INSULET PROVIDED GLOOKO QUICKSTART GUIDE

JANUARY 2017

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INTRODUCTION

Use Insulet Provided Glooko to upload your Omnipod® System PDM's blood glucose (BG), insulin and carb data to your mobile phone. From the Glooko mobile or web app, you can see how your lifestyle routines have an effect on your BG levels, review your bolus and basal activity, see the effects of your site changes and temporary basal as well as review your insulin pump settings to optimize your diabetes care plan.

This Quick Start Guide will help you to install the Glooko app on your Android or Apple (iOS) device, upload data from your Omnipod® System PDM and review patterns in your diabetes data.

Please visit the Glooko Help Center to download complete instructions on how to use Insulet Provided Glooko. Full PDFs are available on how to use the Glooko Android App, the Glooko iOS App, the MyGlooko web app and much more.

YOU WILL NEED:

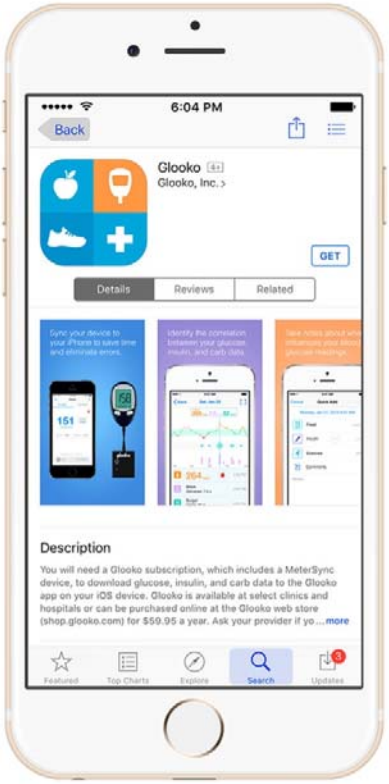
- Your Omnipod® System PDM (Personal Diabetes Manager)
- Your Android or iOS device
- Your personal computer, Mac or PC (with Internet connection)
- A Micro-to-Micro USB Cable (if you are an Android user)
- A Omnipod® System USB Cable (if you are an iOS user and/or a user who would like to upload your Omnipod® System data to your computer)
- A USB Hub (if you are using a Mac computer manufactured before mid-2012, utilizing OS X El Capitan)

FOR APPLE (IOS) USERS

If you are an Android user, go to page 8.

DOWNLOAD THE GLOOKO APP

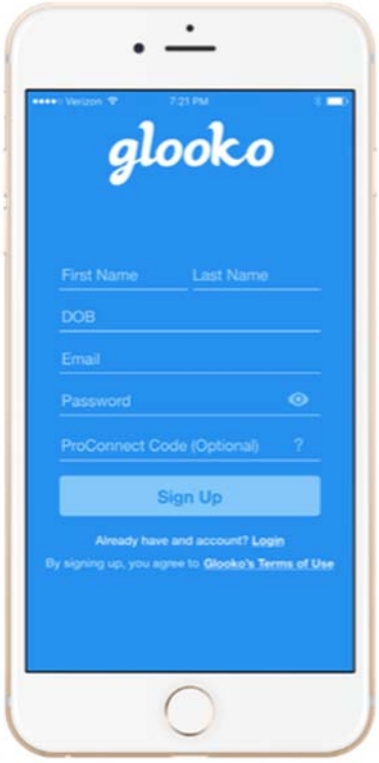
You can download the Glooko app from the Apple App Store onto your iOS device.



1. Open the **App Store** app.
2. Use the **Search** tool to find the Glooko app.
   a. For iPad users, select **iPhone Only** when searching for the Glooko app in the App Store.
3. Click **Get**, followed by **Install** – you may be asked to enter your iTunes account password. Enter it and click **OK**. This will begin the app download.
4. Click **Open** to begin using the Glooko app.

CREATE AN ACCOUNT

You can only create a Glooko account through the Glooko mobile app.



1. Open the **Glooko** app.
2. Click **Sign Up**.
3. Fill out the identity fields – the password should be at least 8 characters, including 1 number and 1 special character.
4. Click **Sign Up** again.

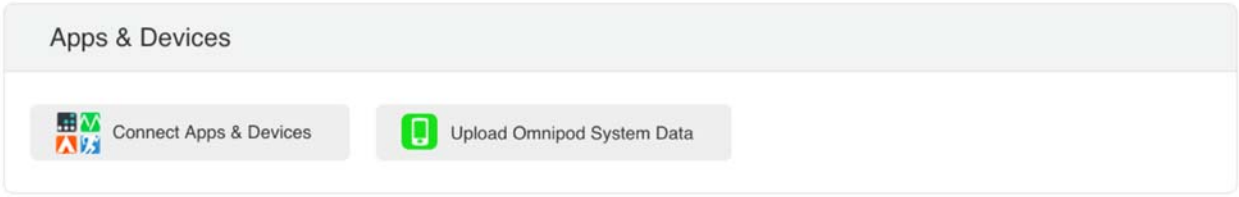
UPLOAD YOUR OMNIPOD® SYSTEM PDM DATA

Learn how to upload your Omnipod® System PDM data to the Glooko web app on your computer. All BG, insulin and carb data that is uploaded from your Omnipod® System PDM is made available to the secure cloud so that you can review your diabetes reports on multiple mobile devices, including your iOS mobile device, as well as online at my.glooko.com.

VIA YOUR COMPUTER

You will need an Omnipod® System USB Cable, which came with your Omnipod® System PDM. Once your data has been uploaded to the MyGlooko web app, it is viewable online as well as on your iOS mobile device.

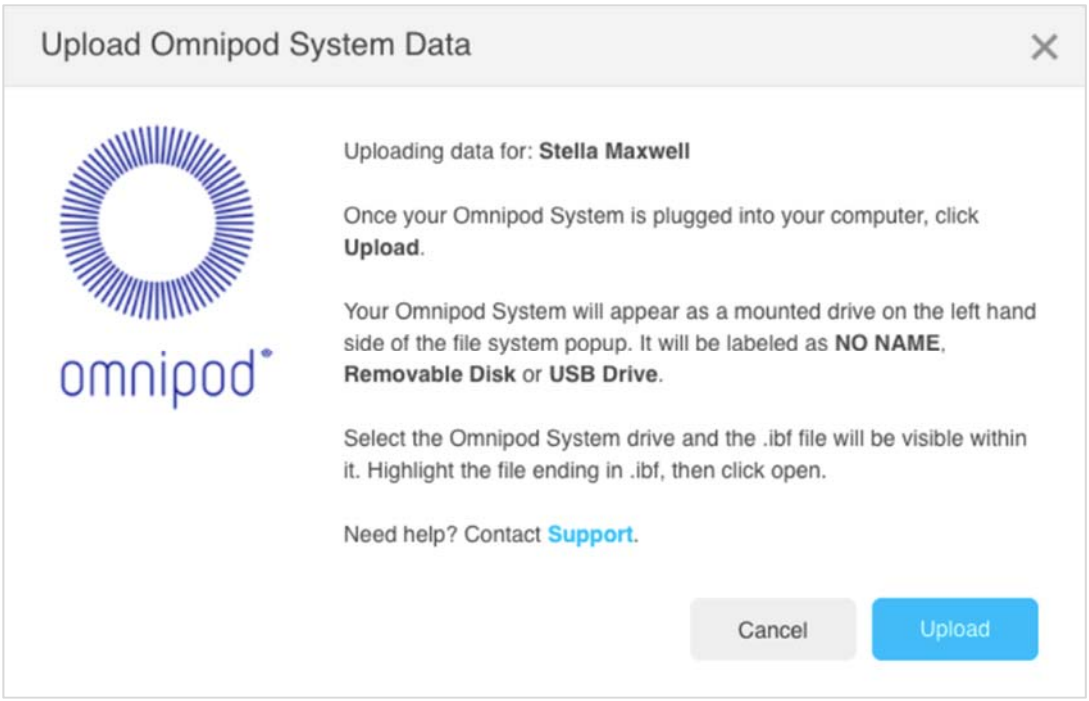
1. On your computer, open your Internet browser and go to: **my.glooko.com**.
2. Log into your Glooko account by entering in your **Email** and **Password**. Click **Sign in**.
3. Use the top navigation bar to open **Settings**.
4. Scroll down to a section called Apps & Devices. Click **Upload Omnipod System Data.**



5. Connect your Omnipod® System PDM to your computer using the Omnipod® System USB Cable:
   - Plug the USB side into your computer.
   - Plug the mini-USB side into your Omnipod® System PDM.

Note: To upload data from your Omnipod® System PDM to a Mac computer manufactured before mid-2012, utilizing Apple's OS X El Capitan software (version 10.11), it is recommended to use a USB Hub. To do this, you will:

- Plug the USB Hub into your computer
- Plug the USB side of the Omnipod® System USB Cable into the USB Hub.
- Plug the mini-USB side of the Omnipod® System USB Cable into your Omnipod® System



6. Wait for the Omnipod® System PDM to prepare your data file. Your Omnipod® System PDM will beep and display the text “USB device ready”.
7. On your computer, click **Upload**.
8. Your Omnipod® System PDM data file will appear as a mounted drive on the left hand side of the file system pop-up. It will be labeled as **NO NAME**, **Removable Disk** or **USB Drive**. Select the Omnipod® System drive and the .ibf file will be visible within it. Highlight the file ending in .ibf, then click **Open**.
9. Once the download is complete, select **Done** to close the pop-up and stay on the Settings page or click **View Data** to see your Daily Overview graph.

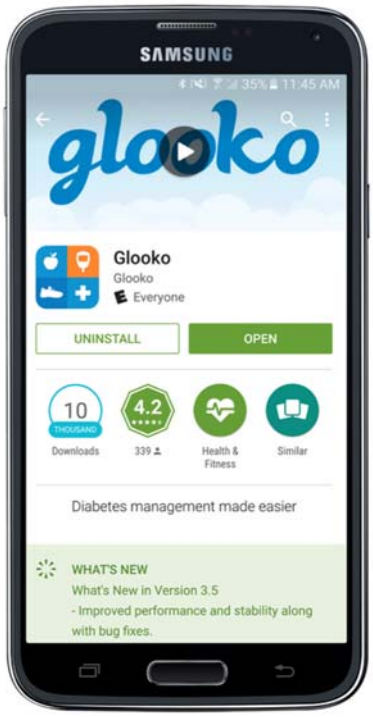
The data stored in your Omnipod® System PDM will now be available in the Glooko web app and available to view online or on your iOS mobile device.

FOR ANDROID USERS

If you are an Apple/iOS user, go to page 4.

DOWNLOAD THE GLOOKO APP

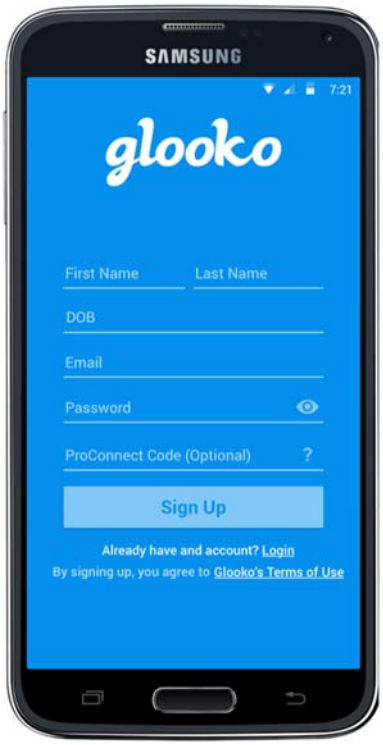
You can download the Glooko app from the Google Play Store onto your Android device.



1. Open the **Play Store** app.
2. Use the **Search** tool to find the Glooko app.
3. Click **Install**.
4. Click **Accept** – this signifies you agree with the stated policy and will start the app download.
5. Click **Open** to begin using the Glooko.

CREATE AN ACCOUNT

You can only create a Glooko account through the Glooko mobile app.



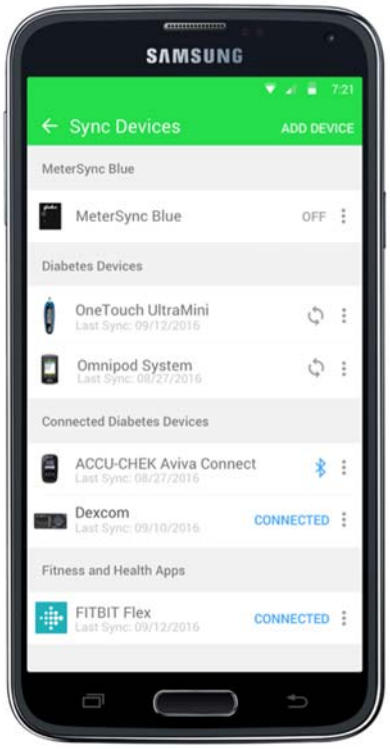
1. Open the **Glooko** app.
2. Click **Sign Up**.
3. Fill out the identity fields – the password should be at least 8 characters, including 1 number and 1 special character.
4. Click **Sign Up** again.

UPLOAD YOUR OMNIPOD® SYSTEM PDM DATA

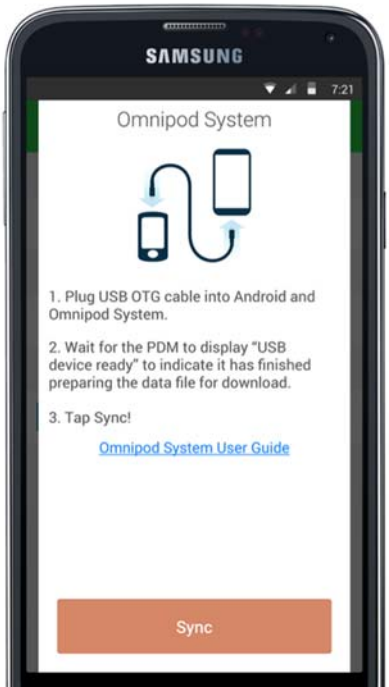
Learn how to upload your Omnipod® System PDM data to your Android device or to the Glooko web app on your computer. All BG, insulin and carb data that is uploaded from your Omnipod® System PDM is made available to the secure cloud so that you can review your diabetes reports on multiple mobile devices as well as online at my.glooko.com.

VIA YOUR ANDROID DEVICE

To upload BG readings, insulin and carb data from your Omnipod® System PDM to your Android mobile device, you will need a Micro-to-Mini USB OTG Cable.



1. From the Home screen, click **Sync.**
2. Scroll down to select **Omnipod® System** from the list of devices.



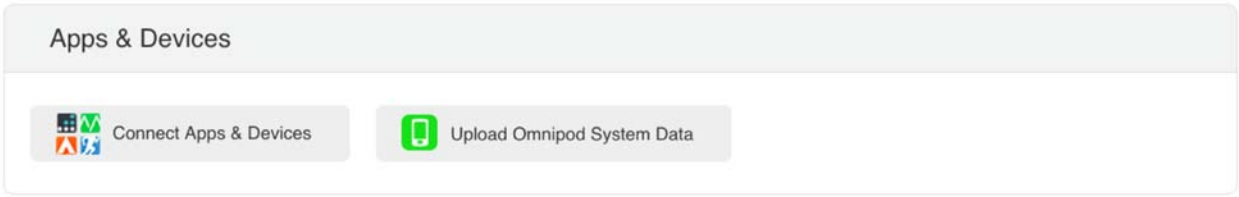
3. Follow the illustrative tutorial to connect your Omnipod® System PDM to your Android device, click **Continue**.
4. After your Omnipod® System PDM is connected to your Android device, click **Sync**.

The data stored in your Omnipod® System PDM will now be available in the Glooko app.

VIA YOUR COMPUTER

In addition to uploading your Omnipod® System PDM to your Android device, you can also upload insulin pump data to your computer using the MyGlooko web app. You will need an Omnipod® System USB Cable, which came with your Omnipod® System PDM. Once your data has been uploaded to the MyGlooko web app, it is viewable online as well as on your Android mobile device.

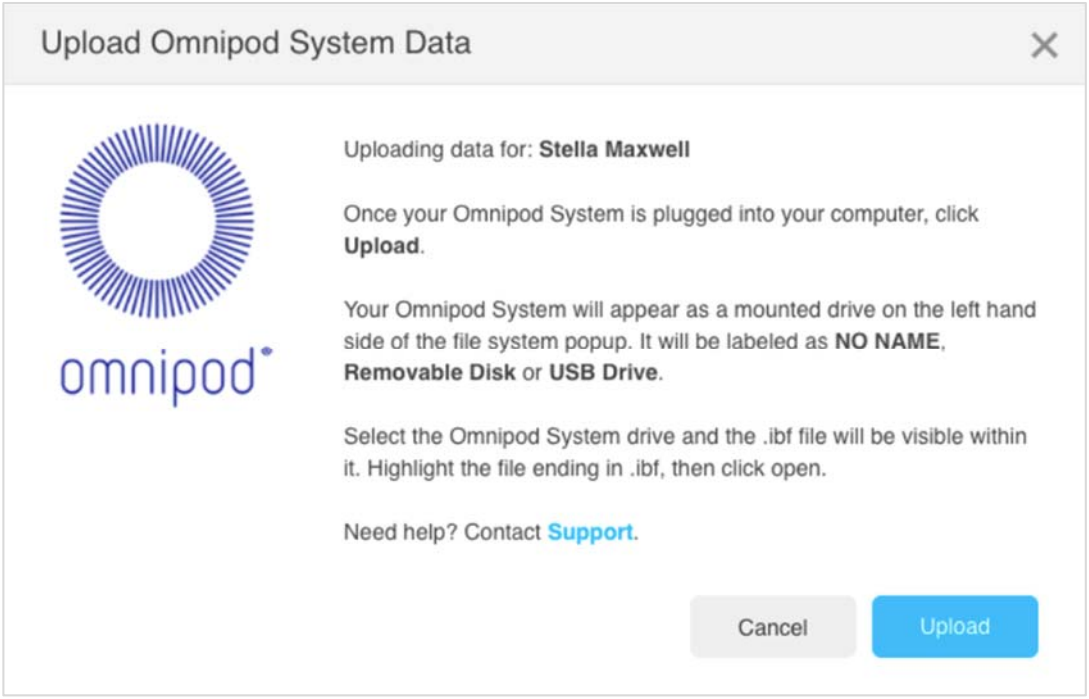
1. On your computer, open your Internet browser and go to: **my.glooko.com**.
2. Log into your Glooko account by entering in your **Email** and **Password**. Click **Sign in**.
3. Use the top navigation bar to open **Settings**.
4. Scroll down to a section called Apps & Devices. Click **Upload Omnipod System Data.**



5. Connect your Omnipod® System PDM to your computer using the Omnipod® System USB Cable:
   - Plug the USB side into your computer.
   - Plug the mini-USB side into your Omnipod® System PDM.

Note: To upload data from your Omnipod® System PDM to a Mac computer manufactured before mid-2012, utilizing Apple's OS X El Capitan software (version 10.11), it is recommended to use a USB Hub. To do this, you will:

- Plug the USB Hub into your computer
- Plug the USB side of the Omnipod® System USB Cable into the USB Hub.
- Plug the mini-USB side of the Omnipod® System USB Cable into your Omnipod® System



6. Wait for the Omnipod® System PDM to prepare your data file. Your Omnipod® System PDM will beep and display the text “USB device ready”.
7. On your computer, click **Upload**.
8. Your Omnipod® System PDM data file will appear as a mounted drive on the left hand side of the file system pop-up. It will be labeled as **NO NAME**, **Removable Disk** or **USB Drive**. Select the Omnipod® System drive and the .ibf file will be visible within it. Highlight the file ending in .ibf, then click **Open**.
9. Once the download is complete, select **Done** to close the pop-up and stay on the Settings page or click **View Data** to see your Daily Overview graph.

The data stored in your Omnipod® System PDM will now be available in the Glooko web app and available to view online or on your Android mobile device.

REVIEW YOUR DIABETES DATA

Insulet Provided Glooko contains multiple graphs, statistics and reports to help you unlock patterns in your diabetes data to help you and your healthcare provider better optimize your diabetes care plan. Whether your preference is to review your diabetes data on the go (via the mobile app) or to view larger, richer reports (via the web app), you should find what you're looking for within Insulet Provided Glooko.

All of the reports available in the MyGlooko web app are available in a PDF form, which you can print or email to your healthcare provider or care team.

VIEW REPORTS IN THE MOBILE APP

Features of the Glooko mobile app include:

SYNC DATA

Download your OmniPod® System PDM data to see your BG, insulin and carb data correlated together to see how your routine affects your BG levels and to help optimize your care. In addition to the OmniPod® System PDM, you can download data from popular BG meters, CGMs and fitness devices.

HISTORY

See your BG readings ordered chronologically by date and time of day. Your readings are color-coded based on if they are below, in or above your targeted range and are interlaced with notes about carb intake, medication dosage and exercise duration. The Daily Overview correlates your BG, insulin and carb data.

TRENDS

See a graph of your BG data by week, month or year. See your BG data in the same context as insulin, carbs and exercise. Data decision tools let you know which day of the week you are in the best BG control. Comparisons let you know how your BG levels compare in this period to the last period based on four categories: high BG, low BG, target BG range and average BG.

OVERLAY

See a graph of all of your BG data for specified time period overlaid on top of each other to see your median BG level and your BG variability. Patterns tell you which periods of the day you frequently go high or low.

QUICK ADD NOTES

The Glooko mobile app contains a built-in food and medication database. Search for your favorite foods, calculate total carbs in a meal, and log the carb values directly into your notes. Use the

medication database to search for commonly used insulin, oral, and injectable medications to log the dosage.

REMINDERS
You can set reminders to check your BG, take insulin, take medication or set custom reminders to stay on top of your diabetes management. Based on when you scheduled the reminder, you will receive a push notification on your Android or iOS device, which includes the reminder.

SHARE DATA
You can easily email or fax your PDF Share Report to your healthcare professional or care team directly through the mobile app. Before you click send, you have the option to specify the time frame and what type of graphs you would like included in the report.

VIEW REPORTS IN THE WEB APP
In your web browser, type my.glooko.com and log into your Glooko account.

Features of the MyGlooko web app include:

DASHBOARD
See the percentage that your BG readings fall within your targeted range based on a specified time frame, time of day or day of week. You can also review your entire BG and activity history.

LOGBOOK
See a detailed daily view over a specified date range, providing insights into BG, carbs and insulin data.

BG GRAPHS
See your BG readings in graphs by time of day, day of week or by date. This view also contains statistics about your BG variability and the highest and lowest reading for that time frame.

OMNIPOD® SYSTEM PDM GRAPHS
See BG meter and CGM readings in the same graphical context as bolus, basal, carb and exercise information.

OMNNIPOD® SYSTEM PDM INSIGHTS
See the effect that changing your insulin pump site or adjusting your temporary basal rates has on your BG readings to better optimize your insulin routine.

DEVICE SETTINGS
See a summary of which diabetes devices you have connected to Glooko along with your device settings.

ACCESS HELP

Insulet Provided Glooko has multiple resources to help you successfully download data from your OmniPod® System PDM and use the Insulet Provided Glooko mobile and web app to manage your diabetes.

GO TO THE SUPPORT FORUM

To access the full Glooko Instructions for Use, please visit the Glooko Support Forum, which is available online at support.glooko.com. Use the Search tool to search for a specific topic or download the full instructions in PDF form.

WATCH VIDEO TUTORIALS

Visit our YouTube page to watch a variety of Glooko video tutorials. It is available at youtube.com/user/glookinc.

CALL INSULET

If you need additional help using Glooko, please call Insulet Support at 1-800-591-3455. To help us to better help you, please include:

- Your full name
- Your OmniPod® System PDM serial number (located on the back of the PDM)
- The model and operating system (Android or iOS) of your mobile device
- An explanation of the issue you are experiencing

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