# AGAMATRIX DIABETES MANAGER USER'S GUIDE

#### **CUSTOMER CARE:**

0800 093 1812 (UK) 1800 817 315 (ROI)

In case of emergency, contact your healthcare professional or emergency medical response.

### **CONTENTS**

#### 1 GETTING STARTED

- 1.1 Introduction
- 1.2 System Requirements
- 1.3 Supported Meters

### 2 INSTALLING THE APP

iOS

- 2.1 Installing the AgaMatrix Diabetes Manager
- 2.2 Updating the AgaMatrix Diabetes Manager

#### Android™

- 2.3 Installing the AgaMatrix Diabetes Manager
- 2.4 Updating the AgaMatrix Diabetes Manager

#### 3 APP BASICS

3.1 Opening the App

#### 4 DASHBOARD

- 4.1 Modules
- 4.2 Percent in Target
- 4.3 Glucose Averages
- 4.4 Recent Entries
- 4.5 Editing Dashboard Layout

#### 5 TIMELINE

5.1 Navigation Basics

### **6 ADDING DATA TO THE APP**

- 6.1 Pairing and Syncing WaveSense JAZZ Wireless Meter with the App
- 6.2 Manually Adding Data
- 6.3 Deleting Data

#### 7 GLUCOSE DETAILS VIEW

- 7.1 About the Glucose Scorecard
- 7.2 Glucose Scorecard Colours
- 7.3 Glucose Statistics Summary

#### **8 INSULIN DETAILS VIEW**

- 8.1 About the Insulin Scorecard
- 8.2 Insulin Statistics Summary

#### **9 CARBS DETAILS VIEW**

- 9.1 About the Carbs Scorecard
- 9.2 Carbs Statistics Summary

#### **10 WEIGHT DETAILS VIEW**

10.1 Weight Statistics Summary

#### 11 LOGBOOK

- 11.1 Entering a New Glucose Reading Directly into the Logbook
- 11.2 Editing an Existing Glucose Reading from the Logbook

#### **12 MENU**

- 12.1 Profile
- 12.2 Settings
- 12.3 Help

### 13 SYNC WITH THE CLOUD

13.1 Registering for an Account

### **14 SHARE DATA**

- 14.1 Emailing Your Data
- 14.2 Share Data with Others

#### 15 CONNECTED PARTNERS

- 15.1 Setting up a Connected Partner
- 15.2 Deactivating a Connected Partner

#### **16 LEGAL INFORMATION**

### 1 GETTING STARTED

### 1.1 Introduction

The AgaMatrix Diabetes Manager Application (App) is a health management tool for the iPhone, iPod touch and Android devices. The app can be used alone or with an AgaMatrix WaveSense JAZZ Wireless Blood Glucose Meter. To use the app with an AgaMatrix WaveSense JAZZ Wireless Blood Glucose Meter, you will need a device that supports Bluetooth<sup>®</sup> Low Energy.

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#### Intended Use

The AgaMatrix Diabetes Manager is intended for single patient use. It is an accessory to blood glucose monitoring systems to assist in the review, analysis and evaluation of glucose results to aid in diabetes and health management. The app can store various types of health data including glucose results, insulin, carbs, and weight.

The app is not intended to provide automated treatment guidance or decisions, nor is it to be used as a substitute for professional healthcare advice.

#### **WARNINGS:**

- 1. Do not make treatment decisions based solely on the information provided by the AgaMatrix Diabetes Manager. All health-related decisions should be made in conjunction with the advice of a qualified healthcare provider (HCP). It is important for you and your HCP to understand how the statistics are calculated before making any adjustments to treatment.
- 2. Do not sync the AgaMatrix Diabetes Manager with a blood glucose meter used by another person. If you sync with another person's meter, the data from each meter will be combined and may give you reports that are not accurate.
- 3. Data downloaded from a blood glucose meter cannot be deleted from the app. Data that has been downloaded from a blood glucose meter will have a Lock icon ( ) on the scorecard.

! IMPORTANT: The AgaMatrix Diabetes Manager stores sensitive health-related information on your iPhone, iPod touch or Android device. We recommend keeping your device up-to-date with the latest iOS or Android OS version to help ensure the highest level of security. For extra protection measures, set and use a password on your computer as well as on your iPhone, iPod touch or Android device.

### 1.2 System Requirements

- iPhone, iPod touch or Android device (supported device)
- The AgaMatrix Diabetes Manager (the app) installed on a supported device

Supported devices are sold separately.

The AgaMatrix Diabetes Manager is available through the App Store on your iPhone or iPod touch or on Google Play on your Android device.

NOTE: A warning will appear if you are using the app on an untested device or operating system. If you see this warning, contact customer care.

### 1.3 Supported Meters

The AgaMatrix WaveSense JAZZ Wireless Meter works with the AgaMatrix Diabetes Manager that has been installed on an iPhone, iPod touch or Android device.



AgaMatrix WaveSense JAZZ Wireless Blood Glucose Meter

For information on how to purchase a JAZZ Wireless Meter, visit: <a href="https://www.agamatrix.co.uk">https://www.agamatrix.co.uk</a>

! IMPORTANT: For specific information about using your Meter, refer to the Meter's Owner's Guide.

#### **WARNINGS:**

- 1. Do not sync a blood glucose meter used by another person. If you sync with another person's meter, the data from each meter will be combined and may give you reports that are not accurate.
- 2. Data downloaded from a blood glucose meter cannot be deleted from the app.

### 2 INSTALLING THE APP

### iOS

### 2.1 Installing the AgaMatrix Diabetes Manager

The app can be installed from the App Store. The App Store can be accessed by tapping the App Store icon on your iPhone or iPod touch.

You must have internet access to install the app.

NOTE: Carrier charges may apply for downloading the app.

### 2.2 Updating the AgaMatrix Diabetes Manager

As new features are added to the app, updates will be made available through the App Store. Be sure to update your app as soon as updates become available.

NOTE: If you have recently upgraded your iPhone or iPod touch Operating System please contact customer care to ensure that the app has been cleared to run on that OS.

NOTE: Updating the app will not cause you to lose your data. Any information currently contained in the app, such as blood glucose readings, will not be affected by updates.

### **Android**

### 2.3 Installing the AgaMatrix Diabetes Manager

The app can be installed on Google Play. Google Play can be accessed by tapping the Google Play store app icon on your Android device.

You must have internet access to install the app.

NOTE: Carrier charges may apply for downloading the app.

### 2.4 Updating the AgaMatrix Diabetes Manager App

As new features are added to the app, updates will be made available on Google Play. Be sure to update your app as soon as updates become available.

NOTE: If you have recently upgraded your Android Operating System please contact customer service to ensure that the app has been cleared to run on that OS.

NOTE: Updating the app will not cause you to lose your data. Any information currently contained in the app, such as blood glucose readings, will not be affected by updates.

3 APP BASICS

### 3.1 Opening the App

To open the app, tap on the AgaMatrix Diabetes Manager App icon on your supported device.



### **4 DASHBOARD**



Tap on the Menu icon ( $\equiv$ ) and "Dashboard" to navigate to the Dashboard screen.

#### 4.1 Modules

Modules are the individual components that make up the Dashboard screen.

#### The available modules are:

- Percent in target
- Glucose averages
- · Recent entries

### 4.2 Percent in Target

View the percent of readings in your target range and the number of lows, highs, and in target readings.

Tap on the time scale (e.g. 7 days) to select the time scale you want to view.

### 4.3 Glucose Averages

View your fasting, pre-meal, and post-meal glucose averages.

#### Glucose averages are colour-coded based on their value:

- Blue reading: within target range
- Pink reading: below target range and above hypoglycaemic limit
- Dark Pink reading: equal to or below hypoglycaemic limit
- Yellow reading: above target range and below hyperglycaemic limit
- Dark Yellow reading: equal to or above hyperglycaemic limit

Tap on the time scale (e.g. 7 days) to select the time scale you want to view.

#### 4.4 Recent Entries

View your three most recent entries.

- Tap on an individual row to view the scorecard for that entry.
- Tap on the top row ("Recent entries") to view all entries.

#### When viewing all entries:

- Tap on the filter icon ( **Y** ) to show only the data you want to see.
- Tap on the calendar icon ( ) to choose a date to jump to.
- Tap on the Add (+) button to add a new entry.

### 4.5 Editing Dashboard Layout

Choose which modules to display and the order in which to display them.

Tap the Edit Layout button: The button is on the bottom of the Dashboard screen.

- 2. **Select Modules:** Select/deselect the checkmark next to a module to show/hide it on the Dashboard.
- 3. Arrange Modules: Drag the modules up and down to arrange them.

5 TIMELINE

Tap on the Menu icon ( $\equiv$ ) and "Timeline" to navigate to the Timeline screen.

### **5.1 Navigation Basics**

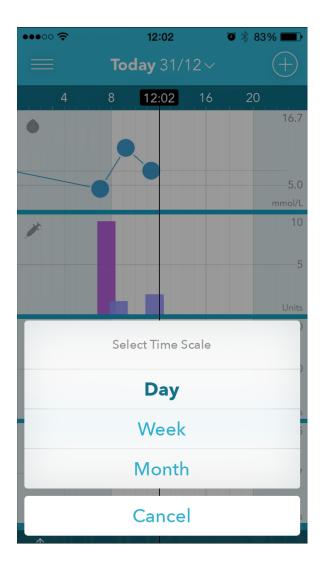
### **Selecting Time Scale:**

You can change the time scale by tapping on the date at the top of the screen. This will reveal the time scale choices.



Tap the time mode for the time scale you wish to view.

Example of Timeline Screen with Time Scale open:

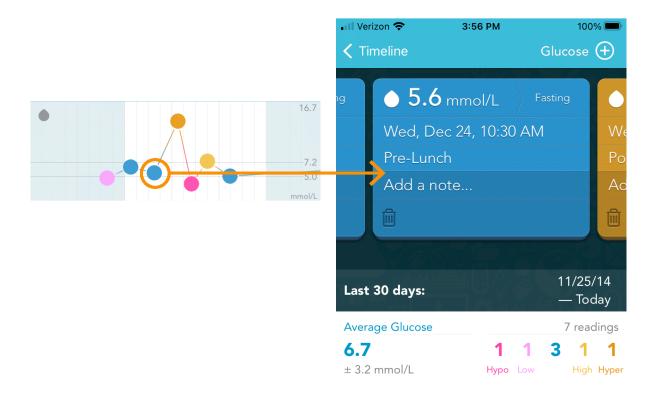


#### **Colour Indications:**

- The colours of the data points on the Glucose Timeline are based on whether they are in target, low, high, or below or above the hypoglycaemic or hyperglycaemic limits respectively.
- The colours of the data points on the Insulin Timeline are associated with insulin types.
- The colours of the data points on the Carbs Timeline are associated with a meal tag.

### **Viewing Scorecards:**

To view your scorecards for any data type, tap on the data point in a Timeline.



### Tap on a Timeline to:

- Display the data points (known as "scorecards") for that data type
- Display a summary of statistics for that data type

### Flick your finger across the screen to:

Scroll horizontally through time

### Press the Add (+) button to:

Add any type of supported data

### 6 ADDING DATA TO THE APP

6.1 Pairing and Syncing the WaveSense JAZZ Wireless Meter with the App

The AgaMatrix Diabetes Manager works with the AgaMatrix WaveSense JAZZ Wireless Meter. You must pair your meter with the app to set your meter's time and date. When the app is paired with your meter, the data from your meter will automatically sync with your app every time it is within close proximity of your paired device and the meter screen is activated.

### **Pair Versus Sync:**

All devices that communicate via *Bluetooth* wireless technology need to first "pair" with each other so they can establish a connection and get authorization to communicate with each other. You will only have to pair your meter to another device once. After your meter is paired with your device, it will "sync", or transfer data, every time it is within close proximity of your paired device and the meter screen is activated.

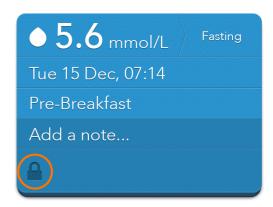
#### Pairing for the First Time:

Before pairing your meter with the App for the first time, the App must be installed on your supported device. When you pair your meter with the app, the date and time on your meter will be set to the date and time on your supported device. Ensure that the date and time on your supported device is correct.

### **How to Pair Your Meter with the App:**

- 1. Launch App: Tap the App icon on your supported device.
- 2. Navigate to the Menu: Tap the icon made of three lines to access the menu.
- 3. Navigate to Meters: Tap on "Meters"
- 4. Add a meter: Tap on "Add a new meter"
- 5. **Select your meter:** Tap on your meter's serial number when it appears in the App.
- 6. **Enter the passkey:** A 6-digit passkey will appear on the meter. Type the number in the App.
- 7. **Confirm pairing is successful:** Both the meter and the App will indicate that pairing was successful. The meter will have a check symbol and the App will show a message.

Note: Test results taken prior to the time and date being set will not have a time and date associated with them on the meter and will not sync to the App. You can manually add these readings to the App to include them in your statistics.



All test results that have been downloaded from a meter will have a Lock icon ( ) on the scorecard. The Lock icon indicates that the scorecard (test result value and associated date and time) cannot be deleted or edited.

For additional help regarding pairing and syncing, see the Troubleshooting section in your App or your meter's Owner's Guide. **WARNING FOR TRAVEL ACROSS TIME ZONES:** Your iPhone, iPod touch or Android device detects when you move to a different time zone (if you have it configured this way). When you move to a different time zone, sync your meter with your supported device prior to taking a blood glucose test. This will ensure your meter has the updated date and time.

NOTE: Control solution test results are only saved on the meter and are not synced to the app. When transferred to the app, "<1.1 mmol/L" results on a meter (glucose test results lower than 1.1 mmol/L) will appear on scorecards as "<1.1 mmol/L". The app will use 1.1 mmol/L in statistics calculations. Similarly, ">33.3 mmol/L" results on a meter (glucose test results higher than 33.3 mmol/L) will appear on scorecards as ">33.3 mmol/L". The app will use 33.3 mmol/L in statistics calculations.

### **6.2 Manually Adding Data**

The Add (+) button allows you to create new scorecards by manually entering in blood glucose readings, carbohydrates, insulin doses, and weight.

1. **Add Button:** Tap on the Add (+) button on the Dashboard or Timeline screen.

NOTE: You can also add data from the Details View screen.



- 2. **Create New Scorecard:** Select your data type, this will create a new scorecard.
- 3. **Enter Data:** Enter the values for the scorecard data by tapping on each field.

Tap on the date and time field to edit the date and time.

Tap on the meal tag to adjust the meal tag (if applicable).

You can also add a note on any scorecard by tapping "Add a note...".

Be sure to press "Done" to save your changes.

### 6.3 Deleting Data

Deleting a scorecard permanently removes it from the app.

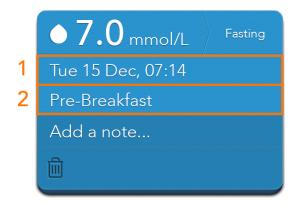
- 1. **Trash Icon:** Tap the Trash icon ( 🗓 ) on the scorecard you want to delete.
- 2. **Confirm Deletion:** The scorecard will be deleted and the entry will be removed from the Timeline.

NOTE: A scorecard created as a result of the meter syncing with the app cannot be deleted.

To access the Glucose Details View, tap on the Glucose Timeline (indicated with a loon). The Glucose Details View displays your glucose scorecards and statistics.

#### 7.1 About the Glucose Scorecard

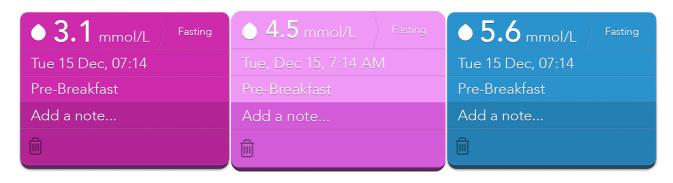
Each blood glucose scorecard records one blood glucose measurement, measured in mmol/L. Valid entries are between 1.1 and 33.3 mmol/L.



- Date and Time: Date and time cannot be changed on downloaded readings. Date and time can be modified on manually entered readings only.
- 2. **Meal Tag:** A meal tag is applied to readings based on time of day of entry. If there are two readings in one meal block, only the first reading will be tagged. You can change a scorecard's tag by tapping on it.

#### 7.2 Glucose Scorecard Colours

There are five colours for the glucose scorecards:



**Dark Pink:** Results equal to or below your defined hypoglycaemic limit

Pink: Results below your defined target range and above your defined hypoglycaemic limit

**Blue:** Results within your defined target range



Yellow: Results above your defined target range and below your defined hyperglycaemic limit

**Dark Yellow:** Results equal to or above your defined hyperglycaemic limit

### 7.3 Glucose Statistics Summary

The statistics summary will display information over the last 30 days.

- Average Glucose: This displays your average glucose over the past 30 days. The average will appear in the corresonding color as defined in Section 4.3.
- 2. **Total Tests:** The total number of tests used in calculations within the 30 day time frame.



3. **Standard Deviation:** The standard deviation displays how consistent your values are.

Standard deviation is calculated using the following equation:

$$\sigma = \sqrt{\frac{\sum (x - \overline{x})^2}{n - 1}}$$

x = the individual reading

 $\bar{x}$  = the average of all readings for the given time period

n = the number of readings included in the calculation

The standard deviation is computed if there are at least 2 readings included in the calculation.

#### **Example of how standard deviation can be used:**

Two people both have 3 readings averaging 5.6 mmol/L

- Person 1: readings of 5.0, 5.6, and 6.1 mmol/L
- Person 2: readings of 2.8, 5.6, 8.4 mmol/L

Person 1 standard deviation = 0.6 mmol/L Person 2 standard deviation = 2.8 mmol/L

A lower standard deviation indicates tighter control. Work with your healthcare professional to determine what your average and standard deviation should be.

If you sync more than one meter with your application, or manually enter blood glucose readings, the averages and standard deviations may not match because the application uses all stored readings to make calculations.

4. **Number of Hypo and Hyper Readings:** Displays the number of readings in the 30 day period that are in target, low, high, or below or above the hypoglycaemic or hyperglycaemic limits respectively. These limits are set in the Profile section of the menu.

### 8 INSULIN DETAILS VIEW

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To access the Insulin Details View, tap on the Insulin Timeline (indicated with a 🇪 icon). The Insulin Details View displays your insulin scorecards and statistics.

### 8.1 About the Insulin Scorecard

After you enter your insulin doses, check that the default insulin type is correct. If it is not correct, tap on the insulin type to bring a picker with available insulin types.

Each insulin type has a colour associated with it. The scorecard colour will match the colour of that data type on the Timeline.

#### There are three colours for the insulin scorecards:



### 8.2 Insulin Statistics Summary

The statistics section will display information over the last 30 days.

**Average Insulin:** This displays your average insulin intake over the past 30 days, along with your standard deviation.

**Insulin Breakdown:** This indicates the percentage of each type of insulin you take. Note that insulin scorecards tagged with "premix" will not be factored in to this breakdown.

Work with your HCP to determine your goals for insulin breakdown.

Last 30 days:	2/12/14 -	— Today
Daily Average	Insulin Breakdown	
70.4	41%	<b>59</b> %
± 5.2 Units	Rapid	Long

### 9 CARBS DETAILS VIEW

To access the Carbs Details View, tap on the Carbs Timeline (indicated with a Timeline (indicated with

#### 9.1 About the Carbs Scorecard

You can tag the carbs scorecard with a meal tag.

Each meal tag has a colour associated with it. The scorecard colour will match the colour of the selected meal tag.

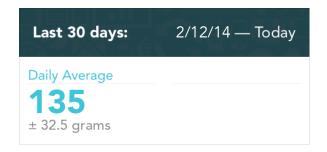
#### There are four colours for the carbs scorecards:

Breakfast	Lunch	Snack	Dinner
100 g	<b>      120</b> g	<b>YI 20</b> g	<b>41 90</b> g
Tue, 30 Dec, 8:00	Tue, 30 Dec, 12:00	Tue, 30 Dec, 15:15	Tue, 30 Dec, 18:30
Breakfast	Lunch	Snack	Dinner
Add a note	Add a note	Add a note	Add a note
Ü	the state of the s	the state of the s	

### 9.2 Carbs Statistics Summary

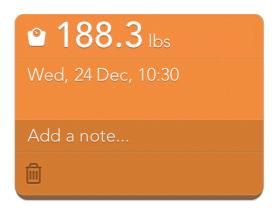
The statistics section will display information over the last 30 days.

**Average Carbs:** This displays your average carb intake over the past 30 days, along with your standard deviation.



### 10 WEIGHT DETAILS VIEW

To access the Weight Details View, tap on the Weight Timeline (indicated with a icon). The Weight Details View displays your weight scorecards and progress towards your goal.



### 10.1 Weight Statistics Summary

The statistics section will display information over the last 30 days.

**Current Goal:** This is the goal weight that you entered. You can enter your goal in the Profile section of the Menu.

**Progress:** This displays your progress towards your goal, determined by taking your most recent weight entry minus your oldest weight entry over the last 30 days.

Last 30 days:	2/12/14 — Today
Current Goal 180 <sub>lbs</sub> .	Progress -8.3lbs.

11 LOGBOOK

The Logbook is a convenient way to review your glucose readings over multiple days.

To get to the Logbook, rotate your device while in the Timeline view.

You can enter new values, edit existing values, and delete scorecards from the Logbook. Downloaded readings cannot be deleted from the app, and date and time on these readings cannot be adjusted.

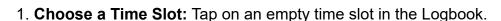
The Logbook is organised based on mealtime tags.

### Readings in the Logbook are colourcoded based on their value:

- Blue reading: within target range
- Pink reading: below target range and above hypoglycaemic limit
- Dark Pink reading: equal to or below hypoglycaemic limit
- Yellow reading: above target range and below hyperglycaemic limit
- Dark Yellow reading: equal to or above hyperglycaemic limit



## 11.1 Entering a New Glucose Reading Directly into the Logbook



- 2. Type in a Value: Use the number pad to enter a glucose value.
- 3. **Return to Logbook:** Save the reading by pressing the "Done" button. Your new glucose value should appear in the Logbook.

### 11.2 Editing an Existing Glucose Reading from the Logbook

- 1. Choose a Value to Edit: Tap on a reading in the Logbook.
- 2. **Edit the Value:** Tap on the glucose reading to bring up the number pad. Tap on the value, date, time, meal tag, or notes to revise these values.
- 3. **Return to Logbook:** Save the edited reading by pressing the "Done" button, then tap anywhere outside the scorecard to hide the card and return to the Logbook.

NOTE: If you rotate back to the Timeline while you have a scorecard open with unsaved changes, those changes will not be saved.

NOTE: Synced results cannot be edited. Only manually entered results can be edited...

12 MENU

Tap on the Menu icon ( $\equiv$ ) to view the Menu options.

#### 12.1 Profile

#### Account

You can sign up or log in via the Account section. Once you are logged in to your account, you can change your account in this section.

#### **Profile**

Change your profile information in this section.

#### Glucose

**Hyper Limit:** This setting changes your defined hyper limit.

**Target Range:** This setting changes your defined target range.

Hypo Limit: This setting changes your defined hypo limit.

**WARNING:** To determine your appropriate limits and ranges, consult with your HCP.

#### Goals

**Goal Glucose Testing (Frequency):** This setting is used to allow you to set the number of times you test each day. Work with your HCP to determine the appropriate number of times per day you should test.

Goal Weight: You can set your goal weight, so you can track your progress towards that goal.

### 12.2 Settings

Under the Menu options, tap the Settings icon ( .).

#### **Notifications**

**Reminders:** The app has both time-based and event-based reminders. Time-based means the reminder occurs at the specified time. Event-based means the reminder is automatically triggered by another event (e.g. a hypo glucose reading).

**Time-Based Reminders:** You can set reminders to appear at a certain time based on a predefined schedule, or you can create custom reminders.

**Event-Based Reminders:** You can set reminders to appear after a variety of readings are received from a meter; for example, after a hyper or hypo reading, or after a pre-meal reading. You can adjust the time increments to define when the reminder will appear.

**Sharing:** Adjust the types of readings you receive from the user you are watching. Choose between all glucose readings, only hyper, only hypo, or both hyper and hypo readings. For more details on Sharing, see "Sharing Data with Others."

### Apple Health (iOS only)

**Share Glucose:** Apple Health integration is available on all iOS devices operating iOS 9+. When you use the app, it will give you the option to share glucose values with Apple Health.

### **Tagging**

**Meal Schedule:** Mealtime Tags allow you to quickly categorize your scorecards based on predefined mealtimes. Readings taken on a compatible meter will be automatically assigned a meal tag based on the schedule set in this section. You can change a scorecard's tag by tapping on the Tag section of the scorecard.

#### Location and Units

Country: Choose your country.

! IMPORTANT: The country determines the glucose units used in the app (mg/dL or mmol/L). Changing the country may change how your glucose readings are displayed in the app.

NOTE: If your app only supports one country, you will not see this option.

Weight: Choose the unit of measure for weight.

Height: Choose the unit of measure for height.

### Background

Wallpaper: Choose a background image.

### 12.3 Help

Under the Menu options, tap the Help icon (2).

The Help section contains instructions for using the app.

### 13 SYNC WITH THE CLOUD

Sync your data with the cloud to back up your data and sync it between your supported devices. You can also use the cloud to use our sharing feature.

Syncing happens automatically when you register for an account and are logged into your account on the supported devices being used. To manually sync, press the cloud icon at the bottom of the Timeline screen.

### 13.1 Registering for an Account

In the app, a sign up link will appear at the bottom of the Timeline screen. Tap the link to register for an account.

A link to register is also within the Profile screen. Press the Menu icon ( $\equiv$ ) to access the Profile screen. Then tap the sign up link to register for an account.

### 14 SHARE DATA

### 14.1 Emailing Your Data

The Share icon (iOS: ① or Android: <) allows you to send your data to family members or to your healthcare professional.

NOTE: To share your results, you must have email set up on your supported device, be logged into the AgaMatrix Diabetes Manager app and have access to a wireless network.

- 1. **Tap the Share Icon:** The Share icon appears at the bottom of the timeline screen.
- 2. **Select a Time Frame for the Data:** Tap the button that corresponds with the time frame of data you want to email.
- 3. **Compose the Email:** Your data is automatically included in the body of the email and a .pdf data report and .csv file are attached.
- 4. **Fill in the Required Information:** Tap on the "To:" field and type in the recipient's email address.

If you have the email address in your supported device's contacts, begin typing and locate the correct email address from the auto-complete results that appear.

5. **Send Email:** Tap the send button to send the email.

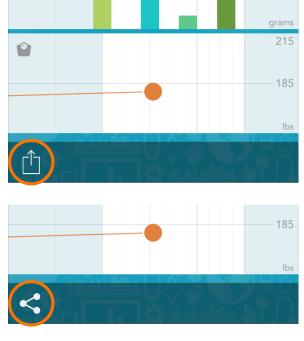
### 14.2 Sharing Data with Others

If you have registered for an account, you can use our Share feature. The Share feature enables the app to automatically send your readings to the people you have designated.

- Tap the Menu Icon: Navigate to the Menu (

   ). You can set up the Sharing feature under "Sharing".
- 2. Share with Someone: Tap "Share with Someone" to add the email address of the person with whom you wish to share your glucose data. That person must also sign up for an account and download the app. Once you send the invitation, that person will receive instructions on how to download the app and see your data.

NOTE: Anyone with whom you choose to share your data will see all of your glucose results from the past 7 days along with date and time. They will see this information in the "Inbox" section of the app. They may also see this information via OS notifications.



### 15 CONNECTED PARTNERS

### 15.1 Setting up a Connected Partner

Connected Partners are secure connections that allow your data to be shared with a trusted healthcare provider or service. Your healthcare provider will provide an activation code if you are enrolled in an eligible program. You must be registered for an account to use the Connected Partners feature.

- Tap the Menu Icon: Navigate to the Menu (≡). You can set up the Connected Partners feature under "Connected Partners".
- 2. **Add a Partner:** Tap "Add a partner" and enter the activation code you received from your healthcare provider. Once you enter the code and tap the "Activate" button, the partner will appear under "Your Partners".

NOTE: A connected partner will receive your data until you deactivate the partner.

### 15.2 Deactivating a Connected Partner

Deactivating a connected partner will remove the partner from "Your Partners" and your data will no longer be shared.

- 1. **Tap the Menu Icon:** Navigate to the Menu ( $\equiv$ ) and select "Connected Partners".
- 2. Choose Partner: Tap on the partner you want to deactivate.
- 3. **Deactivate Partner:** Tap "Deactivate" and confirm the deactivation. The partner will be removed from "Your Partners".

### **16 LEGAL INFORMATION**

By using the AgaMatrix Diabetes Manager (the app): You agree that the use of this software together with an iPod, iPhone or iPad ("Apple Product") shall only be used as a personal organization or supplemental data display tool and not as a source for medical advice.

You agree that this software will never be used to replace the advice of a doctor, or your own common sense and independent judgment, and that you will not at any time rely on any information presented on your Apple Product as the basis for health care, medical or other decisions that may result in injury or other ill effects.

You agree to take sole responsibility for your health care decisions, including contacting a physician or other health care professional regarding all medical conditions, tests, diagnoses and treatment options and agree that Apple shall have no liability for any action you or anyone using the software may take, regardless of the information received, displayed, calculated or transmitted by your Apple Product. Apple assumes no risk for your use of the software and makes no warranties whatsoever, express or implied, regarding the accuracy, completeness or usefulness of any information presented on our Apple Product as a result of using the software.

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