QUICK REFERENCE GUIDE

QUICK REFERENCE GUIDE

Getting started 4

- What does TypeOne do? 4
- Terms and conditions 5
- Setting default meal times 6
- Setting your levels 7
- Reviewing your settings 8

How to use TypeOne 9

- Getting an estimate 9
- Creating a custom meal 11
- Saving a meal 12

Understanding estimates 17
Basal insulin 17
Quick acting insulin 17
Hypogycaemea **Error! Bookmark not defined.**
Negative value estimations 19
Before bed 19

Viewing history and trends 20
Overview and suggestions 22
Hypoglycaemia 24
Exporting data 25

Getting started

What does TypeOne do?

TypeOne is designed to give you more accurate estimates on how to return to the ideal blood glucose level, after eating meals throughout the day.

It does this by learning how your body is affected by carbohydrates that spike your blood sugar, and how insulin brings it back down. When used correctly, this means you can enjoy a greater range of foods you may otherwise shy away from, instead of changing your lifestyle to suit your diabetes.

Terms and conditions

Before using TypeOne, it is important to read and understand the terms and conditions, as in short, they inform you that the suggestions given by TypeOne do not in any way substitute professional medical advice. They are merely suggestions. Further, any instance where you may disagree with the advice from your own personal experience it is recommended to go with that you know and are more comfortable with.

A full view of our terms and conditions are viewable at:

https://typeone.com.au/termsandconditions.html

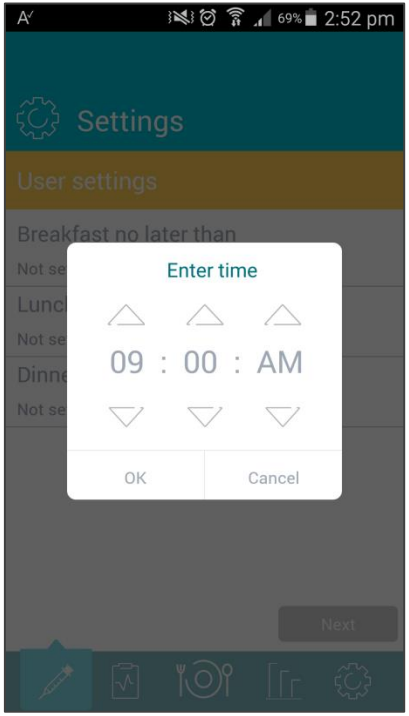
Setting default meal times

Should you accept the terms and conditions, TypeOne will first need a few variables to start off with.

First are your meal times. These simply approximate times you have your meals, so that TypeOne can track which meal it is calculating an estimate for.

Tap on the meal time you wish to change, and the arrows to select the latest approximate time you have each meal.

When finished, click next.

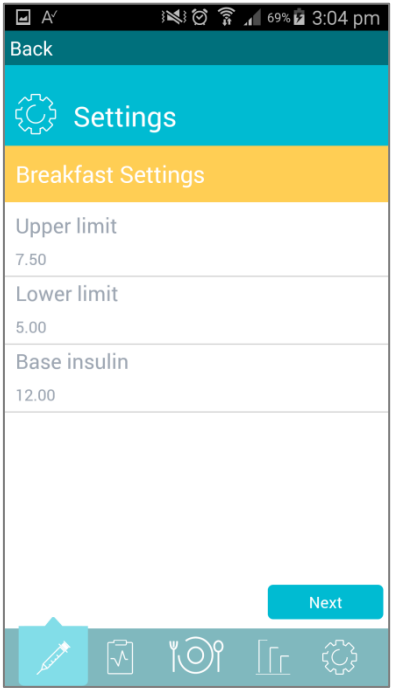


Setting your levels

Next are your upper and lower ranges, per meal time. These are given by your diabetic professional, as well as the value for your long acting, or ‘basal’ insulin intake throughout the day.

Cycle through each meal time, and use the arrows to select the range or insulin value you use.

When finished each meal, click next.

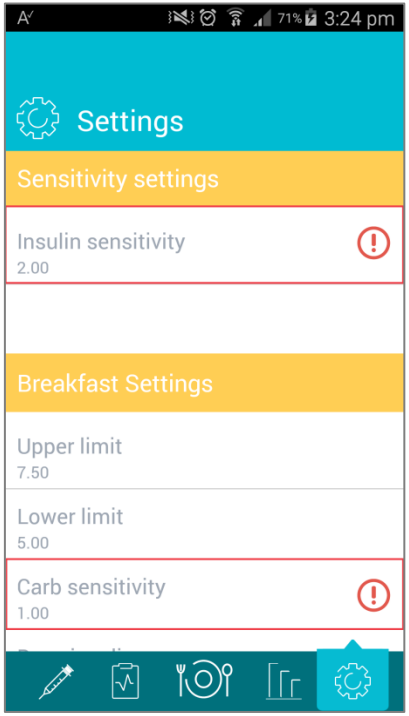


Reviewing your settings

If at any time you wish to review these settings, you can simply tap the settings icon at the bottom right of the screen, and amend as required.

Two settings that you should not touch are the ‘Insulin sensitivity’ and ‘Carb sensitivity’ settings. These should only be changed on the advice of your medical professional, or by suggestions made by the app itself.

For further information on sensitivity settings see the ‘Overview and suggestions’ section



How to use TypeOne

Getting an estimate

TypeOne tells you how much insulin is required to bring you back into the best blood glucose range after a meal is consumed.

To get an estimated insulin intake, begin by tapping the needle icon on the bottom left.

To produce an estimation, two things are required:

- Your current blood sugar level
- The meal you intend to eat

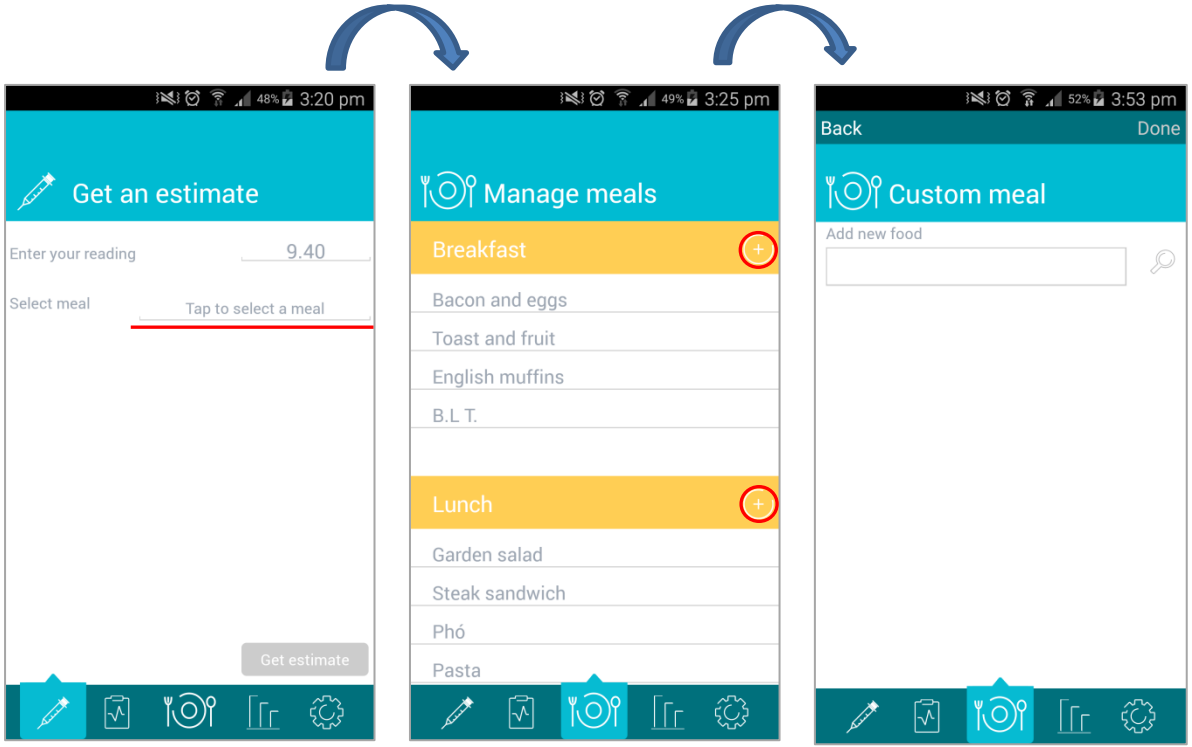
Blood glucose level:
First, take a reading of your blood glucose level and enter it in the first text area provided.

Entering a meal:

There are two ways to enter a meal on the estimate screen. Creating a custom meal, or selecting and editing a previously saved meal.

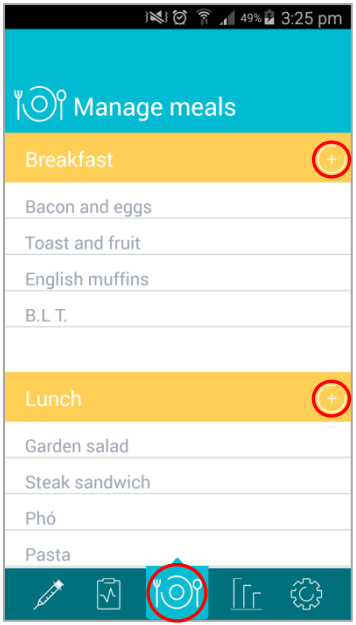
Creating a custom meal

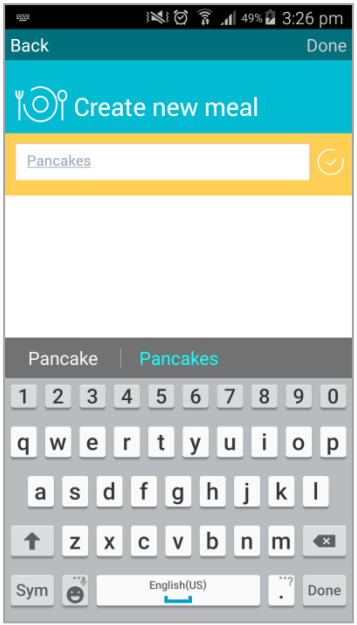
To enter a custom meal, tap the text box area to select a meal, then tap any one of the plus buttons on the right hand side, of the 'Manage meals' screen.

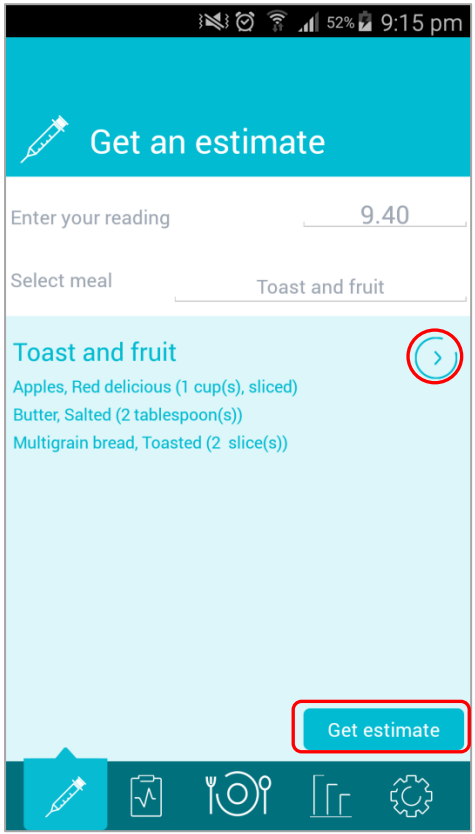


Saving a meal

Meals that are commonly consumed can be saved by creating the meal through the ‘Meal Manager’ screen. Tap the meal icon, located on the bottom right.







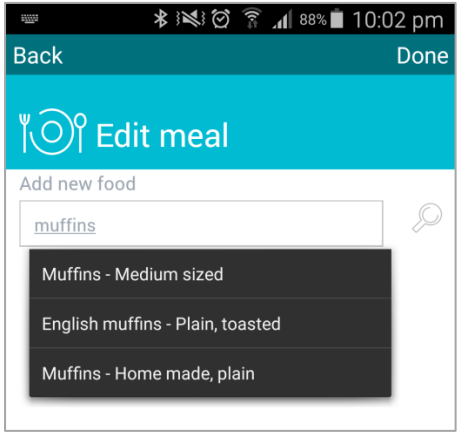
Select the plus icon for the meal time you wish to save the meal under. Give the meal a name, and tap the tick button.

Although meals are saved under a certain meal time, any meal can be selected from the estimate screen to retrieve an estimated insulin intake.

Once a blood glucose reading and a meal have been entered, click the ‘Get estimate’ button to view your estimated intake.

Editing a meal

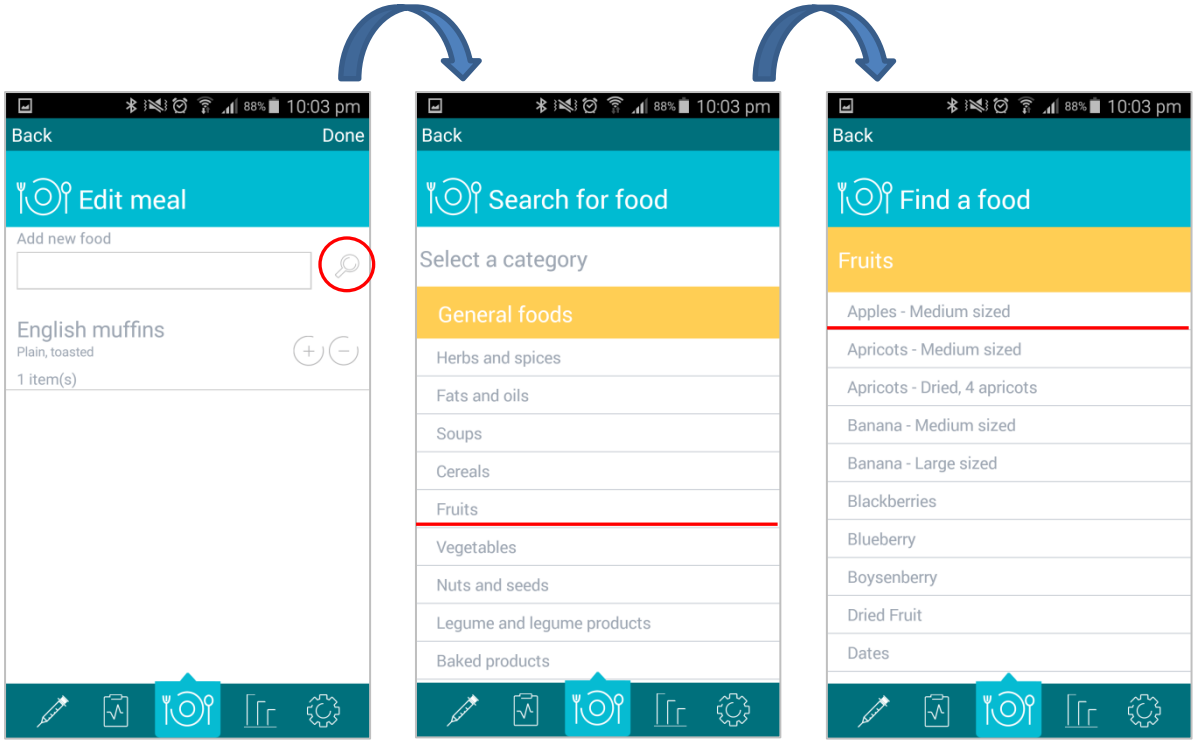
There are two ways to enter foods for a meal. We can either search for them by name, and rely upon the auto complete, or search for them manually.



To search by name, type the name of the food into the text box.

Select your food item from the auto-complete selection menu.

To search for an item manually, tap the magnifying glass on the right of the search box. Then scroll through the categories, and, select your item.



Removing a food item

To remove a meal item simply swipe to the right.

Serving sizes

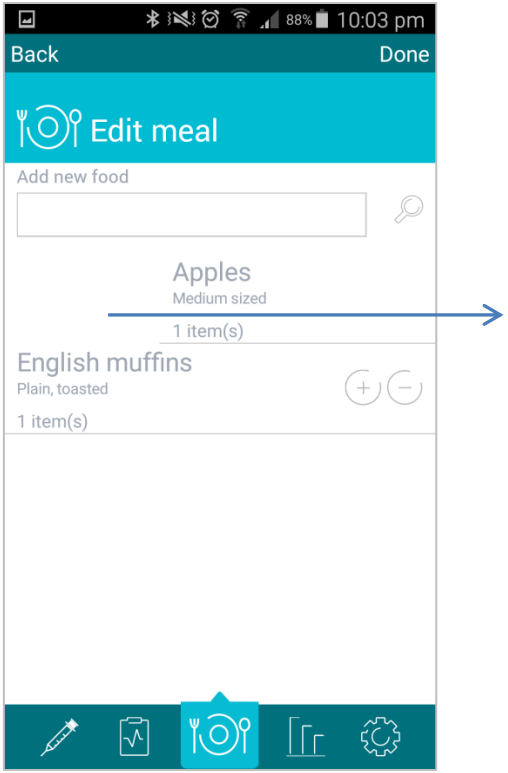
To increase or decrease the serving size, click the plus or minus buttons on the right hand side of each food item.

Completing your meal

To finish editing your meal, tap the 'Done' button on the top right hand side of the screen.

Common meals

If all the foods for your meal are not available, try search for the meal in its entirety. For example, "Pad Thai" or "Fish and chips".



Understanding estimates

The 'Suggested intake' screen shows two insulin values.

- Quick acting insulin dosage
- Long acting or 'basal' insulin dosage.

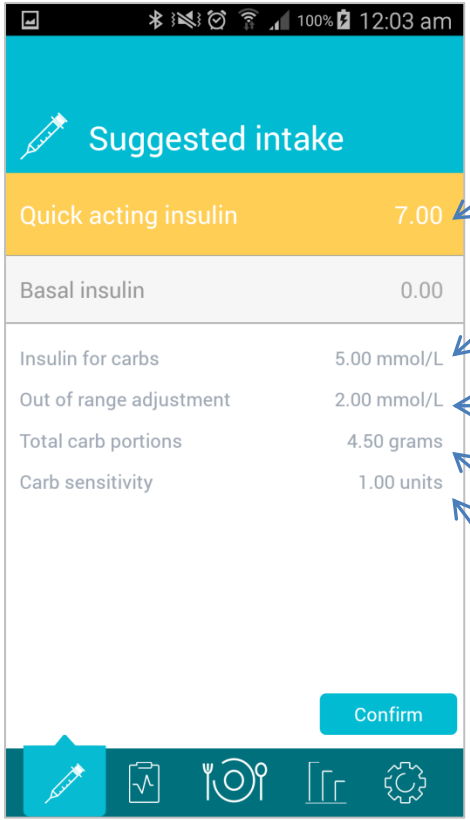
Basal insulin

The 'Basal insulin' value is simply taken from the settings for each specific meal time.

Quick acting insulin

The 'Quick acting insulin' value is calculated as the amount of insulin required to counteract the carbohydrates in your meal, plus any out of range adjustment.

An out of range adjustment is applied where your blood glucose level is out of range. For example, if for lunch time your upper is 8 and your reading was a 9, an out of range adjustment would apply.



1. Estimate insulin intake
2. Total amount of insulin required to counteract the carbohydrates in the selected meal
3. Out of range adjustment. The extra amount of insulin required, when your reading is above or below your range limits for the given meal time.
4. Total carbohydrates in the meal
5. Current carb sensitivity. For more information, see Overview and Suggestions

Hypoglycaemia

Out of range readings do not apply where an instance of hypoglycaemia has occurred within the previous 3 hours. For more information, on hypoglycaemia, see ‘Hypoglycaemia’.

Negative value estimations

Should the quick acting insulin estimate suggest a negative value, this indicates you need more carbohydrates in your meal to bring you level. This might be something small and sweet such as a few jelly beans, or something similar.

Before bed

The Quick acting insulin estimation will never read above four points before bed.

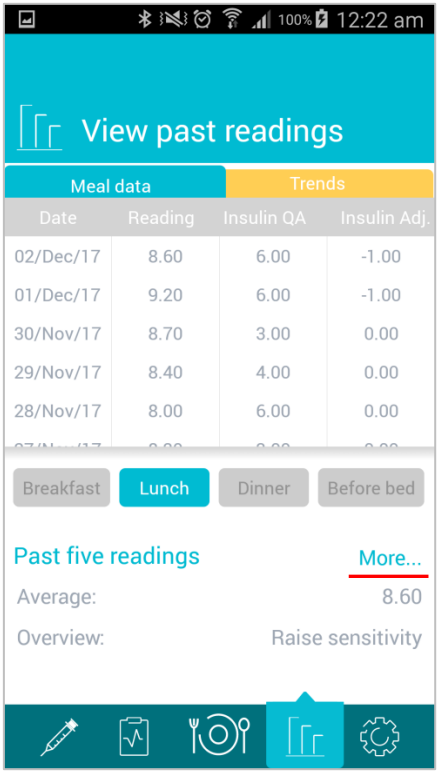
Viewing history and trends

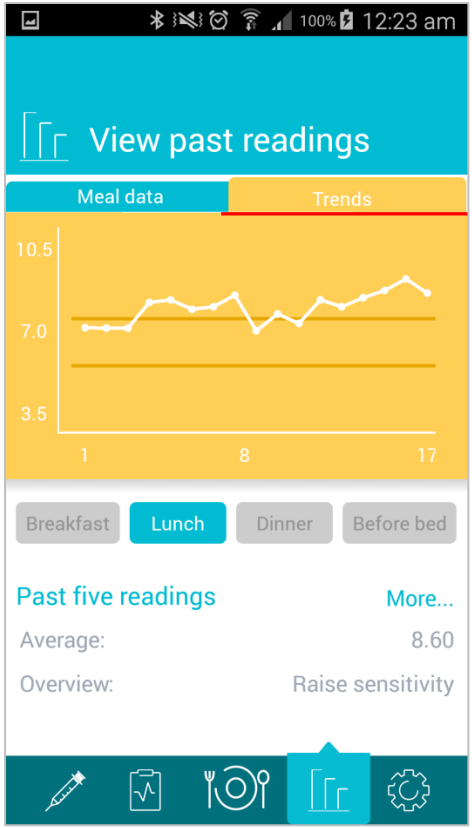
To view historic data, tap the bar graph icon to enter the ‘Previous readings’ screen.

This screen shows all historic data from most recent to least, by date.

The bottom of this screen gives us a quick summary on our most recent five readings.

If the word 'More…' is visible within this summary, we can tap on this and get a more detailed break-down of how we are tracking.





To view current trends, tap the 'Trends' tab to view a graphic representation of your most recent 20 readings.

A minimum of 10 readings are required to graph and view trends.

The darker yellow lines represent the upper and lower ranges for the given meal time.

The aim is to be between these lines prior to each meal. In the example shown, we have readings that are consistently high for this meal time, for which TypeOne suggests a raise of carb sensitivity.

Overview and suggestions

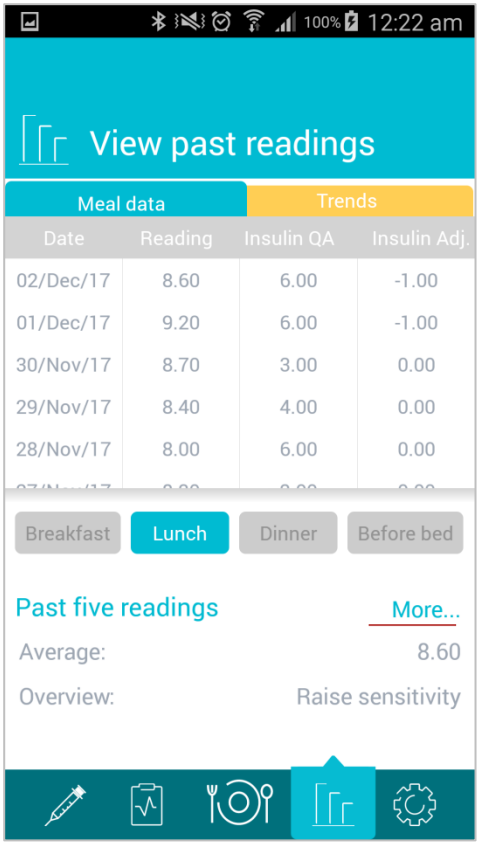
TypeOne analyses your five most recent readings for a given meal time, and makes suggestions based on your data.

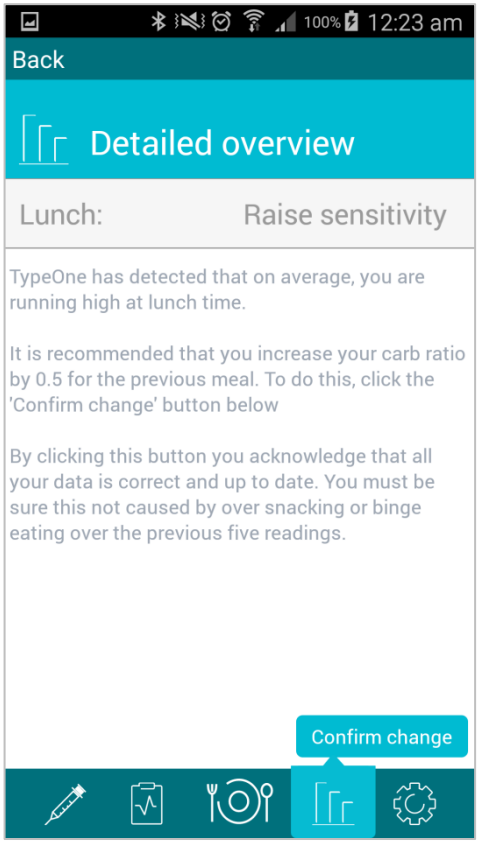
To view a detailed overview for the last five readings for any meal time, first select the meal time, then tap the 'More…' label.

If your readings are running consistently high, or consistently low, TypeOne may suggest and increase or decrease to your carb sensitivity value for the previous meal time.

Raising your sensitivity for breakfast for example, means that for a given meal, TypeOne would calculate a higher 'Insulin for carbs' value, increasing the overall dosage to bring your levels down further.

For more information on how estimates are calculated, see 'Understanding estimates'


100% 12:22 am
View past readings
Meal data
Trends
Date
Reading
Insulin QA
Insulin Adj.
02/Dec/17
8.60
6.00
-1.00
01/Dec/17
9.20
6.00
-1.00
30/Nov/17
8.70
3.00
0.00
29/Nov/17
8.40
4.00
0.00
28/Nov/17
8.00
6.00
0.00
Breakfast
Lunch
Dinner
Before bed
Past five readings
More...
Average:
8.60
Overview:
Raise sensitivity


100% 12:23 am
Back
Detailed overview
Lunch:
Raise sensitivity
TypeOne has detected that on average, you are running high at lunch time.
It is recommended that you increase your carb ratio by 0.5 for the previous meal. To do this, click the 'Confirm change' button below
By clicking this button you acknowledge that all your data is correct and up to date. You must be sure this not caused by over snacking or binge eating over the previous five readings.
Confirm change

Hypoglycaemia

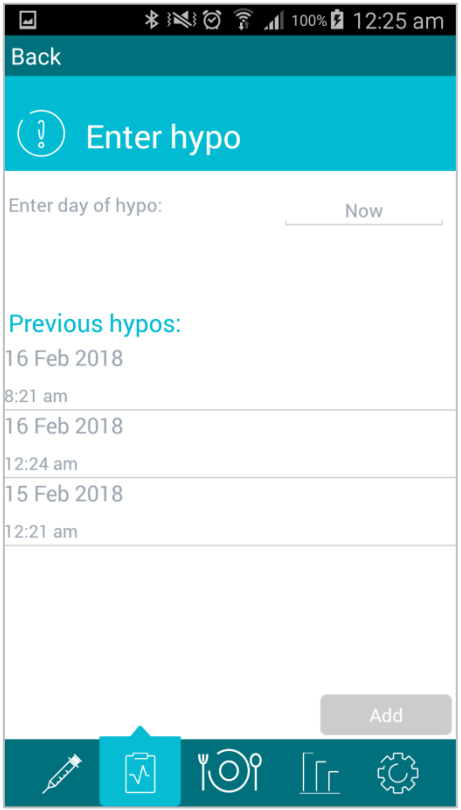
TypeOne allows the recording of hypoglycaemic episodes, through the ‘Enter hypo’ screen.

To record an instance of hypoglycaemia, tap the clipboard icon to the bottom left.

Tap the hypoglycaemia menu item and enter when the episode occurred.

You should enter this when you are experiencing hypoglycaemia, or as soon as possible thereafter, as this effects how the out of range adjustment is calculated. But you may also enter this retroactively, as this information is often of great use to your diabetic doctor or nurse.

To delete any previous recording, swipe the entry off the screen.



Exporting data

To export your data, tap the clipboard icon to the bottom left.

Then tap the ‘Export data’ menu item.

Select what data you would like to export, what format you would like the data in, and to whom you would like the data sent to.

Finally, tap the ‘Export’ button to send your data to the desired recipient.