Selecting think positive diabetes on your phone

1   The program will be listed on your phones menu with a t+ icon. The exact location within the menu will be dependant on your handset model.

2   Open the application

3   The 'Think Positive diabetes' front page will then be displayed with the menu:
   'Take a test'
   'Diary Entry'
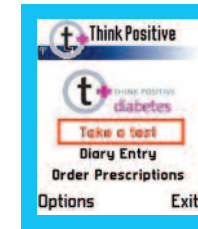   **'Order Prescriptions'**

Typical phone screen shown.

Pairing the Bluetooth Cradle and Phone
This stage need only be done when you use the system for the very first time or have changed cradle for any reason.

1   Take a blood glucose reading using the One Touch Ultra meter, when successful the reading will be shown on the meter e.g. '**7.7 mmol/L**'
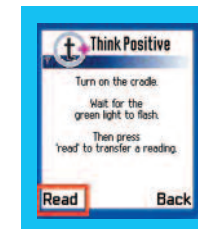

2   Remove the strip from the One Touch Ultra meter

3   On the phone, open the t+ diabetes software *select* '**Take a Test**'
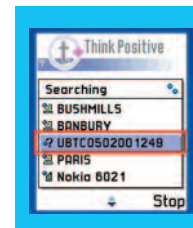

4   On the cradle *press and hold* the **TRANSMIT** button. The status light will turn on, wait until the status light turns off, (up to 7 seconds), *release* the **TRANSMIT** button the word '**PC**' will be shown on the meter
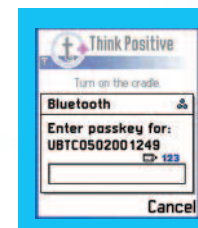

5   On the phone *press* **READ or TRANSFER**

6   The phone will search for any Bluetooth devices and list them, you may have to wait for the search to completely finish. The cradle will have a description that starts "UBT", find it in the list *press* **SELECT**

7   The phone will prompt for a Bluetooth passcode to operate with the cradle by showing '**pass code?**' *type* **12345678** *press* **OK**

You have now successfully paired your cradle, follow the final steps to complete sending data to the phone.

8 Once connected to the meter the phone screen may summarise the communication between the phone and meter with such phrases as '**Getting readings**', '**Setting time**'. When the screen shows '**Erasing reading**' the information has been successfully transferred to the phone.

9 The phone will now show the 'Meter Readings' and a list of blood glucose values.
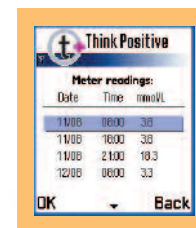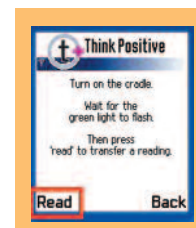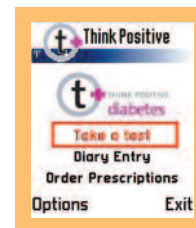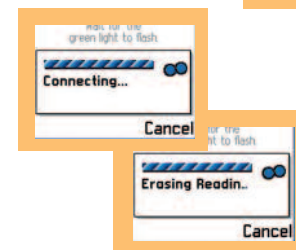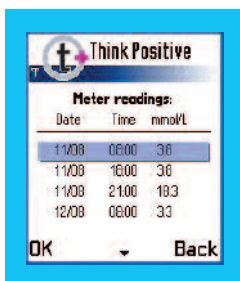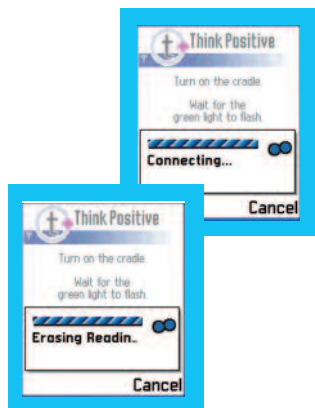*press* **OK**

You will now be asked to complete diary information, the diary questions are different for insulin and non-insulin users.

If the phone shows '**Failed to connect to cradle**', it has failed to pair correctly with the meter.

On the One Touch meter *press* **M** to switch it off

On the cradle
press and hold the **TRANSMIT** button (as step 2) until the light has come on for a few seconds then gone off, then *release* the button.

On the phone
press **RETRY** and continue from step 5.

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1 Take a blood glucose reading using the One Touch Ultra meter, when successful the reading will be shown on the meter e.g. '**7.7 mmol/L**'

2 Remove the strip from the One Touch Ultra meter

3 On the phone, which should be running the t+ diabetes software *select* '**Take a Test**'

4 On the cradle
press the **TRANSMIT** button
The status light will turn on then flash the word '**PC**' will be shown on the meter

5 On the phone *press* **READ or TRANSFER**

6 Once connected to the meter the phone screen may summarise the communication between the phone and meter with such phrases as '**Getting readings**', '**Setting time**'. When the screen shows '**Erasing reading**' the information has been successfully transferred to the phone.

7 The phone will now show the 'Meter Readings' and a list of blood glucose values.
press **OK**

You must now complete diary questions, the diary questions are different for insulin and non insulin users, if you use insulin continue to page 16 if not continue from page 18.

Entering Diary Information
for insulin users

Once the diary has been started, the phone will ask you some questions such as:

1 'How much insulin are you about to use?' Enter the amount by using the phone key pad
- *press* **OK**

2 'How long is it since you last had a meal?' Select the appropriate time scale using the cursor key. When you have selected the correct time scale
- *press* **OK**

3 'Are you about to eat?' Select the appropriate size of the meal using the cursor key. When you have selected the correct amount
- *press* **OK**

4 'Are you likely to be active in the next few hours?' Select the appropriate level of activity using the cursor key. When you have selected the correct amount - *press* **OK**

5 The phone will then offer 'Optional Questions' **figure 1.** Choose one of the following:

ILLNESS - If you have been ill select 'Illness' using cursor arrow - *press* **OK** **figure 2.**   Using the cursor highlight relevant illness and check box by pressing the centre button on cursor pad - *press* **OK**.   A text box will appear which will allow you to type in a description of your condition using the key pad. When completed - *press* **OK**

FOOD / DRINK - If you have consumed an unusual quantity of sweet foods or alcohol - *press* **OK** Using the cursor highlight relevant food or drink and check box by pressing the central button on the cursor pad - *press* **OK**
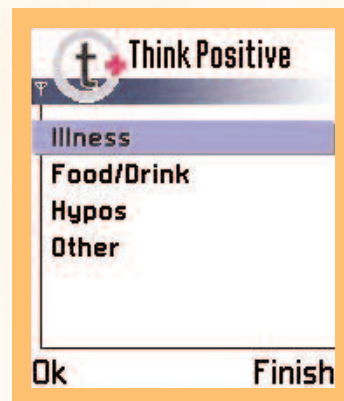
figure 1

figure 2

A text box will appear which will allow you to type in a description of your condition using the key pad. When completed - *press* **OK**

HYPOS - If you have been hypoglycaemic select 'Hypos' cursor arrow - *press* **OK** Using the cursor highlight the relevant description of the hypoglycaemic condition and check box by pressing the central button on the cursor pad - *press* **OK**

OTHER - If you are suffering from stress or are menstruating select 'other' using the cursor arrow - *press* **OK** Using the cursor highlight the relevant condition and check box by pressing centre button on cursor pad - *press* **OK**

FINISH - To finish and send the data - *press* **FINISH**

6 Screen shows 'Diary entries stored'.

You must complete the diary entries to be able to see the graphs on your phone.