

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.

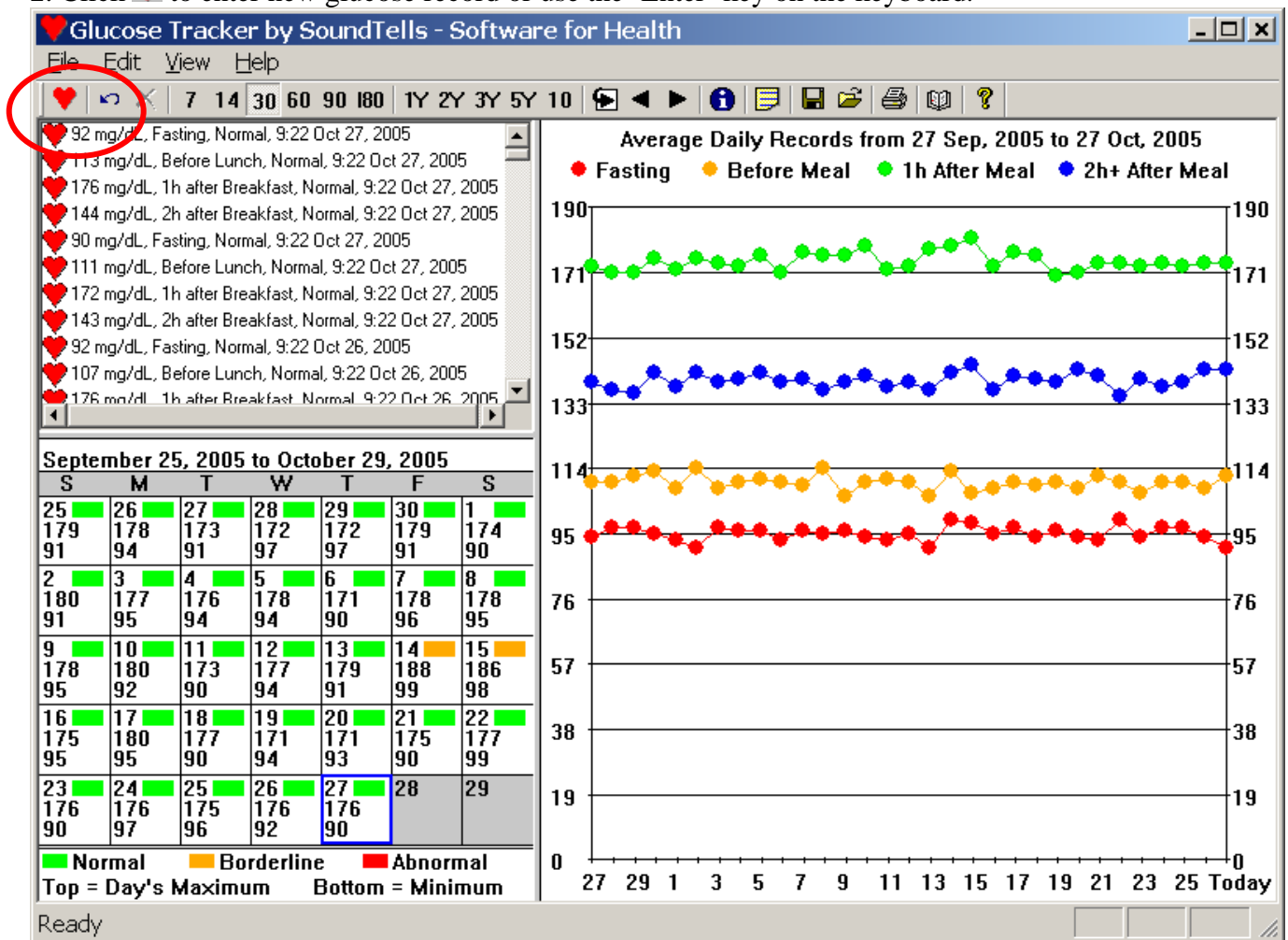
Glucose Tracker software is also available for Pocket PC, Palm, and Smartphone. Installation on a Pocket PC, Palm, and Smartphone requires a separate installation package.

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:

The screenshot shows a form titled "Please Enter Your Glucose Level" with the following fields: Exam Date (10/27/2005), Glucose (116), Part of Day (2h after Dinner), Comments (Normal), and Text Comments. The Glucose dropdown menu is open, and the value 116 is highlighted. A red oval is drawn around the Glucose dropdown menu.

The screenshot shows the same form as the previous one, but the Glucose dropdown menu is open and the value 122 is highlighted. A red oval is drawn around the 122 option in the dropdown menu.

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

The screenshot shows the form with Exam Date (10/27/2005), Glucose (116), Part of Day (2h after Dinner), Comments (Normal), and Text Comments. The Part of Day dropdown menu is open, and the value 2h after Dinner is highlighted. A red oval is drawn around the Part of Day dropdown menu.

The screenshot shows the same form as the previous one, but the Part of Day dropdown menu is open and the value 2h after Dinner is highlighted. A red oval is drawn around the 2h after Dinner option in the dropdown menu.

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

Please Enter Your Glucose Level

Exam Date: 10/27/2005

Glucose: 116

Part of Day: 2h after Dinner

Comments: Normal

Text Comments: Lightheaded
Sick
Exercise
Missed Exercise
Stress

Please Enter Your Glucose Level

Exam Date: 10/27/2005

Glucose: 116

Part of Day: 2h after Dinner

Comments: Normal

Text Comments: Stopped Cholesterol Medi

Add Data

6. Finish entering data by clicking the OK button.

Please Enter Your Glucose Level

Exam Date: 10/27/2005

Glucose: 116

Part of Day: 2h after Dinner

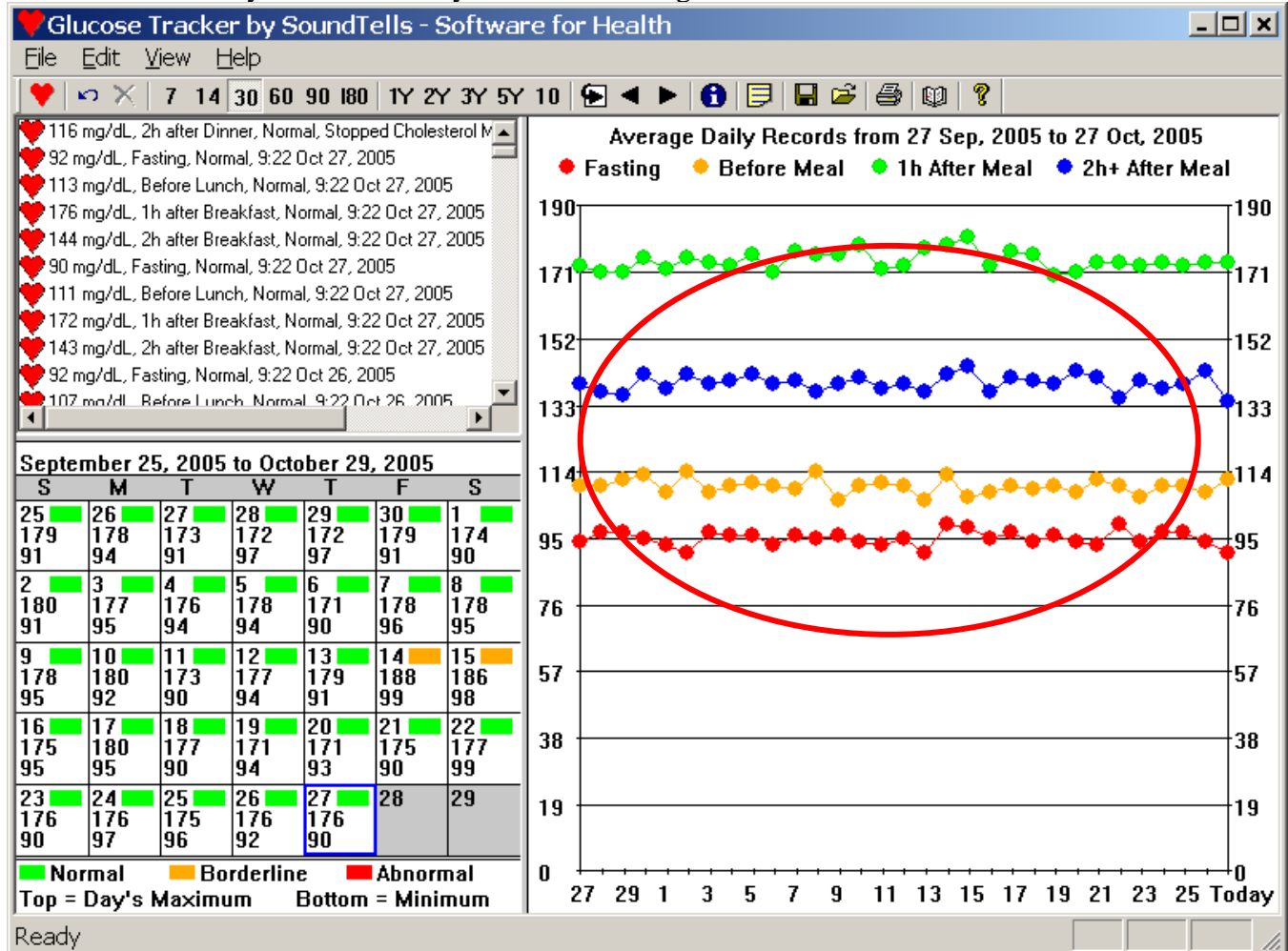
Comments: Normal

Text Comments: Stopped Cholesterol Medi

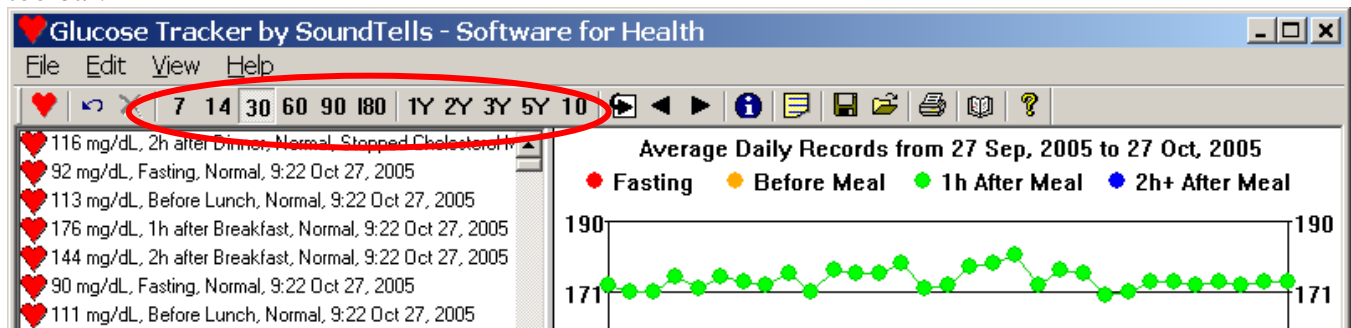
Add Data

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.



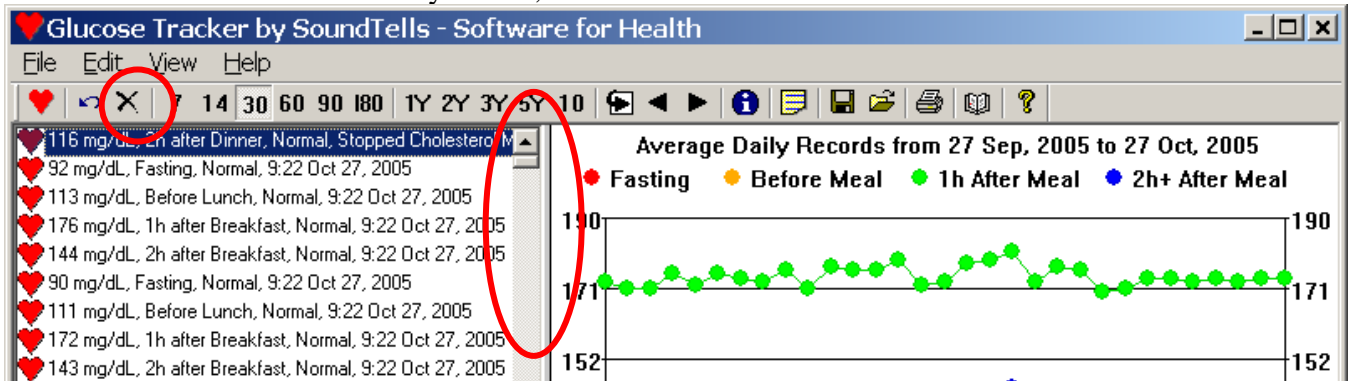
To change the number of days indicated on the graph from 7 days to 10 years, use the buttons on the toolbar:



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

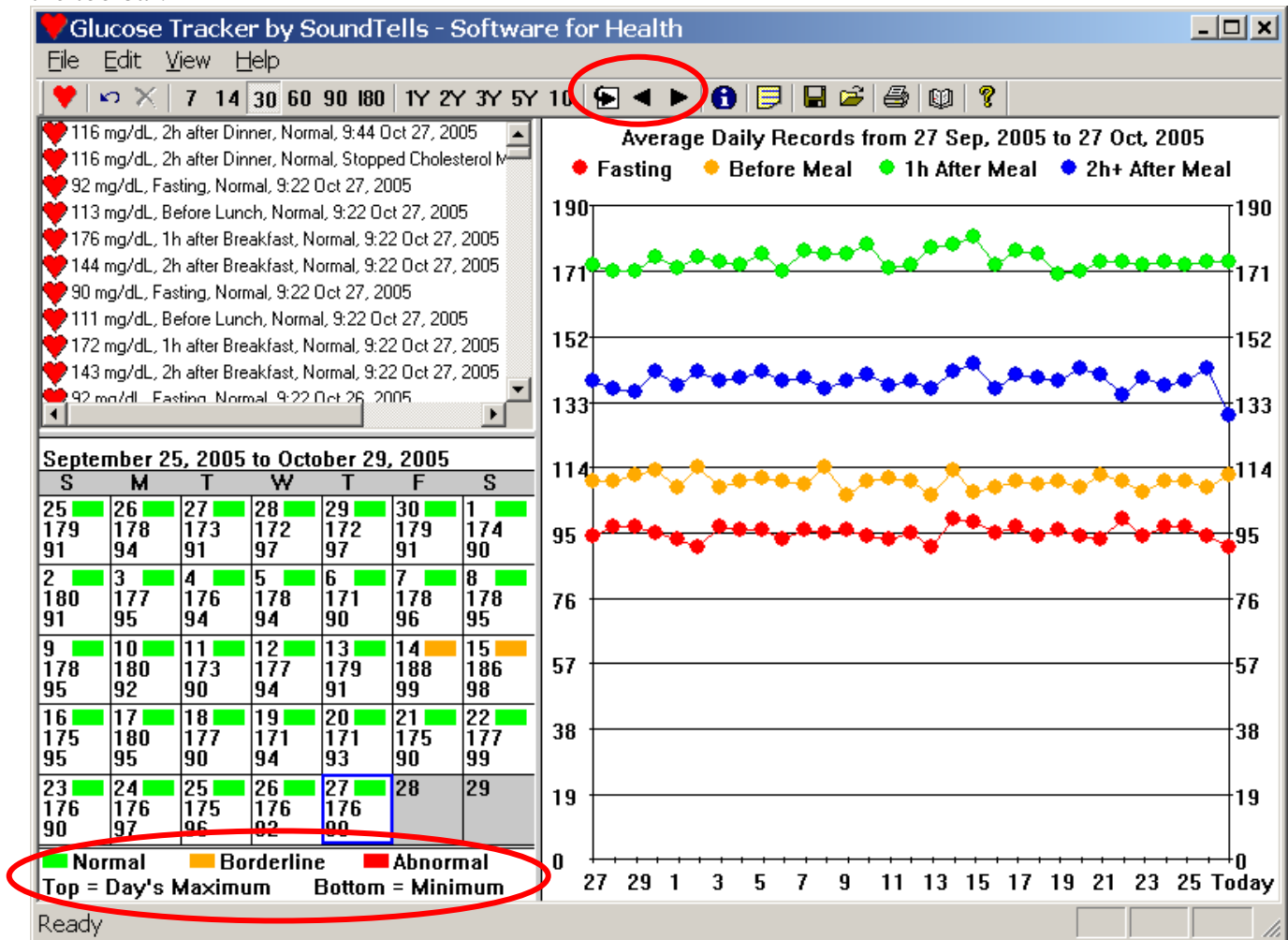
1.3 Glucose Log

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 following fields:

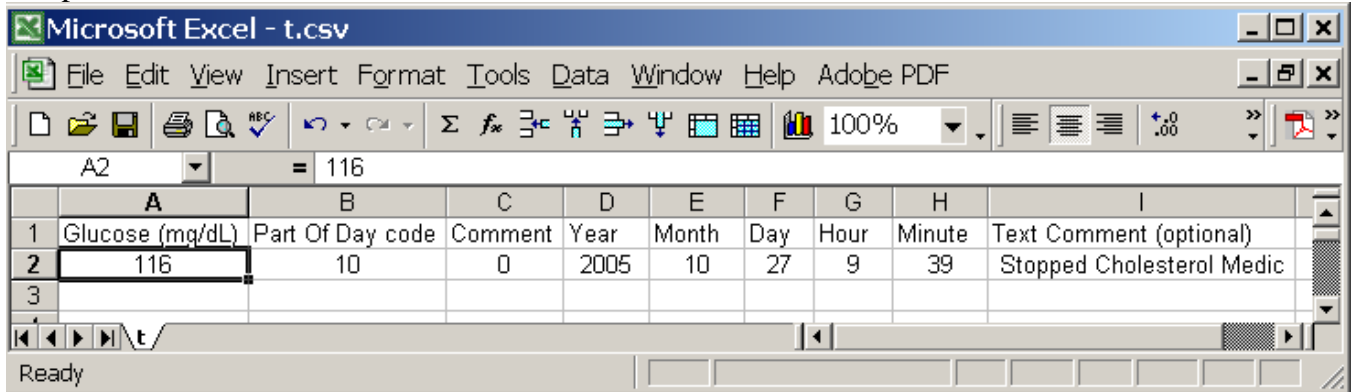
- Exam Date: 10/27/2005 (dropdown menu is open, displaying a calendar for October 2005, with the date '27' circled in red)
- Glucose: (empty dropdown menu)
- Part of Day: (empty dropdown menu)
- Comments: (empty dropdown menu)
- Text: (empty text box)
- Comments: (empty text box)
- Today: 10/27/2005 (text below the calendar, circled in red)
- Add Data button

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

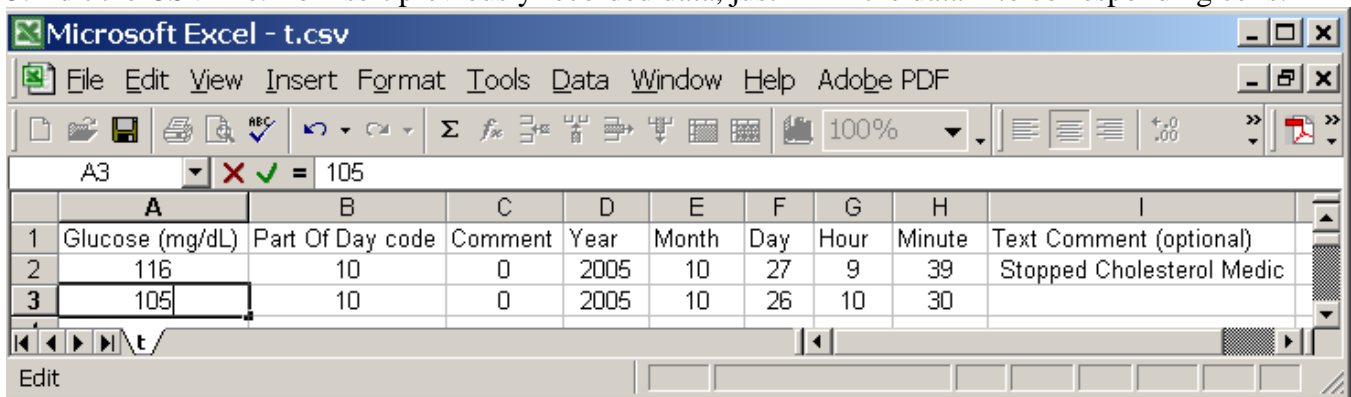
2.2 How to edit a CSV file?

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"

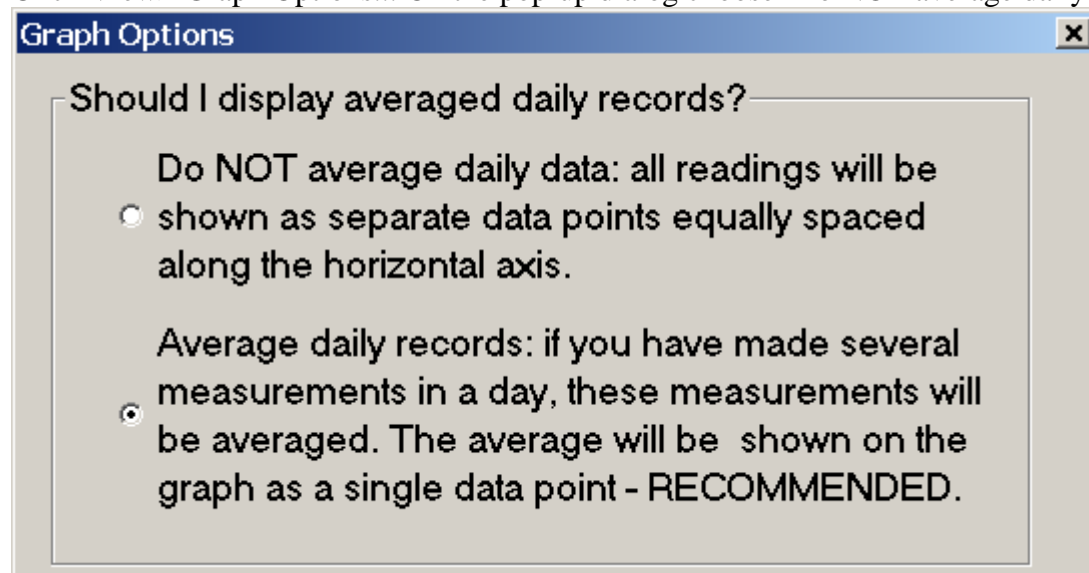
- 7 = "3h after Lunch"
- 8 = "Before Dinner"
- 9 = "1h after Dinner"
- 10 = "2h after Dinner"
- 11 = "3h after Dinner"
- 12 = "Bedtime"

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.

2.5 Can I change the preset “Normal” glucose level?

Yes. Click File>Setup Your Normal Glucose..., use normal values recommended by your doctor.

2.6 How to reduce marker size?

Click File>View>Graph Options... > in the Graph Markers field select marker size.

2.7 Does software allow to add multiple readings on the same day?

Yes. You can add as many readings as you want on the same day.

2.8 How can I display all measurement of the graph, not just the average daily value?

Click View>Graph Options..., select to "NOT average daily data..."

2.9 The words are gobbled on the printed graph.

Click File>PrintSetup> select Landscape mode, then click print the graph.

2.10. How to print the complete screen?

To print the screen: Open the Paint program: Start>All Programs>Accessories>Paint. Open the Tracker, program and press Alt+PrintScreen - this will copy the Tracker screen to the clipboard. Ctrl+V to paste the clipboard into Paint. Print from Paint program: File>Print.

2.11 Is it possible to keep the readings of 2 different people on the same device?

Yes. It is possible.

You will need to install 2 versions of the software into 2 different folders.

1. Install the 1st software into the default location.
2. Rename the shortcut to that software. For example, change it to 'MyWifeTracker'.
3. Install the 2nd software into a different location.
4. Rename the shortcut to that software. For example, change it to 'MyOwnTracker'.

2.12 When you change computers...

On the old computer: start the Tracker software, File>Save Data into CSV File; Copy the CSV file to a flash drive.

On the new computer: install the Tracker software (it is compatible with all versions of Windows operating system), Insert the Flash drive with the CSV file, Start the the Tracker, File>Load Data from CSV file.

2.13 Can I backup the tracker data?

Yes. Use File>Save Data into CSV File... to generate a backup file.

To load data from a backup use File>Load Data from CSV File...

Computer are inherently unreliable. Always backup your data on a separate storage media!

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.