



**Glooko, Inc.**  
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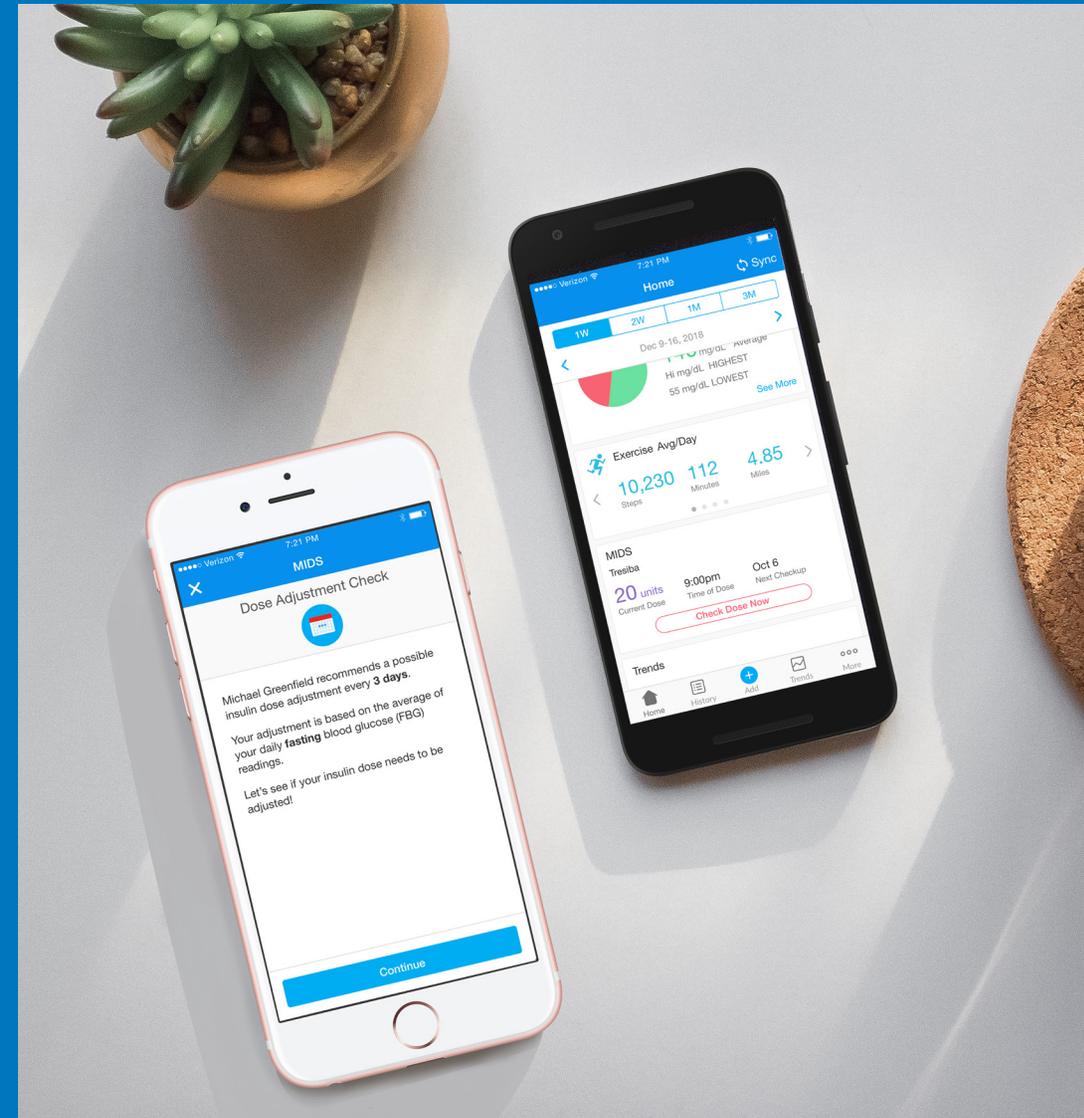
Call: 800.206.6601  
Text: 650.720.5310  
Email: [support@glooko.com](mailto:support@glooko.com)

Glooko is the universal diabetes platform that provides insights to improve outcomes for people with diabetes (PWDs) and their care teams. Glooko connects to the world's most popular diabetes devices, major fitness and activity trackers and supplies personalized, timely patient information such as glucose level, food, insulin, medications, blood pressure, diet and weight data. Trusted by the world's leaders in diabetes care, we are in over 7,000 clinical locations and used by over 1.5 million PWDs in 23 countries across 15 languages. Learn more by visiting [www.glooko.com](http://www.glooko.com).

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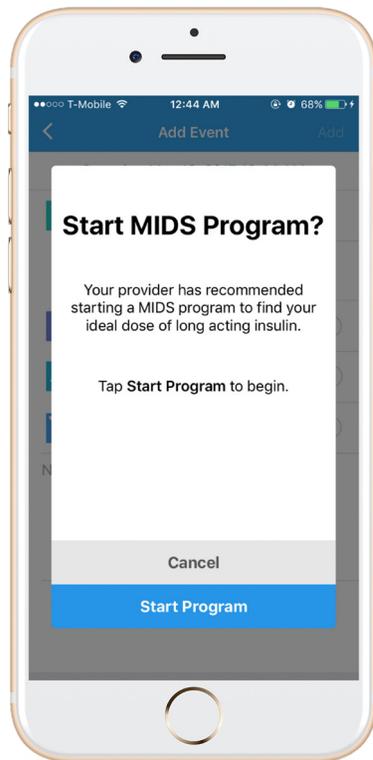
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## MOBILE APP MIDS QUICK START GUIDE



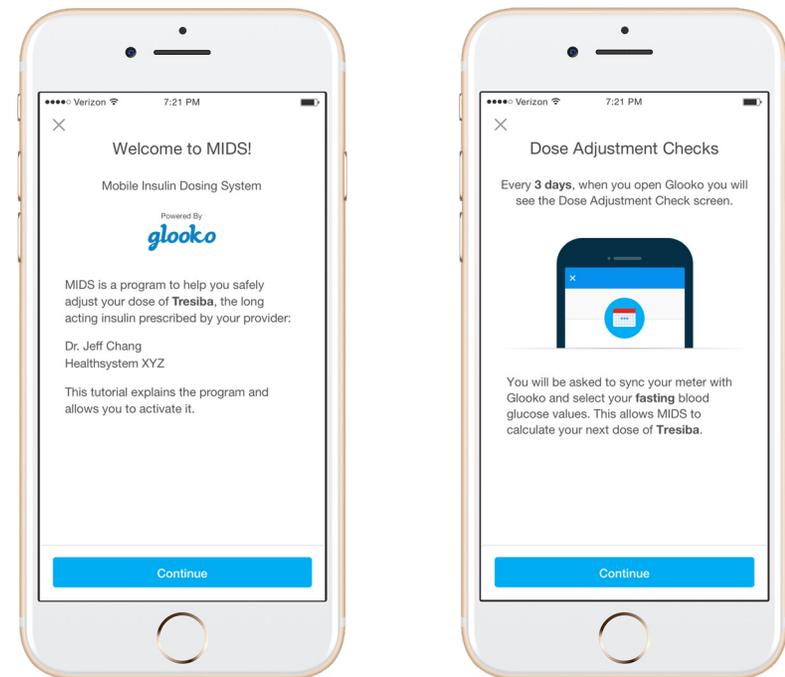
Glooko's Mobile Insulin Dosing System (MIDS) will help you adjust your long-acting insulin based on the treatment plan that your healthcare provider has set up.

Insulin is a hormone that helps our bodies process what we eat. As you begin taking insulin, the dosage may need periodic adjustments. MIDS can help you do that in a safe, automated way. You can get started with MIDS through an invitation on your mobile phone through a prescription from your healthcare provider.



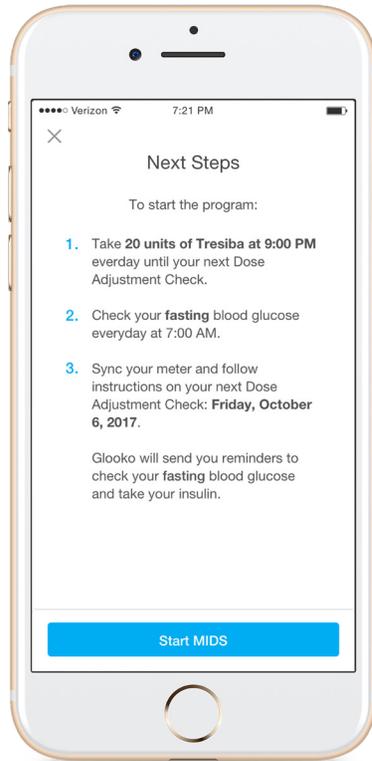
Tap **START PROGRAM** to initiate MIDS

You will then progress through a tutorial that explains how MIDS works.



Tap **CONTINUE** to complete tutorial

You will be instructed to start taking your prescribed dose along with a summary of the steps to follow with MIDS.

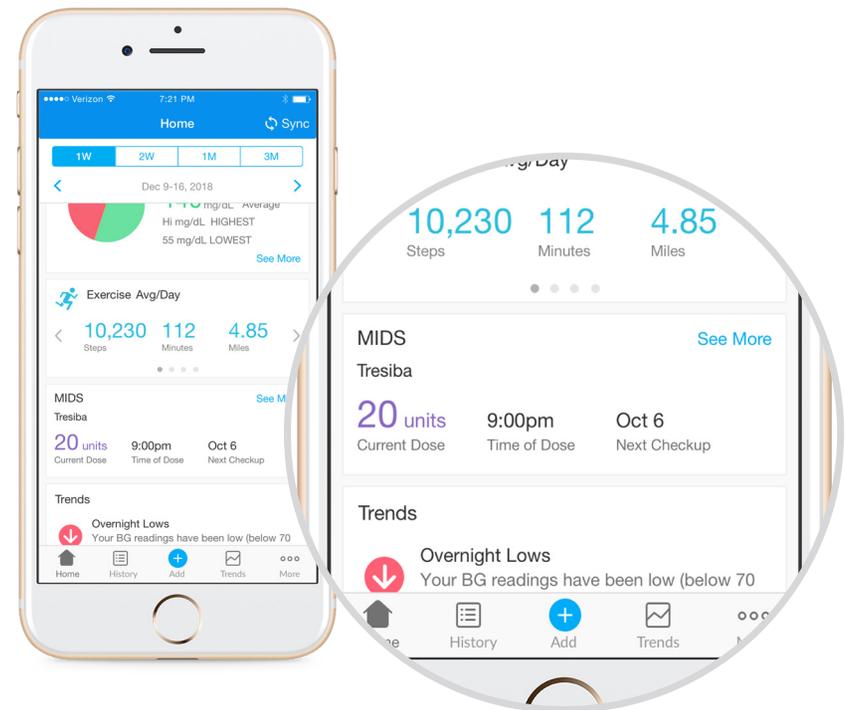


Tap **START MIDS** to start the program

**NOTES:**

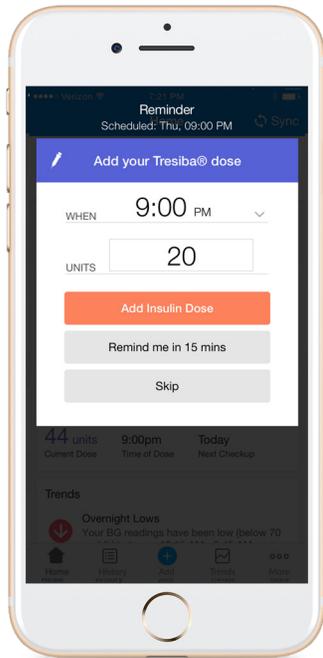
Detailed steps will be provided throughout the process. Reminders will help you stay on track with checking your fasting blood glucose and taking your long acting insulin dose.

Once you begin MIDS, your Glooko home screen will display your current long-acting insulin dose, the time of day you take your dose and date of your next dose check up.



## REMINDERS

You will receive reminders on your mobile device every day to “Check your fasting blood glucose” and “Take your insulin”. It is important that you confirm the actual amount of insulin you have taken each day.



If you took a different dose than displayed, tap in the box and enter how much insulin you actually took

Tap **ADD INSULIN DOSE** - this will log the insulin that you took

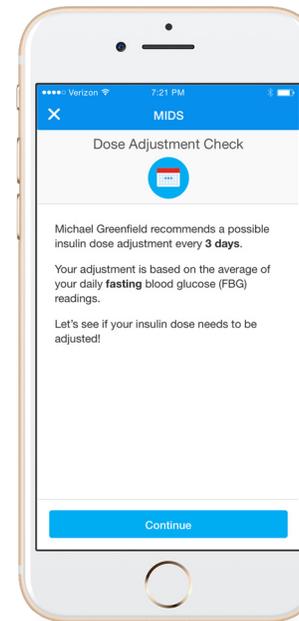
### NOTES:

You should NOT set any Reminders in the Glooko app to take your insulin – MIDS will do this for you automatically.

## DOSE ADJUSTMENT CHECK

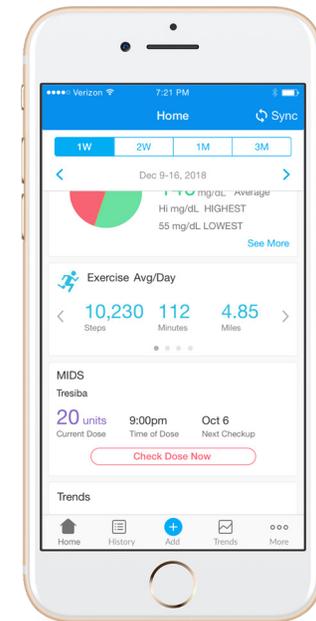
You will receive a message on your mobile device that says Dose Adjustment Check, as set up by your healthcare provider.

If you skip this message and return to the app, you will see the red Check Dose Now icon on your Home Screen. Tap on the Check Dose Now icon, and follow the instructions in the app to generate a new insulin recommendation.



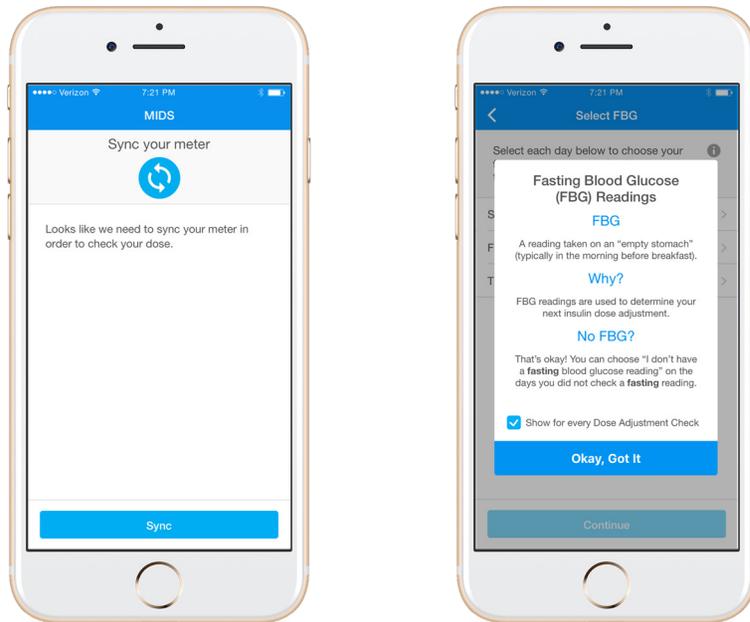
Tap **CONTINUE**

or



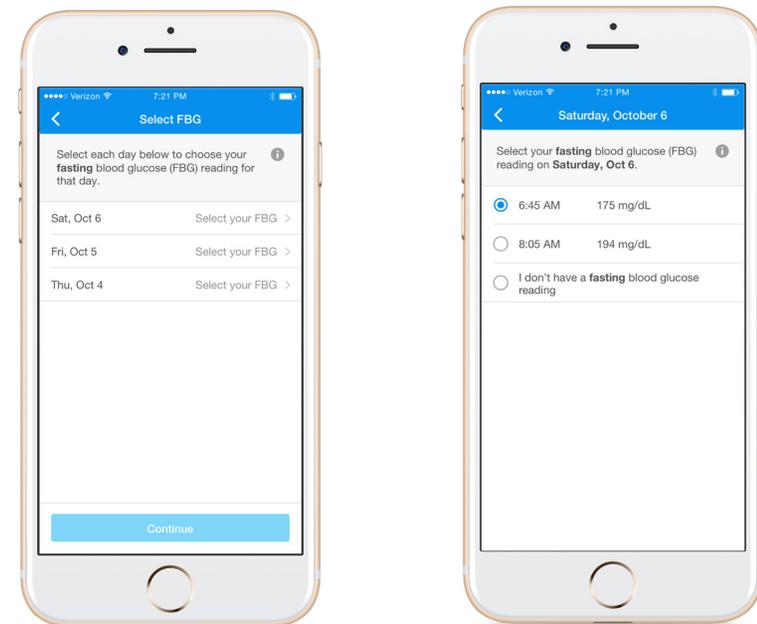
If you skipped the original message, tap **CHECK DOSE NOW**

If you have not synced your meter on the day of your Dose Adjustment Check, follow the instructions in the app.



Follow the instructions in the app to sync your meter

Select your fasting blood glucose for each day. It is important to select only your fasting blood glucose for each day. You can also choose "I don't have a fasting blood glucose reading" if you did not take an FBG.



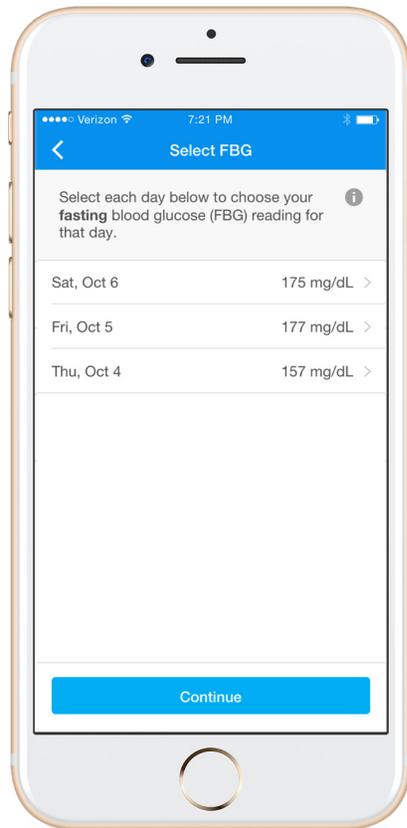
Tap on the day

Select only your fasting blood glucose

#### NOTES:

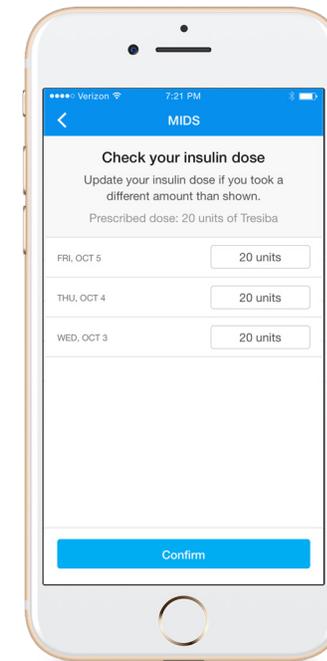
Uncheck the box if you do not want the FBG definition to pop up for each Dose Adjustment Check.

Each fasting blood glucose will be displayed. You will not be able to move to the next screen if you have not made a selection for each day.



Tap **CONTINUE**

Confirm the insulin dose that you took each day. If you took a different dose than is displayed, tap in each box to edit the dose.



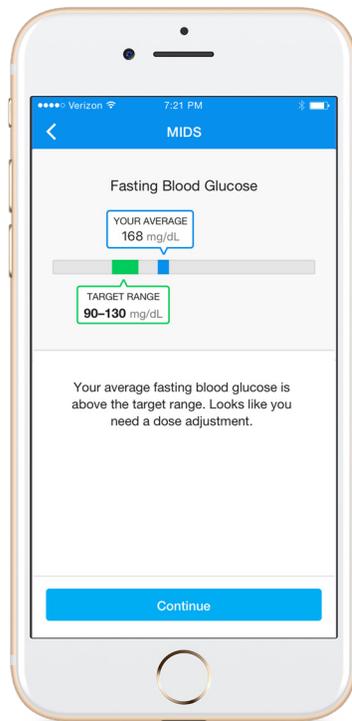
Tap **CONFIRM**

**NOTES:**

It is best to confirm the amount of insulin you took during your daily insulin reminder, but you can change your insulin dose here as well.

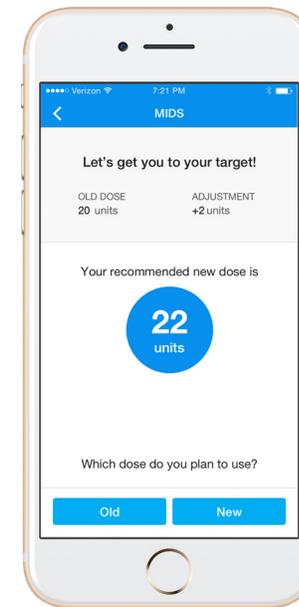
MIDS will now recommend a dose of insulin based on:

- Your previous doses of insulin
- Any low blood glucose reading
- Your average fasting blood glucose
- Your healthcare provider's treatment plan

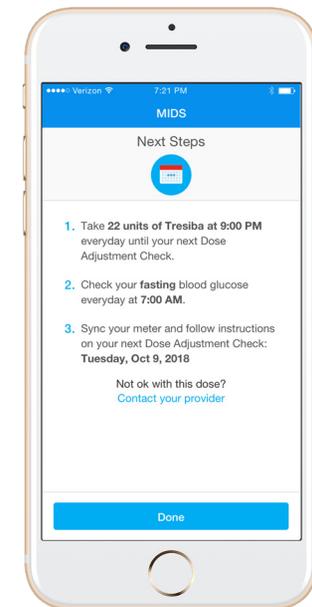


Tap **CONTINUE**

MIDS will now display the recommended dose. You have the option to agree with the recommendation or continue taking your old dose. Your summary of steps to follow MIDS will be displayed.



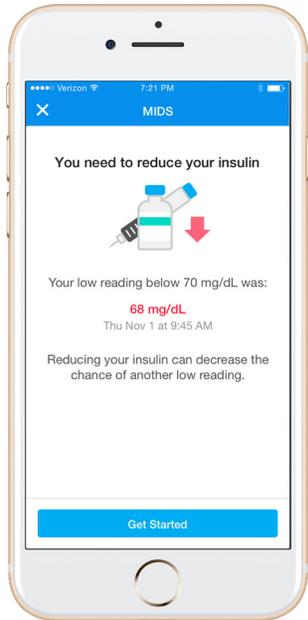
Tap **NEW** if you agree with the new dose. Otherwise, tap **OLD**.



Tap **DONE**

## LOW BLOOD GLUCOSE: DOSE ADJUSTMENT

When a low blood glucose is synced, MIDS will initiate a dose adjustment recommendation based on your healthcare provider's instructions. This will start a new titration period even if this occurs before your next Dose Adjustment check.



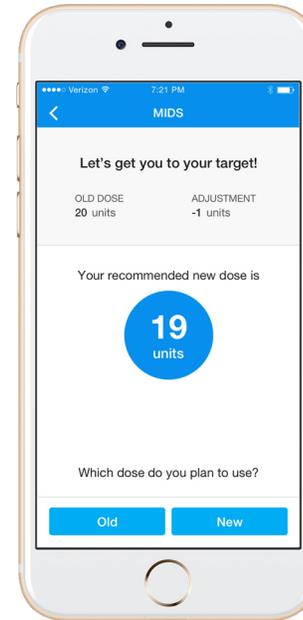
Tap **LET'S GET STARTED**



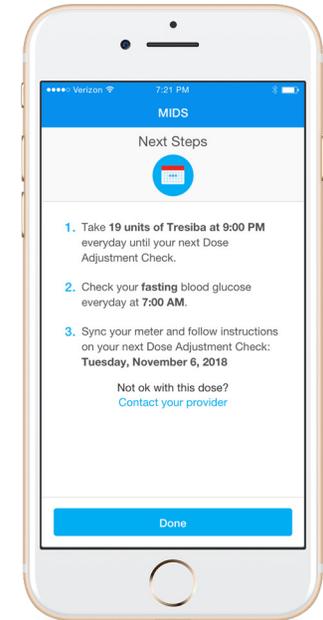
If you took a different dose than displayed for these days, tap each box to edit the amount of insulin you took, then type in the amount

## LOW BLOOD GLUCOSE: DOSE ADJUSTMENT (CONTINUED)

MIDS will now display the recommended dose. You have the option to agree with the recommendation or continue taking your old dose. Your summary of steps to follow MIDS will be displayed.



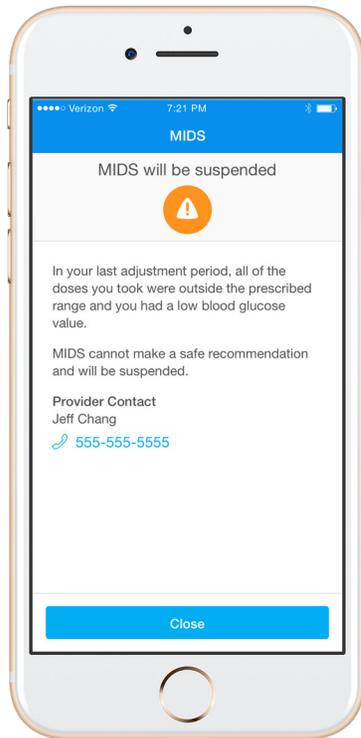
Tap **NEW** if you agree with the new dose. Otherwise, tap **OLD**.



Tap **DONE**

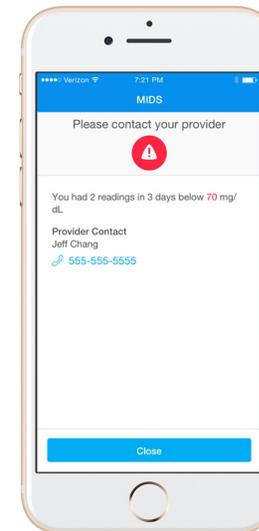
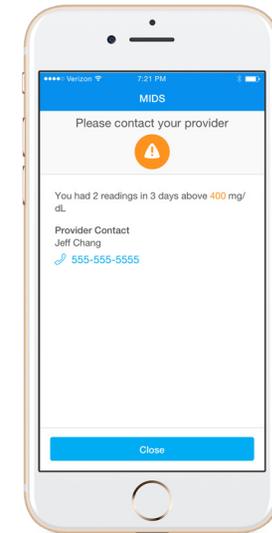
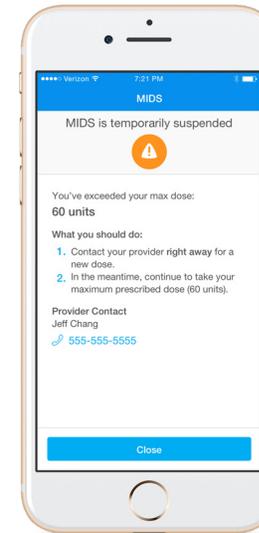
## SUSPENSION

The MIDS program may be suspended in certain situations. If this screen appears, continue to take your current dose of long-acting insulin and contact your healthcare provider for further instructions.



## NOTIFICATIONS

Contact your healthcare provider if you see any of the following notifications.



## MOBILE INSULIN DOSING SYSTEM (MIDS)

Glooko's Mobile Insulin Dosing System (MIDS) is designed to help individuals with diabetes review, analyze, evaluate, and communicate their blood glucose readings. MIDS uses fasting blood glucose readings, synced from a glucose meter to Glooko, for insulin dose calculations. **MIDS is only available for patients whose healthcare provider initiates the program. MIDS is for prescription use only.**

**The Glooko MIDS is designed to work with glucose results reported in mg/dL and cannot safely be used with mmol/L values. To avoid harm please ensure that any glucose meter used with the Glooko system is set for blood glucose values in mg/dL.**

### INTENDED USE

The Glooko Mobile Insulin Dosing System (MIDS) is indicated for the management of type 2 diabetes by calculating appropriate long-acting basal insulin doses for titrating insulin levels based on configuration by a physician or healthcare provider knowledgeable in the care and management of diabetes. The physician or healthcare provider must activate the MIDS dose calculator and configure the patient-specific parameters. The system is not intended to provide treatment decisions or to be used as a substitute for professional healthcare advice.

### WARNINGS

Glooko MIDS is intended to support the titration of Long Acting Basal Insulin Doses only. It is only available for patients whose healthcare provider initiates the program. All medical diagnosis and treatment are to be performed under the supervision and oversight of an appropriate healthcare provider.

Glooko MIDS does not provide specific reminders for titration intervals for individual basal insulins currently marketed. Therefore, the healthcare provider should be familiar with the dosing requirements for each insulin they choose to use with this device.

### CONTRAINDICATIONS

None.

## COMPATIBLE DEVICES

Glooko supports Apple devices running iOS 9.3 or later:

- iPhone 4S
- iPhone 5
- iPhone 5C
- iPhone 5S
- iPhone 6
- iPhone 6+
- iPhone 6S
- iPhone 6S+
- iPhone 7
- iPhone 7+
- iPhone 8
- iPhone SE
- iPhone X

Glooko supports the following Android devices running Android OS v5.0 or later:

- Alcatel A3 XL
- Asus Zenfone 2
- Google Pixel
- Google Pixel XL
- HTC 10
- HTC Desire 620G
- LG G3
- LG G5
- LG Nexus 5
- LG Nexus 6P
- Motorola Moto G (3rd Gen)
- Motorola Moto G4
- Motorola Moto G5 plus
- Motorola Moto Z Force Droid
- Samsung Galaxy J3 Emerge
- Samsung Galaxy J3 Prime
- Samsung Galaxy J7 Perx
- Samsung Galaxy J7 Prime
- Samsung Galaxy J7 Pro
- Samsung Galaxy S3
- Samsung Galaxy S4
- Samsung Galaxy S5
- Samsung Galaxy S6
- Samsung Galaxy S7
- Samsung Galaxy S8
- Samsung Galaxy Grand Prime
- Samsung Galaxy Note 3
- Samsung Galaxy Note 4
- Samsung Galaxy Note 5
- Sony Xperia Z3

#### NOTE:

The MIDS program only uses blood glucose data synced from compatible blood glucose meters. For more information on which devices are compatible, please refer to: <https://www.glooko.com/compatibility/>.