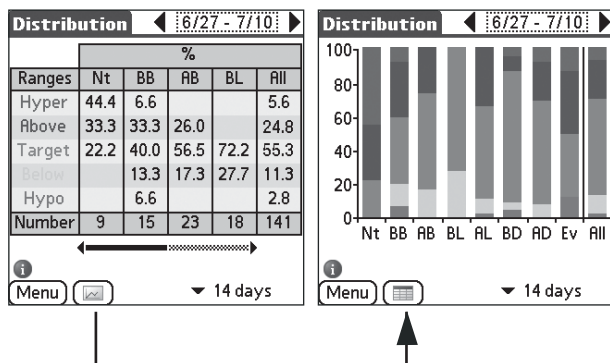
- 1 Touch one of the bars in the chart. A screen with detailed information on the selected timeblock is displayed.
 - 2 Touch the *OK* button to return to the report screen.
- This screen also appears when you touch a timeblock in table view.



To switch to the Distribution table

- Touch the *Table* [Table Icon] button to switch to table view.

The table view shows the percentage of the particular range and the number of test results within the selected time period (lowest row).



To return to the Distribution graph

- Touch the *Graph* [Graph Icon] button to return to the graphic representation.

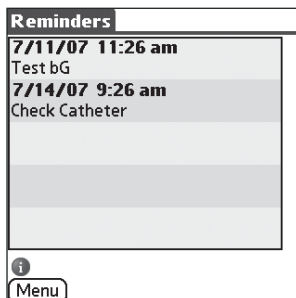
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

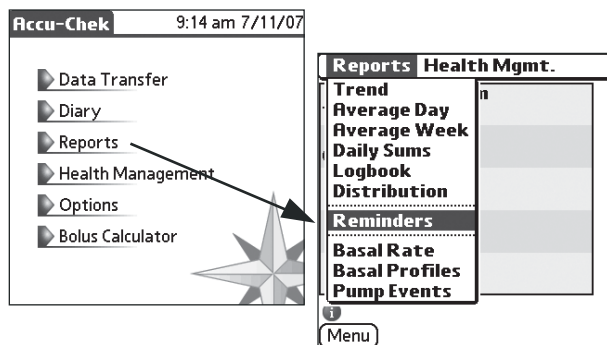
- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.8 Reminder



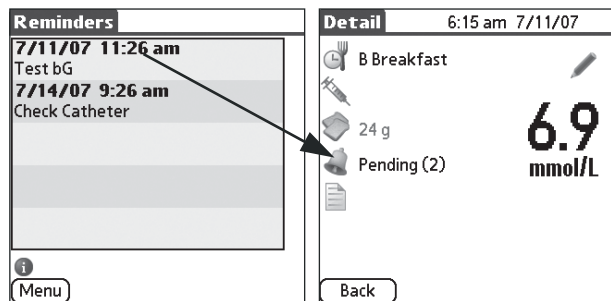
The *Reminders* report shows all saved and pending reminders in list form. The next reminder to occur is shown at the top of the list.

Use the scroll bar located on the right of the screen (if required) to move the list up and down.



To display the Reminders report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Reminder* report from the pick list.



To display details on a reminder

- 1 Touch the reminder for which you want to display details. The data shown on the displayed *Detail* screen cannot be changed.
- 2 Touch the *Back* button to return to the report screen.

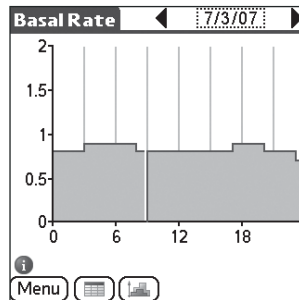
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

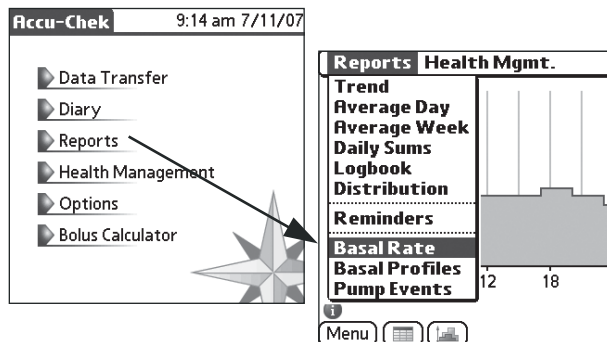
6.9 Basal Rate



If you use the ACCU-CHEK Pocket Compass software with an insulin pump, you can evaluate the basal rate information transferred from the pump (a maximum of 6000 basal rate entries are saved). This report provides a more exact graphic presentation and a table view of the basal rate for a single day.

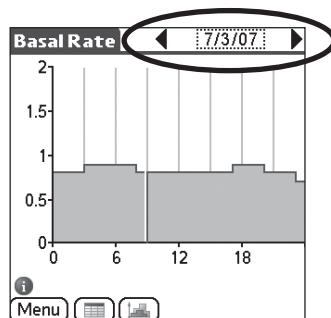


The report does not take “not in sync” data into account.



To display the Basal Rate report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Basal Rate* report from the pick list.

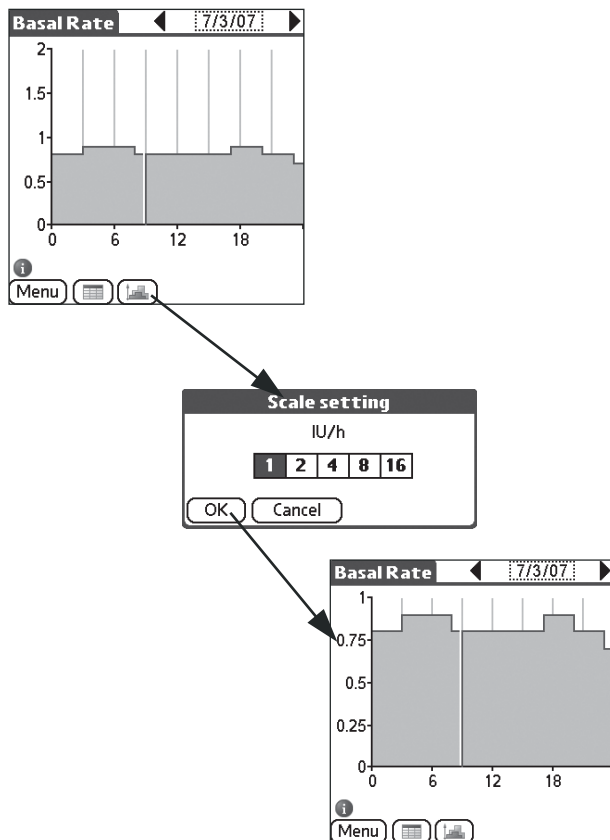


To move between sequential days:

- Touch the arrows on the left and/or right of the date.


To move directly to a certain day

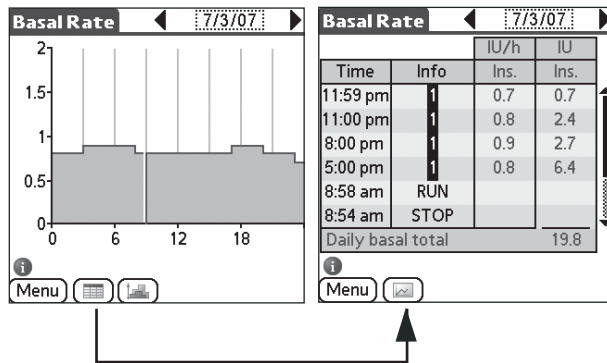
- 1 Touch the date display in the upper right corner of the report screen.
- 2 Select the desired day from the calendar displayed.



To change the presentation size of the basal rate

The presentation of the basal rate can be adjusted (vertically). The best setting is determined by the highest value to be displayed. The figure shown at the top is based on the setting “2 IU/h”, i.e. the basal rate can be displayed with values up to 2 IU/h (at the upper end of the scale). After changing the value to a suitable value (here: “1 IU/h”, since the maximum basal rate value is approx. 0.9 IU/h), the space available for displaying the graph is utilized as best as possible. This allows the individual values of the basal rate to be read more precisely.

- 1 Touch the Scale  button to select the value desired for the presentation size (vertical).
- 2 Select the scale. Simply use the maximum basal rate as a guide and select the next possible scale setting above this value.
- 3 Touch the *OK* button to accept the new scale.





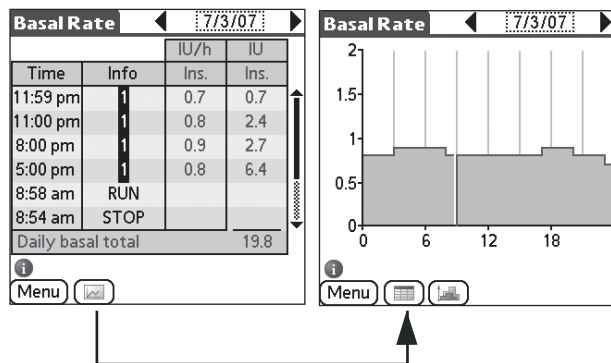
To switch to the Basal Rate table

- Touch the *Table*  button to switch to table view.


After switching views, the amount of insulin delivered through the basal rate is shown in table form (for the selected day). By touching the arrows on the right and left of the date, you can switch between sequential days.

Time, additional information and basal rates are presented in four columns, with the basal rate information being displayed both as the amount released and the resulting rate for the time period since the last entry. The table footer contains information on the daily total amount of released basal insulin. The following table lists the entries displayed in the *Info* column and their meaning.

Example	Meaning
 A	Basal profile A, possible displays: A, B, 1 ... 5
RUN	Insulin pump started
STOP	Insulin pump stopped
 A 110%	Temporary increase/reduction of the basal profile active at the respective point in time



To return to the Basal Rate graph

- Touch the *Graph*  button to return to the graphic representation.

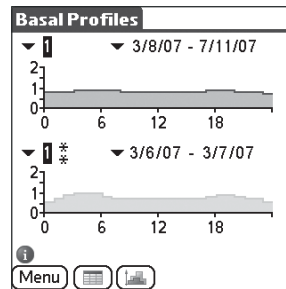
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

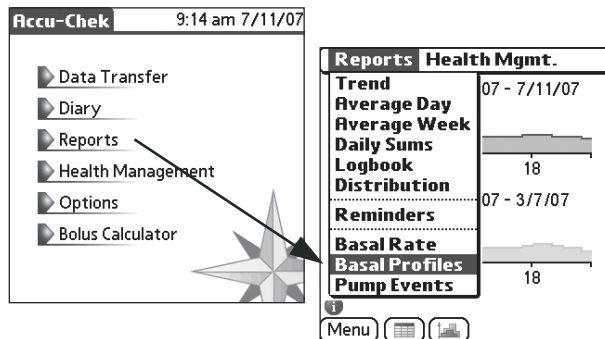
To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.10 Basal Profiles



The basal profiles predefined in the pump can be compared in graph or table form. For each basal profile, you can make a comparison using the current and two previously used settings for the basal profiles.



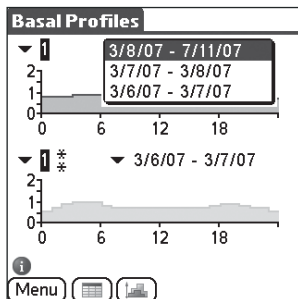
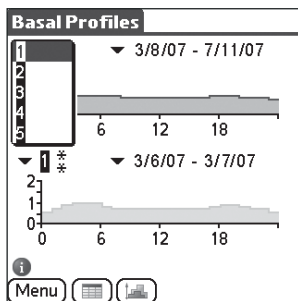
To display the Basal Profiles report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Basal Profiles* report from the pick list.

The basal profiles are referred to as

1, **2**, **3**, **4**, **5**

for the ACCU-CHEK Spirit insulin pump.



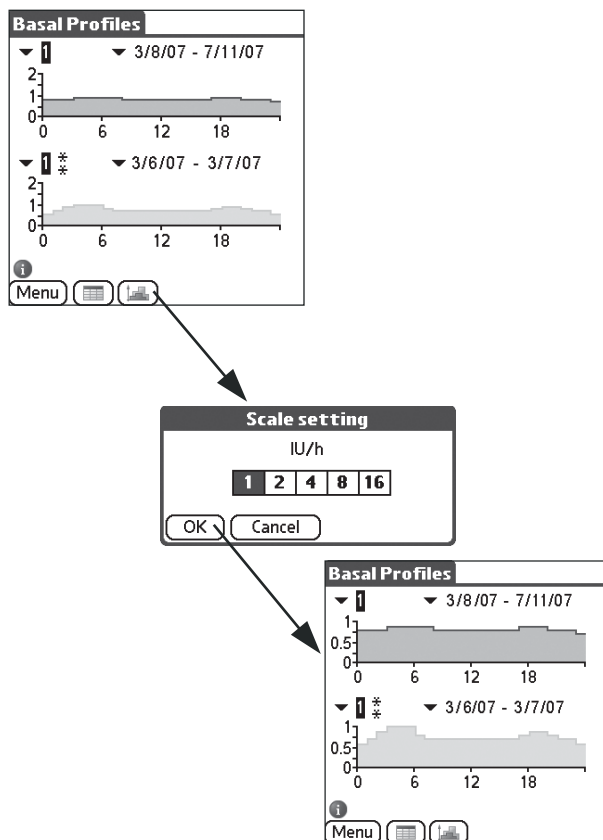
To select the profile to be displayed

- Touch the down arrow on the left of the profile, and select the desired profile from the list.

Using the pick lists, you can retrieve each current and the two previously used profiles for the insulin pump.

- If there is no data stored for the selected profile, a message to this effect is displayed.
- If an older profile exists for the profile selected, you can call it up by touching the arrow on the left of the date stamp. The date stamp shows when this basal profile was defined.

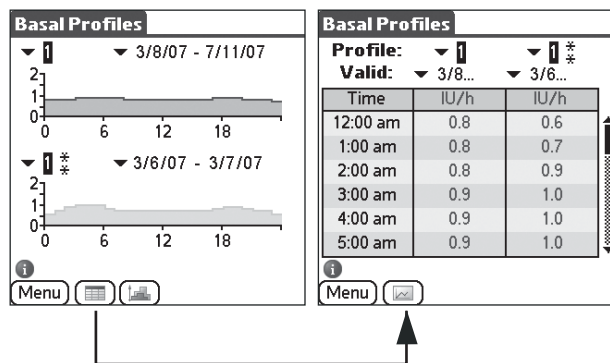
If you have selected the last basal profile (i.e. the one preceding the current profile) for display, an asterisk (e.g. **B***) appears next to the pick list for the basal profiles. Two asterisks (e.g. **B*****) are displayed for the second-last basal profile. These two superseded basal profiles are grayed out in the graph.



To change the presentation size of basal profiles

- 1 Touch the scale icon to select the value desired for the presentation size (vertical).
- 2 Select the scale. Simply use the maximum rate in the basal profile as a guide and select the next possible scale setting above this value.
- 3 Touch the *OK* button to accept the new scale.

For a detailed description of the scale setting, see page 86.



To switch to the Basal Profiles table

- Touch the *Table*  button to switch to table view.


The table shows the basal rate defined per hour for the profile currently selected.

- Touch the down arrow on the left of the profile and select the desired profile from the list.

Using the pick lists, you can retrieve each current and the two previously used profiles for the insulin pump.

- If no data has been stored for the selected profile, the column contains dashes.
- If an older profile exists for the profile selected, you can call it up by touching the arrow on the left of the date stamp located above the respective column. The date stamp shows when this basal profile was defined.

To return to the Basal Profiles graph

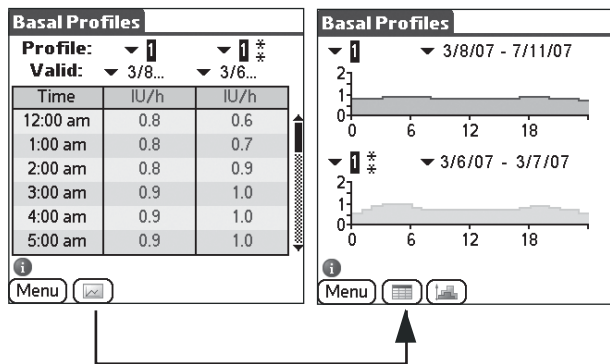
- Touch the *Graph*  button to return to the graphic representation.

To return to the main menu

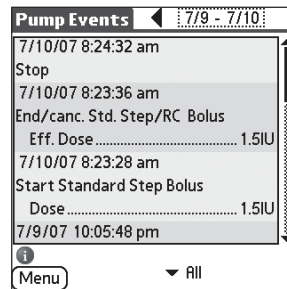
- Touch the *Menu* button to return to the main menu screen.

To select another report type

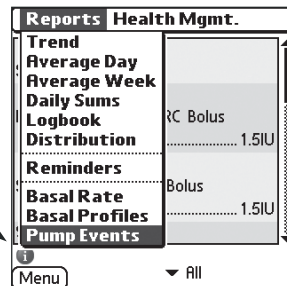
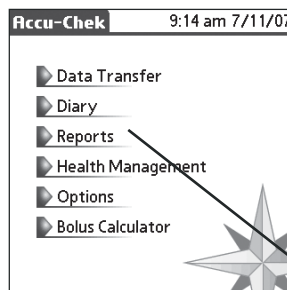
- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.



6.11 Pump Events



In addition to purely insulin-related information, pumps can also store and/or transmit messages. These include date/time settings and alarms. Use the *Pump Events* report to view messages stored by the pump. Filters are provided to allow you to search specifically for certain types of information.

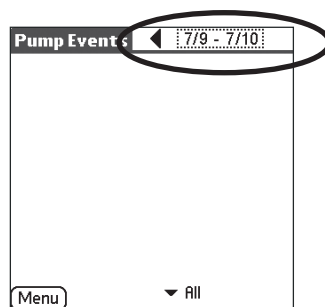


To display the Pump Events report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Select the *Pump Events* report from the pick list.

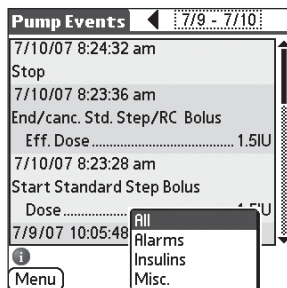
To switch between sequential blocks in the Pump Events report

- The *Pump Events* report evaluates the values in blocks of 10. Touch the arrows on the left and/or right of the date to go to the next block (and/or day).



To move directly to a certain day

- 1 Touch the date display in the upper right corner of the report screen.
- 2 Select the desired day from the calendar displayed.



To select only certain events for display

- 1 Touch the down arrow on the lower edge of the screen. A pick list of filters is displayed.
- 2 Select the desired filter. Only appropriate events are displayed.

As the names indicate, the filters affect the display as follows:

- The *All* filter displays all events transferred from the insulin pump.
- The *Alarms* filter displays only the alarms and error messages transferred from the insulin pump.
- The *Insulins* filter displays the amounts (and additional information such as date, time, duration and immediate portion) of the insulin delivered by the insulin pump.
- The *Misc.* filter shows information such as changing the time, changing the basal profiles, etc.

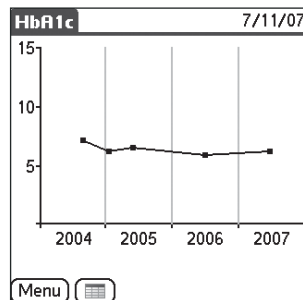
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

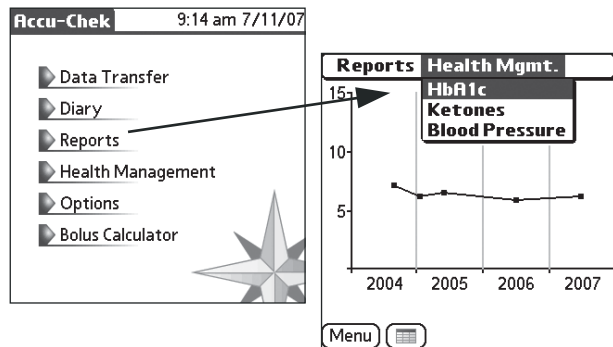
- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.12 HbA1c



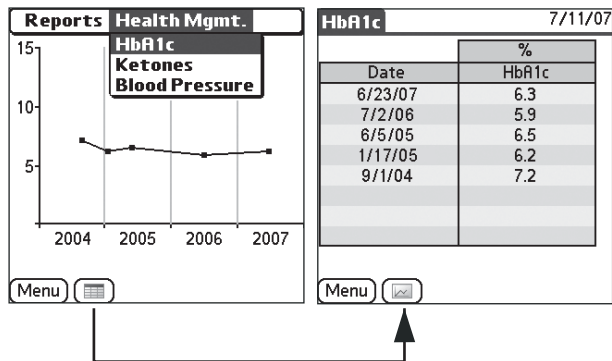
The *HbA1c* report shows the entered HbA1c results in a graph or table. Values above the maximum display range of 15 % (indicated by an up arrow) are not included in the curve. A maximum time period of 4 years can be shown and a total of 12 HbA1c values can be saved and displayed.

HbA1c values are manually entered in the *Health Management* area (see page 101).



To display the HbA1c report

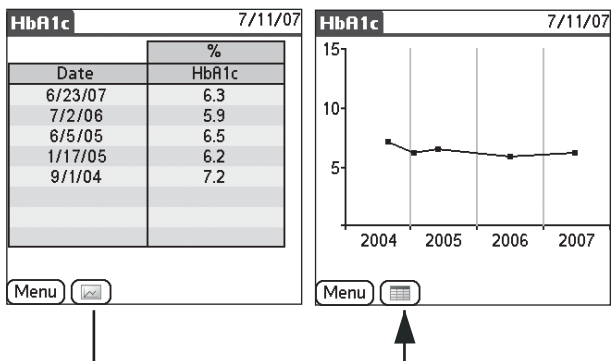
- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Touch the *Health Mgmt.* menu, which appears on the right.
- 4 Select the *HbA1c* report from the pick list.



To switch to the HbA1c table

- Touch the *Table* [Table] button to switch to table view.

In the table view, all results are sorted in descending order (by date).



To return to the HbA1c graph

- Touch the *Graph* [Graph] button to return to the graphic representation.

To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

6.13 Ketones

Ketones			7/11/07
Date	Time	Ketones	
7/7/07	8:15 am	Small	
6/27/07	1:12 pm	Large	
6/26/07	12:10 pm	Moderate	
6/25/07	3:06 pm	Trace	
6/23/07	10:15 am	Negative	
6/18/07	7:30 am	None	

Menu

The *Ketones* report shows the ketones results entered in table format.

Ketone results are manually entered in the *Health Management* area (see page 103).

Accu-Chek		9:14 am 7/11/07
▶ Data Transfer		
▶ Diary		
▶ Reports		
▶ Health Management		
▶ Options		
▶ Bolus Calculator		

Reports			Health Mgmt.
Date	HbA1c		s
7/7/07			
6/27/07			
6/26/07	12:10 pm	Moderate	
6/25/07	3:06 pm	Trace	
6/23/07	10:15 am	Negative	
6/18/07	7:30 am	None	

Menu

To display the Ketones report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Touch the *Health Mgmt.* menu, which appears on the right.
- 4 Select the *Ketones* report from the pick list.

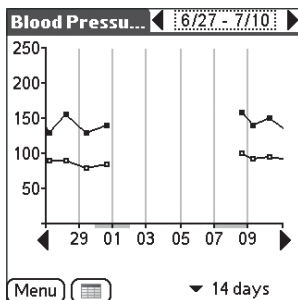
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list

6.14 Blood Pressure



The *Blood Pressure* report displays the entered blood pressure values. The maximum time period that can be displayed in the graph is 30 days, and a maximum of 90 paired blood pressure values can be saved.

Each systolic pressure is shown as a small solid square, and each diastolic pressure is marked by a small square frame. Values above the maximum display range of 250 mmHg are marked by an up arrow \wedge . If paired blood pressure values are more than 7 days apart, they are not linked. A table view is also available.

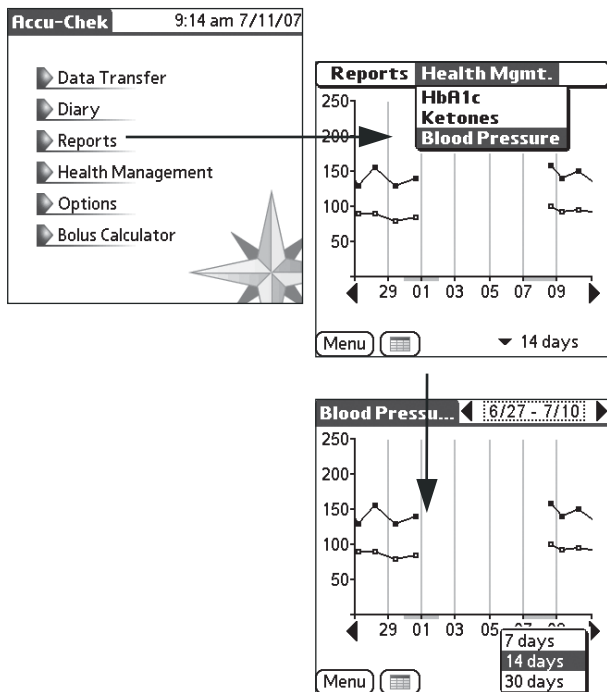
Blood pressure values are manually entered in the *Health Management* area (see page 105).

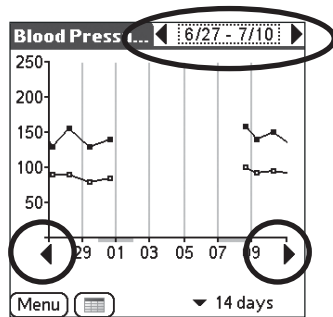
To display the Blood Pressure report

- 1 From the main menu screen, touch *Reports*.
- 2 Touch the title of the report currently displayed in the upper left corner of the screen.
- 3 Touch the *Health Mgmt.* menu, which appears on the right.
- 4 Select the *Blood Pressure* report from the pick list.

To select a report time period

- 1 Touch the down arrow on the lower edge of the screen. A pick list of time periods is displayed.
- 2 Select the desired time period. The corresponding date range is displayed in the upper right screen corner, with the end date (on the right) being retained.



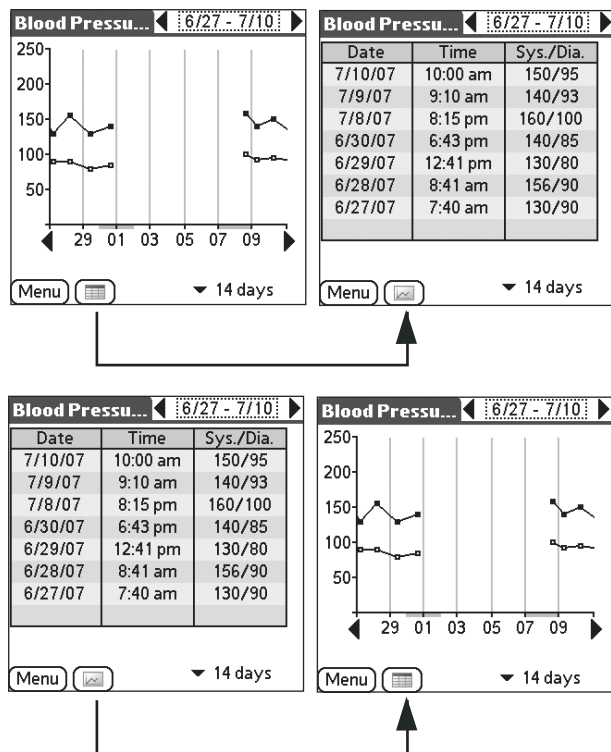


To move between sequential time periods

- Touch the arrows on the left and/or right of the date.
- Touch the arrows on the right and left of the diagram base to move the displayed time period by one day.

To move directly to a certain time period

- 1 Touch the date display in the upper right corner of the report screen.
- 2 On the calendar displayed, touch the day on which you want the selected time period to end.




To switch to the Blood Pressure table

- Touch the *Table*  button to switch to table view.

In the table view, all blood pressure results are sorted in descending order (by date).

To return to the Blood Pressure graph

- Touch the *Graph*  button to return to the graphic representation.

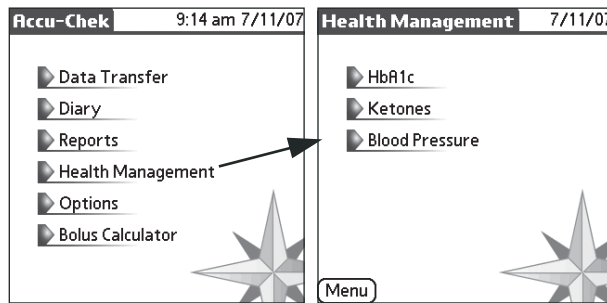
To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

To select another report type

- 1 Touch the title of the report currently displayed in the upper left corner of the screen.
- 2 Select another report type from the pick list.

7 Health Management

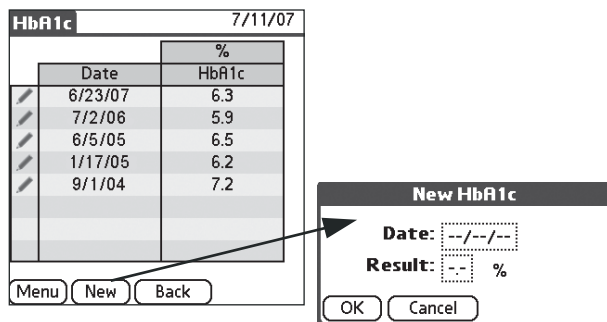


The *Health Management* option allows you to save additional information. The evaluation of this information is presented either in graph or table form. Within *Health Management*, you can capture the following information:

- HbA1c
- Ketones
- Blood Pressure

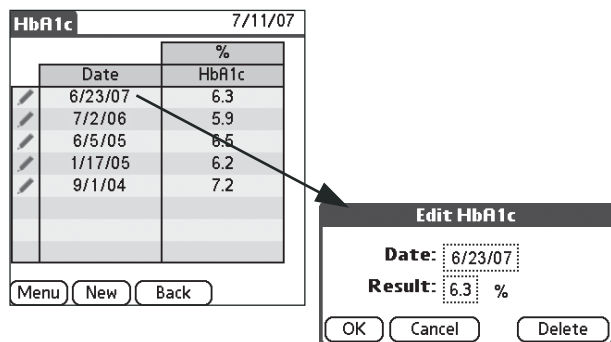
7.1 HbA1c

You can add new or edit existing HbA1c values. The most recent record is shown at the top of the list. If more entries (maximum of 12) exist than can be displayed, a scroll bar is displayed on the right of the screen.



To enter a new HbA1c result

- 1 From the *HbA1c* screen, touch the *New* button. The *New HbA1c* screen is displayed.
- 2 Enter the date by touching the *Date* field and selecting the relevant date from the calendar displayed.
- 3 Touch the *Result* input field and enter the result using the numerical keypad displayed.
- 4 Touch the *OK* button to save the new result.



To edit or delete an existing HbA1c result

- 1 From the *HbA1c* screen, touch the icon of the entry you want to change.
- 2 Enter the date by touching the *Date* field and selecting the relevant date from the calendar displayed.
- 3 Touch the *Result* input field and enter the result using the numerical keypad displayed.
- 4 Touch the *OK* button to save the result, or:
- 5 Touch the *Delete* button if you want to delete the entire entry.

To return to the Management menu

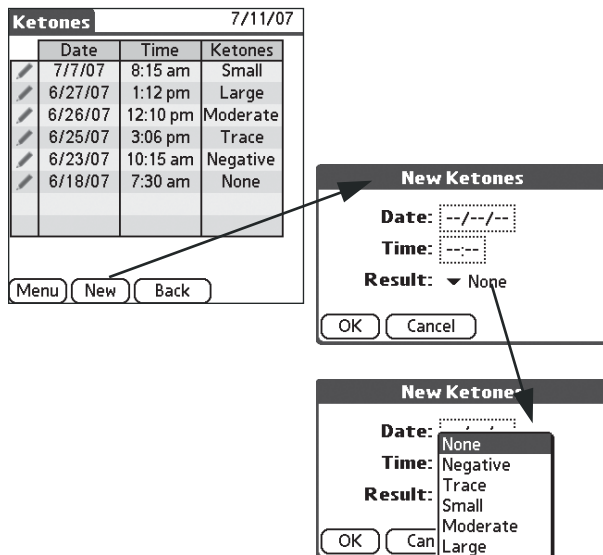
- Touch the *Back* button to return to the *Health Management* menu.

To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

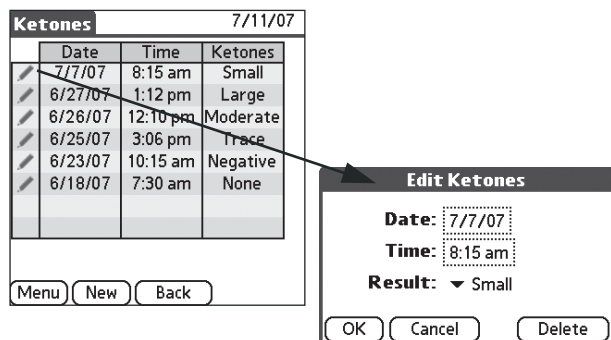
7.2 Ketones

You can add new or edit existing ketone results. The most recent record is shown at the top of the list. If more entries (maximum of 50) exist than can be displayed, a scroll bar is displayed on the right of the screen.



To enter a new ketone result

- 1 From the *Ketones* screen, touch the *New* button. The *New Ketones* screen is displayed.
- 2 Enter the date by touching the *Date* field and selecting the relevant date from the calendar displayed.
- 3 Touch the *Time* field and enter the time using the numerical keypad displayed.
- 4 Adjust the *Result* field by touching the down arrow and selecting the appropriate result from the pick list.
- 5 Touch the *OK* button to save the new entry.



To edit or delete an existing ketone result

- 1 From the *Ketones* screen, touch the icon of the entry you want to change.
- 2 Enter the date by touching the *Date* field and selecting the relevant date from the calendar displayed.
- 3 Touch the *Time* field and enter the time using the numerical keypad displayed.
- 4 Adjust the *Result* field by touching the down arrow and selecting the appropriate result from the pick list.
- 5 Touch the *OK* button to save the result, or:
- 6 Touch the *Delete* button if you want to delete the entire entry.

To return to the Health Management menu

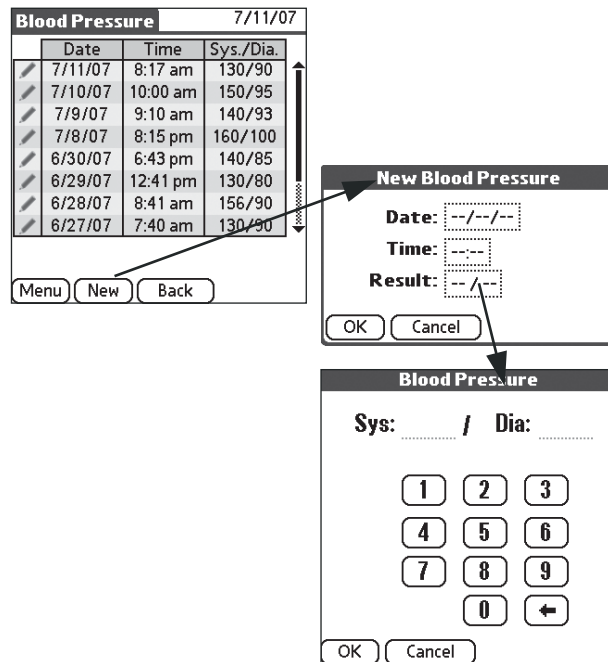
- Touch the *Back* button to return to the *Health Management* menu.

To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

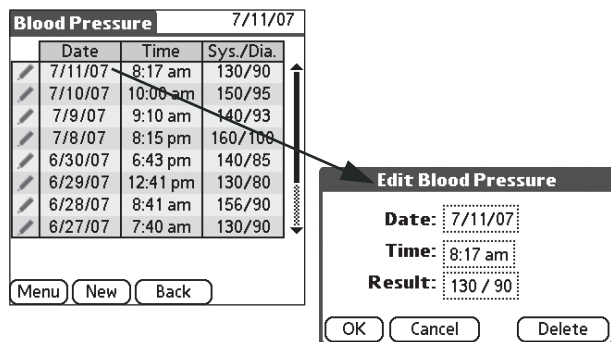
7.3 Blood Pressure

You can add new or edit existing blood pressures. The most recent record is shown at the top of the list. If more entries (maximum of 90) exist than can be displayed, a scroll bar is displayed on the right of the screen.



To enter a new blood pressure result

- 1 From the *Blood Pressure* screen, touch the *New* button. The *New Blood Pressure* screen is displayed.
- 2 Enter the date by touching the *Date* field and selecting the relevant date from the calendar displayed.
- 3 Touch the *Time* field and enter the time using the numerical keypad displayed.
- 4 Touch the *Result* input field and enter the result using the numerical keypad displayed.
- 5 Touch the *OK* button to save the new blood pressure result.



To edit or delete an existing blood pressure result

- 1 From the *Blood Pressure* screen, touch the icon of the entry you want to change.
- 2 Enter the date by touching the *Date* field and selecting the relevant date from the calendar displayed.
- 3 Touch the *Time* field and enter the time using the numerical keypad displayed.
- 4 Touch the *Result* input field and enter the result using the numerical keypad displayed.
- 5 Touch the *OK* button to save the result, or:
- 6 Touch the *Delete* button if you want to delete the entire entry.

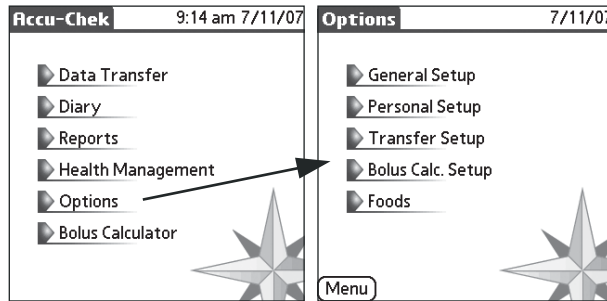
To return to the Health Management menu

- Touch the *Back* button to return to the *Health Management* menu.

To return to the main menu

- Touch the *Menu* button to return to the main menu screen.

8 Options



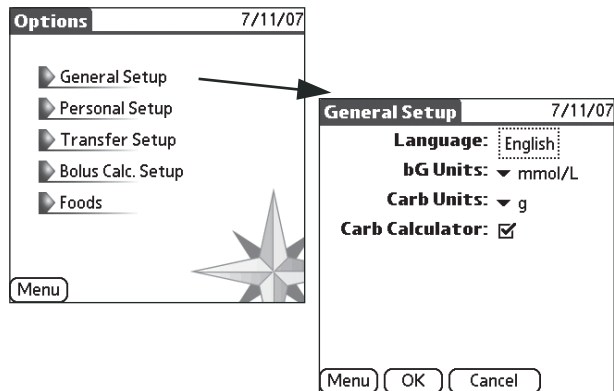
Via *Options*, you have access to the following functions:

- General Setup
- Personal Setup
- Transfer Setup
- Bolus Calc. Setup (see Appendix B)
- Foods

The settings for the bolus calculator (and the bolus calculator itself) are only displayed when you use a pump with the ACCU-CHEK Pocket Compass software and you have selected this option in *Transfer Setup*.

The food list (and the carbohydrate calculator itself) is only available if you activated the corresponding option under *General Setup*.

8.1 General Setup

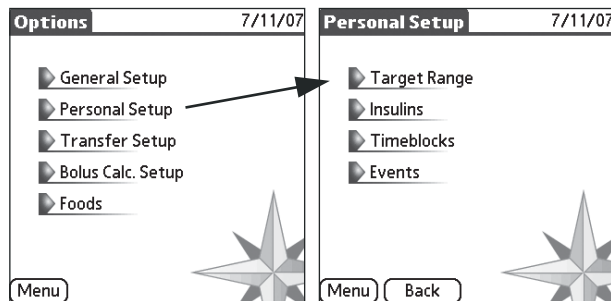


Here you define the language and the standard units to be used. In addition, you decide here whether you want to use the carbohydrate calculator. The default settings are printed in **bold** in the table below.

Name	Description
Language	Select the language of choice from the list. <ul style="list-style-type: none"> <input type="checkbox"/> Deutsch <input checked="" type="checkbox"/> English <input type="checkbox"/> Français <input type="checkbox"/> Español <input type="checkbox"/> Italiano <input type="checkbox"/> Nederlands <input type="checkbox"/> Svenska <input type="checkbox"/> Português PT <input type="checkbox"/> Português BR
Glucose unit	Select the appropriate blood glucose unit that you use in your meter and your diabetes care plan from the list: <ul style="list-style-type: none"> <input type="checkbox"/> mg/dL <input checked="" type="checkbox"/> mmol/L

Name	Description
Carbohydrates	Select the appropriate carbohydrate unit from the list: <ul style="list-style-type: none">■ g■ BE (12g)■ CU (10g)■ BW (10g)■ CC (15g)
Carbohydrate calculator	Activate this checkbox if you want to use the carbohydrate calculator: <ul style="list-style-type: none">■ On■ Off

8.2 Personal Setup

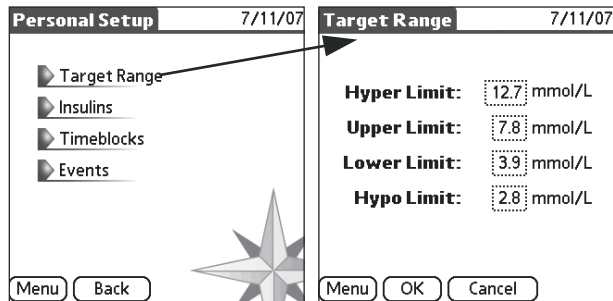


Personal settings are important if the blood glucose results and all related information are to be evaluated correctly. Personal settings include the following:

- Target range
- Insulins
- Timeblocks
- Events

Defining targets and limits

Work with your healthcare professional to specify the appropriate limits for your blood glucose. Your healthcare professional may also give you specific instructions to follow if your blood glucose value falls below the hypoglycemic limit (hypo limit) or rises above the hyperglycemic limit (hyper limit). If your blood glucose value falls below your hypoglycemic limit, the word “Hypo” appears in the *Detail* screen just below the test result shown in red. Similarly, “Hyper” is displayed if your blood glucose value rises above your hyperglycemic limit.



To define a target range

- 1 From the main menu screen, touch *Options*.
- 2 From the *Options* menu, touch *Personal Setup*.
- 3 Touch *Target Range*. The *Target Range* screen is displayed.
- 4 Enter values for the limits. Touch each input field and change the value using the numerical keypad displayed.
- 5 Touch the *OK* button to save the value.
- 6 Touch the *Back* button to return to the *Options* menu, or the *Menu* button to return to the main menu.

The target range you define here (using the upper and the lower limit) is graphically displayed in many reports (as a green area). The *Hypo* limit is shown as a red line.

Naming your insulins

The ACCU-CHEK Pocket Compass software allows you to assign specific labels or “names” to three insulins. These labels are displayed later in the diary when you use that type of insulin. When entering insulin names, please distinguish between pump insulin and syringe/pen insulin.

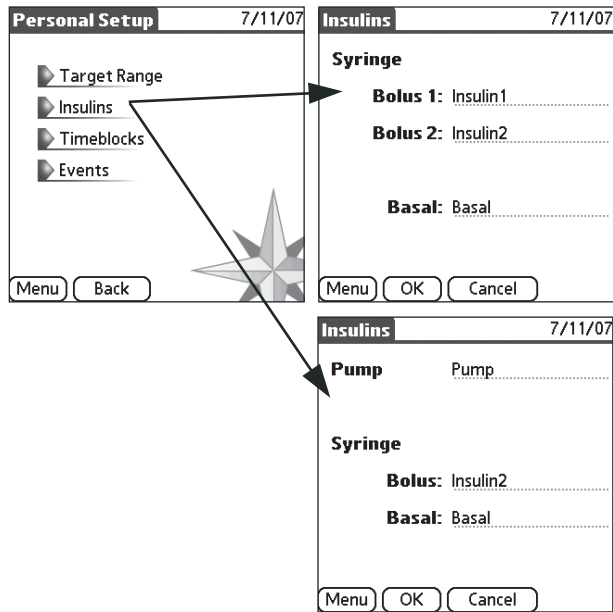
If you are using the ACCU-CHEK Pocket Compass software with an insulin pump, *Pump* is set for pump insulin. Enter the name of your pump insulin here.

If you also use a syringe or pen, enter the name of your short-acting insulin under *Bolus*, and the name of your long-acting insulin under *Basal*. In the *Daily Sums* report (see Chapter 6.5), the total insulin amounts are displayed as follows:

- Long-acting insulin plus basal rate insulin delivered by the pump in the “Basal” column (blue values)
- *Pump* and *Bolus* in the “Bolus” column (purple values)

If you do not use a pump, enter the names of your short-acting insulins under *Bolus 1* and *Bolus 2*. Enter the name of your long-acting insulin under *Basal*. In the *Daily Sums* report, these total insulin amounts are displayed as follows:

- Long-acting insulin in the “Basal” column (blue values)
- *Bolus 1* and *Bolus 2* in the “Bolus” column (purple values)



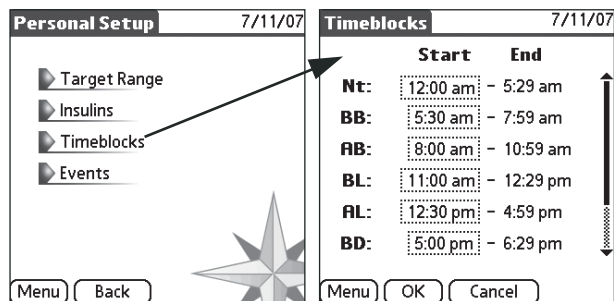
To enter insulin labels/names

- 1 From the main menu screen, touch *Options*.
- 2 From the *Options* menu, touch *Personal Setup*.
- 3 Touch *Insulins*. The *Insulins* screen is displayed.
- 4 Touch the input fields next to the description *Bolus 1*, *Bolus 2* or *Basal* (or *Pump*, *Bolus* or *Basal*).
- 5 Enter your preferred label/name (up to 10 characters) in the field provided using the screen keyboard or the Graffiti function.
- 6 Touch the *Back* button to return to the *Options* menu, or touch the *Menu* button to return to the main menu.



Please take care that if you change existing insulin names at a later date, you do not wrongly interpret entries that have already been saved because the old insulin name is no longer visible. This is especially important if your new insulin works in a different way (e.g. when you change from human insulin to analog insulin).

Timeblock definition



By setting up timeblocks, you divide a 24-hour day into eight time periods, each one defined by important regular events (e.g. main meals). You can adjust the start time of each time period. The table below provides detailed information on timeblocks.

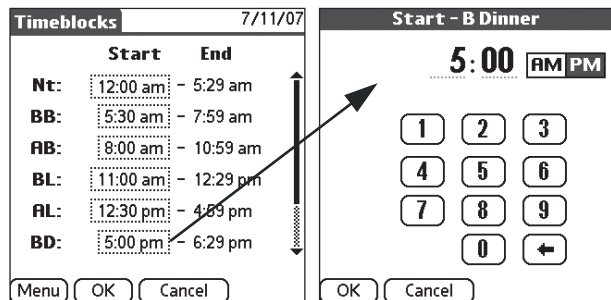
You need to enter only the start time for each timeblock. The ACCU-CHEK Pocket Compass software automatically calculates the end time as soon as you enter the start time for the following timeblock. Example:

- When you enter the start time for the period “BB” (Before Breakfast), the software automatically calculates the end time for the period “Nt” (Night).
- When you set the start time for “AB” (After Breakfast), the software automatically calculates the end time for “BB” (Before Breakfast).

Talk to your healthcare professional about setting up timeblocks. Decide together which settings suit your habits best and allow therapy-relevant conclusions to be drawn.

The following table shows the default timeblocks defined in the software.

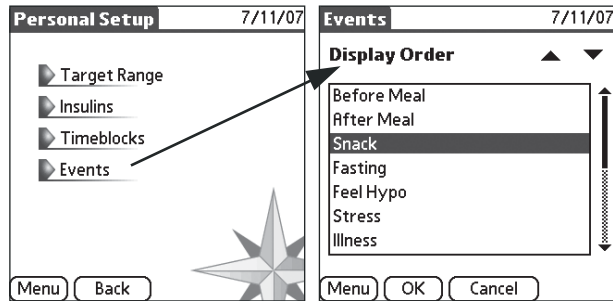
Timeblock	Description	Setting for the start time	Timeblock example
Nt (Night)	The period that begins one hour after going to bed and ends at the time you wake up.	1 hour after the time when you go to bed.	12:00 am – 5:29 am (00:00 – 5:29)
BB (Before Breakfast)	The period from the time when you wake up until the time when you finish breakfast.	The time when you wake up.	5:30 am – 7:59 am (5:30 – 7:59)
AB (After Breakfast)	The period from the time when you finish breakfast until 1 1/2 hours before lunch.	The time when you finish your breakfast.	8:00 am – 10:59 am (8:00 – 10:59)
BL (Before Lunch)	The period beginning 1 1/2 hours before lunch and continuing until you finish your lunch.	1 1/2 hours before your usual lunch time.	11:00 am – 12:29 pm (11:00 – 12:29)
AL (After Lunch)	The period from the time when you finish lunch until 1 1/2 hours before your dinner.	The time when you finish your lunch.	12:30 pm – 4:59 pm (12:30 – 16:59)
BD (Before Dinner)	The period beginning 1 1/2 hours before dinner and continuing until you finish your dinner.	1 1/2 hours before your usual dinner time.	5:00 pm – 6:29 pm (17:00 – 18:29)
AD (After Dinner)	The period from the time when you finish your dinner until 1 1/2 hours before the time when you normally go to bed.	The time when you finish your dinner.	6:30 pm – 9:29 pm (18:30 – 21:29)
Ev (Evening)	The period beginning 1 1/2 hours before you usually go to sleep and ending 1 hour after the time you normally go to bed.	1 1/2 hours before the time you go to bed.	9:30 pm – 11:59 pm (21:30 – 23:59)



To define a timeblock

- 1 From the main menu screen, touch *Options*.
- 2 From the *Options* menu, touch *Personal Setup*.
- 3 Touch *Timeblocks*. The *Timeblocks* screen is displayed.
- 4 Touch the timeblock you want to change. If required, use the scroll bar to move to the desired timeblock.
- 5 Touch the *Start* input field and enter the time using the numerical keypad displayed.
- 6 Touch the *OK* button to save the value.
- 7 Touch the *OK* button to save the setting and return to the *Options* menu, or touch the *Menu* button to return to the main menu.

Presettings for the Events option

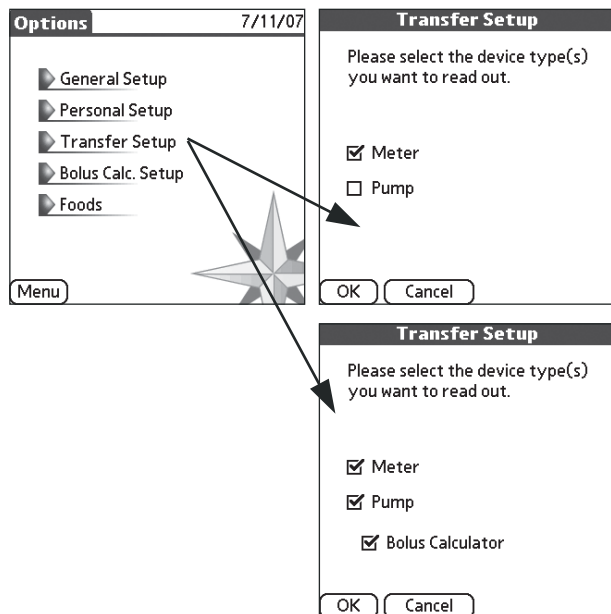


For each diary entry, you can enter certain events as additional information. These events are presented for selection in a list. To enable easy access to these events, you can define the order in which the events are listed. Place the events needed most often at the top of the list.

To change the order of events

- 1 From the main menu screen, touch *Options*.
- 2 From the *Options* menu, touch *Personal Setup*.
- 3 Touch *Events*. The *Events* screen is displayed.
- 4 Touch the event you want to move.
- 5 Touch the arrow(s) in the upper right corner of the screen to move the event up or down in the list.
- 6 Touch the *OK* button to save the setting and return to the *Options* menu, or touch the *Menu* button to return to the main menu.

8.3 Transfer Setup



Here you select the device types you want to transfer data from (“Read out”) using the ACCU-CHEK Pocket Compass software:

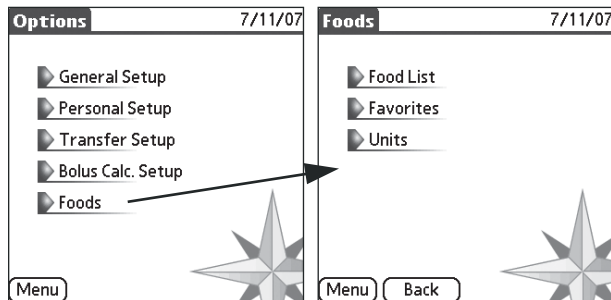
- Meter(s)
- Pump

If you have selected *Pump*, the Bolus Calculator checkbox also appears and can be activated. Information on the bolus calculator is provided in Appendix B of this User’s Manual.



*If you want to add a device type at a later time (i.e., after the first program start), **all** devices must be resynchronized.*

8.4 Foods



The ACCU-CHEK Pocket Compass software features a carbohydrate calculator that accesses the food list selected during installation. By installing the food list, the most common food components and their characteristic values are available for selection.

In addition, you can add your own food components and combine them into entire meals. This combination option allows you to access most often selected values more quickly and is always useful when you eat certain meals regularly.

The carbohydrate calculator is available both during carbohydrate entry in the diary and in the bolus calculator.



*The calculated result is **exclusively** based on the food you selected, the related nutritive values and the quantities you entered. Therefore, it is very important (especially for self-defined food and meals) that you enter the nutritive values and amounts correctly for the calculation results to be applicable.*

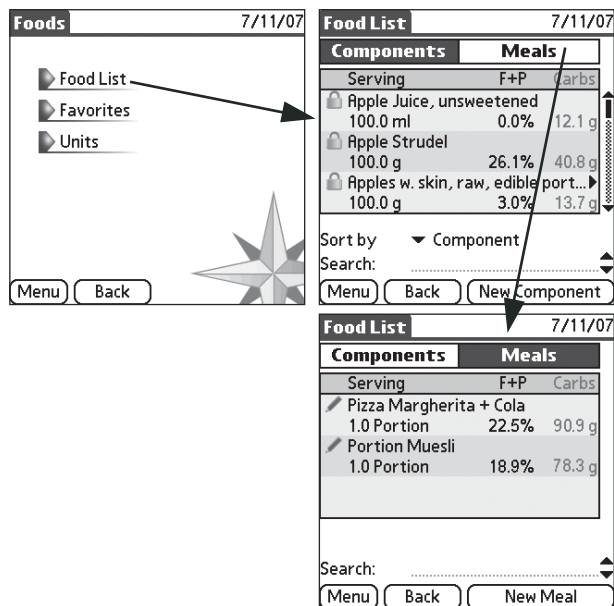


*If data entered while adding components is incorrect and lies outside the ranges defined in the software, a message is displayed to this effect. **If, however,** the data is wrong, but plausible, no message is displayed. Therefore, it is important that you always carefully review your entries.*



The food list is intended as a guideline for estimating nutrient values when dealing with food and drinks in your day-to-day life. Please note that the information represents average values and that these values can vary from country to country.

List of components and meals

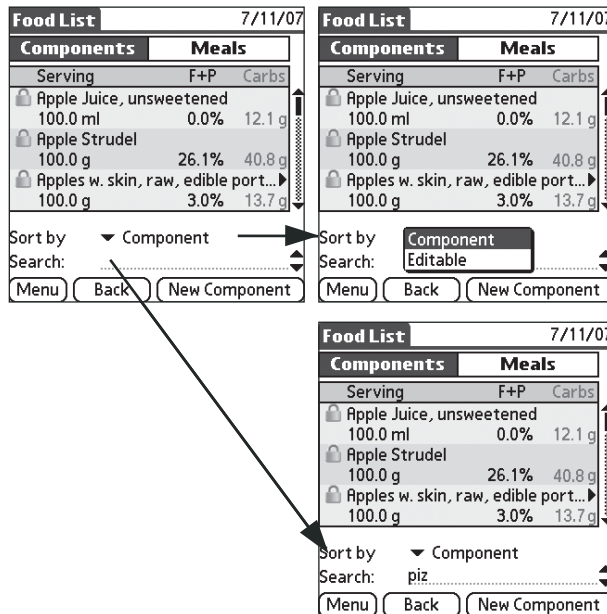


To display the food list

- 1 From the main menu screen, touch *Options*.
- 2 From the *Options* menu, touch *Foods*.
- 3 Touch *Food List*. The list of pre-loaded and manually entered food items is opened.
- 4 Touch *Meals* if you want to display or edit defined meals.
- 5 Touch *Components* if you want to display or edit single food components.
- 6 Touch the *Back* button to return to the *Foods* menu, or the *Menu* button to return to the main menu.

To locate certain food components

You can switch the sort order. Either choose an alphabetic sort order of all food components or a sort order by the criterion “Editable”. You can only edit self-defined food (🔑). The values of predefined food components (🔒) cannot be changed.



- 1 Touch the arrow next to *Sort by*.
- 2 Select either *Component* to alphabetically sort **all** components by name, or *Editable* to list (in alphabetic order) the components whose values can be edited.

You can also search for specific entries in the list:

- 1 Touch the input field next to *Search*.
- 2 Enter the name (or part of the name) of the food you are searching for.
- 3 Touch the up or down arrow (on the right of the input field) to search the list up or down (starting from the current position).

Food List 7/11/07

Components	Meals	
Serving	F+P	Carbs
Apple Juice, unsweetened 100.0 ml	0.0%	12.1 g
Apple Strudel 100.0 g	26.1%	40.8 g
Apples w. skin, raw, edible port... 100.0 g	3.0%	13.7 g

Sort by: Component
Search: _____

Menu Back New Component

New Component

Food: _____

Unit: [g]

Amount: [100.0]

Carbs: [45.0] g

Fat: [5.0] g (Optional)

Protein: [8.0] g (Optional)

Save as favorite

OK Cancel

New Component

Food: Pizza Margherita _____

Unit: [g]

Amount: [100.0]

Carbs: [45.0] g

Fat: [5.0] g (Optional)

Protein: [8.0] g (Optional)

Save as favorite

OK Cancel

To add a new food component

- 1 Touch *New Component*. The corresponding entry screen is displayed.
- 2 Enter a unique name (not yet used) for the food component.
- 3 Select the unit to be used for measuring the food component.
- 4 Enter the amount for which the subsequent nutritive value is valid.
- 5 Enter the related portions of carbohydrates, fat and protein, with protein and fat being optional parameters.
- 6 If you want to add this food component to your favorites, leave the *Save as favorite* checkbox activated. Otherwise, remove the checkmark.
- 7 Touch the *OK* button to save your entries. The new food component is added to the list.



For self-defined food components, it is very important that you enter the amounts and nutritive values correctly for the calculation results to be applicable.

Food List		7/11/07	
Components	Meals		
Serving	F+P	Carbs	
✎ Pizza Margherita			
100.0 g	22.4%	45.0 g	
🔒 Pizzas, large, Thick Crust, Che...			
100.0 g	39.7%	32.3 g	
🔒 Pizzas, medium, Deep Pan, Ve...			
100.0 g	42.9%	23.3 g	

Sort by ▼ Component
Search:

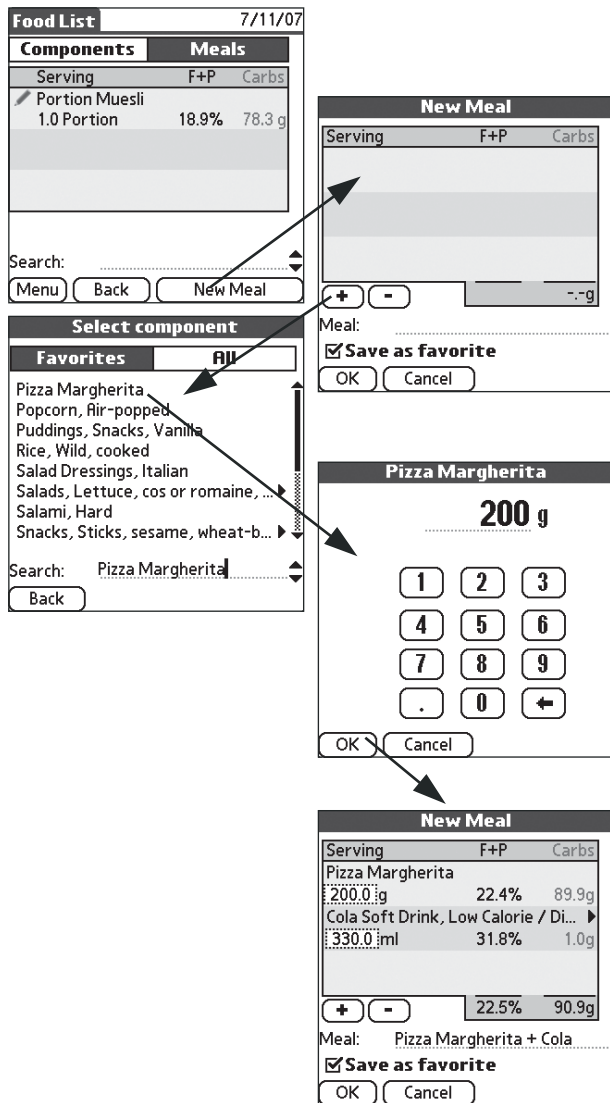
Menu Back New Component

Edit Component	
Food:	Pizza Margherita
Unit:	g
Amount:	100.0
Carbs:	45.0 g
Fat:	5.0 g (Optional)
Protein:	8.0 g (Optional)
<input checked="" type="checkbox"/> Save as favorite	
OK	Cancel Delete

To change or delete a food component from the list

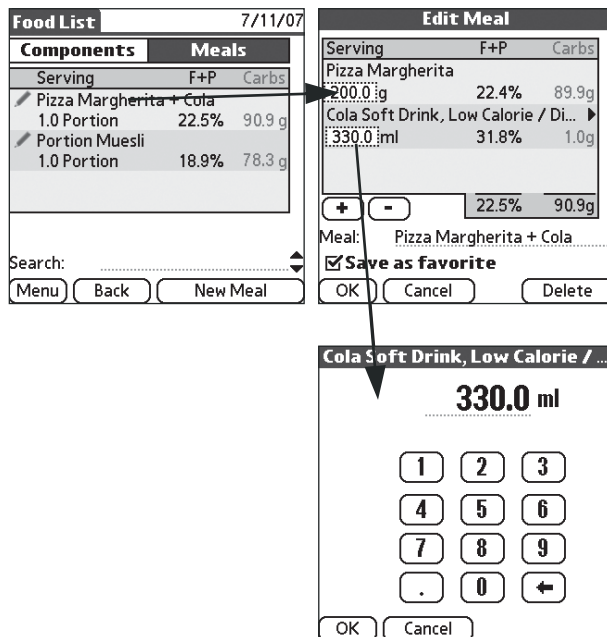
You can only edit self-defined food (marked by the ✎ icon).

- 1 Touch the food component to be changed. The corresponding entry screen is displayed.
- 2 Make the desired changes.
- 3 Touch the *OK* button to save the changes, or the *Delete* button to remove the entire entry from the list.



To add a new meal

- 1 Touch *New Meal*. The corresponding entry screen is displayed.
- 2 Touch the + (plus) button to add a new component to the meal.
- 3 Select the first component of the meal from the list opened.
- 4 Enter the amount of this component in your typical meal and confirm your entry with *OK*.
- 5 Repeat this for all other components that are to belong to the meal.
- 6 Enter a unique name (not yet used) in the *Meal* input field.
- 7 If you want to add this meal to your favorites, leave the *Save as favorite* checkbox activated. Otherwise, remove the checkmark.
- 8 Touch the *OK* button to save your entries. The new meal is added to the list.



To change or delete a meal

- 1 Touch the meal to be changed. The corresponding entry screen is displayed.
- 2 If you want to change the amount of a component, touch the specified amount below the component name. Change the value as desired.
- 3 If you want to delete a component from the meal, touch the component name (which is then highlighted) and then the - (minus) button. The component is deleted from the meal.
- 4 Touch the *OK* button to save your changes, or the *Delete* button to remove the entire meal from the list.

Favorites

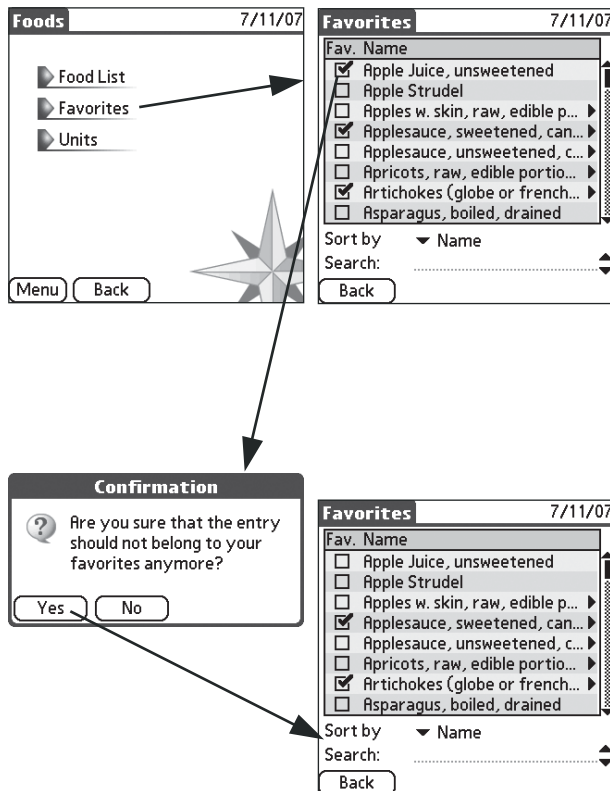
You can arrange your favorite food in a favorites list. This list provides quicker access to frequently eaten food and meals.

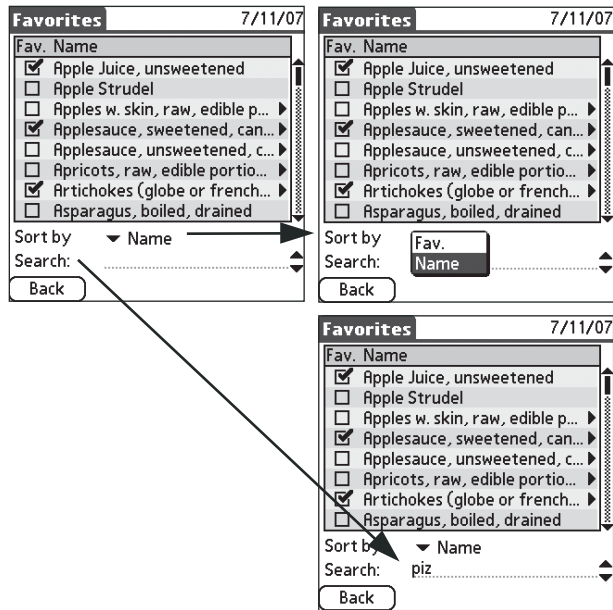
A component or meal is originally assigned to the favorites list during its entry. If you later want to change this assignment, the favorites management offers the easiest way to do that.

Predefined food components are originally not assigned to the favorites list.

To change the favorites status

- 1 From the *Foods* menu, touch *Favorites*. The *Favorites* screen is opened.
- 2 Remove the checkmark from those foods you want to delete from the *Favorites* screen. After a confirmation request, these foods are now listed alphabetically in the lower part of the list.
- 3 Put a checkmark in the box preceding the food you want to add to the *Favorites* screen.
- 4 Touch *Back* to return to the *Foods* menu.





To make editing easier, you can sort this list by certain criteria:

- 1 Touch the arrow next to *Sort by*.
- 2 Select either *Fav.* to list the foods that have already been flagged as favorites at the top of the list (in alphabetical order), or select *Name* to display the foods in alphabetical order.

You can also search for specific entries in the list:

- 1 Touch the input field next to *Search*.
- 2 Enter the name (or part of the name) of the food you are searching for.
- 3 Touch the up or down arrow (on the right of the input field) to search the list up or down (starting from the current position).

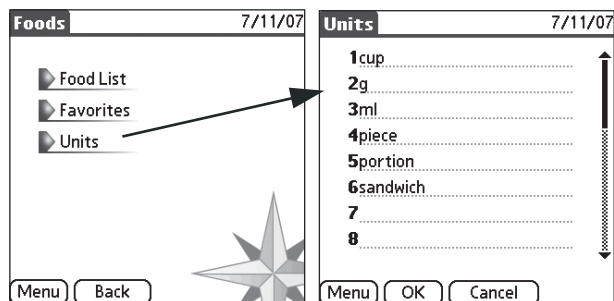
Units

The carbohydrate calculator is able to manage up to 20 units for food entry. Standard units, such as gram (g) or liter (L), are predefined in the software, if the food list has been installed. If not, the list of units is empty. But you can also define your own units, such as “cup” (if you always use the same cup and know the corresponding nutritive values) or “spoon”.

These self-defined units may assist you in entering information when using the carbohydrate calculator.



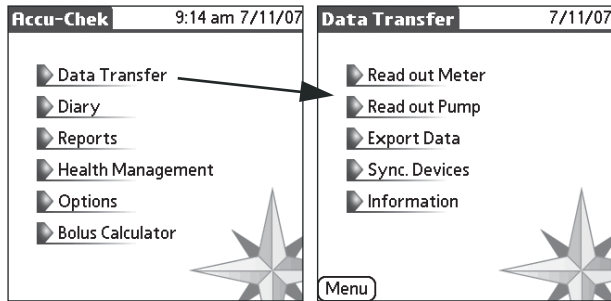
*During installation, you were able to select the units to be used for the food list (g/L or oz/fl.oz). Please note that the unit “fl.oz” is based on the American definition (1 US.fl.oz = 1/128 US.liq.gal. = 29.5735 mL) and **not** according to the British definition (1 Imp.fl.oz = 1/160 Imp.gal. = 28.4131 mL). For notes on subsequently installing the food list or changing the installed food list, see page 12 and the printed Getting Started Guide.*



To manage the food list units

- 1 From the *Foods* menu, touch *Units*. The *Units* screen is opened.
- 2 Enter the desired unit in an empty line (maximum 10 characters) or edit an existing unit.
- 3 To remove a unit, simply delete the related text.
- 4 Touch *OK* to save the changes and return to the *Foods* menu.

9 Data Transfer



The data of the following meters can be transferred (“Read out”) via integrated infrared windows:

- ACCU-CHEK Active
- ACCU-CHEK Aviva
- ACCU-CHEK Compact
- ACCU-CHEK Compact Plus

The following meter can also be used for transferring data using the ACCU-CHEK IR Key (available separately):

- ACCU-CHEK Advantage

The following insulin pump is suitable for transferring data to a compatible handheld:

- ACCU-CHEK Spirit

Please note: Not all devices are available in all countries.

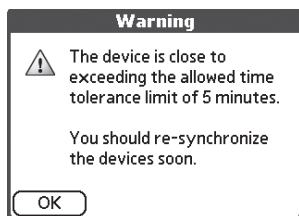
9.1 Transferring (“Reading Out”) Device Data



Only transfer data from **your own** devices. Otherwise, other peoples’ results could get mixed with yours and lead to misinterpretations. If invalid data (e.g. from other people) is stored in your ACCU-CHEK Pocket Compass software, you must mark these as “Other’s Result” or “Invalid”. Appropriate events are available to do this (see Chapter 5.10). Data marked like this will no longer be used in reports.



Ensure that all the devices you use have the same time and date settings. If this is not the case, data transferred from “not in sync” devices is (depending on the report type) either flagged specifically, displayed separately (in so-called “not in sync” areas) or not taken into account at all.



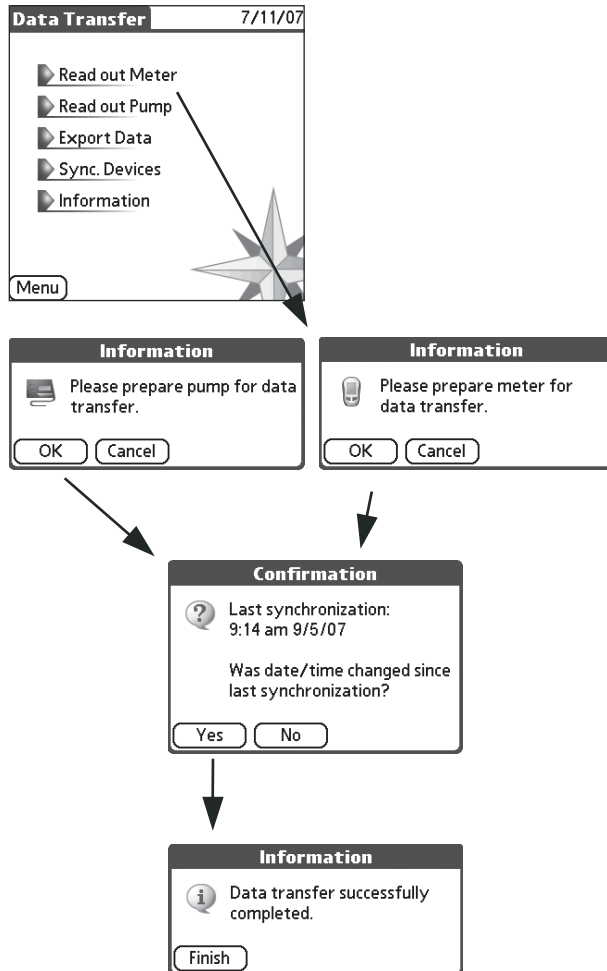
If an imminent time deviation is detected while transferring data from a device, a corresponding warning message is displayed. This enables you to transfer all data from your devices in time, correct the time settings and then re-synchronize the devices.



Transfer data from meters and pumps regularly (at least every 2 weeks). If you are not sure when the last data transfer was performed and which meter was used, you can display this information (see page 136).

To transfer (“Read out”) data from blood glucose meters and insulin pumps to a compatible handheld

- 1 Read the sections on data transfer in the manual for the meter or insulin pump and prepare the device for data transfer. You will transfer data from your devices **one at a time** (not all at the same time, because infrared communication can be disrupted if multiple devices try to communicate simultaneously).
- 2 Place your handheld’s infrared window no more than 10-15 cm (4-6 inches) away from the device’s infrared window. The infrared windows must be positioned facing each other and must not be moved during transfer. Avoid potential sources of interference such as strong sources of light or other devices with infrared interfaces.
- 3 From the main menu screen, touch *Data Transfer*.
- 4 Touch *Read out Pump* or *Read out Meter*. Several dialog boxes show the progress of the transfer. Follow the instructions on the screen.
- 5 When data transfer is completed, turn the meters off and switch the insulin pump back to RUN mode.



9.2 Exporting Data

To transfer data from the ACCU-CHEK Pocket Compass software to other systems for further analysis

- 1 Prepare the target system to receive data from the ACCU-CHEK Pocket Compass software.
- 2 Place your handheld's infrared window 10-15 cm (4-6 inches) in front of the infrared cable/window (ACCU-CHEK Universal Cable, ACCU-CHEK IR Cable or ACCU-CHEK Smart Pix systems).
- 3 Turn the handheld on and start the ACCU-CHEK Pocket Compass software.
- 4 From the main menu screen, touch *Data Transfer*.
- 5 Touch *Export Data*.
- 6 Activate the function for receiving data in the target system.
- 7 If required, turn off the handheld after data transfer is complete.

9.3 Synchronizing Devices

Normally your devices are synchronized directly after installation of the ACCU-CHEK Pocket Compass software (see Chapter 2.4). Manual synchronization must be carried out if you want to use a new or additional device, if you have changed the date and/or time or you have noticed discrepancies in the time settings during data transfer.



*The synchronization process sets a new “start point” in time for data transfer. If your devices have already been synchronized, you should transfer all stored data to the ACCU-CHEK Pocket Compass software **before** you start a new synchronization. After synchronization, device data stored with time information prior to synchronization will be adopted as “not in sync” data (see Chapter 5.4).*



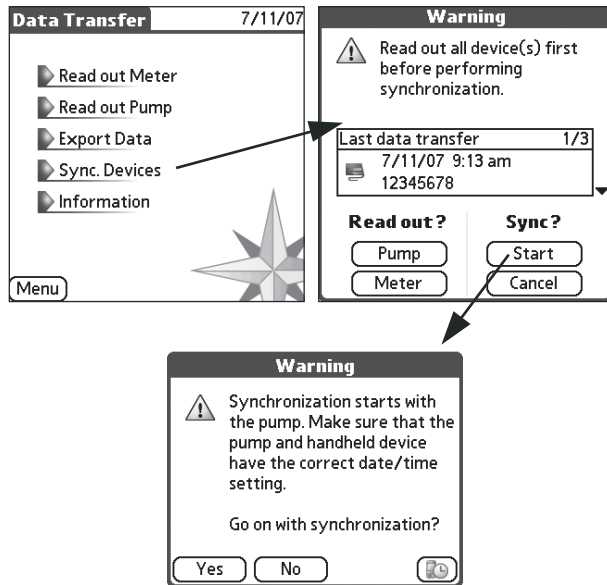
To ensure that the date and time settings of all devices match, all devices used (for transferring data) must be synchronized at the same time. Subsequent synchronization of individual devices is not supported.



To prepare for synchronization

Ensure that all the devices you use (handheld, meters and insulin pump) have the same date and time settings. Minor differences (max. ± 2 minutes) are tolerated.

- 1 Have **all** devices ready from which you want to transfer data. You will synchronize them **one at a time** (not all at the same time, because infrared communication can be disrupted if multiple devices try to communicate simultaneously).
- 2 The infrared windows of the devices currently being synchronized (i.e. handheld/pump or handheld/meter) must be facing each other at a distance of about 10-15 cm (4-6 inches).
- 3 Depending on the devices you have selected, proceed as follows:
 - If you are using an insulin pump and meter(s), **the pump must be synchronized first**. Leave the meters turned off until the pump is synchronized. Activate infrared communication for the pump.
 - If you are using only meters, first turn on only one meter and activate infrared communication for this device.



To perform synchronization

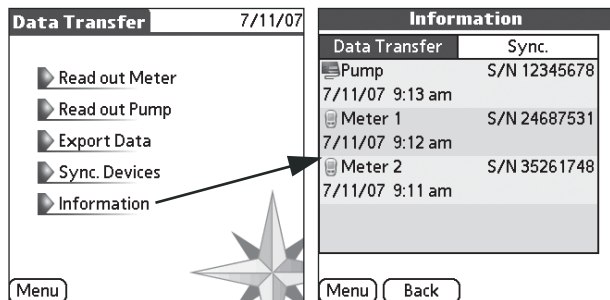
- 4 From the main menu screen, touch *Data Transfer*.
- 5 Touch *Sync. Devices*.
- 6 If the devices have already been used, a warning message is displayed indicating that the data stored in the devices must be transferred (“Read out”) before synchronization. For control purposes, you can check the time and date of the last transfer in the list displayed.
- 7 If you want to transfer data before synchronization, touch the *Pump* or *Meter* button under *Read out*. The Pocket Compass software prompts you to prepare the respective device for data transfer (see page 131).
- 8 Touch *Start* to start synchronization. Depending on the device(s) you selected in the *Transfer Setup* menu, the pump (if selected) or the first meter is now synchronized. Follow the instructions on the screen as described in Chapter 2.4.



To ensure that the date and time settings of all devices match, all devices used (for transferring “Reading out” data) must be synchronized at the same time. Subsequent synchronization of individual devices is not supported.

After synchronization, turn off the meter(s) and/or switch the insulin pump back to RUN mode.

9.4 Information



You can display information on when you last performed data transfer or synchronization and which meter or pump was used. In addition to the handheld's record of the time of the last performed data transfer or synchronization, the deviation between handheld and device time is displayed.

- 1 From the main menu screen, touch *Data Transfer*.
- 2 Touch *Information*.

Information on the last data transfer is displayed. To view information on the last synchronization, touch the corresponding button.

- 3 If you want to return to the *Data Transfer* menu, touch the *Back* button.
- 4 If you want to return to the main menu, touch the *Menu* button.

Devices which are “not in sync” are marked by an additional warning triangle.

10 Data Backup

To prevent data loss, it is recommended that you regularly back up the data of your ACCU-CHEK Pocket Compass software. In addition to the backup options offered by your handheld, you can also use the data generated by the ACCU-CHEK Pocket Compass Conduit software.



For information on data backup and the HotSync function, please refer to your handheld manual provided by the manufacturer.



Back up your data regularly. Roche recommends that you work with your healthcare professional to develop a suitable backup plan for your therapy.

10.1 Conduit Software and HotSync Function

The ACCU-CHEK Pocket Compass Conduit software allows you to transfer data from your handheld to a computer. The data is transferred as a file export using the HotSync function and the docking station (or HotSync cable) of the compatible handheld. The ACCU-CHEK Pocket Compass Conduit software is provided along with the ACCU-CHEK Pocket Compass software on CD-ROM. With each new backup process, the current date and time are added as an extension to the file name to prevent previously backed-up data from being overwritten.

The ACCU-CHEK Pocket Compass Conduit software saves a *.csv and a *.cef file on your computer. The *.csv files can be edited using widely available PC programs (e.g. Microsoft Excel), *.cef files can be imported by the ACCU-CHEK Camit Pro and the ACCU-CHEK Compass software. The files are saved in the directory you selected during installation.













For instructions on importing *.cef files, see the ACCU-CHEK Compass software or the ACCU-CHEK Camit Pro software manual. Refer to the help file of your spreadsheet program for instructions on importing comma separated records (*.csv file).



















11 Indicators and Displays

The ACCU-CHEK Pocket Compass software uses a series of icons that are displayed in dialog boxes and screens. The icons have already been introduced in this manual within various procedures. For a complete summary, see below.

It is important that you are familiar with the icons and understand their meanings. Please refer to this section whenever an icon appears on the screen that you are not familiar with or do not understand.

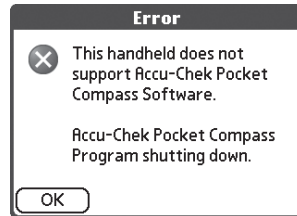
11.1 Icons Used in the Software

Icon	Appears...	Meaning
	in the Diary	Additional information: Timeblock
	in the Diary	Additional information: Insulin
	in the Diary	Additional information: Data transfer from the insulin pump. Value cannot be edited.
	in the Diary	“Not In Sync” data from the insulin pump
	in the Diary	Additional information: Data transfer from the meter. Value cannot be edited.
	in the Diary	“Not In Sync” data from the meter
	in the Diary	Additional information: Event/Comment
	in the Diary screen and the Trend report	Additional information: Carbohydrates (<i>Diary</i> screen) Switch to the carbohydrate display (<i>Trend</i> report)
	in the Diary	Additional information: Diary entry created or managed by the bolus calculator
	in the Diary	Manually entered entry, values can be edited
	in the Diary	Additional information: Reminder
	in the Diary	Temperature during testing outside permitted range

Icon	Appears...	Meaning
	in the Diary	Use of a test strip which is past its expiry date
	in reports	Switch to table view
	in reports	Switch to graph view
	in the Basal Rate/Basal Profiles reports	Change vertical scale
	in the Trend report (table view) in the carbohydrate calculator (selected meal)	More information available
	in reports (above the <i>Menu</i> button)	Display general information on current report
	in reports	Switch between different data situations within a time period
	in the carbohydrate calculator	Food component cannot be edited (blocked)
	in dialog boxes (also Palm OS)	Information
	in dialog boxes (also Palm OS)	Question
	in dialog boxes (also Palm OS)	Warning, also indicates “not in sync” data or data situations
	in dialog boxes (also Palm OS)	Error message
	for notes	Useful information, hint
	during data transfer	Computer (as receiver of data)
	during data transfer	Insulin pump (as sender of data)
	during data transfer	Meter (as sender of data)
	during data transfer	Handheld (as receiver of data)
	during data transfer	Handheld (as sender of data)

12 System Requirements

12.1 Compatible Handheld Devices



With each program start, the ACCU-CHEK Pocket Compass software checks automatically whether the handheld is compatible. Three possible situations could arise:

- The testing of this handheld with the ACCU-CHEK Pocket Compass software has indicated that the device is **not compatible**. In this case, the message shown here will be displayed. The ACCU-CHEK Pocket Compass software cannot be started, you cannot work with the program.
- Compatibility with this handheld has **not** been tested. In this case, a warning message is displayed but you can use the software at your own risk.
- This handheld has already been tested with the ACCU-CHEK Pocket Compass software, the device is compatible. No message is displayed and you can work with the program as planned.

Should you have any questions regarding the compatibility of your handheld, please contact your local customer support and service center.

12.2 Computer System Requirements

Computer system requirements are defined by the manufacturer of your compatible handheld. Please refer to the user's manual for your handheld. The system requirements for your computer are important since the HotSync function is the only method for software installation and a good means of data backup.

12.3 Compatibility Requirements for Data Transfer

The following meters are suitable for transferring data to a compatible handheld:

- ACCU-CHEK Active
- ACCU-CHEK Aviva
- ACCU-CHEK Compact
- ACCU-CHEK Compact Plus

The following meter can also be used for transferring data using the ACCU-CHEK IR Key (available separately):

- ACCU-CHEK Advantage

The following insulin pump is suitable for transferring data to a compatible handheld:

- ACCU-CHEK Spirit

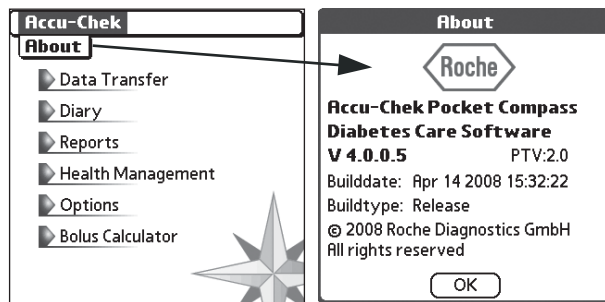
Please note: Not all devices are available in all countries.



The ACCU-CHEK Pocket Compass software tests the compatibility (via infrared) of connected devices. If you are not sure about the compatibility of a device, please contact ACCU-CHEK Pump Support at 1-800-688-4578 24 hours a day, 365 days a year.

12.4 Support for New Devices

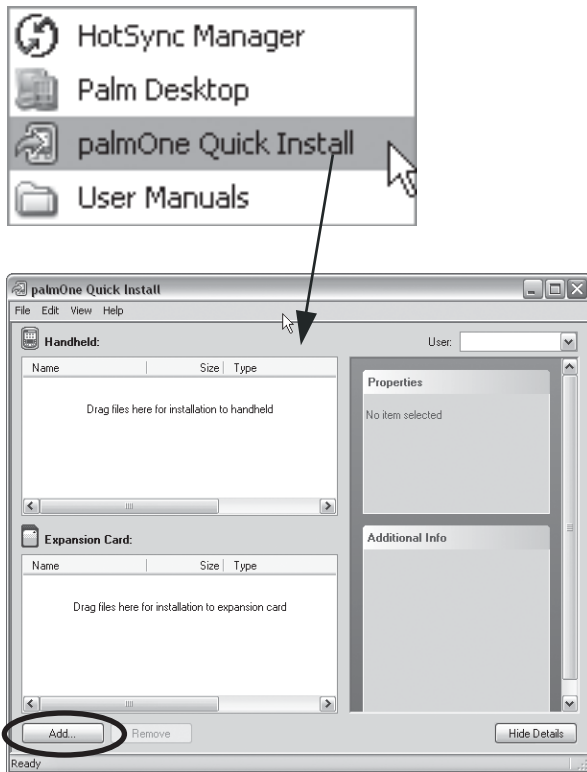
The ACCU-CHEK Pocket Compass software obtains information about support for certain meters or handhelds from a configuration file that is stored in the handheld when the software is installed. Since new devices (meters or handhelds) frequently appear on the market, this file is updated by Roche from time to time so that new devices can also be used with the ACCU-CHEK Pocket Compass software.



To find out if an updated configuration file is available to support a certain device, please contact ACCU-CHEK Pump Support at 1-800-688-4578. When you call, have the version numbers of your current software on hand, which are displayed in the information screen of your ACCU-CHEK Pocket Compass software. The version number of the configuration file is listed under *PTV* (**P**arameter **T**able **V**ersion). If a newer file exists, you can obtain it from ACCU-CHEK Pump Support.

The configuration file that contains information about support for devices is a PDB file (**P**alm **D**ata**B**ase file, *.pdb). This file is sent to you by Roche Diagnostics as a compressed ZIP archive (*.zip). Extract the contents of this file into a suitable folder of your choice. Install the file using the *Palm Desktop Software* (or the related *Install Tool*) that you also used to install the ACCU-CHEK Pocket Compass software on your handheld.

The instructions for installing the file are provided in the next section.



To install new software components for the ACCU-CHEK Pocket Compass software

- Open the Windows *Start* menu on your computer. Under *All Programs*, select *Palm Desktop*.
- Start the *Install Tool*.
- Click the *Add...* button.
- In the dialog box displayed, select the extracted PDB file in the appropriate folder. The file name is *ACCU-CHEK PCDParamTableDB.pdb*
- Select this file and click *Open*. The file is now displayed in the list of the *Install Tool*.
- Click *Done*. The file is copied from your folder to a folder created for it in the Palm Desktop software.

Run HotSync data alignment. The file is automatically installed on your handheld computer.

The next time the program is started, devices that were added using the new configuration file can be used with the ACCU-CHEK Pocket Compass software.

A Bolus Calculator Basics

The following pages provide you with a detailed explanation of the principles behind the bolus calculator. Here you will find answers to important questions about the functions of the bolus calculator and how it operates, such as:

- Who can use the bolus calculator?
- How does the bolus calculator support you?
- How does the bolus calculator operate?
- How are exceptional circumstances handled?

1.1 Who Can Use the Bolus Calculator?

As with any specialized tool, you need to know certain things in order to use the bolus calculator. You need to be completely familiar with your insulin pump therapy and be able to judge yourself and your own current physical state as well as possible.

The bolus calculator does exactly what the name says: it calculates. This can make it much easier to determine the currently required bolus. You and your healthcare provider provide the values on which these calculations are based. Though this may be simple enough as long as it involves determining a current blood glucose test result, it can be a real challenge if you have to estimate an increased or decreased insulin requirement under certain conditions.



It is therefore very important that you follow the safety information listed in the chapter, “Using the Bolus Calculator”. *The safety information is based mainly on the fact that the benefit and correctness of the calculated results depend on many factors, but primarily on the care with which you handle them.*

For this reason, the bolus calculator is intended exclusively for use only by well-trained individuals who manage insulin pump therapy for themselves or others.

You can use the bolus calculator only if you have synchronized an ACCU-CHEK Spirit insulin pump with the ACCU-CHEK Pocket Compass software.

1.2 How Does the Bolus Calculator Support You?

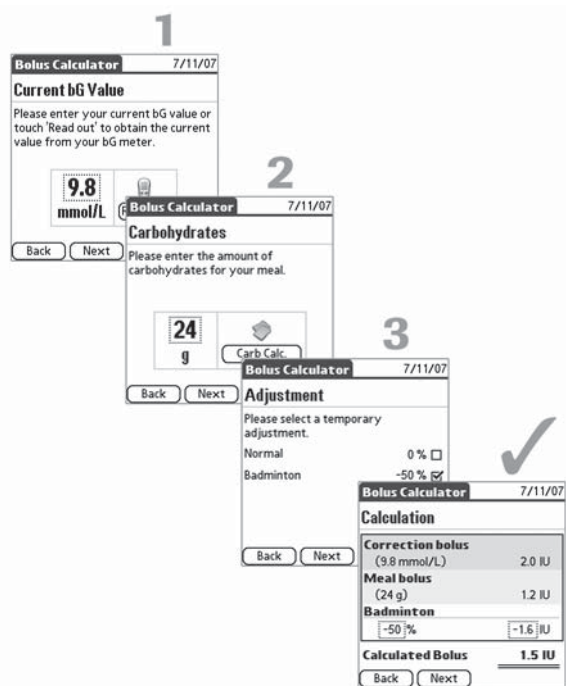
What the bolus calculator can do

Actually, the name “bolus calculator” already precisely describes the function of this tool:

The bolus calculator calculates insulin boluses on the basis of current blood glucose test results, intended food intake and other individual user parameters.

The parameters used for this purpose and the values included in the calculation are fully explained on the following pages. Terms used here such as “parameter” may seem complicated, but the bolus calculator of the ACCU-CHEK Pocket Compass software carries out its functions simply and clearly: The complexity remains hidden “behind” the program’s user interface, invisible to the user.

The bolus calculator evaluates information from two sources: the settings (“parameters”) in which you have stored your own diabetes-related values, and the currently recorded values for blood glucose and carbohydrates. A bolus is calculated in three easy steps:



- 1 Enter the current blood glucose result.
- 2 If you want to eat, enter the corresponding carbohydrate amount either directly or by means of the carbohydrate calculator.
- 3 If necessary, adjust the calculation for individual changes in your metabolic situation.

The bolus is now calculated, based on the information you entered and the settings mentioned before.

What the bolus calculator cannot do

The bolus calculator is a calculator. It is not able to judge your current physical state independently of your own estimation nor can it correct possible input errors. This is particularly true for the carbohydrate amount entered or the entries you made to calculate the carbohydrate amount using the carbohydrate calculator.

Entries that exceed plausible limits are recognized as such. In this case, you will be prompted to check the entry and correct it, if necessary. As long as the entries fall within a plausible range, however, their accuracy cannot be checked. This is where, as already mentioned, a precise awareness of your actual current physical state is of crucial importance.

1.3 How Does the Bolus Calculator Operate?

Along with the basic values, *blood glucose* and *carbohydrates*, there is a whole series of information required in order to optimize the calculation to match your needs to the greatest possible extent. Different people have different sensitivities to insulin (“insulin sensitivity”), for example due to differences in their constitutions, or different daily rhythms. These factors must be taken into account in order for the result of a bolus calculation to be correct.

This is why you must make certain settings. No bolus calculation is possible without these entries. It is important that you discuss this step with your healthcare professional. The following is an overview of the information that must be entered into the ACCU-CHEK Pocket Compass software. For an example of the personal parameter table that you generate together with your healthcare professional, see page 156.

Units

This data provides information on the *Units* used:

The right choice of units is crucial if the calculated results are to be accurate. All other input values (page 151) as well as the personal parameters determined together with your healthcare professional (see page 156) refer to the units you select here.

- The unit for carbohydrates
- The unit for blood glucose
- The unit for the carbohydrate ratio
- The unit for insulin sensitivity.

The *carbohydrate ratio* defines the amount of insulin needed to compensate for a certain amount of carbohydrates consumed.

The *insulin sensitivity* (correction factor) describes the “sensitivity” to a dose of insulin, i.e. the decrease in blood glucose in response to a predefined amount of insulin.

The input fields for carbohydrate ratio and insulin sensitivity shown here are just for selecting the units or ratios (that are used in the calculations). The values themselves are actually entered in the *Factors* menu option described in the next section.

Factors		7/11/07	
Block 1	12:00 am -	5:59 pm	
Block 2	6:00 pm -	9:59 pm	
Block 3	10:00 pm -	11:59 pm	
Block 4	----	----	
Block 5	----	----	
Block 6	----	----	
Block 7	----	----	
Block 8	----	----	
Done			

Block 1		7/11/07	
From:	12:00 am	To:	5:59 pm
bG target	Lower	Upper	
mmol/L	4.4	6.6	
Carbohydrate Ratio			
1.2	IU	per	24 g
Insulin Sensitivity			
2.2	mmol/L	per	1.0 IU
OK		Cancel	

Factors

The *Factors* area allows you to make settings to take account of the following important aspect: Your insulin requirement varies depending on the time of day. Using the same values and factors throughout the course of the day would not necessarily match your own personal metabolism and daily rhythm. This could lead to inappropriate or poorly adjusted dosages of insulin.

Here you can define up to eight blocks (time periods) – depending on your own personal daily rhythm – for the time-dependent factors used in calculating a bolus. In order to match your changing insulin requirement you might, for example, define different ranges and values for morning or evening hours than for the middle of the day or at night.

You are free to choose when a time period is to begin or end to suit your personal lifestyle. You do not have to fit any predetermined time grid.

Your *target range* for blood glucose results, defined by an upper and a lower value, may change over the course of the day, as can the *carbohydrate ratio* and the *insulin sensitivity*. You can define all of these values separately for each block. Depending on the time of day at which the calculation is performed, the bolus calculator then automatically takes these values into account.

General Parameters		7/11/07
High bG Warning:	13.8	mmol/L
Low bG Warning:	4.1	mmol/L
Low bG Alert:	3.3	mmol/L
Meal Excursion:	4.4	mmol/L
Snack Size:	12	g
Acting Time:	150	min.
Offset Time:	60	min.
Daily Insulin Dose:	50.0	U
Bolus Increment:	0.5	U
OK		Cancel

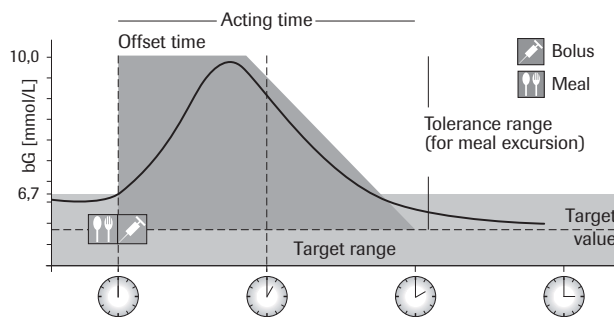
General parameters

After having defined the units and factors used, you then enter special limits. These limits enable the bolus calculator to issue warnings that call your attention to any undesirable development in your blood glucose values.

The *High bG Warning* sets the corresponding limit for blood glucose results that are too high. When this blood glucose value is reached or exceeded, a warning message is issued to regularly control your blood glucose and insulin dosage.

The *Low bG Warning* sets the corresponding limit for blood glucose results that are too low. Here, too, a warning message appears, in this case prompting you to eat fast-acting carbohydrates.

The *Low bG Alert* (hypoglycemic alarm threshold) is below the *Low bG Warning* along the test result scale. If your blood glucose result reaches or falls below this limit, you are also prompted to eat fast-acting carbohydrates. In this case, the appropriate carbohydrate amount that you should consume according to your current blood glucose value is calculated as well. No bolus calculation is carried out, however.



Progression of post-meal blood glucose levels

The *Meal Excursion* parameter (post-meal blood glucose) takes another normal event into consideration. In the period of time following a meal, the blood glucose result usually increases by an appreciable amount. The following diagram illustrates a typical progression of the blood glucose level after a meal (blue line).

The bolus calculator takes the rise following a meal into account and tolerates an increase in the blood glucose result within a certain range (green area), without calculating an additional correction bolus.

The duration (width of the green field) is determined by the *Acting Time* parameter. The *Acting Time* describes the entire time period for which the increase in blood glucose following a meal is taken into account.

The fall in the curve (start of a decreasing blood glucose value) shown in the diagram starts after the so-called *Offset Time* has expired. The *Offset Time* describes the first time period within the *Acting Time* by which the fall in the blood glucose level is offset.

If you eat another meal during the time in which your blood glucose value falls within the green area, the allowed increase following a meal is again taken into consideration.

Offset Time and *Acting Time* also apply for correction boluses. These parameters help to prevent potential sources of error, such as double or overdosage due to underestimation of the acting time of an insulin dose. This could lead to hypoglycemia.

The *Acting Time* can be set in a range from 90 to 480 minutes, depending on the “speed” of your own metabolic processes. The *Offset Time* must be at least 45 minutes and is limited upwards by the acting time.

The *Snack Size* is another default parameter that defines a certain amount of carbohydrates for which a meal bolus is calculated but no *Meal Excursion* is triggered. No *Meal Excursion* is tolerated for this amount of carbohydrates. A correction bolus would then be used to compensate for any increase in blood glucose caused by a snack.

The *Daily Insulin Dose* serves as additional information for reviewing the relation between the daily insulin dose and the calculated single dose. Unusually high values trigger a warning message, thus prompting you to check your entries.

The last parameter of the default settings is the *Bolus Increment* of the insulin pump that you are using. This serves to round off the calculated bolus quantities to match your insulin pump’s input requirements, thereby allowing you to enter the values directly, after you review them in detail.

1.4 How Are Exceptional Circumstances Handled?

Bolus Calculator 7/11/07

Adjustment

Please select a temporary adjustment.

Normal 0 %

Badminton -50 %

Back Next

Bolus Calculator 7/11/07

Calculation

Correction bolus (9.8 mmol/L)	2.0 IU
Meal bolus (24 g)	1.2 IU
Badminton	
-50 %	-1.6 IU
Calculated Bolus	1.5 IU

Back Next

If your daily routine were to always remain absolutely identical from one day to the next, then the settings mentioned above would provide enough information to calculate suitable boluses. This is usually not the case, however.

In order to handle certain exceptional circumstances, you need to be able to calculate a bolus that differs from the “normally” calculated result.

Examples of such exceptional circumstances are changes in metabolism. Activities such as sports or physical work may change the insulin requirement, just as illnesses or the menstrual cycle can, too. Since these deviations do not occur at perfectly regular intervals, using blocks (daily time periods) to account for them is both senseless and impossible.

For this reason, you can define an exceptional insulin requirement for recurring events. This deviation is specified in the basic setup parameters of the bolus calculator (as a percentage of the insulin requirement) – for example, “When playing badminton, my insulin requirement is 50% lower”.

If a bolus is then calculated, you can select the desired adjustment whenever one of the given situations arises.

If none of the adjustments that you have defined applies to the situation, you are also free to directly modify the calculated value manually, either as a percentage or as an absolute value. Here again, the ability to accurately estimate your own condition is of crucial importance.

1.5 Example of the Personal Parameter Table

Name: <i>John Q. Public</i>					Date: <i>7.11.2007</i>				
Carbohydrates unit	<input checked="" type="checkbox"/> g	<input type="checkbox"/> BE (12g)	<input type="checkbox"/> CU (10g)	<input type="checkbox"/> BW (10g)	<input type="checkbox"/> CC (15g)				
bG Unit	<input type="checkbox"/> mg/dL	<input checked="" type="checkbox"/> mmol/L							
Parameter	Unit	Value for the day segment (block)							
		1	2	3	4	5	6	7	8
Block Start	hh:mm	12:00 am	5:01 am	10:01 am	10:01 pm				
Block End	hh:mm	5:00 am	10:00 am	10:00 pm	11:59 pm				
Upper bG Target	mmol/L	7.8	7.2	7.2	7.8				
Lower bG Target	mmol/L	5.6	5.0	5.0	5.6				
Carbohydrate Ratio	$\frac{IU}{g}$	$\frac{1}{15}$	$\frac{1}{10}$	$\frac{1}{15}$	$\frac{1}{15}$		—	—	—
Insulin Sensitivity	$\frac{IU}{mmol/L}$	$\frac{1}{2.8}$	$\frac{1}{1.7}$	$\frac{1}{2.8}$	$\frac{1}{2.8}$		—	—	—

Parameter	Unit	Value
High bG Warning	mmol/L	13.9
Low bG Warning		3.9
Low bG Alert		3.3
Meal Excursion		2.8
Snack Size	g	9
Acting Time	Minutes (90-480)	240
Offset Time	Minutes (45-480)	60
Daily Insulin Dose	IU	50
Bolus Increment	IU	0.5

B Using the Bolus Calculator

The bolus calculator is only available to users who have synchronized an insulin pump with the ACCU-CHEK Pocket Compass software and have activated the *Bolus Calculator* option in the *Transfer Setup* menu.

The bolus calculator calculates a bolus for you that is adapted to changing times of day and situations.

Safety information regarding the configuration and use of the bolus calculator

Important information regarding the configuration (*Bolus Calc. Setup*) and use of the bolus calculator is presented below. Please read it through completely before you continue.

Safety information on bolus calculator settings



It is very important to discuss the required basic settings with your healthcare professional. In fact, the best approach is to set up the bolus calculator together with your healthcare professional.



*The calculated result is based **exclusively** on your default settings and entries. Therefore, before you use the bolus calculator, you must be familiar with your therapy data and able to enter it correctly.*



*If data entered during configuration is incorrect and lies outside the ranges defined in the software, a warning message is displayed to this effect. If, **however**, the data is wrong but plausible, no message is displayed.*



Therefore it is important that you carefully review your entries.

How to use the bolus calculator

The bolus calculator calculates insulin doses based on many different pieces of information, such as

- the values you entered in the setup;
- your current blood glucose result;
- the carbohydrate amount you entered either directly or using the carbohydrate calculator.



Always compare your result with the way you actually feel and adjust it, if necessary.



Always carry out the actions entered in the bolus calculator without delay.

The following information is not taken into account when the bolus calculator is used



It is possible that the values entered during configuration do not match the way your body **actually** feels. In this case, you can increase or reduce the calculated insulin dose to adjust it to your needs.



Insulin doses and meals taken **before the bolus calculator is used for the first time** cannot be reflected in the calculation. The same applies for insulin doses and meals that were taken **without using the bolus calculator**.

Before calculating a bolus, the bolus calculator checks whether you have entered insulin amounts or carbohydrates in the diary without using the bolus calculator. If you did, a warning message is displayed notifying you that these insulin amounts saved independently of the bolus calculator cannot be taken into account in the current calculation.

The following circumstances can affect the results of the bolus calculator



Do not change the time in the handheld without good reason when you are using the bolus calculator.

The bolus calculator stores a few time values (for use in future calculations). Since the handheld does not log a change in system time, the bolus calculator cannot take this time change into account. This time change influences, among other things, the duration of an acting time that is currently in effect. Therefore, make necessary time and date changes only when no acting time is in effect.

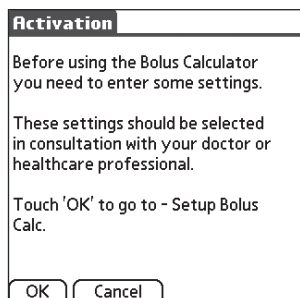
Warning messages about your blood glucose level

After your blood glucose result has been entered (or read out), warning messages about your blood glucose level may be displayed. Please take careful note of these messages. If your blood glucose result is much too low, you will be prompted to eat a certain amount of carbohydrates, for example, to prevent the risk of hypoglycemia.

Summary

- It is essential that you discuss the necessary basic settings with your healthcare professional.
- Check all your entries thoroughly.
- Calculate **every** bolus using the bolus calculator.
- Do not change the time in your handheld without good reason.
- Take note of all warning messages, especially those about undesirable blood glucose results.

2.1 Bolus Calculator Setup



The bolus calculator is only available to users who use a compatible insulin pump with the ACCU-CHEK Pocket Compass software and have synchronized it. If this applies to you, the bolus calculator can be activated as an option in *Transfer Setup* (see page 118).

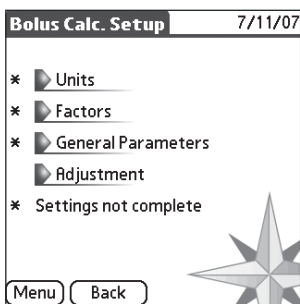
To ensure that the calculations made by the bolus calculator are as individualized as possible, you must make a few basic settings before using the bolus calculator for the first time. Bolus calculations cannot be carried out until these basic settings have been completely entered.



It is essential that you discuss the necessary basic settings with your healthcare professional before you start using the bolus calculator. These settings must be made with the greatest care since they affect all future calculations.



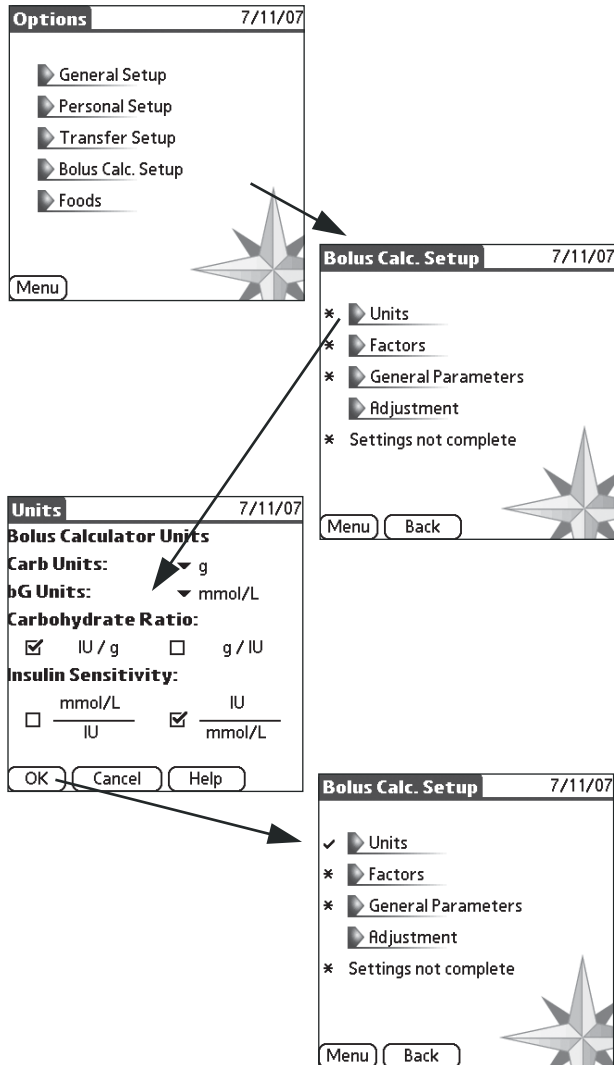
Always compare your result with the way you actually feel and adjust it, if necessary.



Of the four setup areas provided, you must set up the first three completely and in the order given (starting with *Units*, since the settings that follow are based on what you enter here). Small asterisks appear to the left of the menu items and they indicate that a setup is incomplete or missing. Once setup is complete, the asterisks change to checkmarks.

The fourth setup area (*Adjustment*) is not mandatory for using the bolus calculator. However, this area gives you the option of predefining percentage increases or decreases in the calculated insulin dose, which may be called for in certain conditions (e.g. physical activity, stress, illness). These adjustments can then be called up and applied later “at the touch of a button” (see page 172).

Setting up units



To set up units for bolus calculation

- 1 From the *Options* menu, touch *Bolus Calc. Setup*.
- 2 Touch *Units*.
- 3 Define the units for carbohydrates and blood glucose that apply to you.
- 4 Define the basis for calculation that was used to determine your personal carbohydrate ratio. Select one of the following ratios:

Carbohydrate ratio (carbohydrate-dependent insulin requirements)									
either	or								
<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">Amount of carbohydrates</td> <td style="text-align: center;">g</td> </tr> <tr> <td style="text-align: center;">Insulin quantity</td> <td style="text-align: center;">IU</td> </tr> </table> e.g.	Amount of carbohydrates	g	Insulin quantity	IU	<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">Insulin quantity</td> <td style="text-align: center;">IU</td> </tr> <tr> <td style="text-align: center;">Amount of carbohydrates</td> <td style="text-align: center;">g</td> </tr> </table> e.g.	Insulin quantity	IU	Amount of carbohydrates	g
Amount of carbohydrates	g								
Insulin quantity	IU								
Insulin quantity	IU								
Amount of carbohydrates	g								

- 5 Define the basis for calculation that was used to determine your insulin sensitivity. Select one of the following ratios:

Insulin sensitivity									
either	or								
<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">Blood glucose decrease</td> <td style="text-align: center;">mmol/L</td> </tr> <tr> <td style="text-align: center;">Insulin quantity</td> <td style="text-align: center;">IU</td> </tr> </table> e.g.	Blood glucose decrease	mmol/L	Insulin quantity	IU	<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">Insulin quantity</td> <td style="text-align: center;">IU</td> </tr> <tr> <td style="text-align: center;">Blood glucose decrease</td> <td style="text-align: center;">mmol/L</td> </tr> </table> e.g.	Insulin quantity	IU	Blood glucose decrease	mmol/L
Blood glucose decrease	mmol/L								
Insulin quantity	IU								
Insulin quantity	IU								
Blood glucose decrease	mmol/L								

- 6 If you need additional information about the settings, touch *Help*.
- 7 When you have entered all settings, confirm your settings by touching *OK*.

If all required information has been entered, a checkmark appears next to *Units* in the *Bolus Calc. Setup* menu.



If you **subsequently** change the unit settings, all calculation factor data based on these settings are deleted (see below). You must then repeat your entries to again complete the required basic settings.

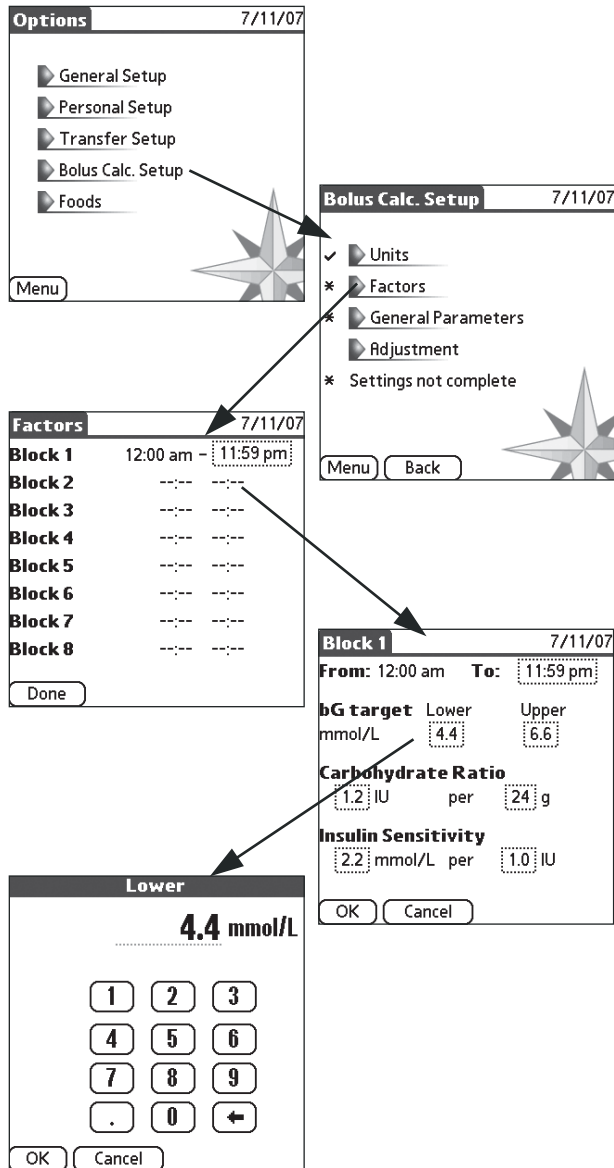


It is important to make the correct selection for **carbohydrate ratio** and **insulin sensitivity**. If you select the wrong ratio (calculation basis), all future results will be incorrect.

Calculation factors

The result of a bolus calculation depends on the time the bolus is administered. Insulin sensitivity and carbohydrate ratio (and consequently insulin requirements) may change several times over the course of a day. To reflect this situation, you can create different parameter records for different parts of the day (up to 8 blocks).

As long as you have not defined these blocks of time, there is only one block that covers 24 hours. The parameters assigned to this block therefore apply to the entire day. As soon as you define an end time for this block that is not 11:59 pm, another block appears that starts one minute after the first block ends, and this second block ends at 11:59 pm. When an end time is entered for the second block, the third block appears, etc., up to a maximum of 8 blocks. This principle (entering the end time for a block sets the starting time for the next block) also applies to subsequent changes made to an already defined block. So, if you want a block to start earlier or later, just change the end time of the previous block. To merge blocks, move the end time of the first relevant block to the end time of the last relevant block.

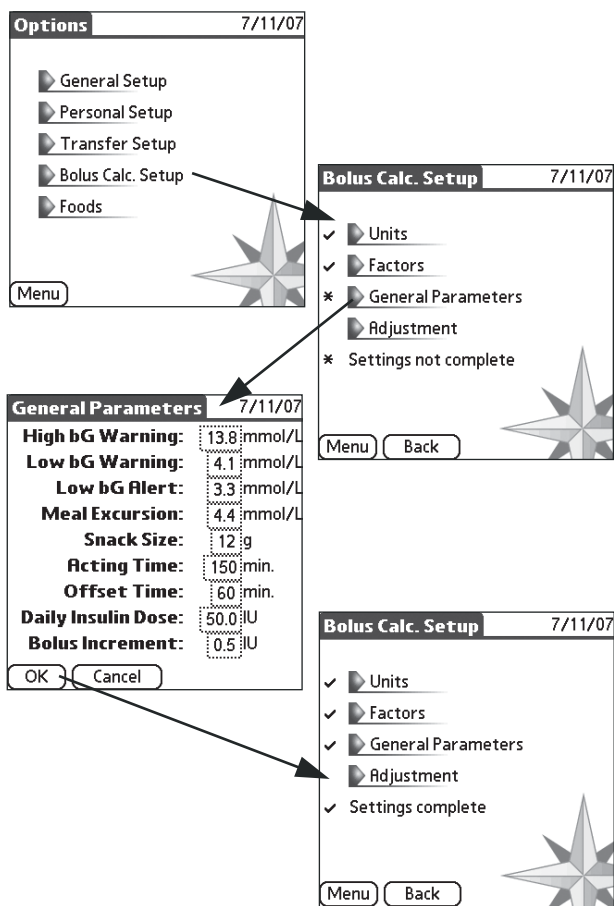


To set up personal calculation factors

- 1 From the *Options* menu, touch *Bolus Calc. Setup*.
- 2 Touch *Factors*.
- 3 To open the settings for the first block, touch the appropriate end time.
- 4 Enter the desired end time for the first block (e.g. 5:59 am). Touch the input field and use the screen keypad to enter the desired time. In the background, a second block is then automatically created.
- 5 Touch the following input fields and use the screen keypad to enter the following values:
 - Blood glucose target range with lower and upper limit
 - Carbohydrate ratio
 - Insulin sensitivity
- 6 When you have entered all settings, confirm your settings by touching *OK*.
- 7 Repeat these steps for the next block.
- 8 When all necessary blocks have been defined and the appropriate values have been entered, touch *Done* on the *Factors* screen.

On the *Bolus Calc. Setup* screen, *Factors* is flagged with a checkmark when all relevant information has been entered for the blocks you created.

General Parameters



This setup area is for parameters that are independent of the time of day.

To set up general parameters

- 1 From the *Options* menu, touch *Bolus Calc. Setup*.
- 2 Touch *General Parameters*.
- 3 Touch the appropriate input field to enter the desired value.
- 4 Use the screen keypad in the appropriate dialog box to enter the desired values. A more detailed description of the input fields is provided on the following pages.
- 5 When you have entered all settings, confirm your settings by touching *OK*.

Once these settings are entered, the basic requirements for bolus calculation are complete and *Settings complete* is displayed below the menu items. Now you have the option to use *Adjustment* (see page 168) to enter increases or decreases in the calculated insulin dose for specific situations. These may later be retrieved “at the touch of a button”.

General Parameters 7/11/07

High bG Warning: 13.8 mmol/L

Low bG Warning: 4.1 mmol/L

Low bG Alert: 3.3 mmol/L

Meal Excursion: 4.4 mmol/L

Snack Size: 12g

Acting Time: 150 min.

Offset Time: 60 min.

Daily Insulin Dose: 50.0 U

Bolus Increment: 0.5 U

OK Cancel

High bG Warning

mmol/L

1 2 3

4 5 6

7 8 9

. 0 ←

OK Cancel Help

Low bG Warning

mmol/L

1 2 3

4 5 6

7 8 9

. 0 ←

OK Cancel Help

Low bG Alert

mmol/L

1 2 3

4 5 6

7 8 9

. 0 ←

OK Cancel Help

High bG Warning

Enter the desired blood glucose limit value for the *High bG Warning* (hyperglycemic threshold). If your blood glucose result reaches or exceeds this limit, you are prompted to check your blood glucose level and insulin dose (more regularly).

Low bG Warning

Enter the desired blood glucose limit for the *Low bG Warning* (hypoglycemic threshold). If your blood glucose result reaches or falls below this limit, you are prompted to eat fast-acting carbohydrates.

Low bG Alert

Enter the desired blood glucose limit for the *Low bG Alert* (hypoglycemic alarm threshold). If your blood glucose result reaches or falls below this limit, you are also prompted to eat fast-acting carbohydrates. In this case, the appropriate carbohydrate amount for your current blood glucose value is calculated but no bolus calculation is carried out.

General Parameters		7/11/07
High bG Warning:	13.8	mmol/L
Low bG Warning:	4.1	mmol/L
Low bG Alert:	3.3	mmol/L
Meal Excursion:	4.4	mmol/L
Snack Size:	12	g
Acting Time:	150	min.
Offset Time:	60	min.
Daily Insulin Dose:	50.0	U
Bolus Increment:	0.5	U

Meal Excursion

mmol/L

.....

1	2	3
4	5	6
7	8	9
.	0	←

OK Cancel Help

Acting Time

min.

.....

1	2	3
4	5	6
7	8	9
0	←	

OK Cancel Help

Offset Time

min.

.....

1	2	3
4	5	6
7	8	9
0	←	

OK Cancel Help

Meal Excursion

During or after meals, an increase in blood glucose levels is considered normal within a certain range, even though a meal bolus has been delivered. Enter here the maximum increase in your blood glucose result that is to be tolerated without an additional correction bolus. This tolerance applies to the *Acting Time* described below.

Acting Time

The *Acting Time* parameter allows factors such as the acting time of the insulin and the increase in blood glucose value after the meal to be taken into account. You can adjust the length of the acting time to your individual needs, within a specified interval (90 to 480 minutes). The acting time is divided in two areas by the *Offset Time*.

Offset Time

The first part of the *Acting Time* (*Offset Time*) takes into account the expected delay for the blood glucose level to actually fall due to the acting insulin.

The second part of the acting time assumes a linear decrease of the blood glucose level (see pages 153-154).

General Parameters 7/11/07

High bG Warning:	13.8 mmol/L
Low bG Warning:	4.1 mmol/L
Low bG Alert:	3.3 mmol/L
Meal Excursion:	4.4 mmol/L
Snack Size:	12 g
Acting Time:	150 min.
Offset Time:	60 min.
Daily Insulin Dose:	50.0 IU
Bolus Increment:	0.5 IU

Snack Size

..... g

1 2 3
4 5 6
7 8 9
0 ←

OK Cancel Help

Daily Insulin Dose

..... IU

1 2 3
4 5 6
7 8 9
. 0 ←

OK Cancel Help

Bolus Increment

▼ 0.5 IU

OK Cancel Help

Snack Size

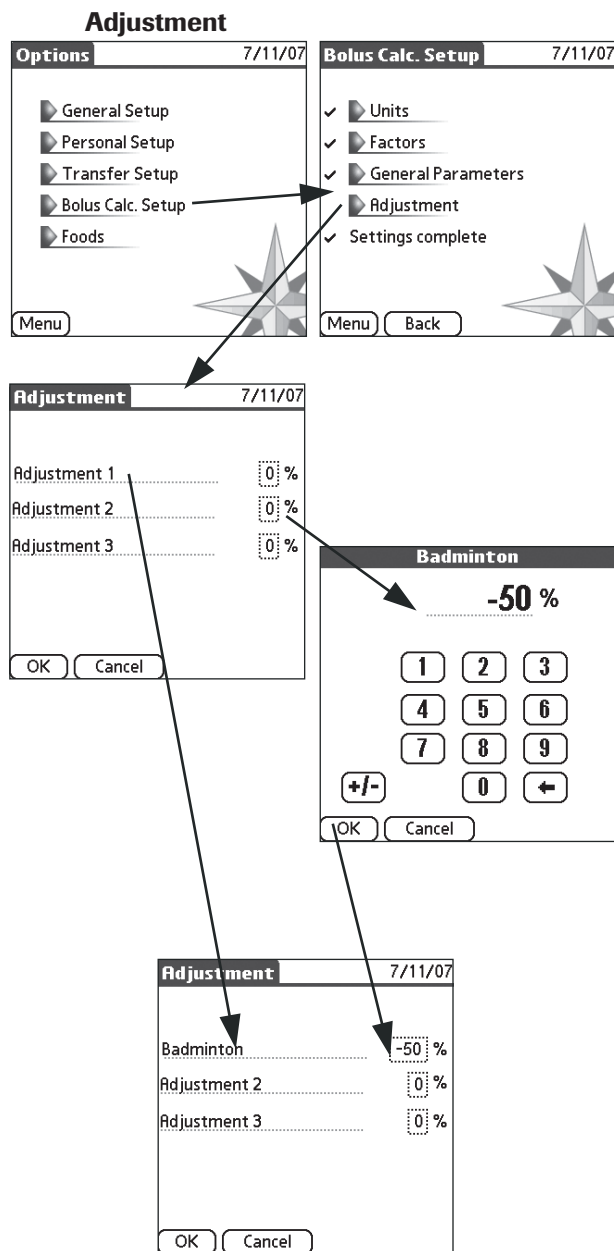
Enter the maximum amount of carbohydrates that is not to be counted as a regular meal with the expected *Meal Excursion*. In this case (in contrast to regular meals), an increase in your blood glucose result is not tolerated since the *Meal Excursion* factor is not triggered as an additional calculation basis.

Daily Insulin Dose

The *Daily Insulin Dose* is the total amount of bolus and basal insulin you need on average daily. Single doses calculated by the bolus calculator are always checked for their proportion to the *Daily Insulin Dose* entered here. Excessively high single doses lead to warning messages.

Bolus Increment

Select the increment that you entered on your insulin pump (e.g. 0.1 or 0.5 IU). You can only enter the values calculated by the bolus calculator into the pump exactly as they are if the increments in the bolus calculator and the pump are the same (and rounded accordingly).



In addition to all generally applicable and time-dependent settings you have already entered, you have the option of taking special physiological conditions into account. An adjustment may be necessary for a variety of reasons. Activities (such as exercising) can reduce your body's insulin requirement, it can also be increased or reduced during an illness or during the menstrual cycle. With the bolus calculator, you can define up to three personal adjustments (based on percentage). To include them in the bolus calculation, simply select the appropriate adjustment as needed.

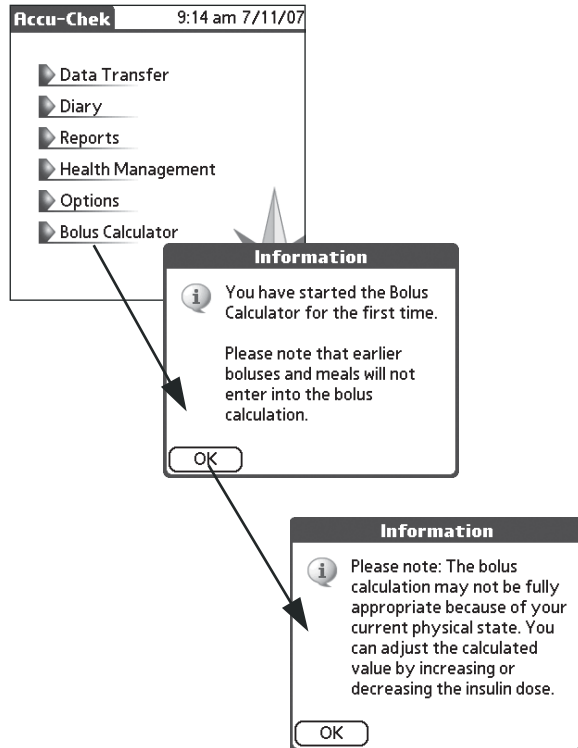
To name an adjustment

- 1 From the *Options* menu, touch *Bolus Calc. Setup*.
- 2 Touch *Adjustment*.
- 3 To define an adjustment, touch the appropriate line of text.
- 4 Use the screen keypad to enter the desired name.

To enter the value for the adjustment

- 5 Touch the input field to define an adjustment value.
- 6 Use the screen keypad to enter the desired percentage adjustment. Positive values indicate an increase and negative values indicate a decrease in the calculated bolus by the stated percentage amount.
- 7 Use this procedure to enter settings for up to three different adjustments.
- 8 When you have entered all settings, confirm them by touching OK.

2.2 Performing a Bolus Calculation



To start the bolus calculator

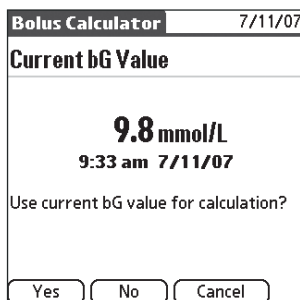
1 From the main menu screen, touch *Bolus Calculator*.

The first time the bolus calculator is started, a message appears stating that existing bolus and carbohydrate information will not be included in the calculation.

2 Touch the *OK* button to acknowledge this information.

Every time the bolus calculator is started, a message will appear indicating that the calculated bolus may not necessarily match your actual current physical state. In such a case, you can adjust the calculated value using the *Adjustment* function (see page 172).

3 Acknowledge the information by touching the *OK* button to start the calculation.

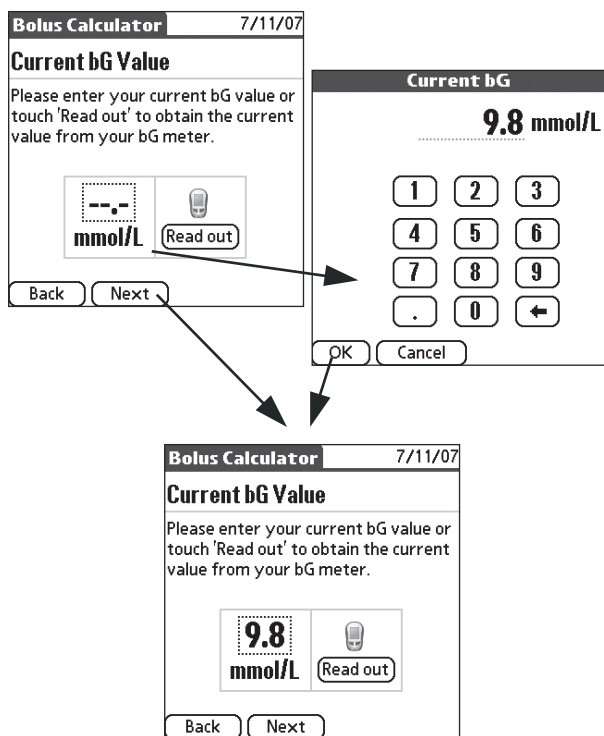


To use the current test result

First, the bolus calculator checks to see whether there is a current blood glucose value (not older than 5 minutes) in the diary of the ACCU-CHEK Pocket Compass software.

- 1 Touch *Yes* if you want to use this value.
Touch *No* if you want to manually enter or transfer (“Read out”) a more recent value.

To make sure that this is the current test result, it is recommended that you compare the displayed value with the test result.



To enter the test result manually

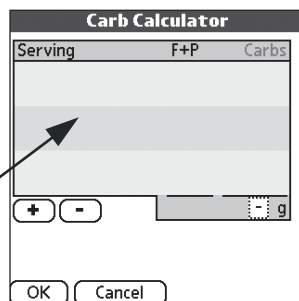
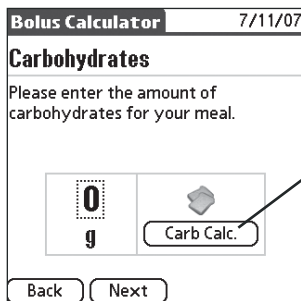
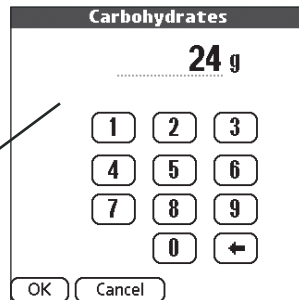
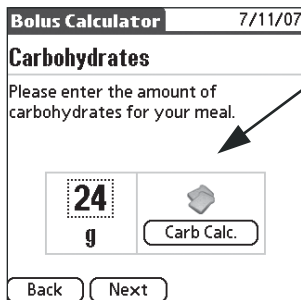
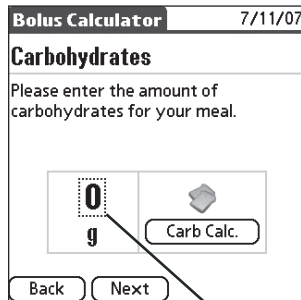
- 2 Touch the input field for the test result.
- 3 Use the screen keypad to enter the desired value and confirm your entry by touching *OK*.

To transfer (“Read out”) the most current test result for the bolus calculator

- 2 Prepare the meter for data transfer.
- 3 Touch the *Read out* button.

A test result is transferred (“Read out”) only if the test itself was performed within the last 5 minutes. If you are unable to transfer (“Read out”) a result because it is too old, perform another test and enter the result manually in the bolus calculator.

- 4 Touch *Next* to continue with the calculation.



To select the carbohydrate amount

After you confirm the blood glucose test result, enter the amount of carbohydrates in your meal. If you use a blood glucose test result from the *Diary* function for which a carbohydrate entry already exists, that entry will be displayed by default.

- 1 Check whether the adopted value corresponds to the actual carbohydrate amount.
- 2 Touch *Next* if you want to use this value, or proceed as described below to enter a different amount.

To enter the carbohydrate amount manually

- 3 Touch the input field for the carbohydrate amount.
- 4 Use the screen keypad to enter the desired value and confirm your entry by touching OK.
- 5 Touch *Next* to continue with the calculation.

To enter the carbohydrate amount using the carbohydrate calculator

- 3 Touch the *Carb. Calc.* button.
- 4 Enter the desired components of your meal as described in the section "To add or edit a carbohydrate value using the carbohydrate calculator" from page 47.
- 5 Touch *OK* to accept the result in the bolus calculator.

Bolus Calculator 7/11/07

Adjustment

Please select a temporary adjustment.

Normal 0%

Badminton -50%

Back Next

To adjust the calculation to your current situation

When you entered the basic parameters, you had the option of defining up to three adjustments with an increased or reduced insulin requirement. If the calculated bolus is greater than “0”, you can select an adjustment. A checkmark appears in the *Normal* field (i.e. no adjustment = 0 %) by default.

- 1 Touch the checkbox of the desired adjustment to select it. The selected adjustment is flagged with a checkmark and included in the calculation.
- 2 Touch *Next* to display the result of the calculation.

Bolus Calculator 7/11/07

Calculation

Correction bolus (9.8 mmol/L)	2.0 IU
Meal bolus (24 g)	1.2 IU
Background	-50% (circled)
Calculated Bolus	1.5 IU

Back Next

Adjustment

-1.6 IU (circled)

1 2 3
4 5 6
7 8 9
+/- . 0 ←

OK Cancel

Bolus Confirmation

Please note: The bolus calculation may not be fully appropriate because of your current physical state.

Do you want to administer this bolus?

Bolus 1.5 IU

Back OK

The bolus calculator now displays the result. This display shows the values that were included in the calculation and their conversion to the calculated dose. The total dose calculated from these individual values (rounded for the bolus increment of your pump) is displayed at the bottom. If the calculated bolus does not reflect how you actually feel, you can manually correct the previously selected adjustment and its reason.

- 1 Touch the value displayed for the percentage adjustment (“-50%” in this example) or touch the value for the dose (“-1.6 IU” in this example) to enter the values directly.
- 2 Use the screen keypad to enter the desired value and confirm your entry by touching *OK*.

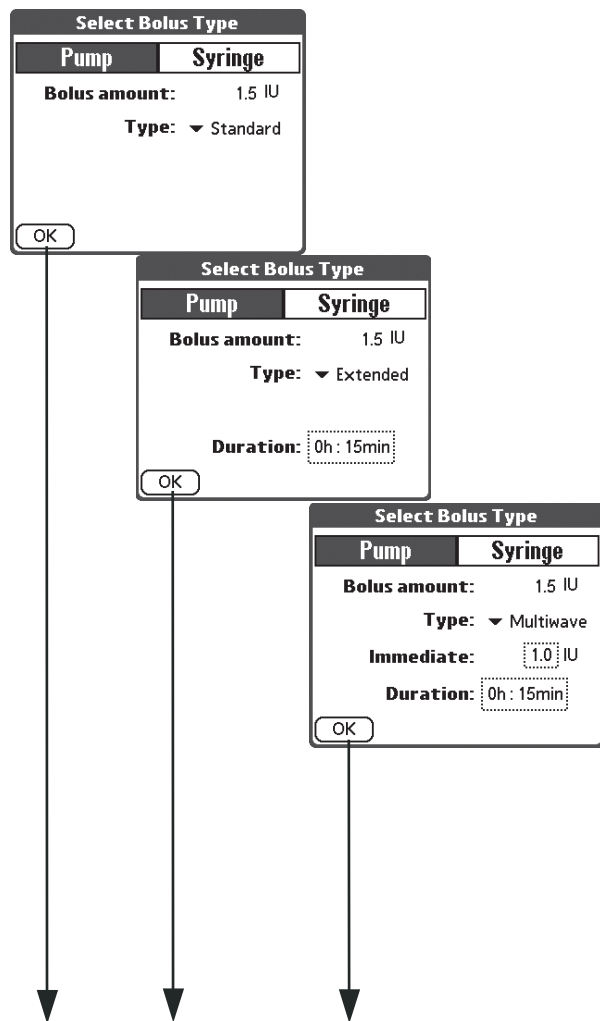
If the calculated bolus is equal to “0”, touch *Next* to return directly to the diary entry. In this case, no further information about the bolus delivery type is required.

If the calculated value is greater than “0”, touch *OK* to confirm that you will deliver this dose as shown.



For the bolus information manually generated by the bolus calculator to be correctly processed with the pump data that is later transferred, it is important that you enter the correct delivery type (pump or syringe) in the next step. The information you provide is then saved in the diary (together with the test result used).

- 3 Touch *OK* to go to the delivery type selection.



To enter the bolus delivery type of the calculated bolus for the pump

- 1 Touch *Pump* to select this type of delivery.
- 2 Select the type of delivery (the list is specific to the pump used):
 - Standard
 - Extended
 - MultiWave

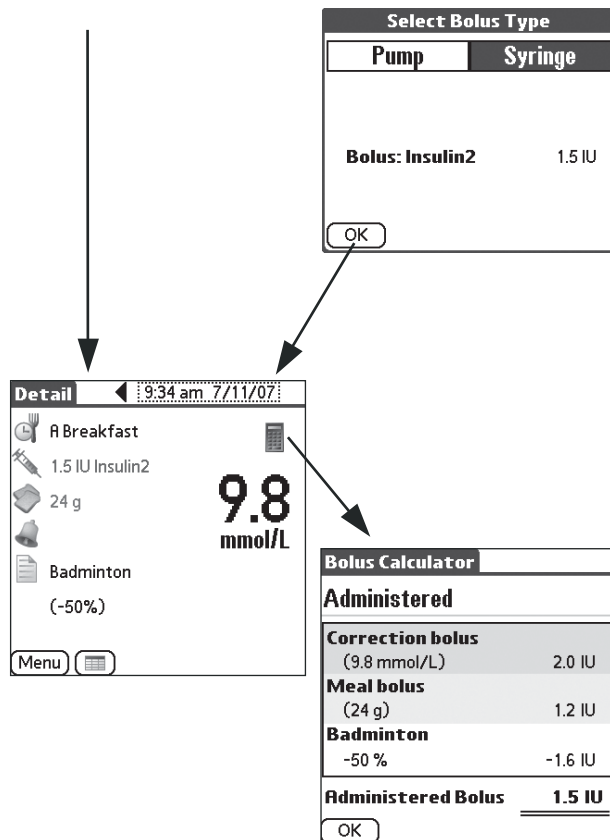
If you select *Standard*, no further information needs to be entered. Touch the *OK* button to confirm.

If you select *Extended*:

- 3 Touch the *Duration* input field.
- 4 Use the screen keypad to enter the desired duration (at least 15 minutes), then touch *OK* to confirm.

If you select *MultiWave*:

- 3 Touch the *Immediate* input field.
- 4 Use the screen keypad to enter the value desired for the *immediate portion* (up to 0.1 IU below the total bolus quantity). Touch the *OK* button to confirm.
- 5 Touch the *Duration* input field.
- 6 Use the screen keypad to enter the desired duration of the extended bolus portion (at least 15 minutes). Touch the *OK* button to confirm.
- 7 Touch *OK* to finish your entries.




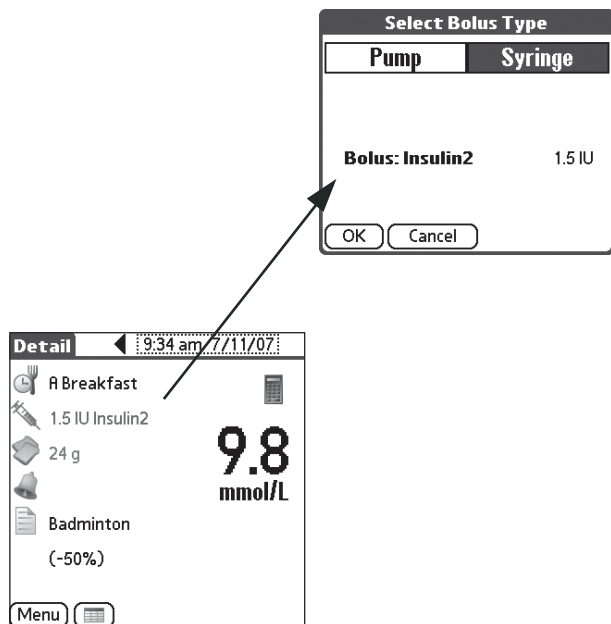
To enter bolus delivery type of the calculated bolus for syringe/pen

If you want to deliver the bolus with a syringe rather than a pump:





- 1 Touch *Syringe* to select this type of delivery.
- 2 Touch *OK* to confirm this selection.

The diary entry that was created based on the previous bolus calculation and the subsequent entries is then displayed.

The icon  indicates a diary entry that was created using the bolus calculator. If you touch this icon, the overview of the calculation is displayed.



The following information is available in the *Detail* screen:

- If you touch the *Insulin*  icon, the screen for selecting the bolus type is shown again (see page 174 and page 175).
- The boluses created with the bolus calculator are initially stored in the diary as “manual values generated by the bolus calculator” (*Insulin*  icon). The insulin dose cannot be changed. The type of delivery (pump or syringe/pen) can be changed up to the point when values are read out from the pump for the period of time that includes this entry. If you have selected *Pump* as the type of delivery and later transfer data from the pump for the period of time that includes this entry, the icon changes to “data transfer from the pump” (). In the *Diary* and *Detail* screens, *-R-* or *Replaced* is still displayed instead of the insulin value. To view the manual entries you originally made, touch the letter *-R-* (in list view) or the *Pump*  icon (in the *Detail* screen).

2.3 Your Personal Parameter Table

Name:					Date:				
Carbohydrates unit	<input type="checkbox"/> g	<input type="checkbox"/> BE (12g)	<input type="checkbox"/> CU (10g)	<input type="checkbox"/> BW (10g)	<input type="checkbox"/> CC (15g)				
bG Unit	<input type="checkbox"/> mg/dL	<input type="checkbox"/> mmol/L							
Parameter	Unit	Value for the day segment (block)							
		1	2	3	4	5	6	7	8
Block Start	hh:mm	12:00 am							
Block End	hh:mm								
Upper bG Target									
Lower bG Target									
Carbohydrate Ratio	—	—	—	—	—	—	—	—	—
Insulin Sensitivity	—	—	—	—	—	—	—	—	—

Parameter	Unit	Value
High bG Warning		
Low bG Warning		
Low bG Alert		
Meal Excursion		
Snack Size		
Acting Time	Minutes (90-480)	
Offset Time	Minutes (45-480)	
Daily Insulin Dose	IU	
Bolus Increment	IU	

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