

Glucose Tracker User Manual

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Indications

Measuring your glucose level can help you and your doctor control diabetes and its many complications. We suggest that persons with diabetes begin keeping a daily log of their glucose readings. It's a good idea to take readings multiple times during the day: the ideal glucose levels are: 70 to 130 mg/dL (4 to 7 mmol/L) before meals, and less than 180 mg/dL (10 mmol/L) 1 to 2 hours after a meal.

The Glucose Tracker simplifies glucose data logging. The software automatically saves glucose level, relationship to the meal, time of measurement, and comments. In addition to being a convenient data logger the software is also a valuable tool for glucose level longitudinal trends analysis. This longitudinal analysis may help you and your doctor decide on the best medicine and help adjust daily drug dosage.

Hardware Requirements



The Glucose Tracker software can be installed on a PC running Windows 95/98/ME/NT/2000/XP.

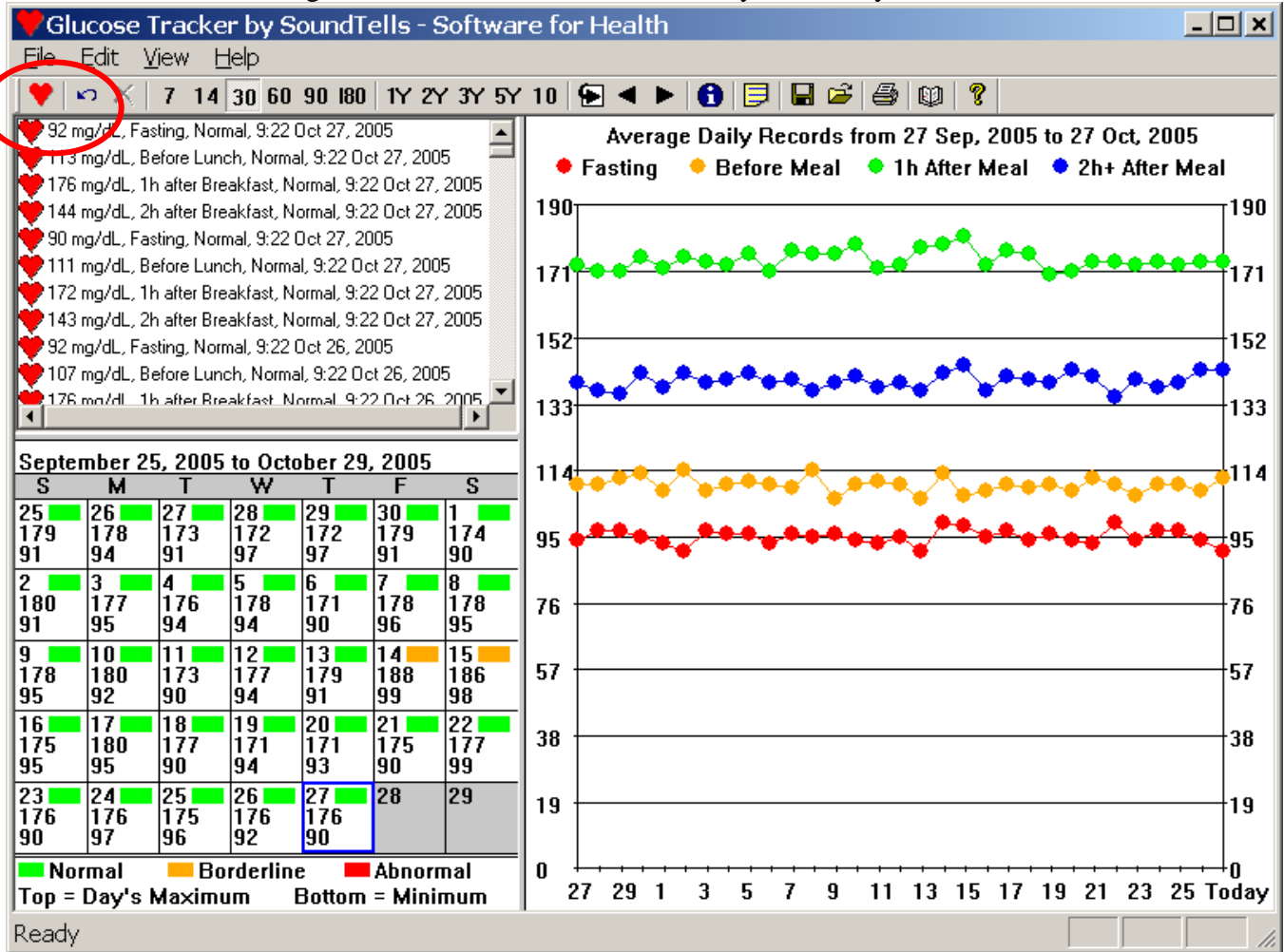
Glucose Tracker software is also available for Pocket PC, Palm, and Smartphone. Installation on a Pocket PC, Palm, and Smartphone requires a separate installation package.

Instructions for Use

1. Basic Operating Instructions

1.1 Data Input Steps

1. Start the Glucose Tracker software by double clicking the  icon on your desktop.
2. Click  to enter new glucose record or use the 'Enter' key on the keyboard.



3. Click on the Glucose drop-down list and click on an appropriate glucose level:

Please Enter Your Glucose Level

Exam Date: 10/27/2005

Glucose: 116

Part of Day: 2h after Dinner

Comments: Normal

Text Comments:

Add Data

Please Enter Your Glucose Level

Exam Date: 10/27/2005

Glucose: 116

Part of Day: 117

Comments: 118

Text Comments: 119

Text Comments: 120

Text Comments: 121

Text Comments: 122

Text Comments: 123

Text Comments: 124

Text Comments: 125

Text Comments: 126

4. Enter Part of the Day that indicates the relationship of this Glucose measurement to the last meal:

Please Enter Your Glucose Level

Exam Date: 10/27/2005

Glucose: 116

Part of Day: 2h after Dinner

Comments: Normal

Text Comments:

Add Data

Please Enter Your Glucose Level

Exam Date: 10/27/2005

Glucose: 116

Part of Day: 2h after Dinner

Comments: Before Lunch

Text Comments: 1h after Lunch

Text Comments: 2h after Lunch

Text Comments: 3h after Lunch

Text Comments: Before Dinner

Text Comments: 1h after Dinner

Text Comments: 2h after Dinner

Text Comments: 3h after Dinner

Text Comments: Bedtime

5. Optional: enter preconfigured Comments from the drop-down list or type in your own comments in the Text Comments field:

The image shows two sequential screenshots of a dialog box titled "Please Enter Your Glucose Level".

Left Screenshot: The dialog box contains the following fields:

- Exam Date: 10/27/2005
- Glucose: 116
- Part of Day: 2h after Dinner
- Comments: Normal (dropdown menu is open, showing options: Normal, Lightheaded, Sick, Exercise, Missed Exercise, Stress)
- Text Comments: (empty)

A red oval highlights the "Comments" dropdown menu.

Right Screenshot: The dialog box contains the following fields:

- Exam Date: 10/27/2005
- Glucose: 116
- Part of Day: 2h after Dinner
- Comments: Normal
- Text Comments: Stopped Cholesterol Medi

A red oval highlights the "Text Comments" field.

6. Finish entering data by clicking the OK button.

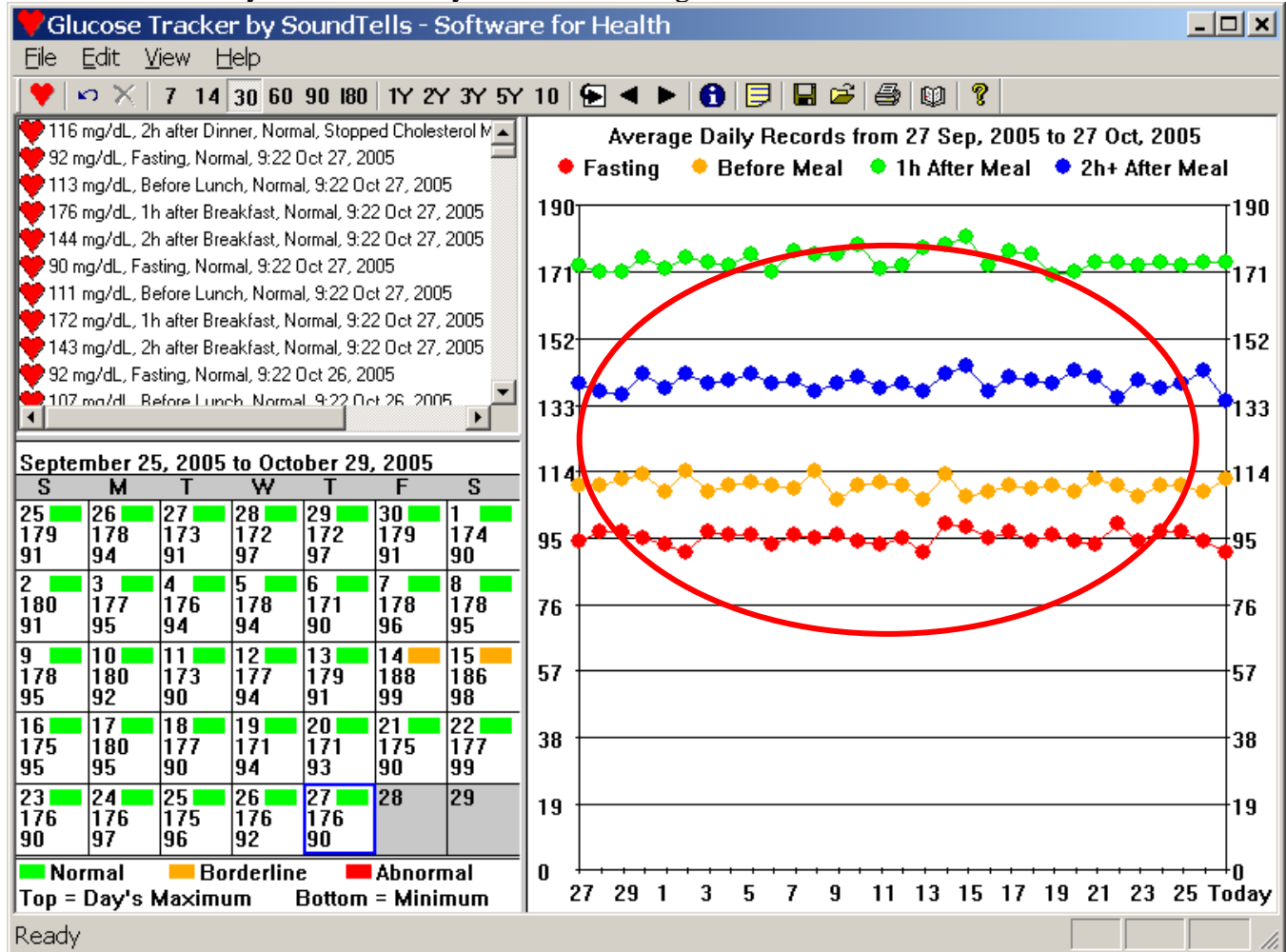
The image shows a screenshot of the "Please Enter Your Glucose Level" dialog box with the following fields:

- Exam Date: 10/27/2005
- Glucose: 116
- Part of Day: 2h after Dinner
- Comments: Normal
- Text Comments: Stopped Cholesterol Medi

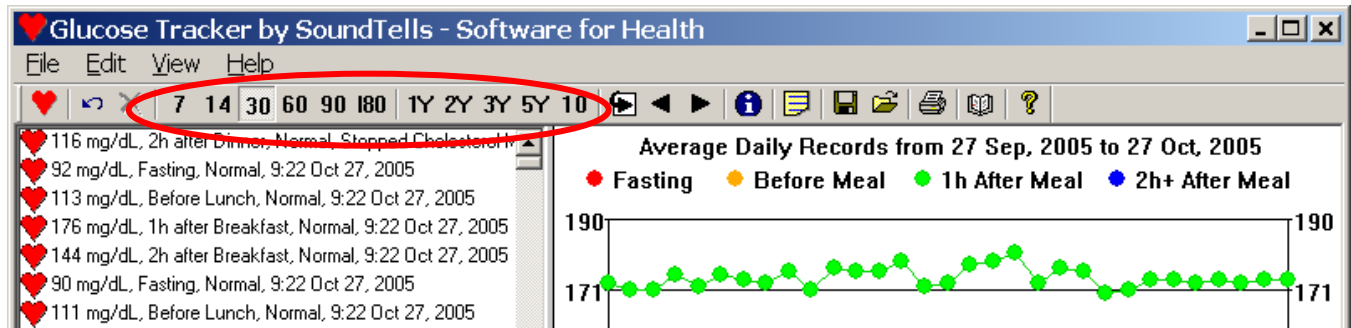
A red oval highlights the "Add Data" button at the bottom of the dialog box.

1.2 Glucose Graph

The Graph of glucose levels during fasting, before meals, 1 hour after meals, and 2+ hours after meals is shown below. Today's data are always shown on the right.



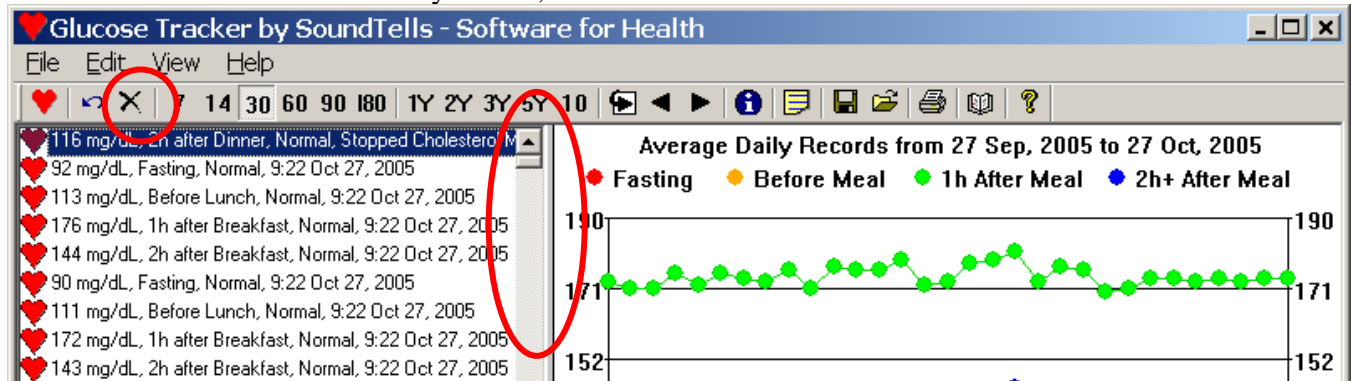
To change the number of days indicated on the graph from 7 days to 10 years, use the buttons on the toolbar:



Print the graph and take it to your physician by clicking File>Print Graph....

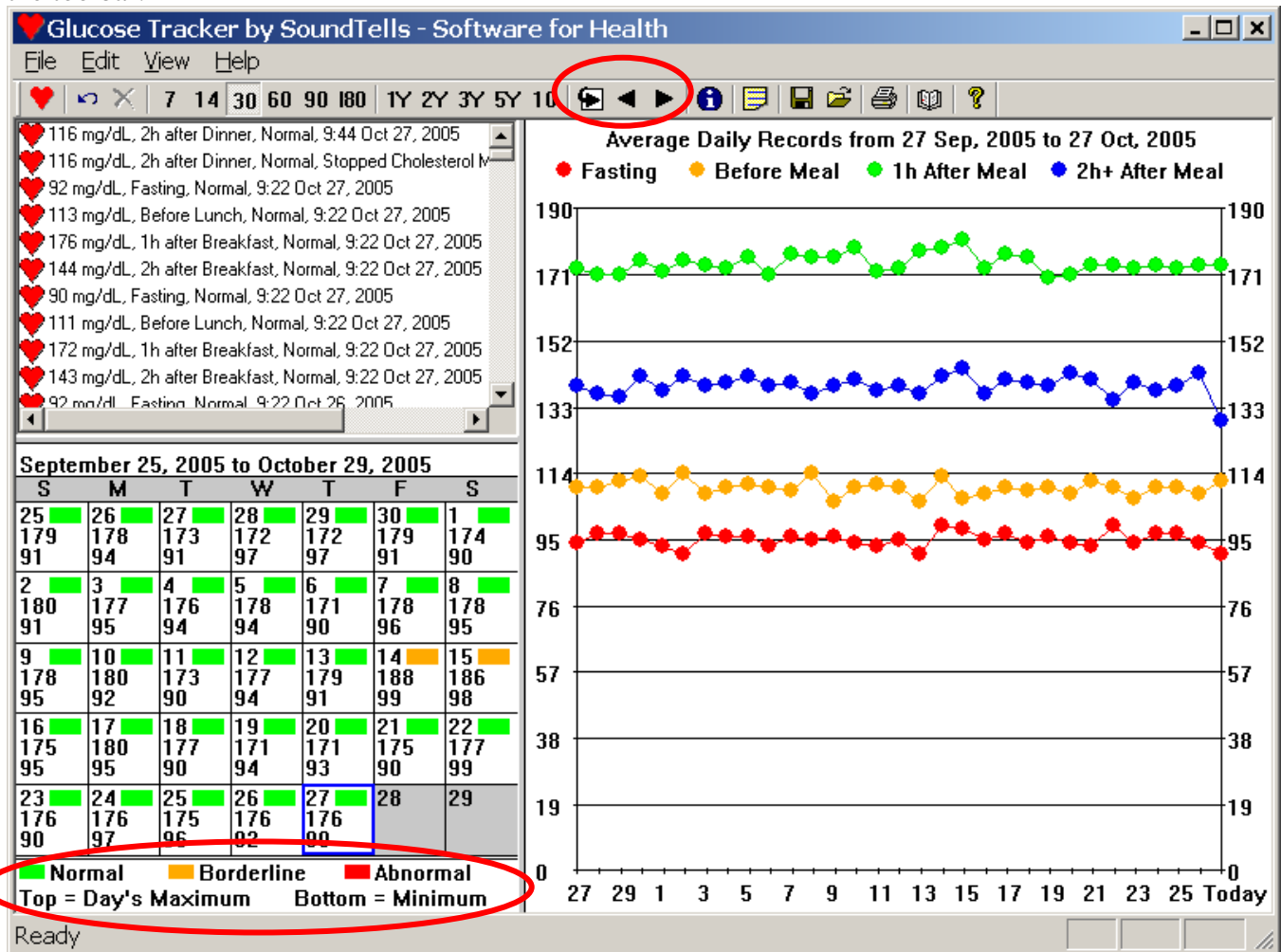
1.3 Glucose Log

The log contains all glucose records. Scroll through the log by moving the scroll bar or rotating the wheel of the mouse. To delete any record, click on the record and click the Delete button.



1.4 Calendar

The Calendar view shows maximum and minimum glucose levels day by day. The color of the day indicates normal, borderline, and abnormal glucose levels. To scroll the calendar, use the scroll buttons on the toolbar.



The following table shows color coding used on the Calendar View:

	mg/dL	mmol/L
Abnormal	0	0.0
Abnormal	10	0.6
Abnormal	20	1.1
Abnormal	30	1.7
Abnormal	40	2.2
Borderline	50	2.8
Borderline	60	3.3
Normal	70	3.9
Normal	80	4.4
Normal	90	5.0
Normal	100	5.6
Normal	110	6.1
Normal	120	6.7
Normal	130	7.2
Normal	140	7.8
Normal	150	8.3
Normal	160	8.9
Normal	170	9.4
Normal	180	10.0
Borderline	190	10.6
Borderline	200	11.1
Borderline	210	11.7
Abnormal	220	12.2
Abnormal	230	12.8
Abnormal	240	13.3
Abnormal	250	13.9

1.5 Statistics

Glucose statistics is provided by weeks, by months, and by years. Click View> View Statistics...

Glucose Level Statistics

Glucose Levels Averages:

By week:

- Fasting: 95, Before Meals: 109, 1h After Meals: 173, 2+h After Meals: 137, - over the last week - from 20 Oct, 2005 to 27 Oct, 2005
- Fasting: 96, Before Meals: 109, 1h After Meals: 175, 2+h After Meals: 140, - the previous week - from 13 Oct, 2005 to 20 Oct, 2005
- Fasting: 94, Before Meals: 109, 1h After Meals: 175, 2+h After Meals: 138, - 3 weeks ago - from 6 Oct, 2005 to 13 Oct, 2005
- Fasting: 94, Before Meals: 110, 1h After Meals: 173, 2+h After Meals: 140, - 4 weeks ago - from 29 Sep, 2005 to 6 Oct, 2005
- Fasting: 94, Before Meals: 111, 1h After Meals: 173, 2+h After Meals: 138, - 5 weeks ago - from 22 Sep, 2005 to 29 Sep, 2005
- Fasting: 94, Before Meals: 109, 1h After Meals: 175, 2+h After Meals: 138, - 6 weeks ago - from 15 Sep, 2005 to 22 Sep, 2005

2. Frequently Asked Questions

2.1 How can I enter previously collected data?

One way to enter previously collected data is to enter the data one record at a time. Click the 'Enter' key on your keyboard, click on the Exam Date drop-down box, enter the Exam Date, enter Glucose, and click the Add Data button.

The image shows two screenshots of a web form titled "Please Enter Your Glucose Level".

The left screenshot shows the form with the following fields:

- Exam Date: 10/27/2005 (dropdown menu is open, and the date is circled in red)
- Glucose: 116 (dropdown menu)
- Part of Day: 2h after Dinner (dropdown menu)
- Comments: Normal (dropdown menu)
- Text: (empty text box)
- Comments: (empty text box)
- Add Data button

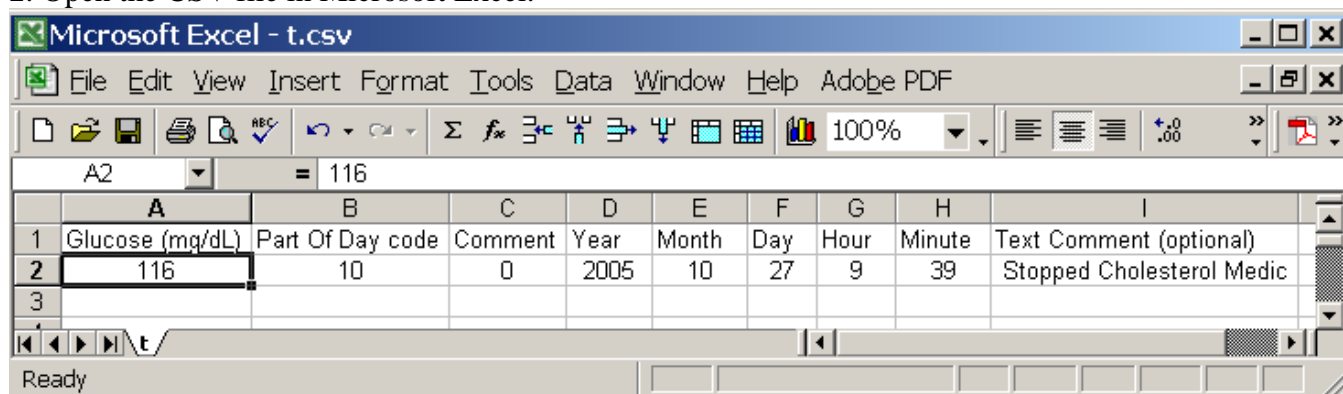
The right screenshot shows the form with the Exam Date dropdown menu open, displaying a calendar for October 2005. The date 27 is highlighted and circled in red. The text "Today: 10/27/2005" is also circled in red. The "Add Data" button is visible at the bottom.

Another way to enter previously collected data is via CSV file (comma separated values). Please read 'How to edit CSV file'.

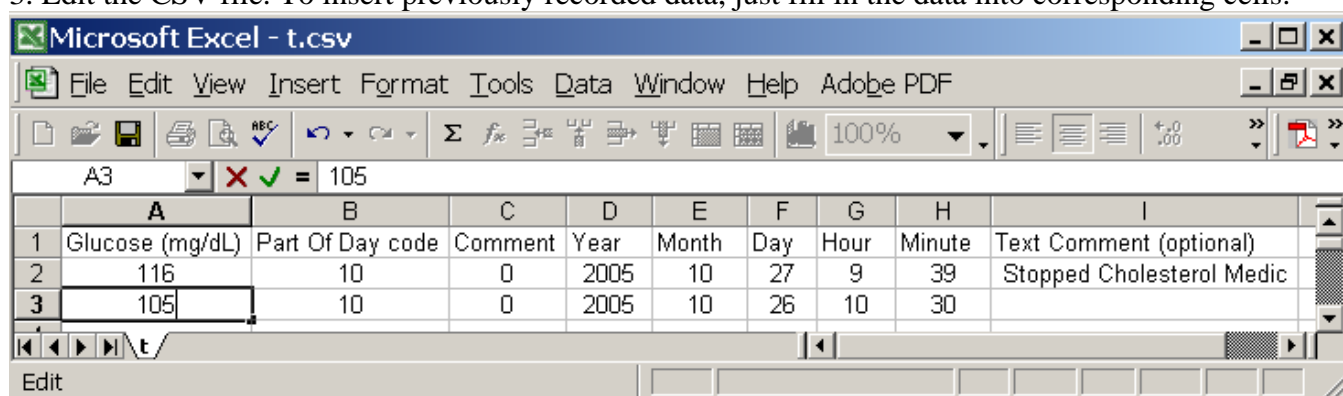
2.2 How to edit a CSV file?

The CSV file is a text file in which all values are separated by comma.

1. Click File>Save Data into CSV File....
2. Open the CSV file in Microsoft Excel.



3. Edit the CSV file. To insert previously recorded data, just fill in the data into corresponding cells.



4. Save the CSV file.
5. Click File> Load Data from CSV File..., to load data into the Glucose Tracker.

Note: the headers are not saved into the CSV file. The columns from left to right are: Glucose (mg/dL), Part of Day, Comments, Year, Month, Day, Hours, Minutes, Text Comments.

Note: the Glucose level is always saved as mg/dL. To convert to mmol/ml, divide by 18 and round the number to 1 decimal digit (Excel function: **ROUND(number,1)**).

Note: "Part of Day field is coded":

- 0 = "Fasting"
- 1 = "1h after Breakfast"
- 2 = "2h after Breakfast"
- 3 = "3h after Breakfast"
- 4 = "Before Lunch"
- 5 = "1h after Lunch"
- 6 = "2h after Lunch"

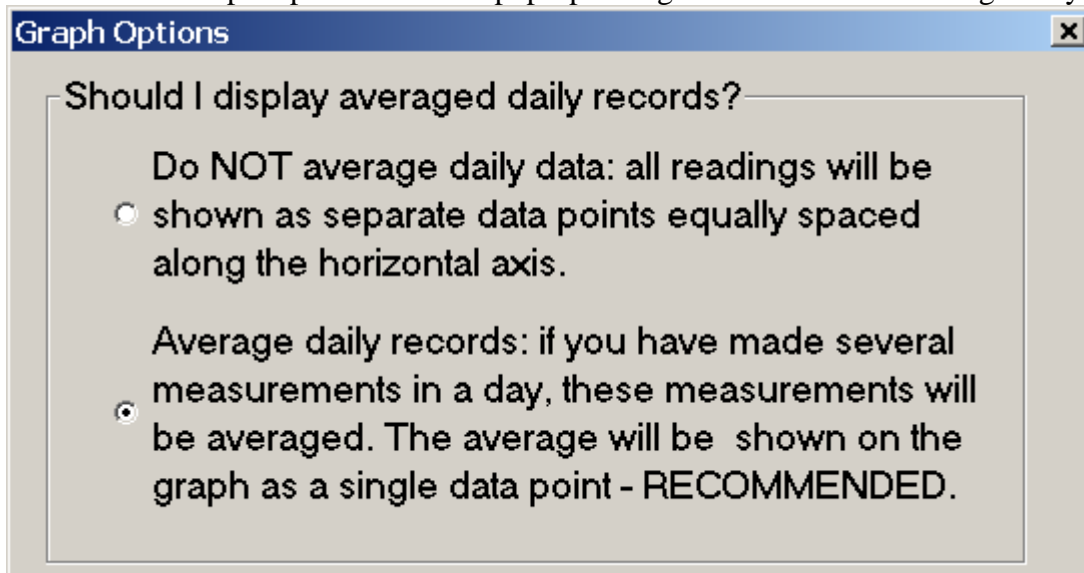
- 7 = "3h after Lunch"
- 8 = "Before Dinner"
- 9 = "1h after Dinner"
- 10 = "2h after Dinner"
- 11 = "3h after Dinner"
- 12 = "Bedtime"

Note: "Comments" field is coded:

- 0 = "Normal"
- 1 = "Lightheaded"
- 2 = "Sick"
- 3 = "After Exercise"
- 4 = "Before Exercise"
- 5 = "Stress"
- 6 = "Ate Extra Food"
- 7 = "Ate Less Food"
- 8 = "Increased Medications"
- 9 = "Decreased Medications"
- 10 = "Didn't Take Medication Yet"
- 11 = "Menstruation"

2.3 How to view all data on a graph?

Click View> Graph Options... On the pop-up dialog choose 'Do NOT average daily data'. Click OK.



2.4 What are good glucose values?

The ideal glucose levels are: 70 to 130 mg/dL (4 to 7 mmol/L) before meals, and less than 180 mg/dL (10 mmol/L) 1 to 2 hours after a meal.

3. Support

If you have any questions or require any technical assistance, please e-mail us at support@soundtells.com. Normally we are able to respond to your email on the same business day.