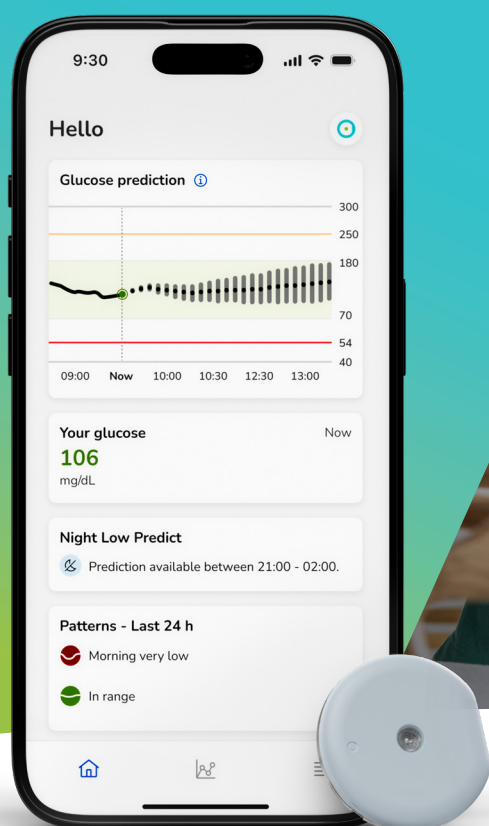


Patient training checklist

for the Accu-Chek SmartGuide Predict App



This checklist provides an overview of the most important points to cover when you show patients how to use the predictive features of the Accu-Chek SmartGuide CGM solution.

Introduce your patients to the differences between CGM features and predictive features, and explain how they can use the predictions in their daily diabetes management.

The checklist includes:

- Key points to discuss with your patients
- Direct links to resources to support patient training
- Important information for patients to consider when using the predictive features

Online training material

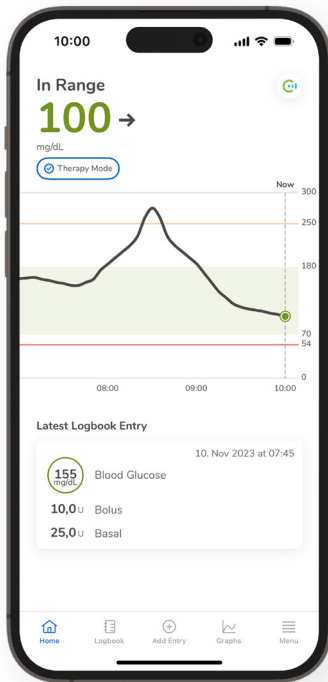


Visit the CGM Learning Center for product-related guides and videos

Overview of the Accu-Chek SmartGuide apps and features

1

Explain the main features of the Accu-Chek SmartGuide app and its potential benefits for patients



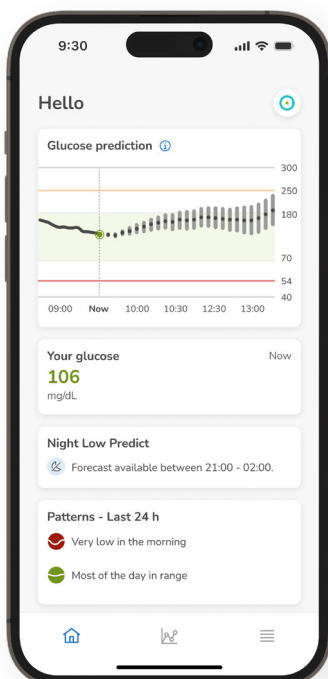
The Accu-Chek SmartGuide app connects to the CGM sensor, so your patients can monitor their glucose values and keep track of insulin injections, carbohydrate intake, and personal notes.

Key features:

- **Home:** Current CGM value, glucose graph, and trend arrow
- **Graphs:** Trend, time in range, statistics
- **Alarms:** Alarms for connection loss and high/low glucose levels
- **Logbook:** Add and review insulin injections, carbohydrates and notes
- **Sensor calibration:** Calibrate sensor by entering a blood glucose value
- **Compatibility:** Works with most Apple and Android phones, and Apple Watch
- **App switcher:** Seamless switch between the CGM app and the Predict app

2

Explain the main features of the Accu-Chek SmartGuide Predict app and its potential benefits for patients



The Accu-Chek SmartGuide Predict app is the companion app, which provides glucose predictions and advanced data analytics.

Key features:

- **Home - Glucose Predict:** Prediction of glucose levels for the next 2 hours
- **Low Glucose Predict:** Notification up to 30 minutes before potential low glucose
- **Night Low Predict:** Prediction of nocturnal hypoglycemia risk
- **Glucose Patterns:** Detection of glucose patterns like hypoglycemia, hyperglycemia, variability and in-range
- **Export Report:** Standard AGP report and pattern report, to be stored or shared with healthcare professionals
- **App switcher:** Seamless switch between the CGM app and the Predict app

The predictive features

3

Highlight the importance of calibration with stable glucose levels

The Accu-Chek SmartGuide sensor requires calibration with stable blood glucose values to provide the most accurate readings possible. The predictions are based on the readings: the more accurate the readings are, the more precise the predictions will be.



For more information, see the article: [Calibrating the Accu-Chek SmartGuide CGM sensor and warm-up time](#)

4

Discuss the option to log carbohydrates and insulin, and explain how logging/not logging data affects the predictions

Carbohydrates and insulin recorded in the Logbook of the CGM app will be considered by the algorithm and lead to slight changes in the predicted glucose values.

- The Low Glucose Predict and Night Low Predict features will be unavailable for 20 minutes after patients log carbohydrates (Low Glucose Predict) or carbohydrates and insulin (Night Low Predict), to give the Predict app time to update the prediction based on their intake.
- There will be a delay of at least 20 minutes between the consumption of unlogged carbohydrates and any impact on the prediction.

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Explain the difference between trend arrows and glucose predictions and how they can be used together

The trend arrow in the CGM app shows the direction in which the glucose is currently heading, based on the most recent values. The predictive features take into account more factors and can provide predictions over a longer period of time.



For more information, see the article: [What is the difference between trend arrows and the predictions?](#)

6

Explain the difference between glucose alarms and predictions and how they can be used together

Glucose alarms in the CGM app notify patients when their glucose falls below or exceeds their defined thresholds. The Low Glucose Predict feature in the Predict app sends a notification up to 30 minutes before potential hypoglycemia occurs.



For more information, see the article: [What is the difference between the predictions and the glucose alarms?](#)

7

Mention that there are limitations, and that the predictive features might be less reliable in some situations

Factors that may influence glucose levels in the future cannot be included in the prediction:

- Alcohol, due to the suppressed glucose release from the liver hours later
- Unlogged meals and insulin injections (for at least 20 minutes afterwards)
- When glucose is fluctuating
- Activity/pronounced activity with muscle refill effect
- Stress
- Intake of glucose-influencing medication (e.g. corticosteroids)
- Late dinner or dinner rich in fat and proteins (for Night Low Predict)



For more information, see the articles about the predictive features in the [CGM Learning Center](#)

Glucose Predict

Prediction of glucose levels for the next 2 hours



For more information, see the articles: [Using the Glucose Predict feature in the Accu-Chek SmartGuide Predict App](#) and [Using the Glucose Predict feature in your daily diabetes management](#)

8

Explain the usage and value of the feature, and how it can support diabetes management

The Glucose Predict feature provides a reliable estimate of your patients' upcoming glucose levels in an easy-to-read graph. This shows where their glucose is going in the next 2 hours, so they have time to prepare to avoid a potential high or low.

9

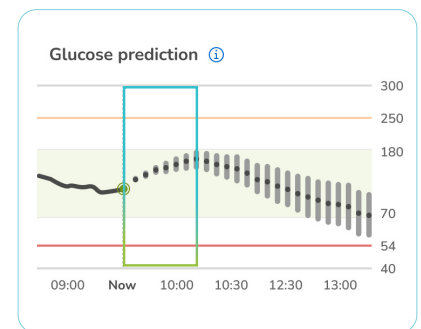
Mention that the prediction needs at least 20 minutes to update after unlogged carbohydrate intake and insulin administration

The prediction is updated every 5 minutes but if there is an unlogged meal or insulin injection, your patients might have to wait at least 20 minutes to see this reflected in their glucose levels. Advise them to think about their recent intake, so that they do not correct high predicted values too hastily. To ensure more accurate predictions, encourage your patients to log meals and insulin injections in the CGM app as soon as they occur.

10

Explain that the prediction is most precise for the next 45 minutes, and that uncertainty grows over time

- For predictions within 45 minutes, patients can act directly.
- For predictions for more than 45 minutes, patients should monitor the situation and prepare to act if needed.



Low Glucose Predict

Notification up to 30 minutes before a potential low occurs



For more information, see the articles: [Using the Low Glucose Predict feature in the Accu-Chek SmartGuide Predict app](#) and [Using the Low Glucose Predict feature in your daily diabetes management](#)

11

Explain the usage and value of the feature, and how it can support diabetes management

The Low Glucose Predict feature notifies your patients when their glucose is predicted to drop below a safe level within the next 30 minutes. **The threshold can be set between 60–100 mg/dL.** This allows your patients to act with the aim of reducing the risk or severity of hypoglycemia.

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Mention that patients should check the situation immediately after receiving a *Low Glucose Soon!* notification. Carbohydrate intake may be needed to prevent a low.

Night Low Predict

Prediction of nocturnal hypoglycemia risk



For more information, see [Using the Night Low Predict feature in the Accu-Chek SmartGuide Predict app](#) and [Using the Night Low Predict feature in your daily diabetes management](#)

13

Explain the usage and value of the feature, and how it can support diabetes management

The Night Low Predict feature calculates the chance of your patients' glucose dropping below **70 mg/dL** during the night. If there is a high risk of hypoglycemia, the Predict app can notify them before they go to bed and suggest preventive action.

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Discuss what to do in case the *Night Low Predicted!* notification shows a high or very high risk of nocturnal hypoglycemia

The appropriate action will depend on your patient's diabetes therapy/insulin choice and whether hypoglycemia is predicted for the early night (first 3.5 hours) or late night (last 3.5 hours).

- Keep carbohydrate snacks within reach by the bed.
- If hypoglycemia is predicted for the early night, consider having carbohydrates before going to bed.
- If hypoglycemia is predicted for the late night, consider having slow-absorbing carbohydrates with protein and fat before bed and/or reduce basal insulin or basal rate.



Glucose Patterns

Detection of glucose patterns



For more information, see [How the Glucose Patterns feature works in the Accu-Chek SmartGuide Predict app](#)

15

Explain the usage and value of the feature, and how it can support diabetes management

The Glucose Patterns feature shows patterns in your patients' glucose levels and suggests what they can do to manage their diabetes better. It identifies recurring glucose excursions and provides information to help patients identify possible causes, so they can learn what actions might lead to frequent hyper- and hypoglycemic events.

16

Explain how reminders can be used to prevent undesired patterns in future

When the Predict app detects a pattern and determines the possible causes, it offers a few suggestions. Patients can set a reminder to follow up on patterns and try to prevent them in future. Urge your patients to discuss any changes in their therapy with their care team before making significant adjustments.