



# DeSA Destress Assistant

## Instruction manual

January 2015

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## What is DeSA

Desa is an application for tracking multiple health and fitness parameters, with special focus on diabetes management. You can log blood glucose, carbohydrate intake, insulin, activity, weight and stress levels. For activity tracking, Fitbit or iPhone's in-built activity tracker (where available) can be used; this way you activity is logged automatically if you have your iPhone or activity tracker on you.

All data is saved and visualized on your iPhone and never leaves your device, unless you want it to. You can export the data and send it by e-mail in CSV format-- for later analysis in third party programs, or send it to your physician directly.

## Intended use

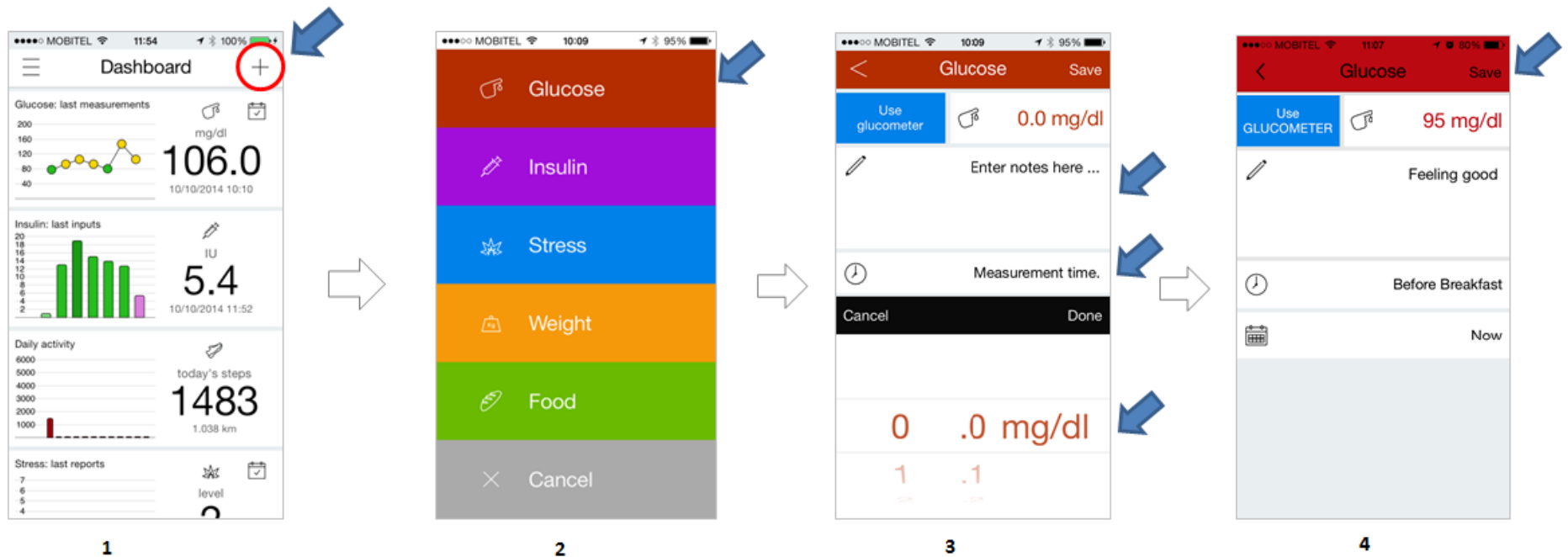
The application is primarily intended for diabetes management, but can be used as a well-being app as well.

# App functionalities

## Blood glucose tracking

### Manually entering blood glucose

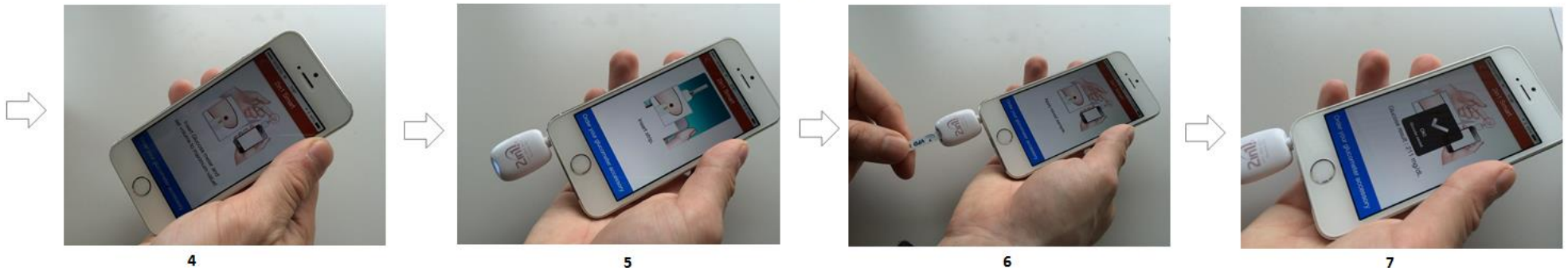
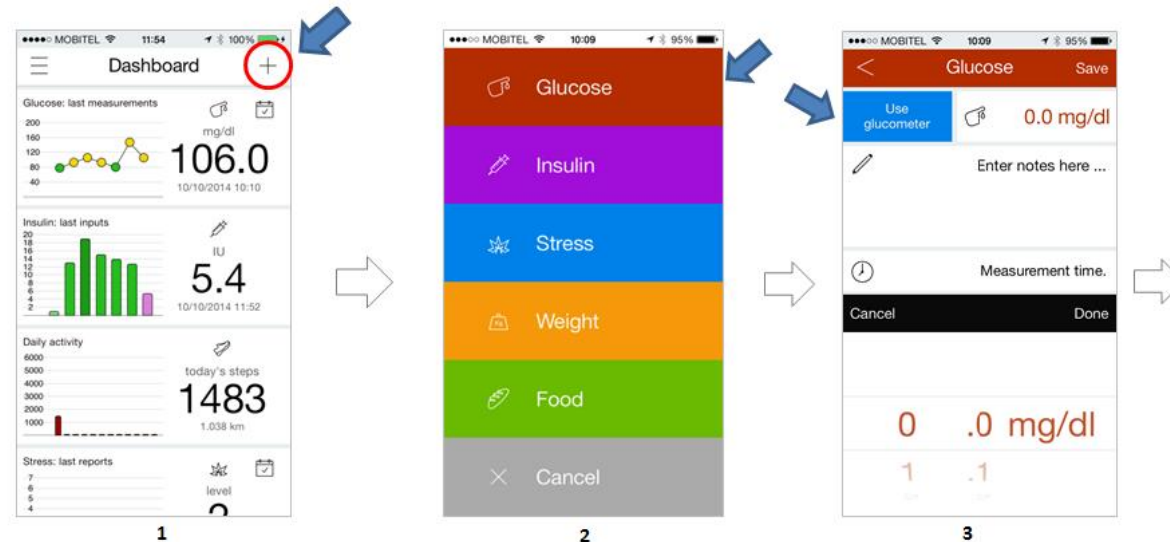
For manually entering blood glucose, please follow the steps outlined below:



## Capturing blood glucose with the 2in1 Smart accessory

For measuring and capturing blood glucose, please follow the steps outlined below:

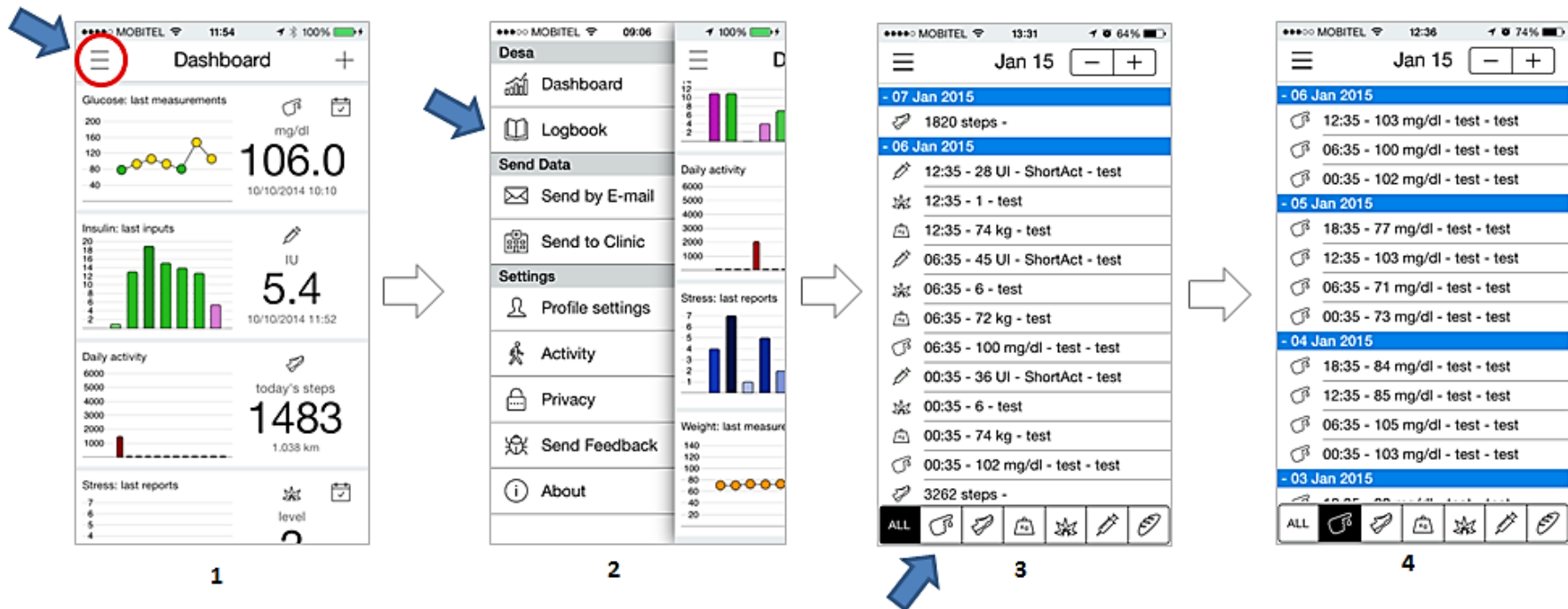
If you plug in the 2in1 SMART glucometer while on the Dashboard, the screen seen in step 5 appears automatically and steps 2-4 can be omitted.



## Reviewing blood glucose levels in a logbook

For reviewing blood glucose levels in a logbook, please follow the steps outlined below:

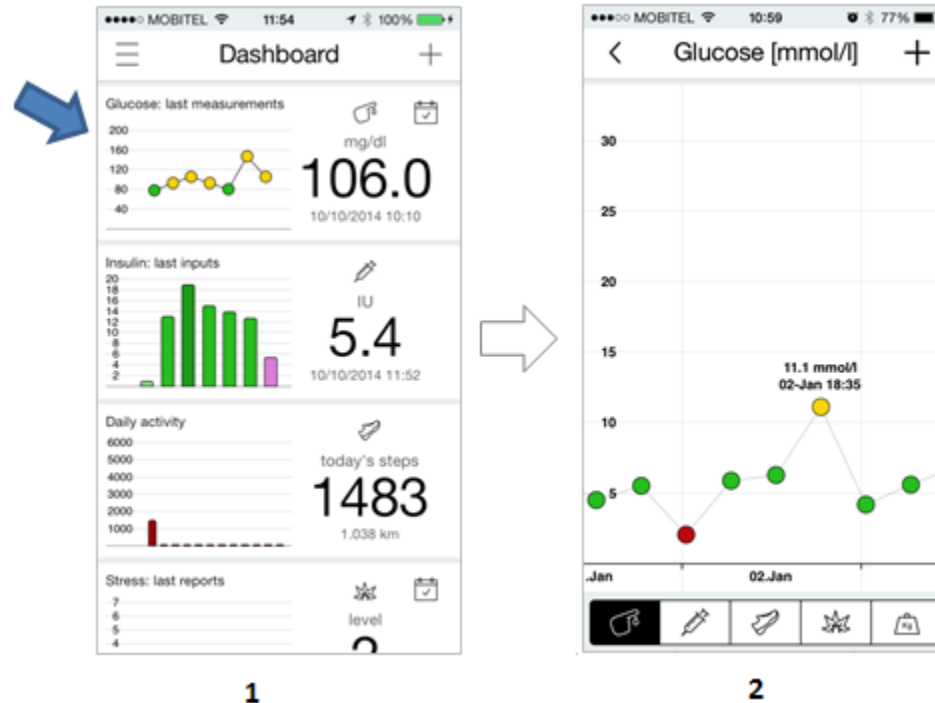
The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.



## Reviewing blood glucose levels on a chart

For reviewing blood glucose levels on a chart, please follow the steps outlined below:

To move along the time axis, just swipe the screen, to zoom in or out simply pinch the screen. If you click on a bar, the details appear as seen on screen 2.



## Editing a blood glucose measurement

For editing blood glucose measurements, please follow the steps outlined below:

The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.





## Deleting blood glucose measurement data

For deleting blood glucose measurements, please follow the steps outlined below:

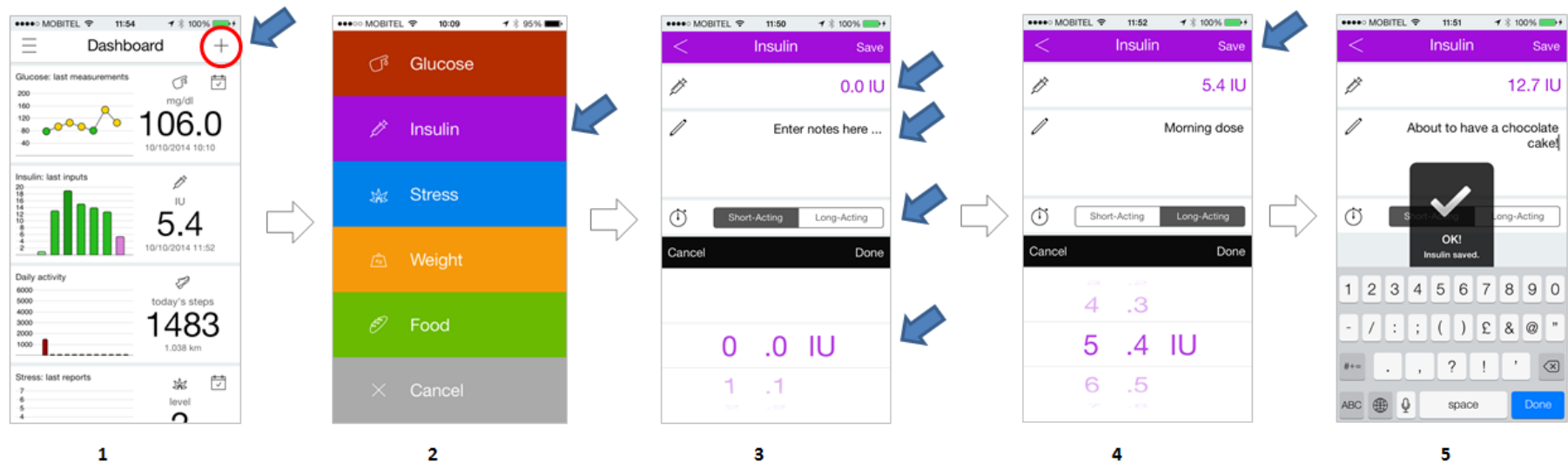
To delete just slide left and the delete button appears.



## Tracking of insulin applications

### Entering an insulin dose

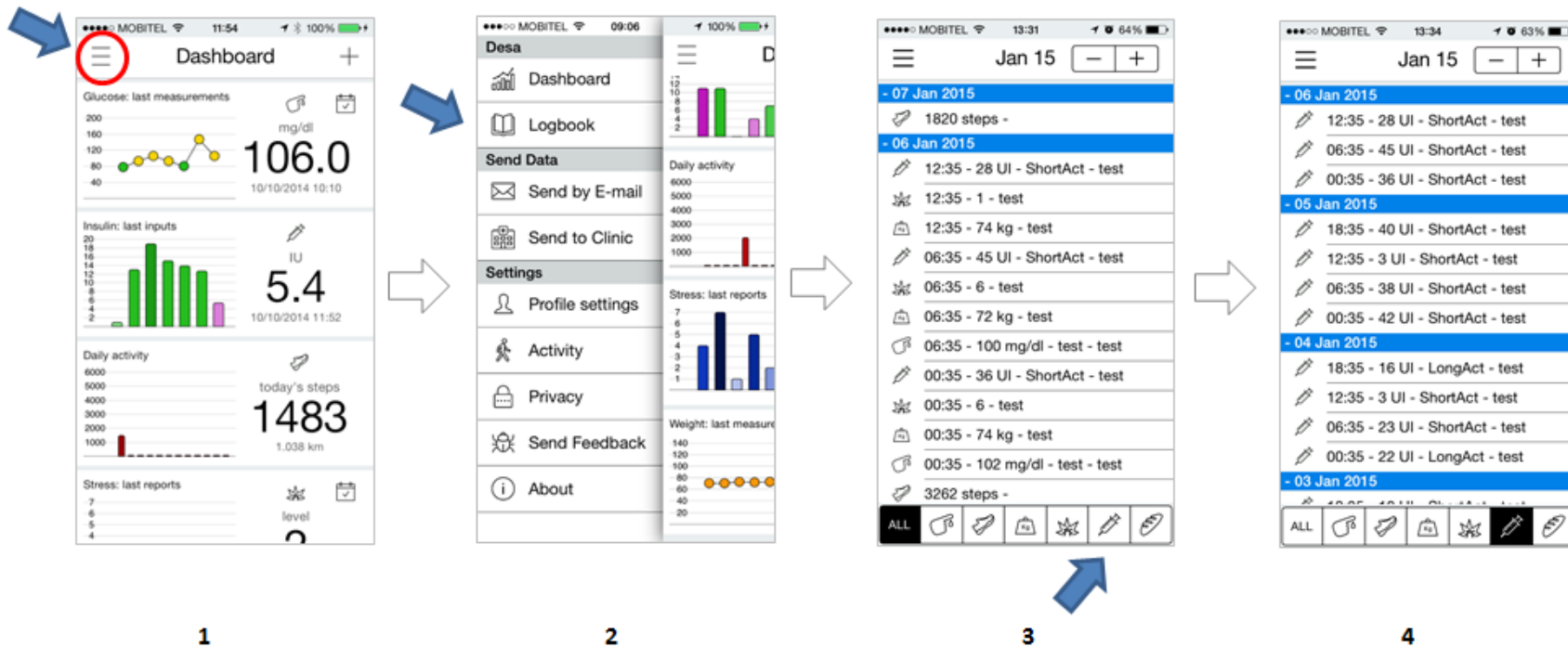
For entering an insulin dose, please follow the steps outlined below:



## Reviewing insulin applications in a logbook

For reviewing insulin applications in a logbook, please follow the steps outlined below:

The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.



## Reviewing insulin levels on a chart

For reviewing insulin levels on a chart, please follow the steps outlined below:

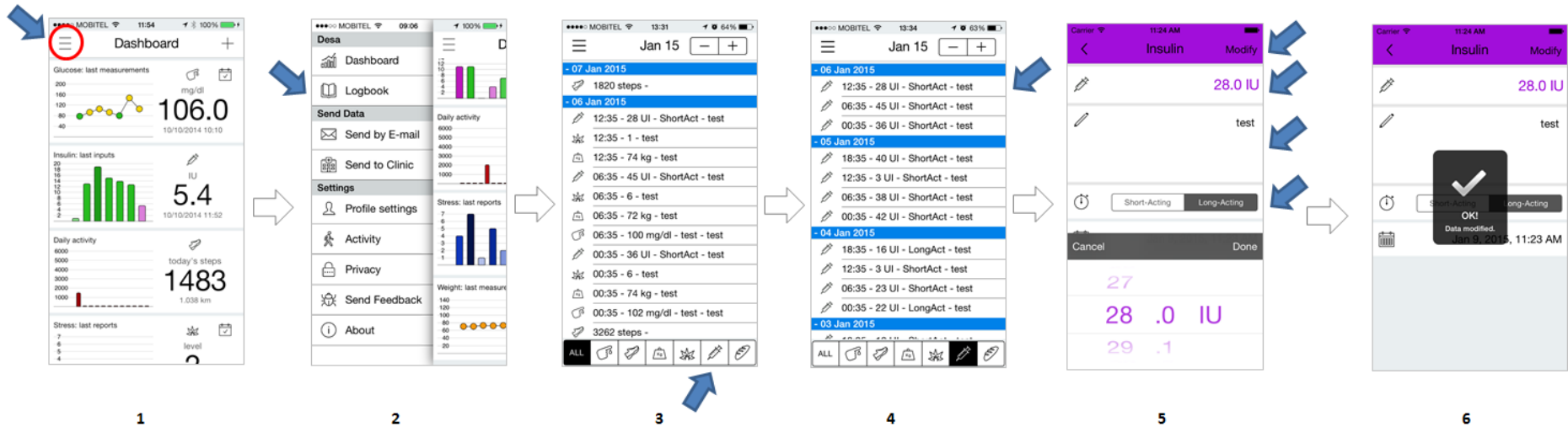
To move along the time axis, just swipe the screen, to zoom in or out simply pinch the screen. If you click on a bar, the details appear as seen on screen 2.



## Editing an insulin dose

For editing an insulin dose, please follow the steps outlined below:

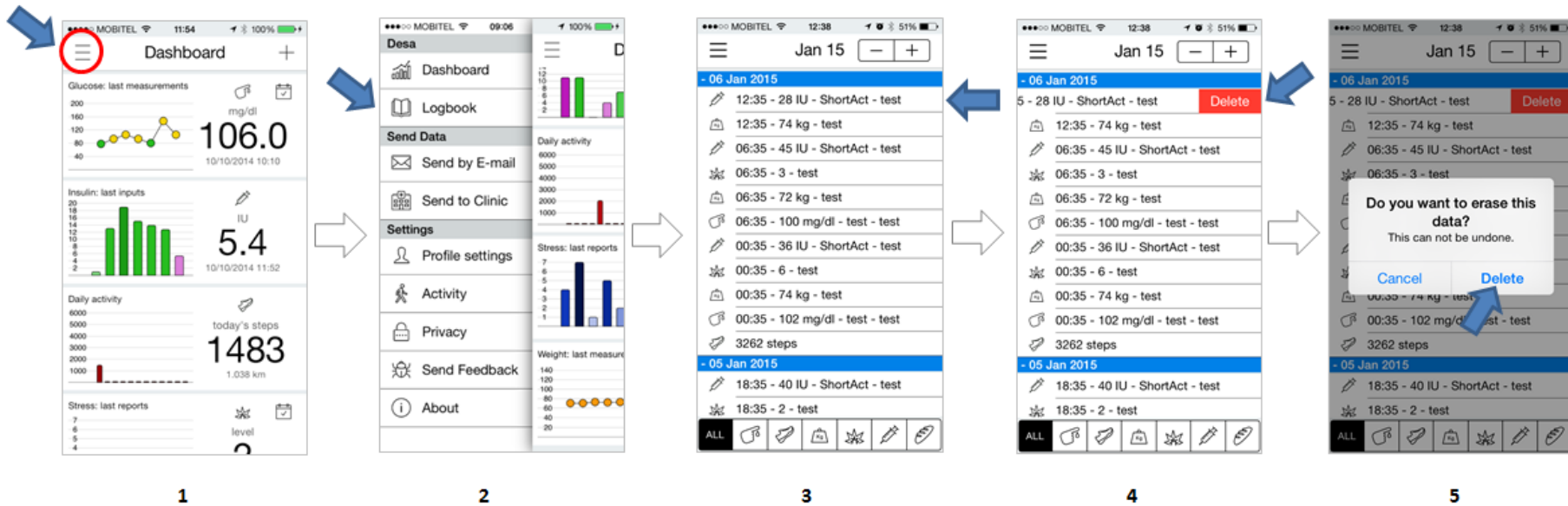
The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.



## Deleting insulin application data

For deleting an insulin application, please follow the steps outlined below:

To delete just slide left and the delete button appears.



## Stress tracking

### Entering your stress level

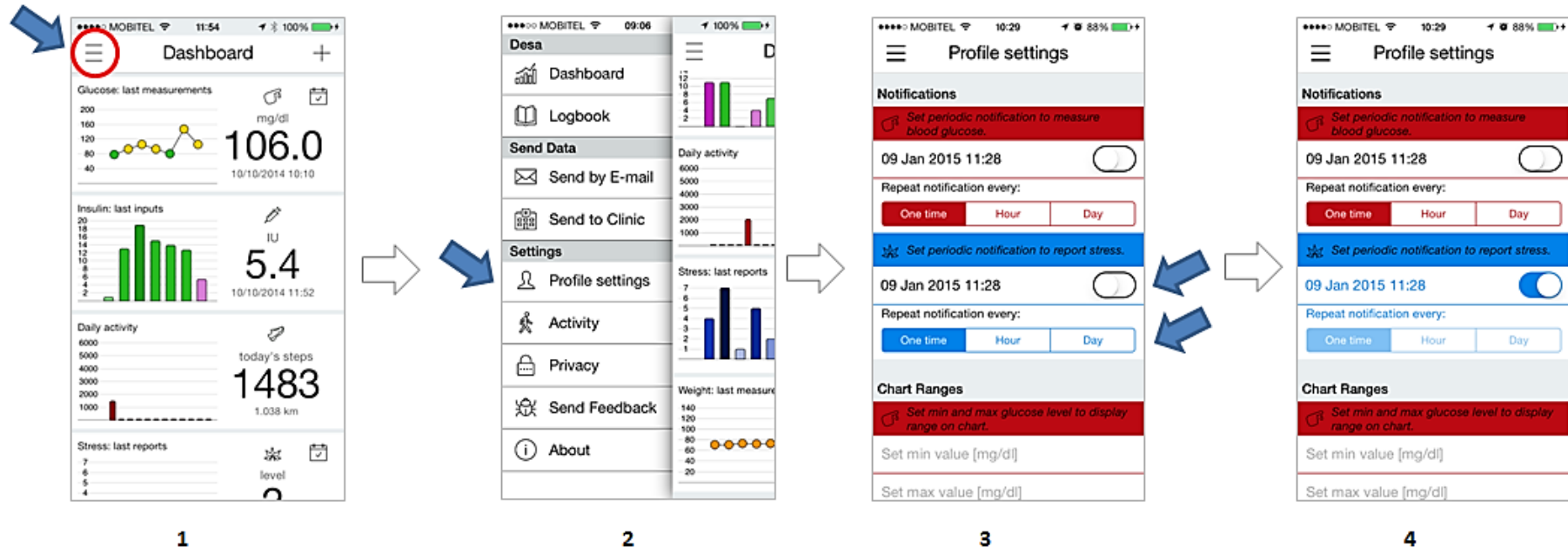
For entering your stress level, please follow the steps outlined below:



## Setting stress reminder notifications

For setting stress reminder notifications, please follow the steps outlined below:

The reminders can be set to appear one time, every hour or every day. One time reminders will only appear once on the time and date you preset, hourly reminders appear every hour and daily appear once every day. To set, first turn notifications on as seen in step 3.

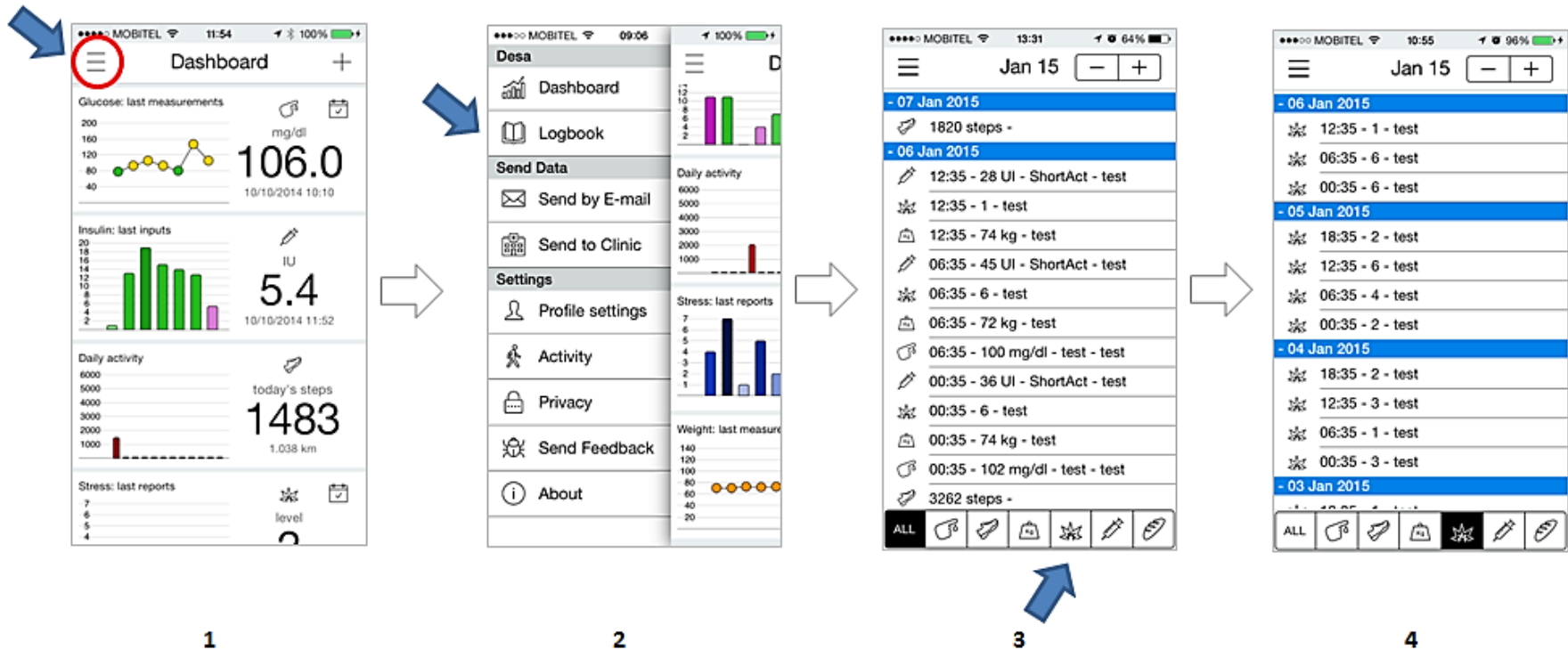




## Reviewing stress data in a logbook

For reviewing stress data in a logbook, please follow the steps outlined below:

The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.



## Reviewing stress data on a chart

For reviewing stress data on a chart, please follow the steps outlined below:

To move along the time axis, just swipe the screen, to zoom in or out simply pinch the screen. If you click on a bar, the details appear as seen on screen 2.



## Editing stress level data points

For editing stress level data points, please follow the steps outlined below:

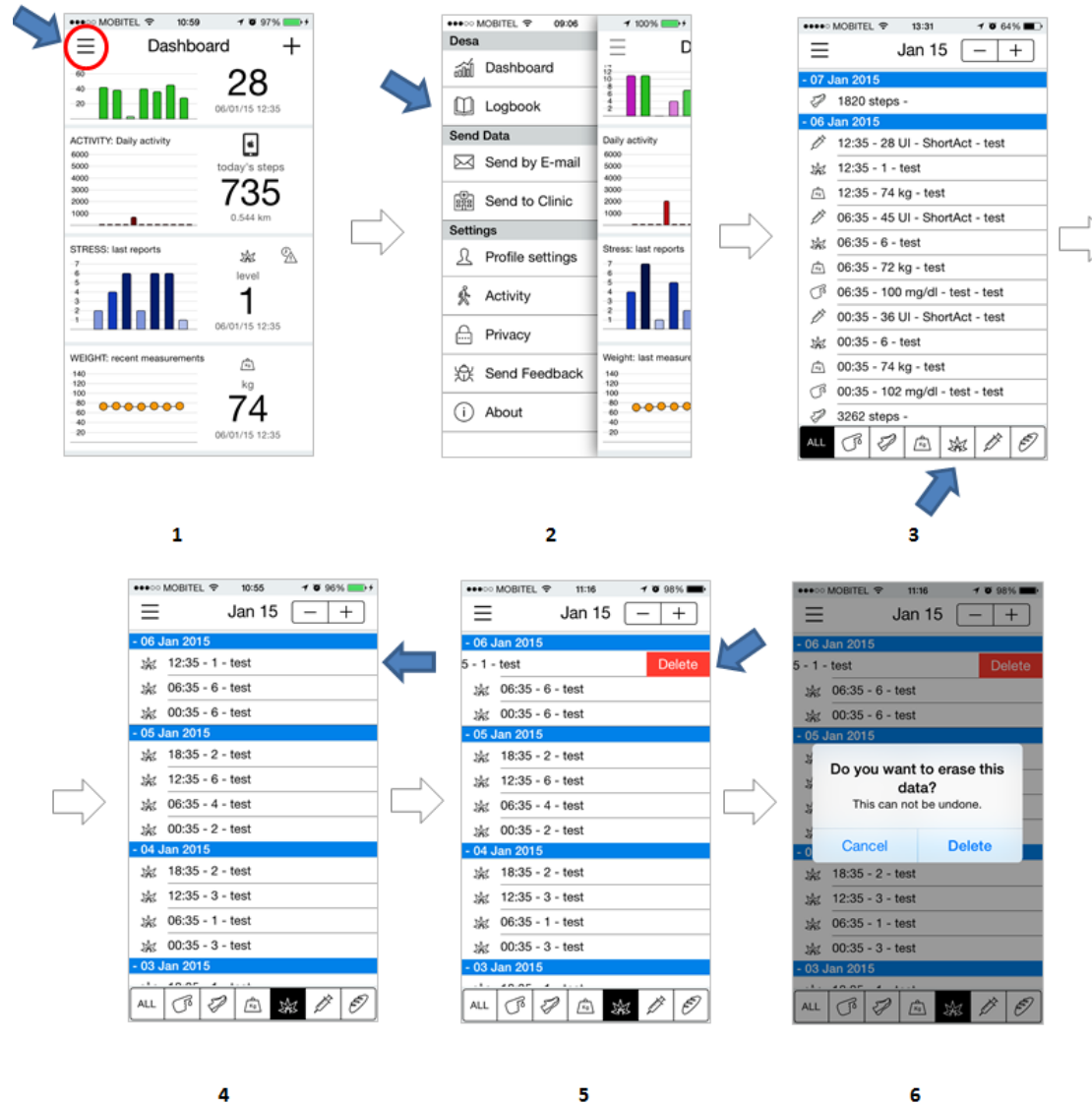
The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.



## Deleting stress level data points

For deleting stress level data points, please follow the steps outlined below:

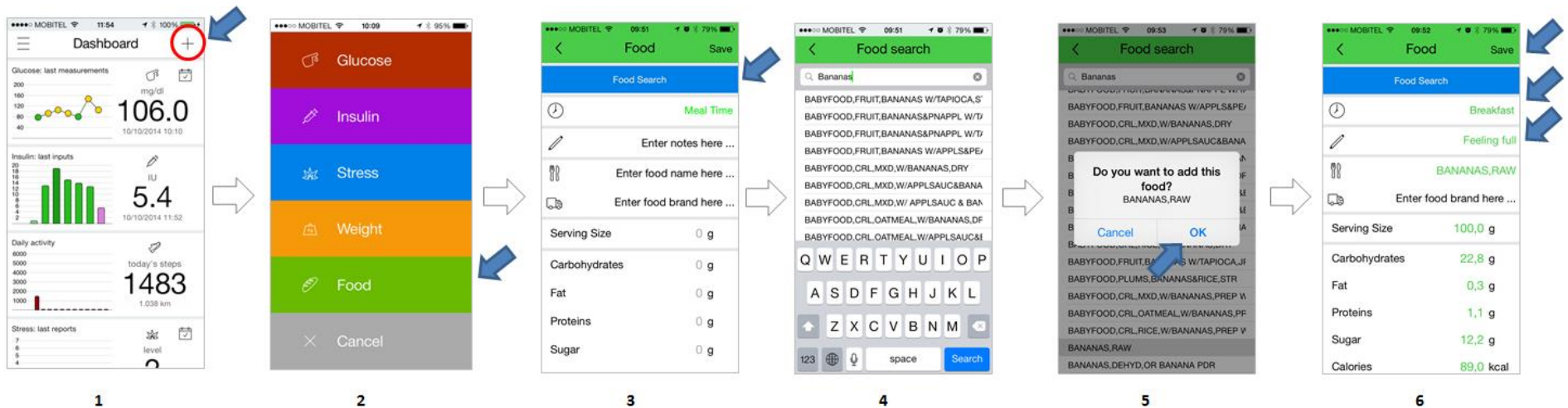
The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.



## Food logging

### Entering nutrition and meal info

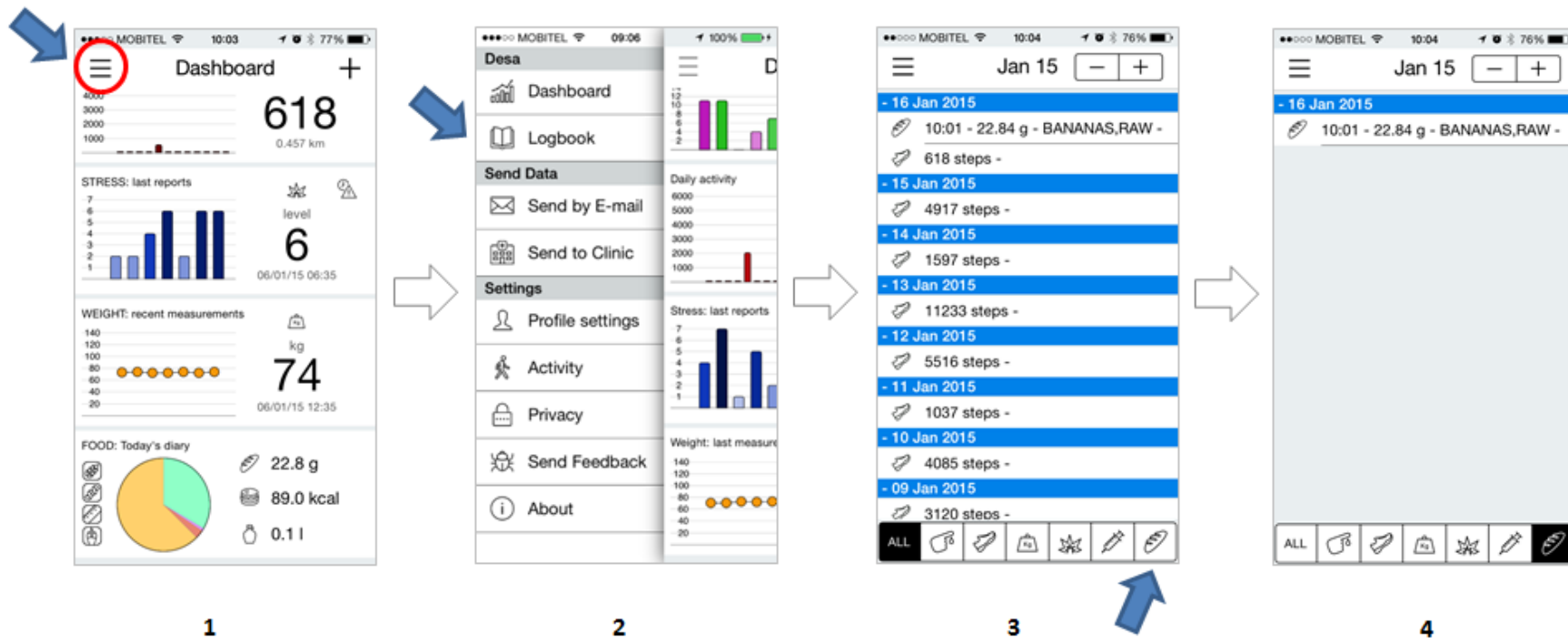
For entering nutrition and meal info, please follow the steps outlined below:



## Reviewing nutrition data in a logbook

For reviewing nutrition data in a logbook, please follow the steps outlined below:

The step of filtering data by type is optional. You can select the data you wish to view/edit/delete from the combined Logbook as seen in step 3.



## Deleting nutrition data

For deleting nutrition data, please follow the steps outlined below:

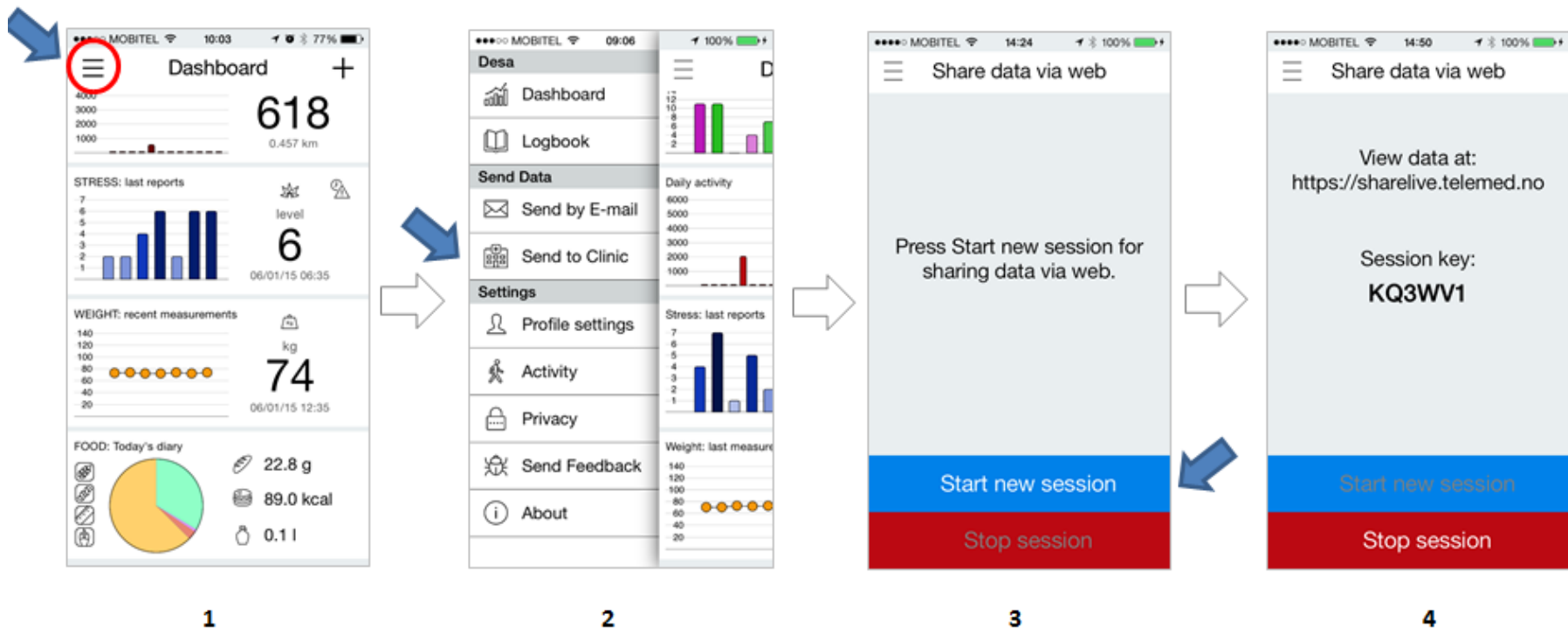
To delete just slide left and the delete button appears.



## Sharing the data with a physician

### Starting the data sharing session (Only for the Norwegian trial)

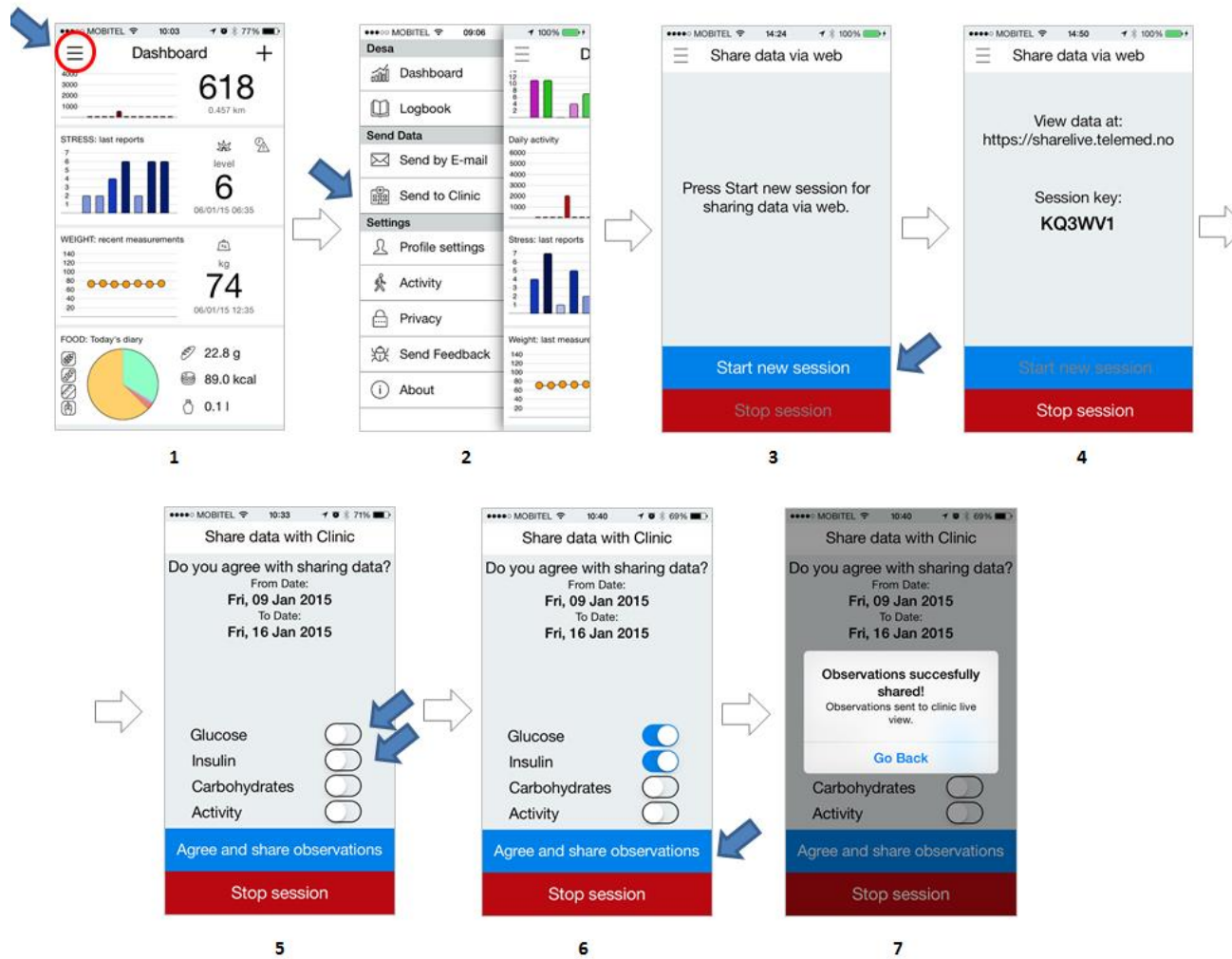
For starting the data sharing session, please follow the steps outlined below:





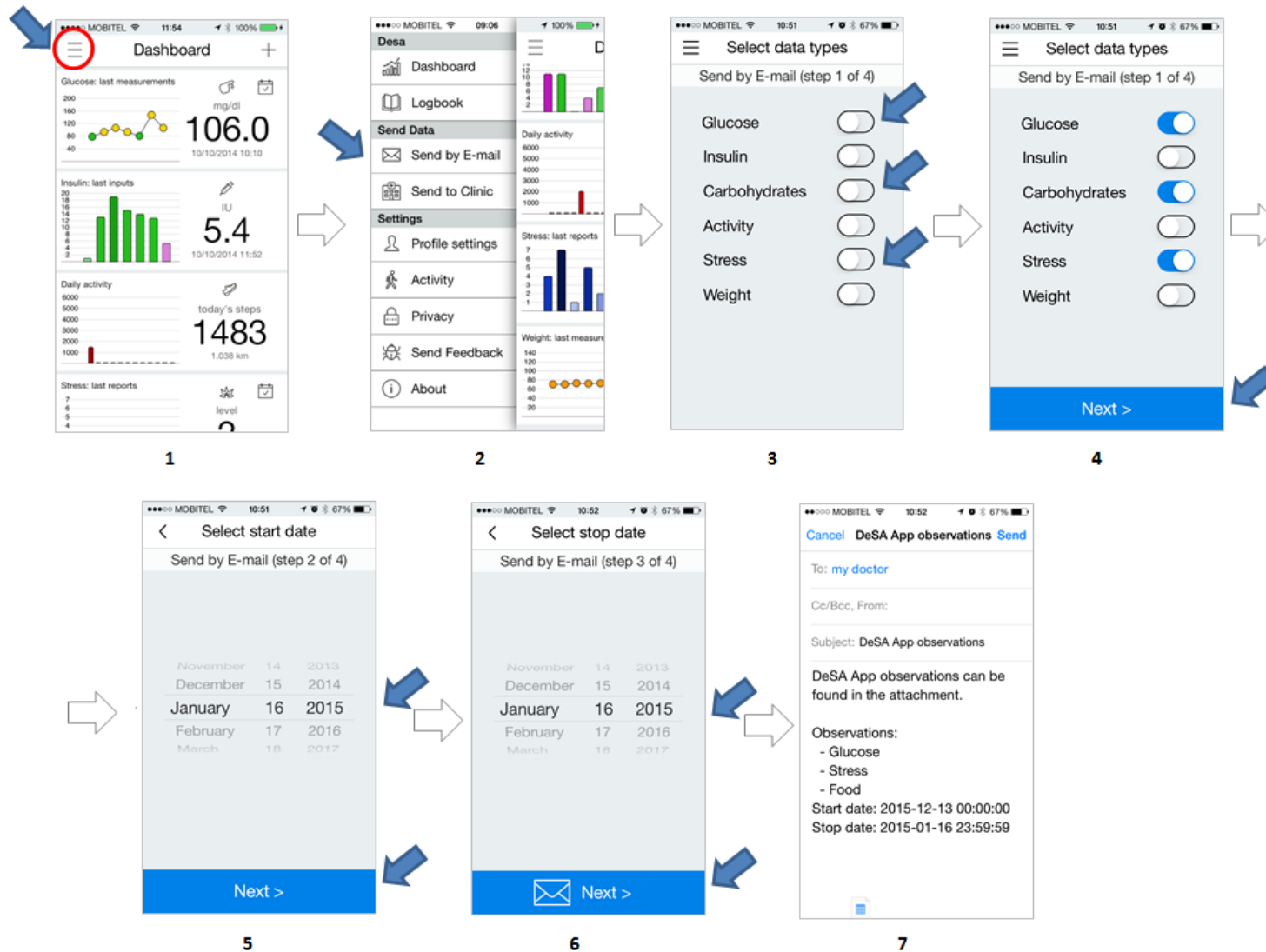
## Selecting the data to share (Only for the Norwegian trial)

For selecting the data to share, please follow the steps outlined below:



## Selecting the date range (when sending data via email)

For selecting the date range, please follow the steps outlined below:



## Privacy features

### Erasing all data

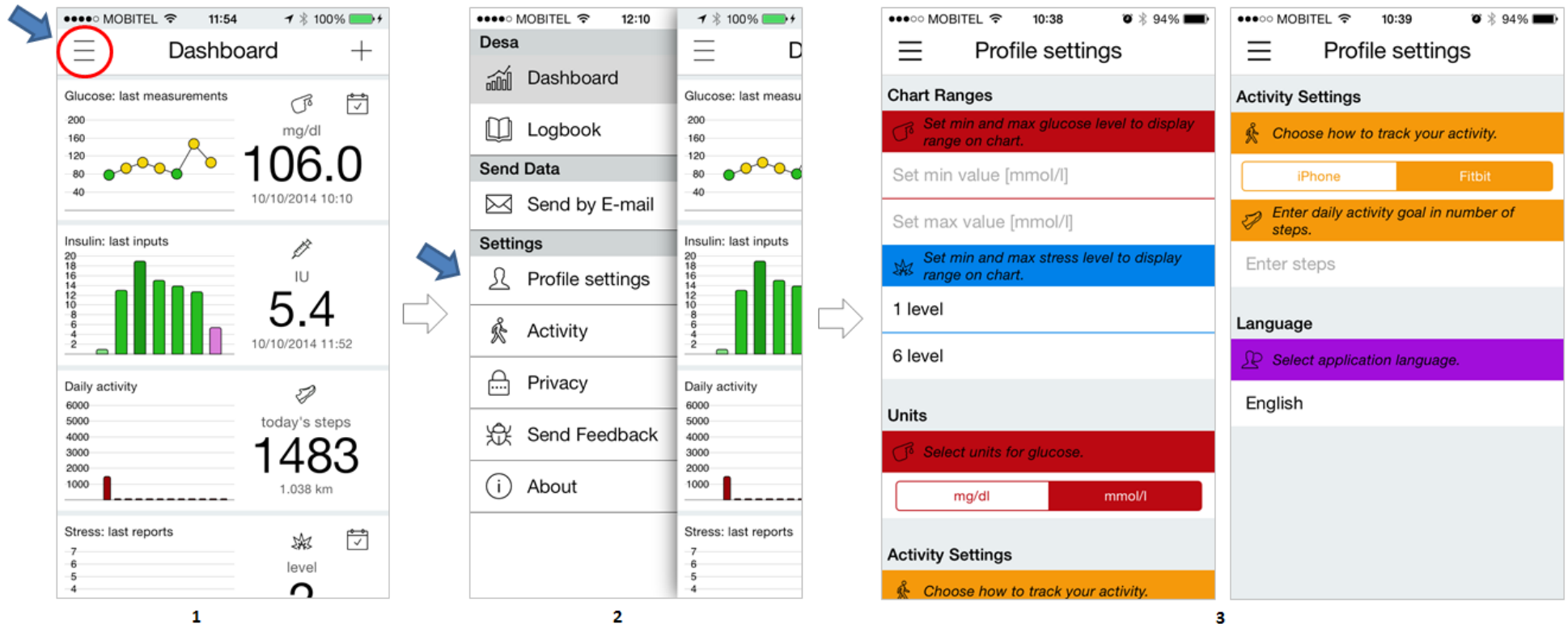
For erasing all data, please follow the steps outlined below:



## Profile Settings

### Personalizing your DeSA app

In the Profile settings you can set some personalized features such as the units for blood glucose, chart ranges, the way of tracking your activity and language.



## Enabling Fitbit

If you are using a mobile phone without an inbuilt activity sensor (older than iPhone 5S), you can sync your Fitbit device with the DeSA app.

