



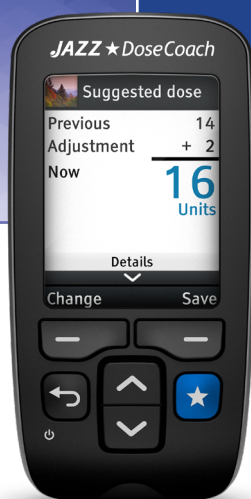
## Quick Reference Guide

### JAZZ™ DoseCoach®

Name:

Your starting dose is:

Inject your insulin around the same time every day at:



## Welcome to your JAZZ™ DoseCoach®

Your JAZZ™ DoseCoach® can help you manage your diabetes in two ways:

**Dose Helper** gives dose suggestions to help you adjust how much insulin glargine to take.

>> See Section 4 in your owner's guide.

**Blood Glucose Meter** lets you measure your blood glucose and keep a record of your blood glucose readings.

>> See Section 3 in your owner's guide.

### Do

- ✓ This quick reference guide contains supporting information for using JAZZ™ DoseCoach®. It is not an instruction manual.
- ✓ Please read all of the owner's guide before using JAZZ™ DoseCoach®.

## Training Checklist

This checklist shows the key topics you need to know for safe use of insulin and to use Dose Helper to help adjust your dosage.

If there are any topics you are not sure of, ask your healthcare professional before using Dose Helper.

### ① How to use Key Features of JAZZ™ DoseCoach®

- ☐ Overview of device:
  - the identification of buttons (for example, the best way to turn JAZZ™ DoseCoach® on and off),
  - when and how to use the Dose Helper button,
  - how to use the soft keys,
  - how to navigate through the screens, including how to scroll up and down.
- ☐ JAZZ™ DoseCoach® setup, including the purpose of the user icon and name labelling.
- ☐ How to navigate menus and find key menus in the history and settings (for example, how to change the time and date settings, and Dose Helper settings).

### ② How to measure blood glucose

- ☐ Measuring blood glucose using JAZZ™ DoseCoach®, including the process of washing hands, insert test strip, apply sample, how to read and store results.
- ☐ Understanding blood glucose measurements.
- ☐ Tagging and the associated terms,

including the key terms and symbols.

- ☐ How to tag a blood glucose reading, including what to do if the wrong tag is chosen.
- ☐ How to correctly read the “Logbook” and other history screens.

### ③ How to use insulin glargine safely

- ☐ Injection sites and technique.
- ☐ Recognising and treating hypoglycaemia (hypo) and hyperglycaemia (hyper) symptoms.

### ④ How to self-adjust insulin glargine dose

- ☐ Fasting blood glucose readings and how these are used to self-adjust insulin glargine doses.
- ☐ Fasting blood glucose target range.
- ☐ Core calculations.

### ⑤ How to manage and adjust the insulin glargine dose for:

- ☐ Sick days.
- ☐ Travel or vacation.
- ☐ Changes in diet or activity.

### ⑥ How to use Dose Helper

- ☐ General use of Dose Helper, including how to use the soft keys to navigate the menu screens, saving a dose and understanding the dose question screens.
- ☐ How to exit Dose Helper without recording a dose (for example, if Dose

Helper is opened accidentally and it is not time for an insulin dose).

- ☐ How to change the Dose Helper settings, such as the usual dose time.
- ☐ Understand the warnings associated with Dose Helper and how to resolve them, including the twice daily, previous dose and hypo questions, and how to confirm suggested doses.
- ☐ What Dose Helper is for (i.e. support for patients' decision making).
- ☐ Getting the first dose suggestion and what starting dose to take during first days of use.
- ☐ Normal use of Dose Helper and usual dose time.
- ☐ What Dose Helper is not for (i.e. replace advice of doctor or nurse).
- ☐ Situations that Dose Helper cannot account for.
- ☐ What to do if Dose Helper cannot give dose suggestions.

### ⑦ When to contact your healthcare professional for support

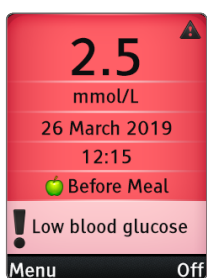
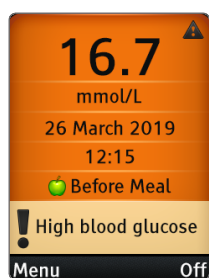
- ☐ General advice: You should contact your healthcare professional if you are not sure what dose to take. Do not wait for JAZZ™ DoseCoach® to instruct you to do so.

### ⑧ Warranty registration card

- ☐ Complete warranty registration card and post. Alternatively, register online at [www.agamatrix.co.uk](http://www.agamatrix.co.uk) or call Customer Service 0800 093 1812.

## Using your Blood Glucose Meter

### What to do if your blood glucose readings are high or low:



- If you get blood glucose readings below 3.9 mmol/L or above 13.3 mmol/L and you have hypoglycaemia (hypo) or hyperglycaemia (hyper) symptoms, follow your treatment plan or contact your healthcare professional right away.

- If you do not have hypo or hyper symptoms, measure your blood glucose again, carefully following the instructions in your owner's guide.

- If you get hypo or hyper symptoms, or continue to get blood glucose readings below 3.9 mmol/L or above 13.3 mmol/L, follow your treatment plan recommended or contact your healthcare professional right away.

- If you have hypo or hyper symptoms that are not consistent with your blood glucose readings, follow your treatment plan or contact your healthcare professional right away.



**The most common hypo symptoms are:** Palpitations, sweating, hunger, dizziness, tingling, blurred vision, difficulty in thinking, faintness.

These symptoms may vary and you may have other symptoms. Contact your healthcare professional for more details.

### What is Fasting blood glucose and why is it important?

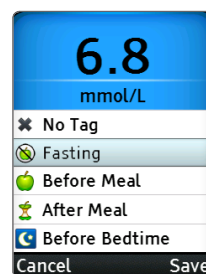
- Your fasting blood glucose readings are used to decide if your insulin dose should be increased or decreased.
- You have to tag, or mark, your readings when they are fasting. Telling JAZZ™ DoseCoach® which blood glucose readings are ‘fasting’ is important for Dose Helper.



#### Fasting blood glucose readings:

Fasting blood glucose is measured after sleeping and before breakfast, when you have not eaten or had a drink containing sugar/glucose for at least 8 hours.

### How to Tag a blood glucose reading



- When you have measured your blood glucose and the value is displayed, there will be a menu of tag options.
- Select the correct tag option using the up and down keys and then press “Save”.
- If you measure your blood glucose outside the 6-hour fasting window, the fasting tag will not be available and will be greyed out.

# Dose Helper General Principles

## Dose Helper works best if:

- You measure your fasting blood glucose every day.
- You run Dose Helper and save the amount of insulin glargine that you take every day.

## Your insulin doses have to be saved so they can be used by Dose Helper.

- Save every insulin dose you take, whether suggested by Dose Helper or not.
- If you don't save your doses, Dose Helper might not be able to give you a dose suggestion or it could be incorrect.
- If you took any dose(s) in the last day that you did not save in Dose Helper, then you will be given the chance to enter it when you next run Dose Helper.

## Always run Dose Helper before you take a dose.

- Use Dose Helper to save all doses you take.

## Dose Helper needs at least three days of dose and Fasting BG data to give dose suggestions.

- When you first use Dose Helper, you will have to save your doses and measure your fasting blood glucose for at least three days before it can start giving suggestions.
- Dose Helper will tell you if you need to get more data.

>> See Section 4 in your owner’s guide for more information.

## What to do if you can’t get a dose suggestion

- Dose Helper might not be able to give you a dose suggestion if it does not have enough information.
- Unless Dose Helper has turned off, you can get dose suggestions once you gather enough information. Dose Helper will tell you what to do to get enough information.
- You will have to save your doses (in Dose Helper) and measure your fasting blood glucose for at least three days before Dose Helper can start giving suggestions again.

>> See Section 4 in your owner’s guide for more information.

## You make the decision on what dose you will take.

- Dose Helper is a guide. It gives you a suggested dose. It is not a substitute for your judgement or for advice given by your doctor or nurse. You must make the final decision on what dose you will take.
- This is because you know more about your situation than Dose Helper does, e.g. if you feel ill, if you are planning travel or unusual activity, if your doctor or nurse has given you specific instructions, etc.
- Your doctor or nurse should explain in which cases you should take a different insulin dose, and other actions you might need to take in these cases.

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**If you are not sure about what dose to take, contact your doctor or nurse.**

# Using Dose Helper

## What to do in case of sudden changes in your health or lifestyle

Dose Helper supports steady adjustment of your insulin dose. It cannot always account for big or sudden changes in your blood glucose, such as might be caused

by illness, change in your diet, going on vacation. Ask your doctor or nurse what to do in these cases:

- Instructions for sick days, changes in diet or activity, travel or vacation, etc.

# Help with JAZZ™ DoseCoach®

## If you need help using JAZZ™ DoseCoach®

>> See Section 9 in your owner’s guide for questions and answers on the Blood Glucose Meter.

>> See Section 10 in your owner’s guide for questions and answers on Dose Helper.

Call customer service: 0800 093 1812

## If JAZZ™ DoseCoach® does not work properly

Call customer service: 0800 093 1812

## If you have questions regarding your treatment

Contact your doctor or nurse on: