



MEDTRONIC CARELINK™ PERSONAL GUIDE BOOK

Medtronic CareLink™ Personal software

Easy to Use, Easy to Share

**PERSONALISED DIABETES INSIGHTS
TO EMPOWER YOUR THERAPY DECISIONS**

Medtronic

HOW TO USE THIS GUIDE

WELCOME

This guide book has been produced to enable you to get the most out of CareLink™ Personal software.

Data has shown that those who upload to CareLink™ software achieve a better HbA1c than those who don't^{1,2}

PERSONALISED DIABETES INSIGHTS TO EMPOWER YOUR THERAPY DECISIONS



GUIDE

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BENEFITS OF CARELINK™ PERSONAL SOFTWARE

WHAT IS

CARELINK™ PERSONAL SOFTWARE?

CareLink™ Personal software is a Medtronic web based diabetes data management platform for patient/carer use at home. It takes all the data from your Medtronic diabetes insulin pumps, continuous glucose monitors and compatible blood glucose meters and stores it online for your use.

WHY USE

CARELINK™ PERSONAL SOFTWARE?

- Ability to track your personal progress and trends with CareLink™ software reports.
- Prepare for and speed up visits with your healthcare team
- Back up your settings.
- Ability to share your data with your healthcare team without going to see them.

PERSONALISED DIABETES INSIGHTS TO EMPOWER YOUR THERAPY DECISIONS

FIND OUT MORE

<https://carelink.minimed.eu>



YOUR CARELINK™ PERSONAL SOFTWARE

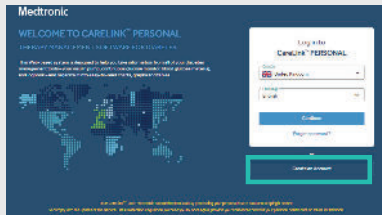
THIS GUIDEBOOK BELONGS TO

MY CARELINK™ PERSONAL SOFTWARE BENEFITS

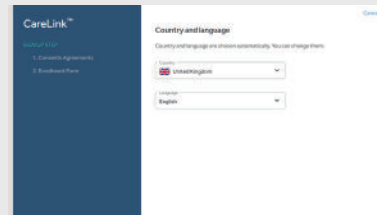
MY CARELINK™ PERSONAL SOFTWARE NOTES

REGISTERING YOUR ACCOUNT

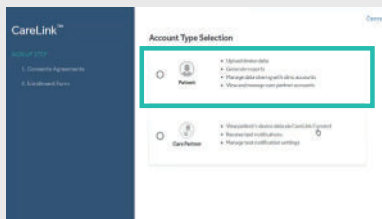
SIMPLE PROCESS TO REGISTER YOUR ACCOUNT



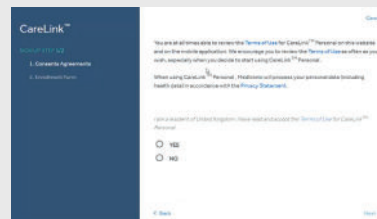
- 1 Go to www.Carelink.minimed.eu and click on 'Create an account'. Select your country and preferred language.



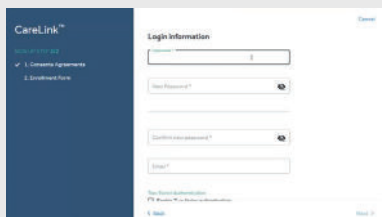
- 2 Confirm your language and country.



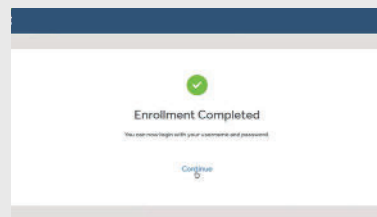
- 3 Select 'Patient' as your account type and click 'Next'.



- 4 You will be taken through the consent process and your consent is required for account set up. Please ensure you scroll down to the bottom of the pages and make your selection.



- 5 Please fill in the relevant information in the fields provided. Tip: the password must be at least 8 characters.



- 6 Your enrollment is now complete.



INSTALLING THE CARELINK™ PERSONAL UPLOADER

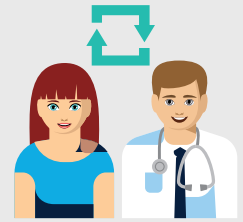
IMPROVE YOUR DOCTOR VISITS BY UPLOADING TO CARELINK™ SOFTWARE



Upload regularly.



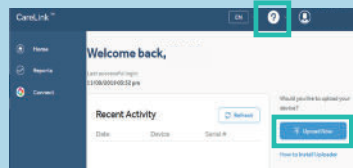
Understand your glucose pattern.



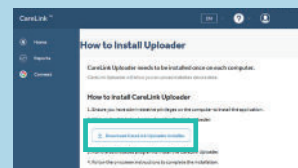
Collaborate with your doctor.

GET STARTED BY DOWNLOADING THE NEW UPLOADER INSTALL FILE

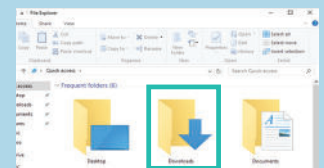
A one-time download per computer where you wish to upload your device.



- 1 Log in to CareLink™
 - Click "How to install Uploader" OR Click on the "?" and then "How to install Uploader".

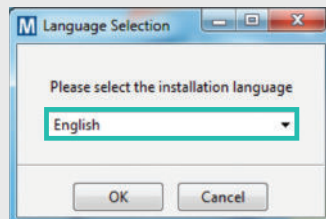


- 2 Click the download link and select a location to save the uploader file.

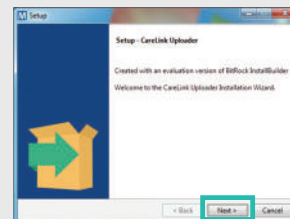


- 3 Find the downloaded file. Open the file and select "Run".

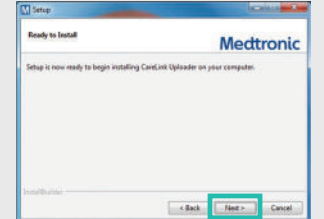
AFTER DOWNLOADING, INSTALL THE UPLOADER



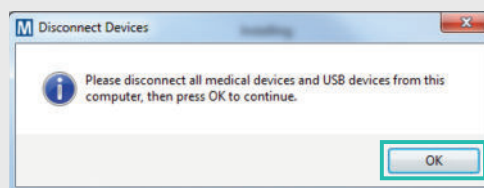
- 1 Choose your language.



- 2 Click "Next".



- 3 Click "Next".



- 4 Make sure your CareLink™ USB or meter are not plugged in and click "OK"
 - Click "Finish" to complete the installation.

NOW, YOU'RE READY TO UPLOAD

Return to your CareLink™ Personal software homepage when you are ready to upload data from your pump or meter.

ENSURING A SUCCESSFUL UPLOAD TO CARELINK™ PERSONAL SOFTWARE

TO ENSURE SUCCESS, GET EVERYTHING READY

Plug your CareLink™ USB or meter into your computer

- Place your pump as close as possible to the CareLink™ USB or meter that is plugged into your computer
- Keep the meter linked with the pump



Make sure your pump is ready to upload

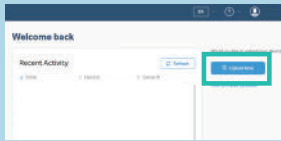
Check that the pump is not on one of these screens



- No temp basals
- No alarms
- No active bolus
- No low battery

MY IMPORTANT NOTES AND REMINDERS

UPLOADING YOUR PUMP OR METER



1 Click "Upload now" and wait for uploader screen to show.

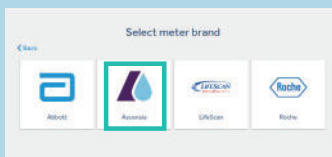


2 Click "Add new device" if this is your first upload.



3 Select your device type if this is your first upload.

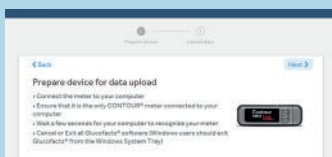
UPLOAD METER



A. Select the meter brand if you want to upload BG meter data only.



B. Select meter model.



C. Click on 'Next' to prepare device for upload.

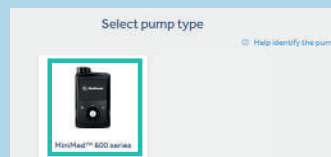


D. Wait for upload to complete.



E. Upload success.

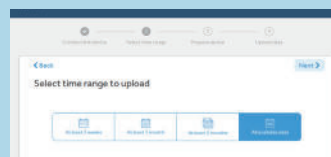
UPLOAD PUMP



A. Select your pump type.



B. Connect link device.



C. Select time range to upload.



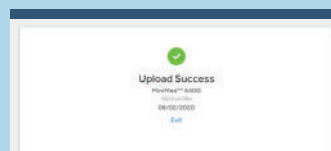
D. Follow on screen instructions to prepare device for data upload.



E. Enter your pump serial number (first upload only).



F. Wait for upload to complete.



G. Upload success.



4 If this is not your first upload then select the device you wish to upload on the 'Select your device type' screen.

GENERATING YOUR REPORTS

Generating reports to manage your diabetes is made simple and accessible with CareLink™ Personal software.

- 1** Time selection.
How many days to look back.
- 2** Set custom date range.
- 3** Switch between 30 days and 90 days view.
- 4** Click to generate reports.
Popup will be shown.

To generate your reports click on the circles in the top left of the boxes to select the reports you wish to see.

When you know which are your favorites, click the star next to the report name and then you can click "Select Favorites" in the top left to automatically select all starred reports.

READING YOUR GENERATED REPORTS

HOW DO I READ MY REPORTS?

Reading and understanding the CareLink™ software reports is an important aspect of managing your diabetes and improving your ability to make necessary adjustments. The following reports are explained in detail, providing you with personalised insights to empower your diabetes therapy decisions.

Page 9 - ASSESSMENT & PROGRESS REPORT

This report is a one stop shop for any MiniMed™ 670G system users. You can see your sensor trace with time in range (TIR) and compare it to how you have done in the past if you wish. You will also be able to see how long you stayed in Auto Mode, the reasons you came out of Auto Mode and how often you changed your infusion set and reservoir.

Page 10 - WEEKLY REVIEW REPORT

This report generates data from your selected date range. It shows your sensor, insulin delivery and events information. 7 days are displayed on each page to easily assess any trends and patterns over the week period.

Page 11 - DAILY REVIEW REPORT

This report can help you by showing your selected days in much more detail. It can be used to see when you have had Auto Mode exits so that you can identify any patterns and minimise your time in Manual Mode.

Page 12 - MEAL BOLUS WIZARD REPORT

This report is designed to help you understand how your meals and carbohydrate intake can impact your time in range and overall glycemic control. To effectively make use of this report, it is important that your preferences for meal times have been set correctly. Please see the preferences section if you have not done so.

Page 13 - LOG BOOK REPORT

This report shows information on carbohydrate intake, bolus information and blood glucose levels day by day and hour by hour. It is in a table instead of a graph if this is how you prefer your information.

Page 14 - ADHERENCE REPORT

This report is a quick information table for you to assess your sensor wear, blood glucose monitoring, bolus details and set change information. It can be used to see if you have any behavioral patterns that could be changed.

ASSESSMENT & PROGRESS REPORT

Medtronic CareLink™ Personal software



Representative patient profile

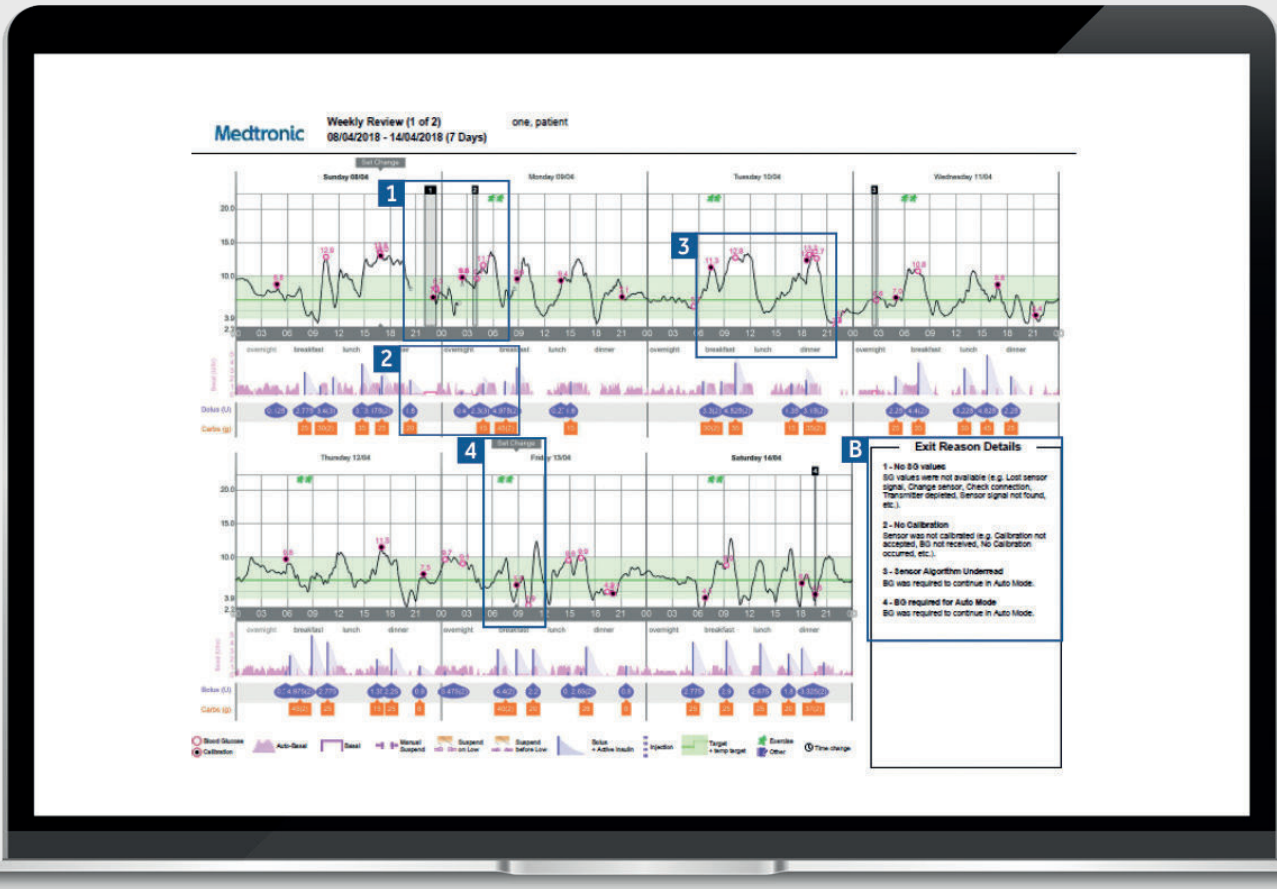
- These are the date ranges of your data. Data A (blue) is your selected time frame i.e. the past two weeks from the date of upload. Data B (orange) is your past data i.e. the two weeks before that to make comparison easy.
- This graph represents all of your sensor readings over 24hrs (midnight to midnight) the colours remain the same for the data A or B. The dark shaded areas represent where most of your SG (sensor glucose) readings fell within that time period. The coloured dotted line represents how far spread out the rest were. A tighter band means tighter control.
- The dark dotted line represents your average SG levels for data A only.
- This is your time in range (TIR) data between 4 – 10 mmol/l and this can again be compared side by side data A vs data B so you can easily track any changes.

- Here you can see all the reasons for Auto Mode exit and how many times each one happened to you in both data sets.
- These figures show how long you spent in Auto Mode and Manual Mode as well as your average SG value and your glucose management indicator (GMI). Your GMI may be similar to your laboratory HbA1c that is taken from your blood sample but it should not be treated the same as your lab HbA1c.
- This is your blood glucose data. An average value and also how many times per day you have been calibrating your sensors.
- This is your insulin use data. How much you are using altogether, how much is basal and how much is bolus and also how often you have been changing your infusion set and reservoir.
- This section is about your food. It will work out how many meals per day you are eating and the carbohydrate amounts per day. Your active insulin time is how long your pump thinks insulin stays active in your body after it has been injected. Consult your healthcare team if you have any queries about this setting.

NOTES

WEEKLY REVIEW REPORT

Medtronic CareLink™ Personal software



Representative patient profile

- 1 The black boxes indicate periods where your pump exited Auto Mode. The numbers correspond to the exit reason detail panels in section B.
- 2 This area represents your insulin delivery. Solid pink lines represent Manual Mode delivery and the pink shading represents your Auto Mode basal delivery. If you deliver a bolus it will be purple with carbohydrate and insulin info.
- 3 The solid black line is your sensor trace and the small circles represent blood glucose values entered. The circle will be filled black if it was used for a calibration of the system. TIP: We recommend calibrating your sensor 3-4 times per day.
- 4 This report will also show you events such as a set change or entered exercise periods.

NOTES

DAILY REVIEW REPORT

Medtronic CareLink™ Personal software



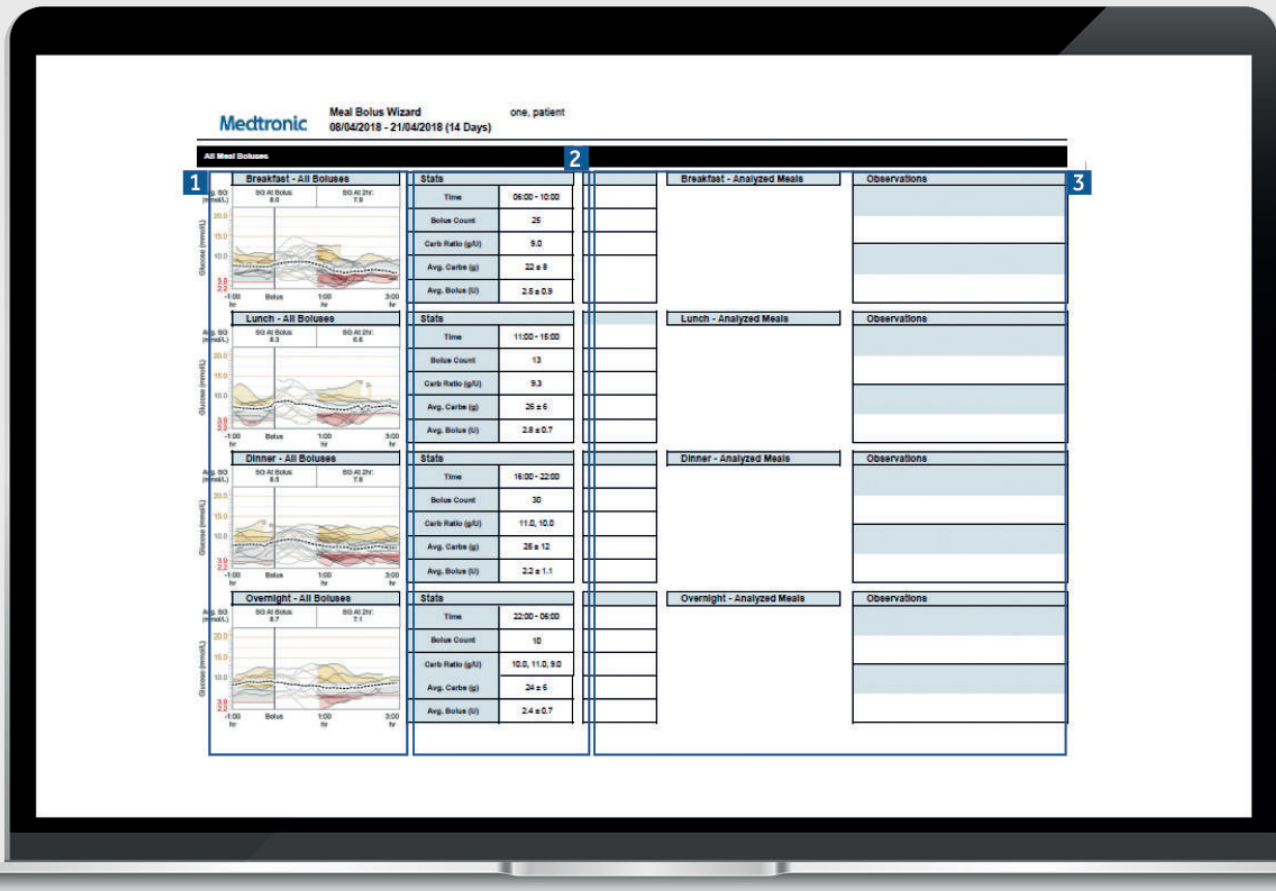
Representative patient profile

- 1 The total insulin delivery for the day and the split between basal and bolus.
- 2 Time in range data for that particular day.
- 3 An example of a set change – your pump suspends insulin delivery while you change your infusion set and reservoir. TIP: We recommend changing your infusion set and reservoir every 2-3 days.
- 4 The orange parts of the graph represent a time when the pump was using SmartGuard insulin suspension to avoid hypoglycemia.
- 5 A break-down of insulin delivery for a bolus. Only available in Manual Mode.

NOTES

MEAL BOLUS WIZARD REPORT

Medtronic CareLink™ Personal software



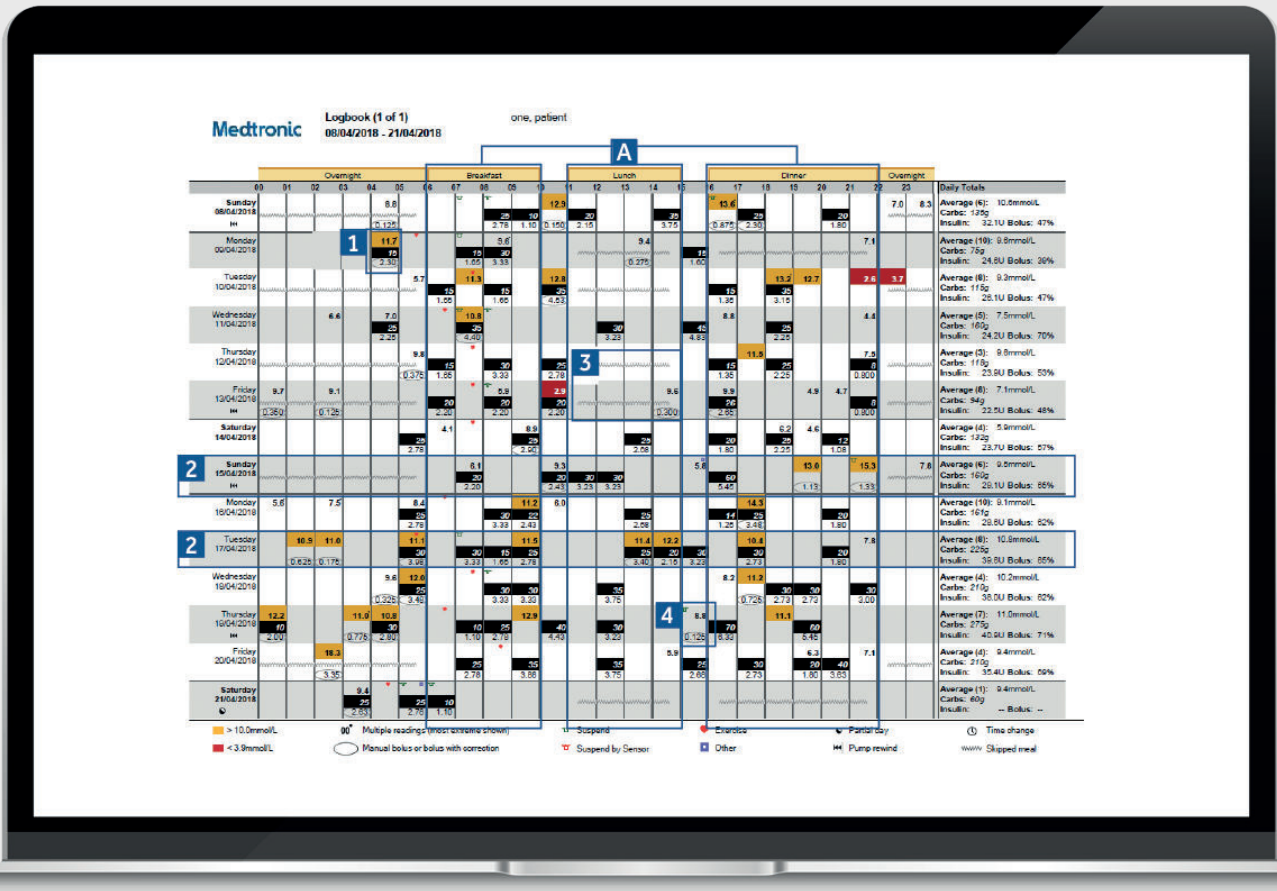
Representative patient profile

- 1** All meals for the selected time frame will be displayed in each meal section. For example, if breakfast is set for 06:00 to 08:00, all boluses between these two times will have data displayed in the breakfast section.
TIP: Make sure your times are set wide enough to accommodate different meal times at weekends.
- 2** Stats show your carbohydrate ratio for easy review and how many boluses you are taking. You can also see what your current meal time preferences are.
- 3** This section of the report is left blank so if you print your report, you have somewhere to take notes.

NOTES

LOG BOOK REPORT

Medtronic CareLink™ Personal software



Representative patient profile

- 1 Each bolus event corresponds to the time and date taken and contains blood glucose information (red if low, no colour if in range and orange if above range), carbohydrate entered (in black) and insulin delivered.
- 2 These examples allow you to view sudden increases/decreases in carbohydrate intake to help identify any patterns.
- 3 This shows a meal time has been set (highlight A) but no meal bolus was given. The report counts this as a missed meal and puts in a zigzag line.
- 4 Shows an example of a bolus with no carbohydrates. This could be a correction or a manual bolus.

NOTES

ADHERENCE REPORT

Medtronic CareLink™ Personal software

	1 Glucose Measurements		2 Sensor Duration				3 Bolus Events			4 Fill Events					5 Suspend Duration (0:mm)
	B/G Readings	Sensor Duration (0:mm)	Manual Boluses	Bolus Wizard Events	With Food	With Correction	Overrides	Reservoir	Cannula Fills	Cannula Amount (U)	Tubing Fills	Tubing Amount (U)			
Sunday 08/04/2018	6	21:20		9	6	4		1	1	0.3	1	8.6	0:46		
Monday 09/04/2018	10	23:30		8	4	4							0:15		
Tuesday 10/04/2018	8	26:00		8	6	1							0:21		
Wednesday 11/04/2018	5	26:00		6	5	2							0:21		
Thursday 12/04/2018	3	24:00		8	6	1		1	1	0.3	1	10.2	0:21		
Friday 13/04/2018	8	24:00		9	5	4							0:06		
Saturday 14/04/2018	4	24:00		6	6	1							0:22		
Sunday 15/04/2018	6	21:10		8	6	3							0:00		
Monday 16/04/2018	10	26:00		11	7	4							0:42		
Tuesday 17/04/2018	6	24:00		12	9	4									
Wednesday 18/04/2018	4	24:00		9	7	3									
Thursday 19/04/2018	7	24:00		15	10	5		1	1	0.3	1	12			
Friday 20/04/2018	4	23:55		10	8	2									
Saturday 21/04/2018	1	8:05		3	3	1									
Summary	6.4/day	13h 02m 00m	0.0/day	9.2/day	72.1%	32.0%	0.0%	4	4	0.3U /d	4	6.5U /d	2h 34m		

◀ Partial day ⚠ Suspend ⚠ Suspend On Low ⚠ Suspend Before Low Note: Partial days will not be included in summary averages. Days on which a time change occurred are considered to be partial days.

Representative patient profile

- 1** This lists how many blood glucose tests you have done each day with an average over the whole time selection at the bottom per day.
- 2** This column shows what duration per day you have worn a sensor, with a per day average at the bottom. If you have not worn a sensor, this field will be blank.
- 3** These two columns show how many manual boluses and bolus wizard boluses you have taken/accepted. You should be aiming to use as few manual boluses as possible. This is further broken down in the next few columns to show if the insulin was given with food or for a correction and if the bolus wizard was overridden.
- 4** This column shows how long per day your pump was in suspend and the coloured symbols denote what kind of suspend it was. There is a key at the bottom of the report to explain the symbols.
- 5** These columns show details on when the pump registered reservoir rewinds and cannula fills. You should be aiming to change your infusion set and reservoir every 2-3 days.

NOTES

QUESTIONS AND ANSWERS

A wide range of questions have been answered in the FAQ section of the CareLink™ Personal software website.

Please use the link below:

<https://carelink.minimed.eu/help/en/faq.pdf>



**PERSONALISED DIABETES INSIGHTS
TO EMPOWER YOUR THERAPY DECISIONS**

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¹Shalitin S, et al. Acta Diabetol. 2014; 51(2):247-56

²Corriveau EA, et al. Pediatric Diabetes 2008; 9(Part II): 360-366

Safety Information: CareLink™ software

CareLink™ software is intended for use as an adjunctive tool to help manage diabetes and is NOT intended to be relied upon by itself. For detailed information regarding the instructions for use, indications, contraindications, warnings, precautions, and potential adverse events, please consult the device manual.

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