

About



In Touch[®]



Welcome

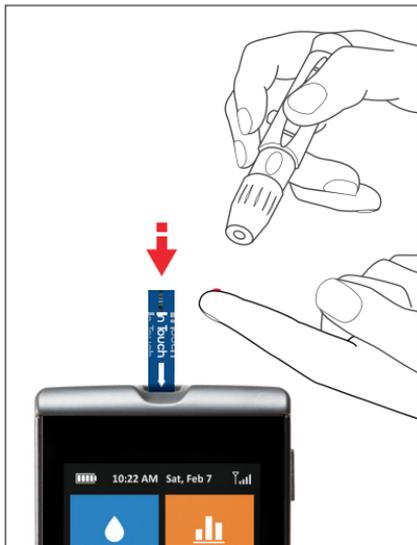
Welcome to In Touch®. With In Touch® you'll be able to check your blood glucose, tag meals, meds, and how you feel, view trends, and track steps. The data is automatically and securely sent to your personal health account through the cellular network so you can share information with your care team anytime, anywhere. Visit livongo.com to learn more about what In Touch® can do for you. Enjoy getting to know your new team member.





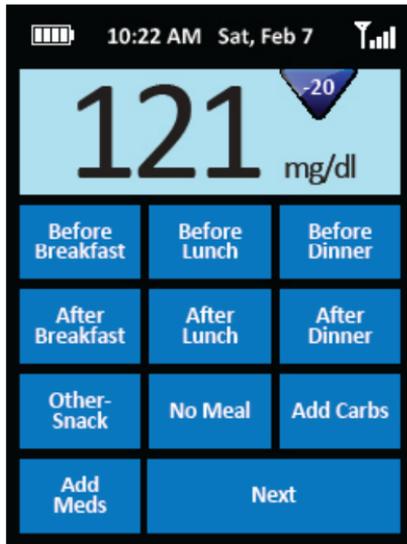
Power Up

To power up In Touch®, just press the silver ON/OFF button on the right side and hold it in for a second or two. When not in use - to save power - In Touch® will automatically go to sleep. To wake up In Touch® press the ON/OFF button. You can also put In Touch® in sleep mode by briefly pressing the ON/OFF button. By holding in the ON/OFF button longer, you can power down In Touch®.



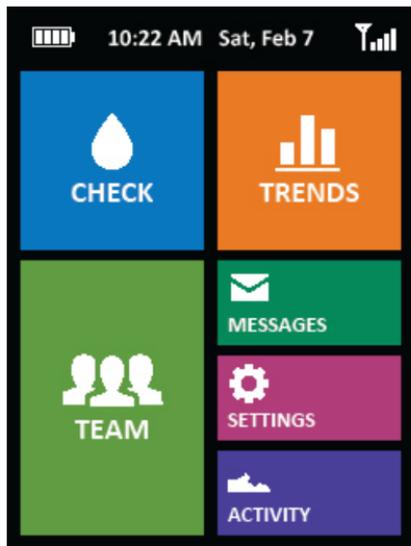
Check Your Blood Glucose

If In Touch® is in sleep mode, you can press the ON/OFF button once or insert a test strip to wake it up. When ON you can also tap the blue Check icon. Once a test strip is inserted the on screen instructions will guide you through the process. Your results will be displayed in seconds. The blue diamond in the right hand corner is the amount your blood glucose has changed from the last time you checked.



Tag Mealtime

When checking your blood glucose it's easy to tag your blood glucose values with your mealtimes. You can also add the number of Carbs and Meds. Your meal tagging data can be seen in your Stats and Trends. This will help you manage your eating patterns.



View Trends

By tapping the Trends icon on the Home screen, you can view your Logbooks, Mealtimes Values, Trends, Patterns & Statistics, and Activity. You can also get a 30-day Snapshot summary.

10:22 AM Sat, Feb 7

LogBook

Day	B		L		D	
	Bef	Aft	Bef	Aft	Bef	Aft
02/06	105	125	116		167	
02/05		144	155		168	
02/04	60			167	175	122
02/03	108		130		145	
02/02		137		155	121	

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Daily Log - Feb 6, 2015

Time	BG	Meal		Carbs
6:43 PM	167	D		0
12:09 PM	116	L		0
8:46 AM	125	B		0
8:30 AM	105	B		0

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Review Your Logbook

Your Logbook is an overview of your recent results. You can see results from the last 7, 14, 30, 60, or 90 days. To get more detail, you can tap on the Day button to display an expanded view for the selected day. The apple indicates whether it is before  or after a meal .

10:22 AM Sat, Feb 7

Steps/Calories

Day	Steps	Calories
02/06	5392	269.6
02/03	6301	315.05
02/02	5439	271.95
01/30	5231	261.55
01/27	4804	240.2

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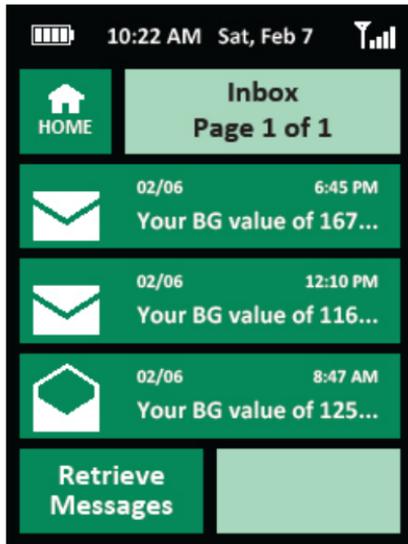
Track Steps & Activity

Your In Touch® automatically records your steps and the number of calories you burned and will submit them to your personal health account. Your results for the week can be displayed by tapping the Activity button. Like your blood glucose results, your activity results are displayed by date.



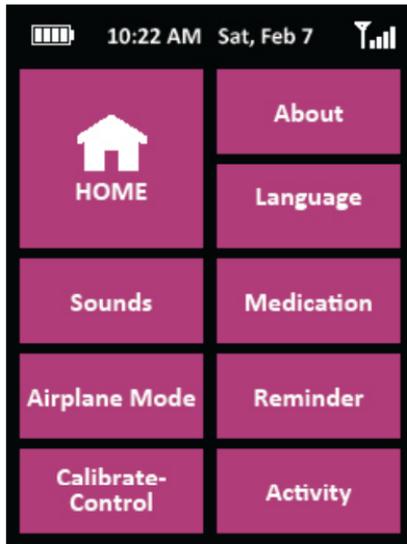
Share With Your Team

You can send your results to your Team directly from In Touch® to your health coach, MD, family or mobile phone. By simply tapping MyCoach or MyMD, your personal health record will be sent to your Coach, or faxed or emailed to your MD to the number or address you provided when you registered. If you didn't register a number you can do it directly from In Touch®.



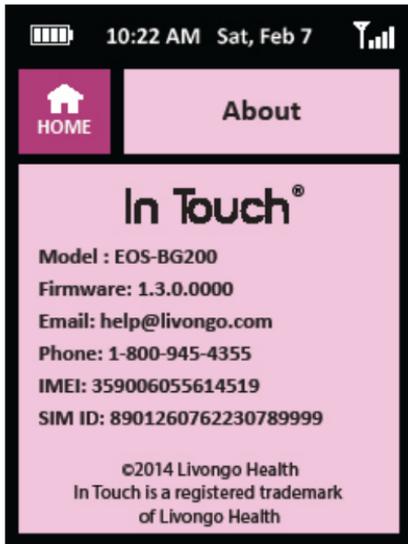
View & Answer Messages

From In Touch® you can receive messages as you check your blood glucose and respond to those messages. To view your messages, tap the Messages icon on the Home screen. Messages include reminders, health tips, and important communications from your team. You will also see reminders to re-order test strips when you have run out making it easy to re-order.



Settings

By tapping the Settings icon on the Home screen, you will find information about your In Touch[®], set sounds and reminders for medications, set your activity settings, and calibrate In Touch[®] using control solution.



About Your In Touch®

The About menu contains important information about your In Touch® device including the version number, transmitting module ID number called the IMEI number, and the wireless card/SIM card, and the telephone number and email address to get help when you need it, all of which can be used to troubleshoot any issues you might have.



Track Activity

In Touch® has a built in activity monitor so you can track your activity. You can turn the activity tracker on under the Activity panel of the home screen. By tapping 'Touch to Lock Screen', you can lock the screen when it is in your pocket and it will go into sleep mode to save power - you can wake it up by pressing the ON/OFF button.



Charging Up In Touch®

Your In Touch® will let you know when you need to recharge. Just plug the charger cord into the side port and you will see the progress of the charging on the screen. You will not be able to use In Touch® while it is charging.



View Your Personal Health Record

All your information is securely stored in your online health account where you can review your blood glucose, send & share reports and trends to your health team, and get tips and messages. You can also see how many test strips you have used and re-order as needed. Just log in with your user name and personal identification number (PIN).



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