

RPM-GDM User Guide

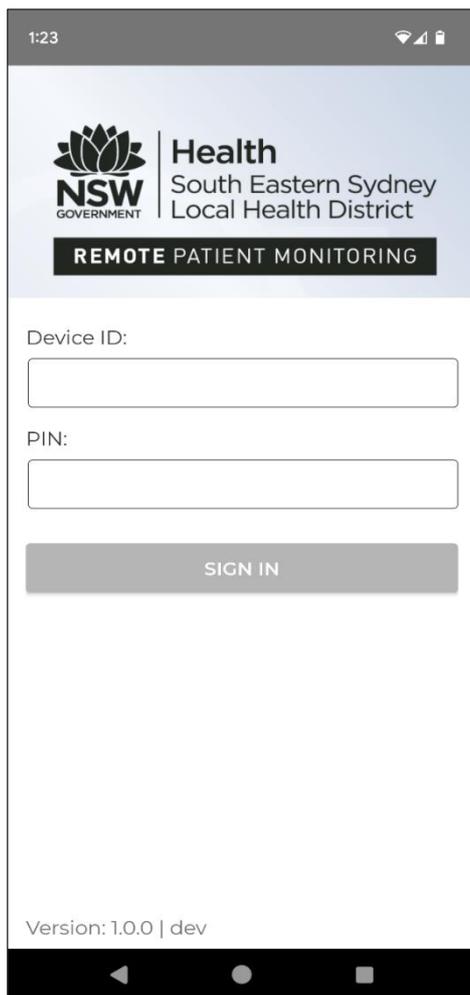
Patient End-User Manual

Download and Login

You will need the assistance of the Community Management Centre to access the RPM-GDM App. Once you have been referred to the Remote Monitoring Program one of our RPM Operators will call you to help you install the app via the App Store or Google Play Store and get you logged into the system.

Once the app is installed, open the app to see the following screen – The RPM Operator will provide you with a **Device ID & PIN number**

If you have any technical issues please call **1800 222 353**

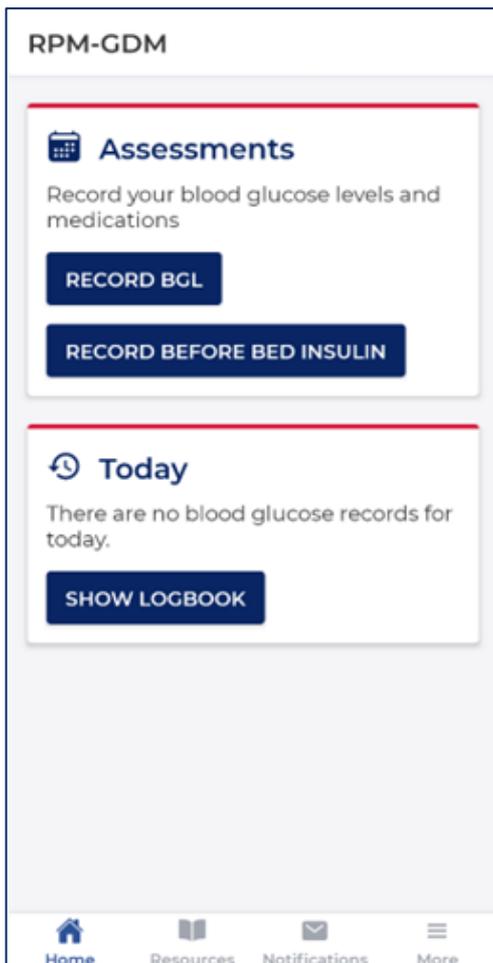


Home Screen

Once you have logged in you will arrive at the home screen. From here you can...

- i). Record a BGL
- ii). Record Before Bed Insulin
- iii). Show Log Book

If you need to return to the home screen at any point, click the Home Screen icon on the bottom lefthand side of the page.



Recording a BGL

To Record a BGL click the 'RECORD BGL' button on the home screen.

Follow the prompts to enter the Date, Time, Blood Glucose Reading, Meal Options, and medication information as per instructions given during your Diabetes Education Session. When All details are correct, click SUBMIT.

Record BGL Cancel

Date

Time

Blood Glucose

Meal

- Fasting
- Breakfast
- Lunch
- Dinner

Medications Taken

Short-acting Insulin

- None
- Fiasp
- NovoRapid
- Humalog

Insulin Dose

Metformin

- None
- Metformin

Metformin Dose

Optional Comments

SUBMIT

Recording Bedtime Insulin

You should also record your bedtime insulin level if directed to do so during your diabetes education session. To enter a reading click on the 'BEFORE BED INSULIN BUTTON' on the home screen.

Follow the prompts to enter the Date, Time, medication information and dose as per instructions given during your Diabetes Education Session. When All details are correct, click SUBMIT.

Night Medication Cancel

Date

Time

Medication Taken

Levemir

Optisulin

Protaphane

Insulin Dose

SUBMIT

Logbook

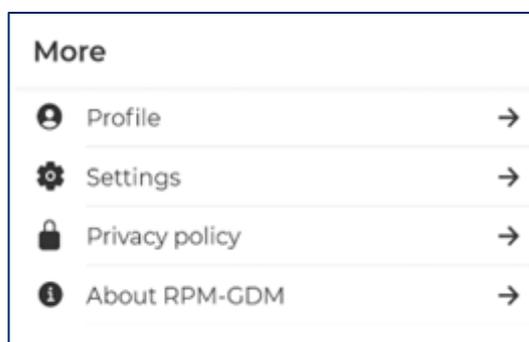
Any readings you submit in the RPM-GDM App, can be accessed within the Logbook section. To access the Logbook, click on the 'LOGBOOK' button from the home screen. This will display all of your entries for the week. If you need to access older readings, tap on the < and > arrows to adjust the date range.



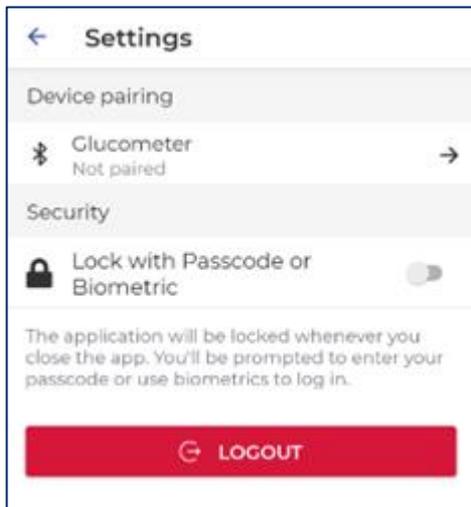
Bluetooth Pairing

If you have a BGL monitor compatible with the app (currently Accu-check Guide Me only) you may wish to connect your BGL Monitor Via Bluetooth. To connect via Bluetooth do the following.

1. From the Home Page Navigate to the More Tab on the bottom right-hand side of the screen.
2. From the **MORE** page select **Settings**



3. From Setting Select '**Device Pairing**' Glucometer



4. Follow the on-screen instructions to pair the device.

Roche Accu-Chek Guide Me
Pairing instruction

1. Turn off the meter if it's on.
2. Long press both buttons on the front of the device at the same time (3 seconds) until the Bluetooth symbol shows up on the meter's display.
3. Shortly after, you will be prompted with a "Pairing request", press "Pair & Connect". Enter the 6-digit PIN found at the back of the device. Then, continue by pressing "OK".
4. Once the app detects the device it will return to the previous screen.