

Patient Name: .....

DOB: .....

## Glooko Care Program Quick Start Guide

Care Program: .....

RPM Consent Date: .....

### Your Personalized Goals

- Check your blood sugar often
  - Fasting: at ..... every morning
  - ..... before and ..... after every meal
  - Notes: .....
  - Set up a reminder in Glooko to remember to check your sugar
- Sync your glucose device (meter or CGM) to Glooko
  - ..... times a week (Glooko recommends: at least once a week)
  - Set a reminder in Glooko to sync or connect your CGM via cloud.
- Track your meals
  - Nutrition Goals: .....
  - .....
  - Understand how many carbs each meal contains
  - Track all your meals in the Glooko app
- Exercise
  - Exercise ..... minutes per day/week (circle one)
  - Type(s) of exercise/notes: .....
  - Log your exercise in Glooko or connect your fitness device/app
- Medications
  - Take ..... at .....
  - Notes: .....
  - Set up reminders in Glooko for taking your medication.
  - Log your medications in Glooko
- Insulin
  - Take ..... at .....
  - Notes: .....
  - Set up reminders in Glooko for taking your insulin.
  - Log your insulin in Glooko
- Review and share your data
  - Review your glucose levels and reports weekly
  - Share your Glooko PDF report with our care team
  - Talk to your care team if you need advice
- Other Notes
  - .....
  - .....
  - .....