SugarSight App User Manual

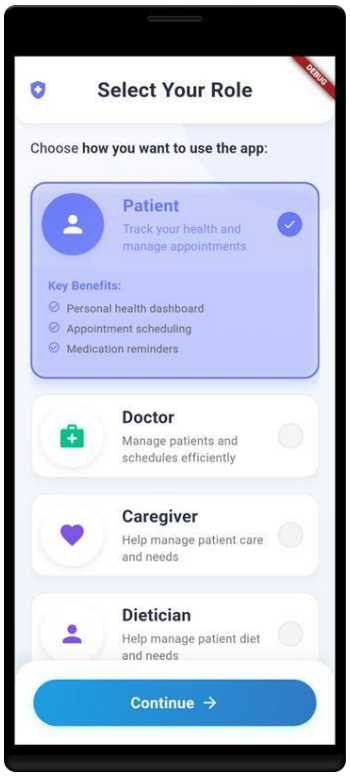
Welcome to SugarSight, your comprehensive diabetes management companion brough to you by Vishvasys Technologies Pvt. Ltd. This manual will guide you through setting up and using the app's powerful features to take control of your health. The SugarSight App integrates with the Freestyle Libre 2 plus sensor from Abbott to get continuous glucose readings.

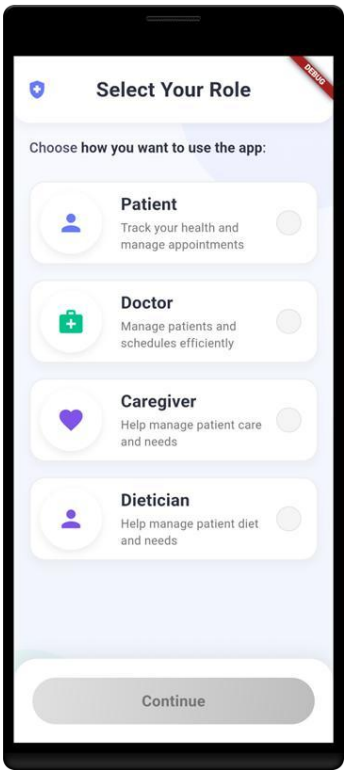
Note: The current version of the app that is circulated for user trials is only supported on the Android platform.

1. Getting Started: Account Setup

i. **Download and Install:**
User trials:** *For the user trials, the app will be installed on the patient's phone by a member of Vishvasys Technologies Pvt. Ltd. Note that the app is* ***currently not available *on the google play store or the apple app store.*

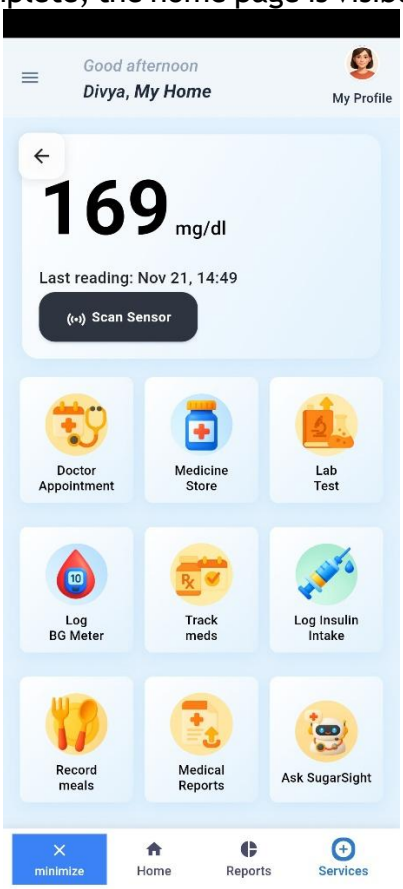
ii. **Sign Up:** Open the app and tap "Sign Up." Enter your name, email, and a secure password.





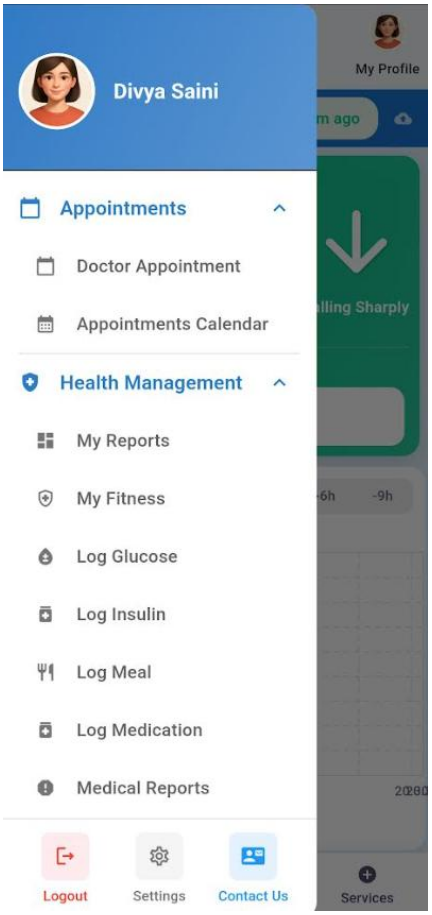
2. **Role Selection:** The user may register as one of four roles:
    a) **Patient:** for patients who are diabetic. Note that if the patient is a minor (below the age of 18), it is mandatory to add a caregiver/guardian. The patient may add a doctor to their connection. If a patient books an appointment with a doctor, that doctor gets automatically added to the patient's network.
    b) **Doctor:** Doctors can register for the app and would need to submit their credentials such as their medical license number, qualifications, place of practice etc. These details will be verified before onboarding the doctor. Doctors can see the list of appointments and the data of their patients such as their glucose levels, HbA1c value, lab reports etc.
    c) **Caregiver:** A caregiver/guardian will have a separate login to view their patient's data in real time.
    d) **Dietician:** Dieticians can also onboard onto the app. They would have to provide their qualifications prior to using the app. Dieticians can suggest meal plans to the patients and can see the patient's glucose history and their overall health.
3. **Create Your Profile:** Fill in your personal details, including your date of birth, diabetes type, and your target glucose range. This information is crucial for the app's personalized features.
4. **User Dashboard Screen after logging in:**

Once the login process is complete, the home page is visible to the user:

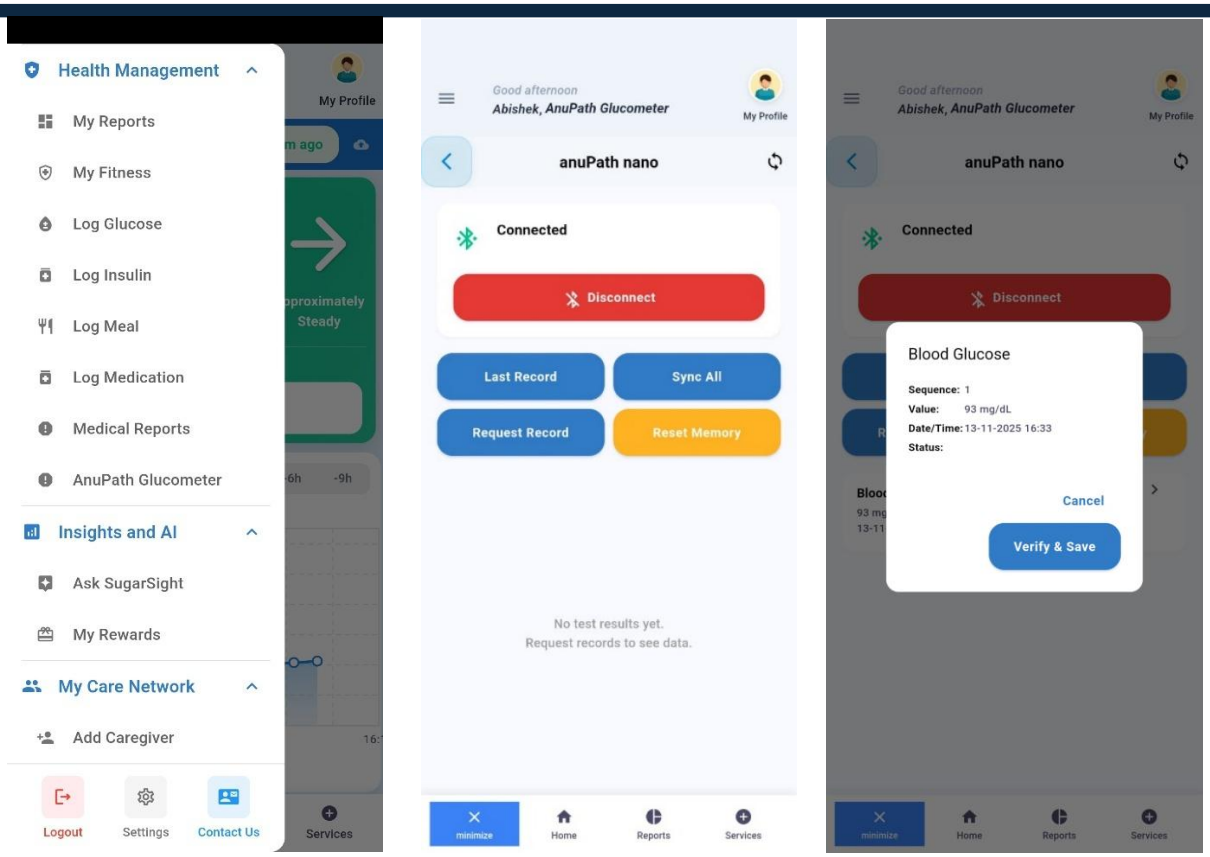


The user can click on the image on the top right corner image to access the dashboard. The menu contains options such as booking doctors appointments, health management and logging features.

The settings feature can be found at the bottom of the page.

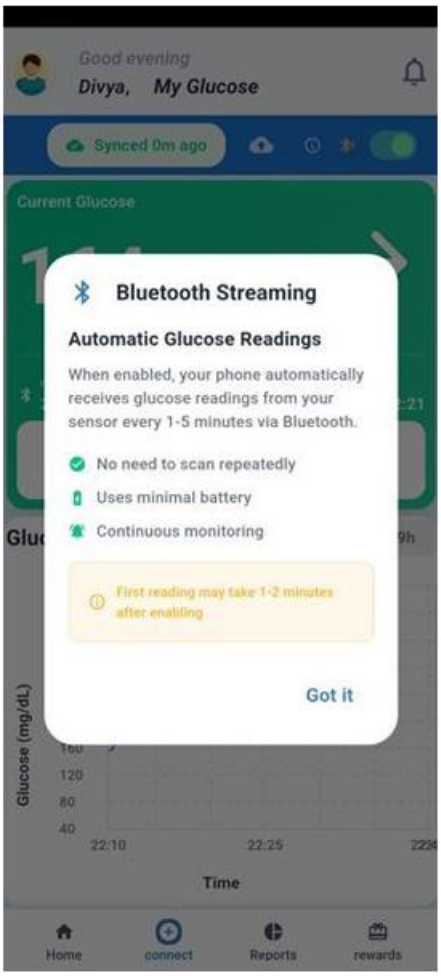


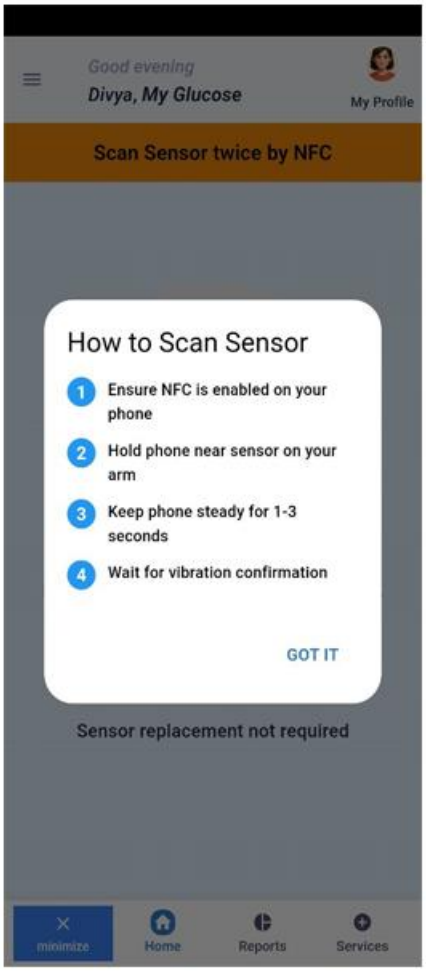
5. **Connecting anuPath Glucometer:**
   In the app, open the **Device Menu** and select **Anupath Glucometer**.
   Tap the **Connect** button to pair the device via Bluetooth.
   Once connected, you can automatically receive your glucose readings.



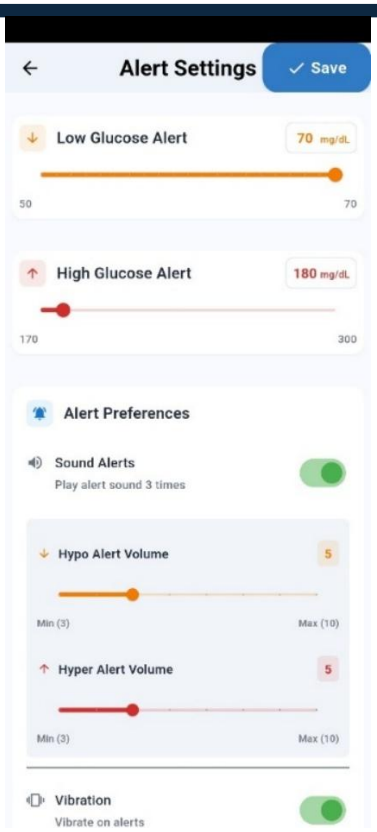
a) Through the SugarSight App

In the SugarSight app, click on the connect button at the bottom of the screen. The “Scan new sensor” page will be opened. Follow the instructions as per the screen to activate the sensor from the SugarSight App. Once the sensor is activated, post a 60 minute interval. Tap the phone with the sensor again to get he readings on the SugarS ight app.





6. Alert Settings : Set your low and high glucose alert limits, adjust alert sound and volume, and enable vibration for notifications. Use the sliders to choose your glucose thresholds and volume levels. Turn sound or vibration on/off using the switches. Tap **Save** to apply your settings.



7. Core Features: Sensor correction, Logging and Monitoring

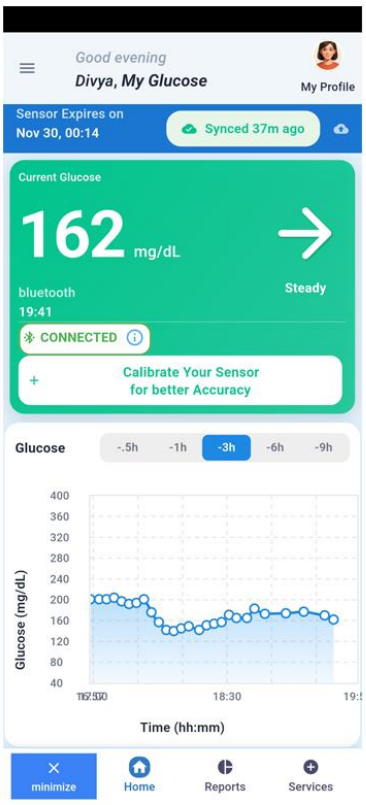
a) Correcting Your CGM Data

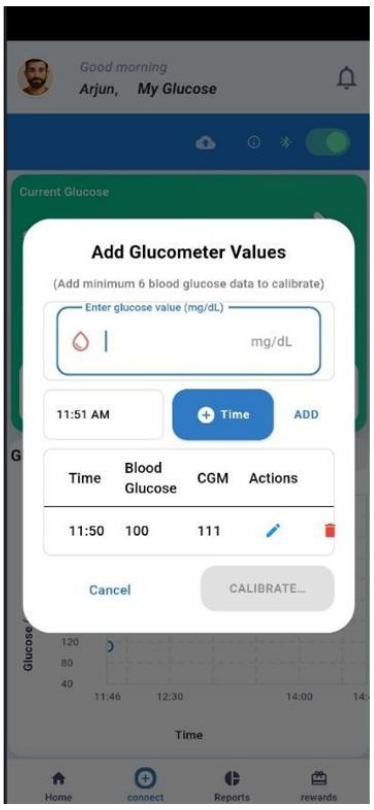
The CGM measurements are prone to errors, in order to correct for these errors in measurements, the user requires a Glucometer with six glucometer strips nearby. The steps involved in calibration

i. **Note:** The procedure should happen during a meal cycle.

ii. Click on the “Improve CGM Values” button to correct the CGM readings to match them to the Glucometer.

8. Enter the value from the glucometer in the dialogue box that’s shown below. Wait 20 minutes and enter the next value. Repeat this procedure till 6 values are entered. It is to be noted that the time gap between each value should be approximately 20 minutes. Upon completion, press the “Calibrate” button”





i. **After the procedure, if the user wishes to repeat the procedure, press the "Edit Glucometer values" button to make changes to the reference values, and repeat the calibration procedure.**

ii. **It is recommended that the user repeat this procedure once a week during the sensor life (CGM life is for two weeks).**

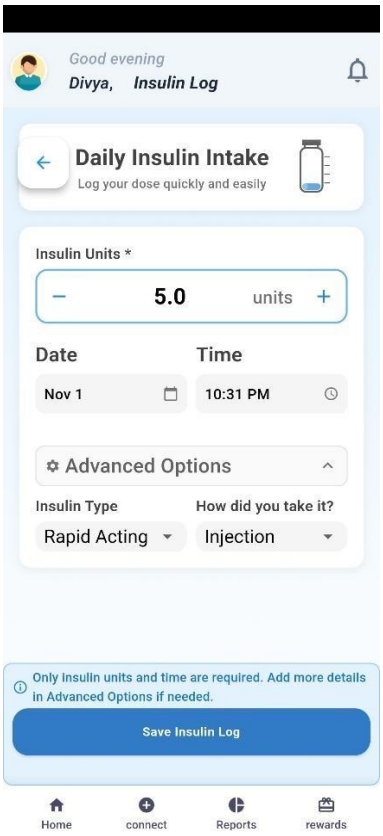
iii. **SugarSight will automatically begin pulling your glucose data and applying our proprietary error-correction algorithm.**

b) Logging Meals, Insulin, Medication s Exercise

Logging your activities is key to gaining accurate insights and earning rewards.

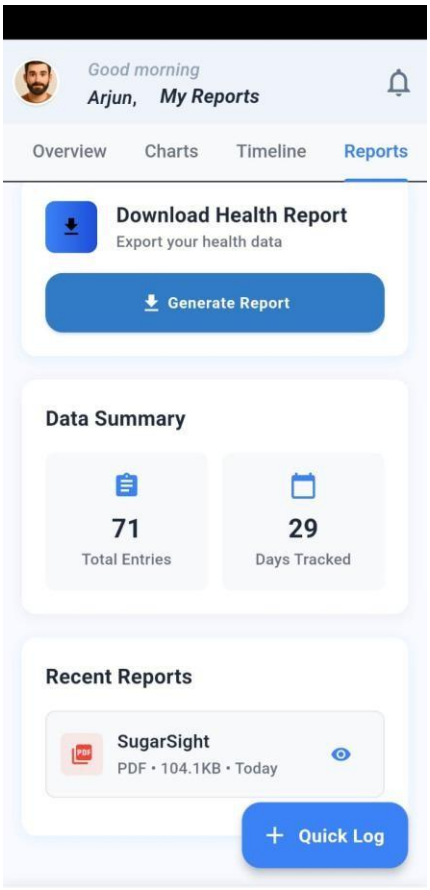
- **Log a Meal:**
  1. Tap the "+" icon on the Dashboard and select "Log Meal."
  2. You can manually adjust the estimated values if needed.
  3. Tap "Save."
- **Log Insulin:**
  1. Tap the "+" icon and select "Log Insulin."
  2. Enter the insulin type and the dose in units.
  3. Tap "Save."

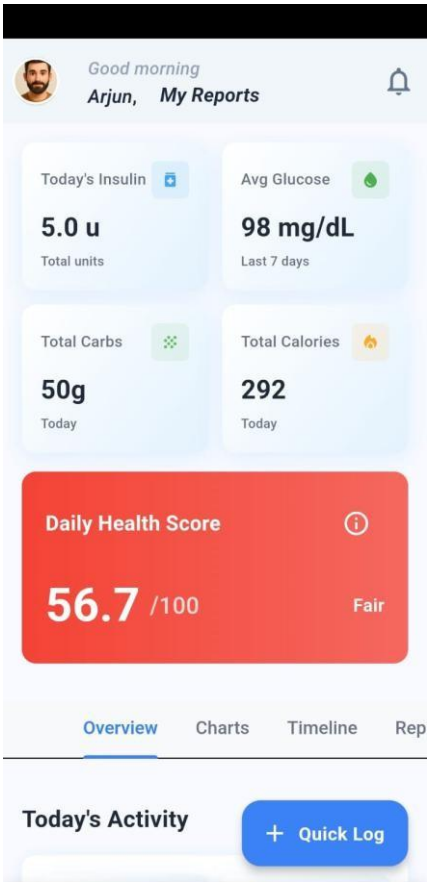
- **Log Exercise:**
    1. Tap the "**+**" icon and select "Log Exercise."
    2. Choose the type of activity (e.g., walking, running, cycling) and enter the duration.
    3. Connect to **Google Fit** or **Apple Health** in the **Integrations** menu to automatically log your activities.
    4. The data from Google fit and apple health will appear directly in the dashboard.



c) Reports Dashboard: Your Health at a Glance

The Dashboard is the first screen you see after logging in. It is the third button on the bottom menu of the page. It's designed to give you a quick overview of your current health status.





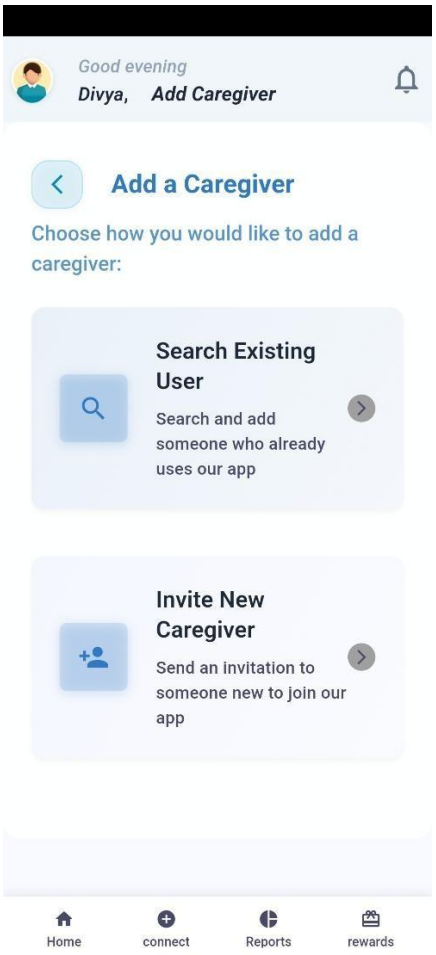
- **Current Glucose Reading:** At the top of the screen, you'll see your most recent glucose reading with a trend arrow indicating if your levels are rising, falling, or stable.
- **Time in Range (TIR):** A visual summary showing the percentage of time your glucose levels were within your target range over the past day or week.
- **Daily Log:** Below your key metrics, you'll find a timeline of your recent activities, including meals, exercise, and insulin doses.

9. Cloud Features, Doctor, Nutritionist appointments

a) Adding Caregivers

SugarSight will alert you and your designated caregivers when your glucose levels are dangerously low or high.

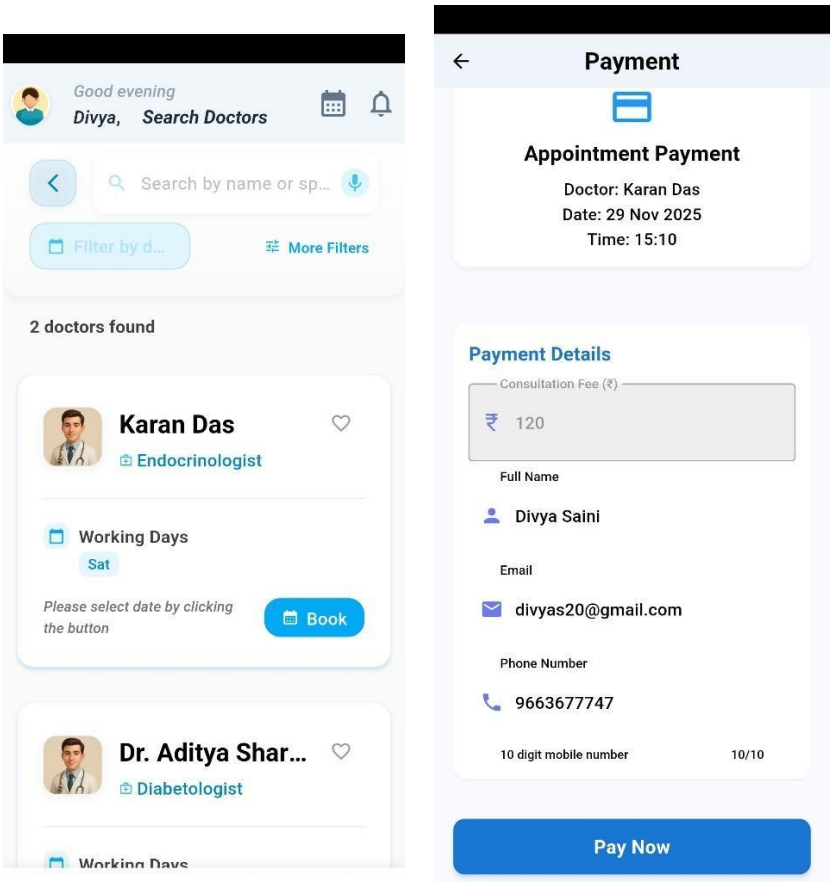
The caregiver can be added in the dashboard screen that is shown below. This can be accessed by clicking on the profile picture on the top left. The Caregiver can be found under “My Care Network”.



- **Receiving an Alert:** An alert will appear as a push notification on your phone.
- **Remote sharing Alerts:** The alerts can be sent to the devices of Doctors and Caregivers in real time (within 15 minutes).

b) Booking Doctor/Nutritionist Appointments

- The patient can book an appointment with a doctor/nutritionist through the app from the dashboard shown above.



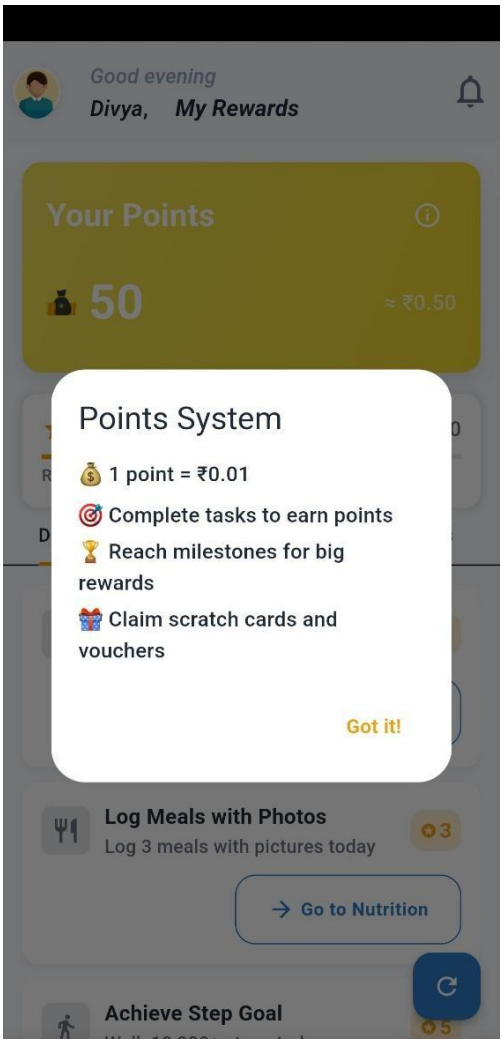
- The appointments can be booked based on the availability of the doctors/health care professionals. The appointment charges are set by the doctor.

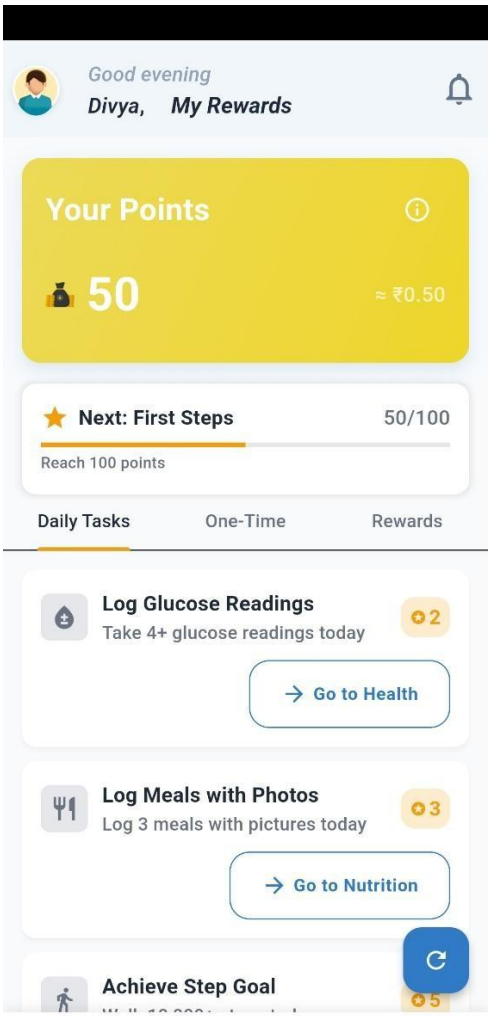
- Browse the profiles of available professionals.
- Select a professional and choose a convenient time slot from their calendar.
- Once the appointment is booked, you will receive a notification to join the video call at the scheduled time.
- **Note:** During a consultation, the doctor will have access to your health data only with your explicit consent.

10. Rewards s Loyalty Program

Get rewarded for managing your diabetes! Our rewards program gives you points for staying within your target glucose range and consistently logging your activities.

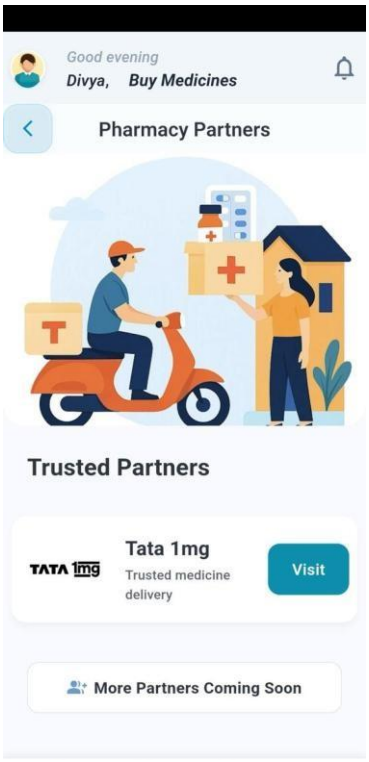
- Check your points and see your progress toward milestones in the "**Rewards**" tab.
- More points mean a higher tier and exclusive benefits.
- **Note**: For the purposes of the user trial, the rewards and loyalty points are not redeemable.

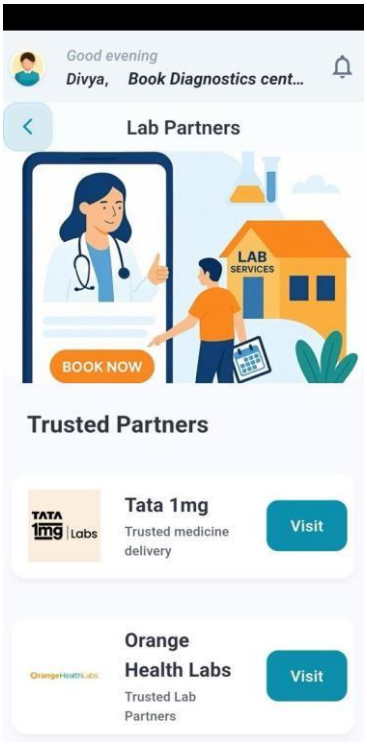




G. Order Medication and Lab tests from the App

The user can order medication through our trusted partners, Tata 1mg as well as lab tests at home from both Tata 1mg and Orange health. It can be found in the home page


Good evening
Divya, Buy Medicines
Pharmacy Partners
Trusted Partners
Tata 1mg
Trusted medicine delivery
Visit
More Partners Coming Soon


Good evening
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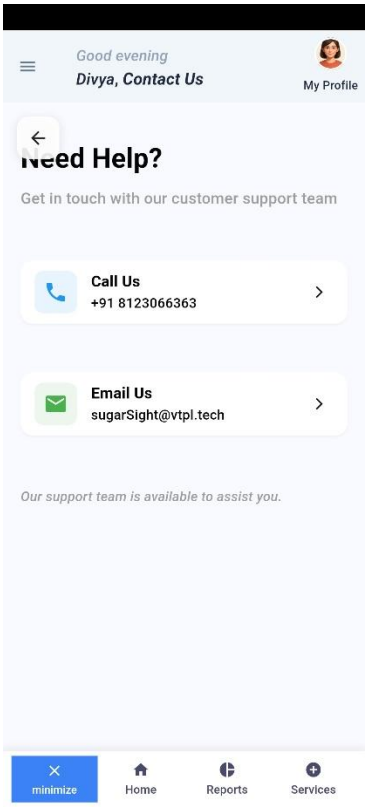
10. Support s Assistance

- **AI Assistant:** For general health queries, tap the "**Ask SugarSight**" icon to get information from verified sources. Remember, this is for informational purposes only and is not a substitute for professional medical advice.
- **Customer Support:** If you need technical assistance, please contact our support team at SugarSight@vtpl.tech