

Dose Check

Set-up guide

Let's get started

Welcome to **Dose Check** – the smartphone app* that works out your insulin dose for you – and can help you reach your recommended target dose.

This guide helps you set up **Dose Check** on your mobile phone as you begin your basal insulin treatment.

*To support basal-only therapy for type 2 diabetes



The model shown in this image is for illustrative purposes and is not a real patient

Finding the Dose Check app

You only need a smartphone to use **Dose Check**.
Find the app in a few easy steps:†



Through the Apple App Store for an iPhone device



Through the Google Play Store for an Android device



Click the **Dose Check** app link sent to you by your doctor

DOSE CHECK
powered by AMALGAM Rx™

† The **Dose Check** app can only be found and downloaded in local app stores in countries where it is available.

Your doctor has set up Dose Check for you online with your basal insulin treatment plan.

When you've downloaded the app, all you need to do is add your phone number and wait for a text message from your doctor; the text will contain an access code which will unlock the **Dose Check** app.

If you have previously downloaded the app, you will already have received the text message from your doctor with the access code.

Just a few quick steps to get started

Dose Check will guide you through some quick details.

- ◆ Enter your date of birth
- ◆ Tap **Accept** on the terms and conditions if you agree and then **Enter**
- ◆ Confirm your name and gender. Then press **Enter**
- ◆ Review your treatment plan created by your doctor and press **Enter**
- ◆ Authorise the app to send messages to your phone if you'd like to receive them. Choose the time that suits you best for reminders. Then press **Enter**
- ◆ If you have a compatible Bluetooth blood glucose meter, you can pair it with **Dose Check** now. Otherwise go to **Next**

‡ **Dose Check** supports most Accu-Chek, LifeScan and Contour meters. If you would like to check exactly which meters are compatible with Dose Check, tap Settings, then Connected Devices and then Connect First Device.

Top tips

- ◆ Use the same mobile number that you registered during your consultation with your doctor
- ◆ The text message from your doctor may take a couple of minutes to arrive

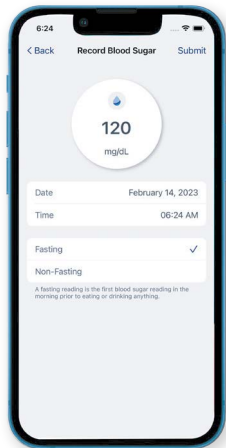


You're ready to get started

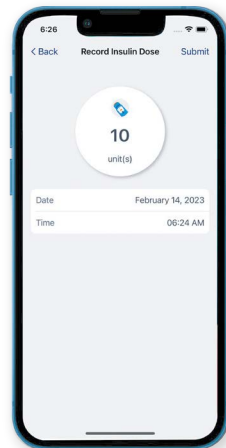
First, **log your fasting blood sugar** level. When you've done this, you'll **get your first recommended insulin dose**.

Each day, **Dose Check** will send you notifications to prompt you to take two steps:

1 Log your fasting blood sugar level




2 Inject the recommended dose of insulin



The app looks at your data based on your treatment plan created by your doctor to calculate your next basal insulin dose so you don't have to.

Follow your progress towards reaching your treatment goals

Tap the **Dose Check** icon  in the top left-hand corner of the app to see the menu. Then:

- Tap **Logbook** to view all the blood sugar readings and insulin doses you've recorded
- Within **Logbook**, tap **Graph** to see a chart of your readings
- Tap **Calendar** to see the next day of dose adjustment
- Tap **Insulin Plan** to see your treatment plan created by your doctor
- Tap **Profile** to check your personal information – you can edit if you need to
- Tap **Help** to report any issues

Top tips

- Tap **Record Sugar** to log your fasting blood sugar level
- After injecting the recommended insulin dose, tap **Record Dose**



Important: All dose adjustments should be made only as instructed by your doctor.