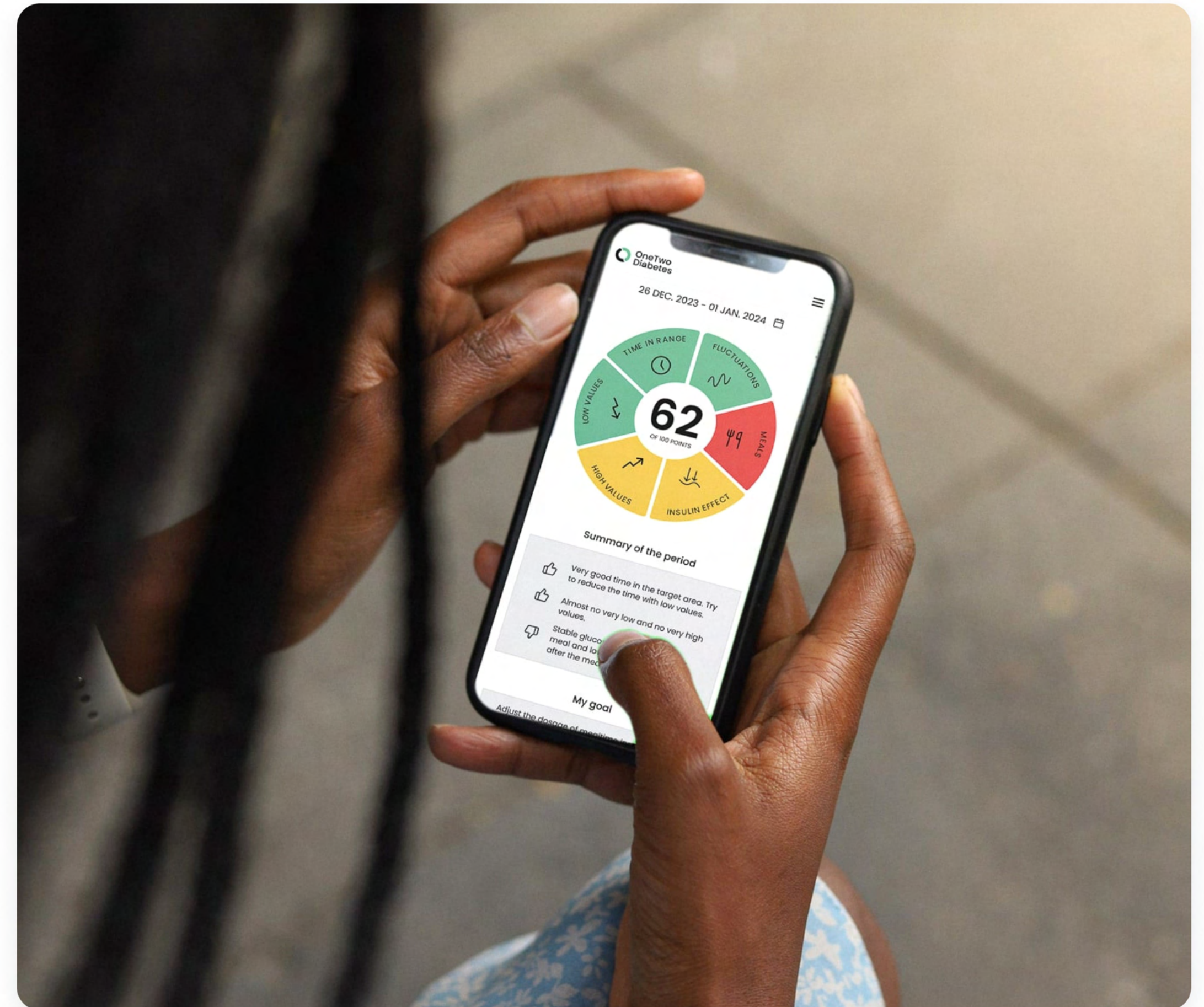


A deeper insight and increased security in your diabetes.

A step-by-step walkthrough of the app's all features and purpose.



General precautions



01 OneTwo Diabetes is not a substitute for, but rather a complement to, clinical reasoning.



02 Ensuring the accuracy of the continuous glucose monitoring system by strictly following the instructions is the best way for calibration, if needed

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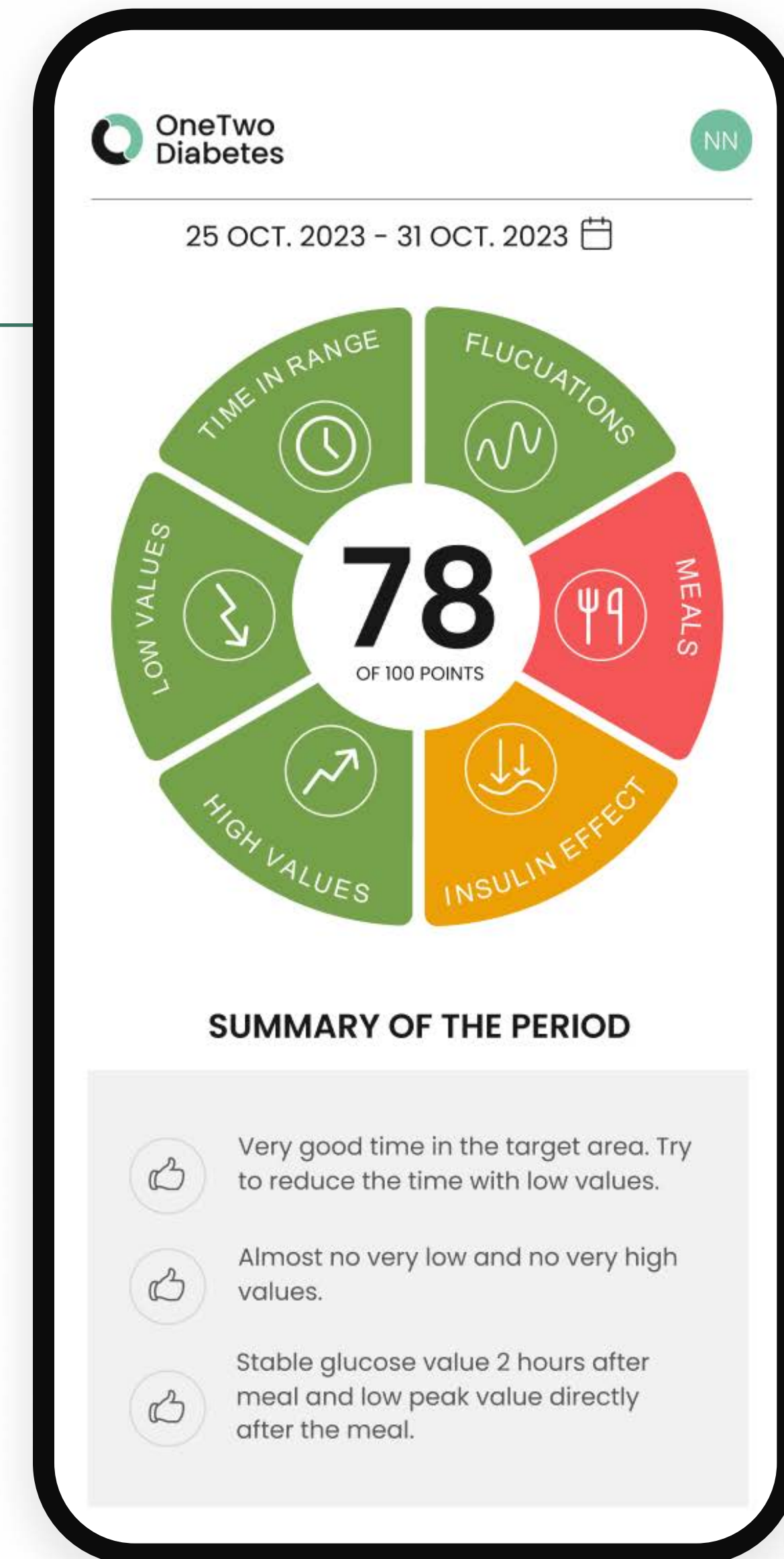
15 Step 3

17-18 Other services

Introduction to OneTwo Diabetes.

Professional diabetes care in your pocket with our CE-marked system.




- Automatic analyses with smooth integration of CGM sensors.
- An effective complement to your clinic visits.

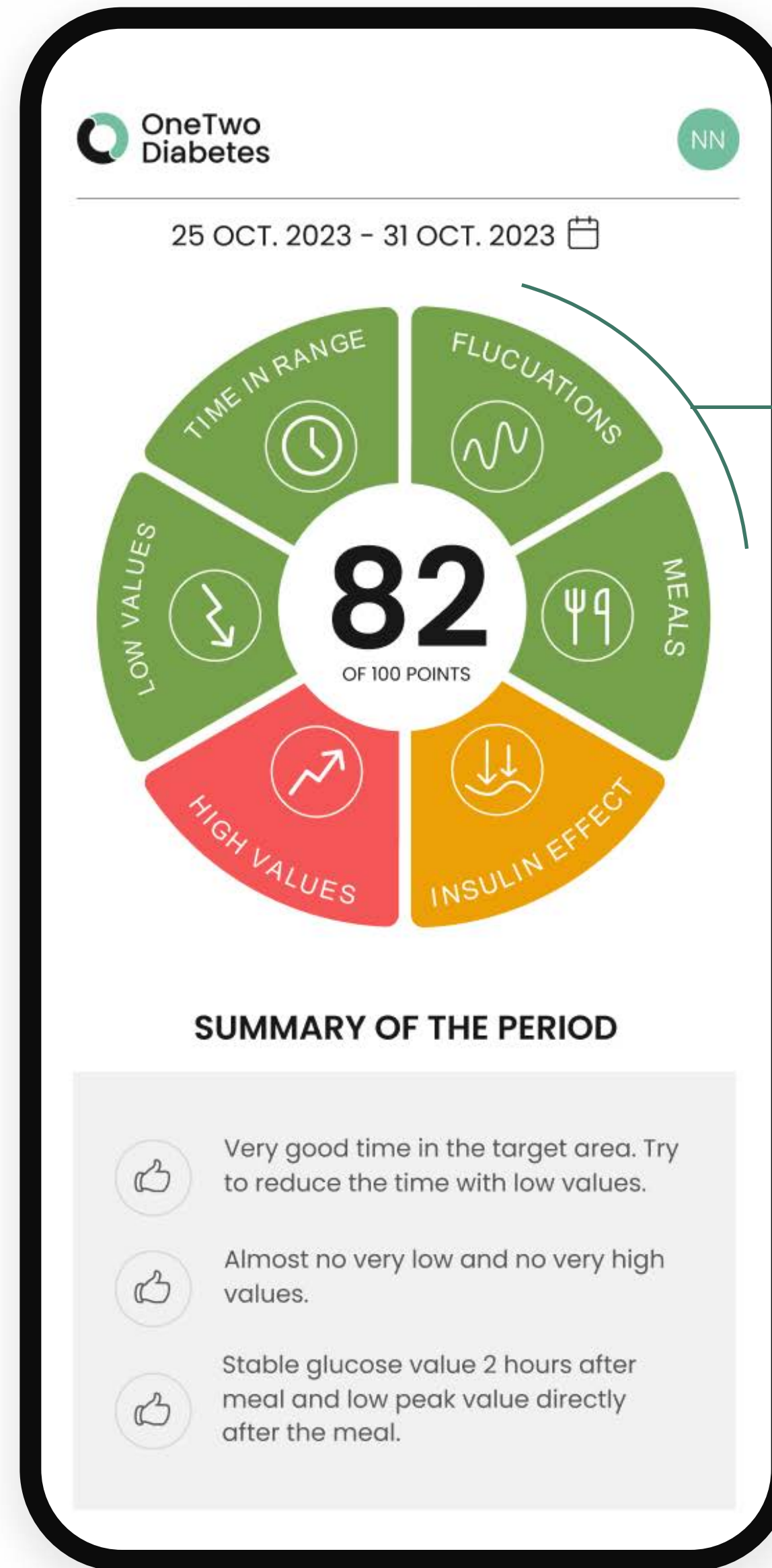


Home screen





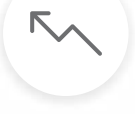

Overview

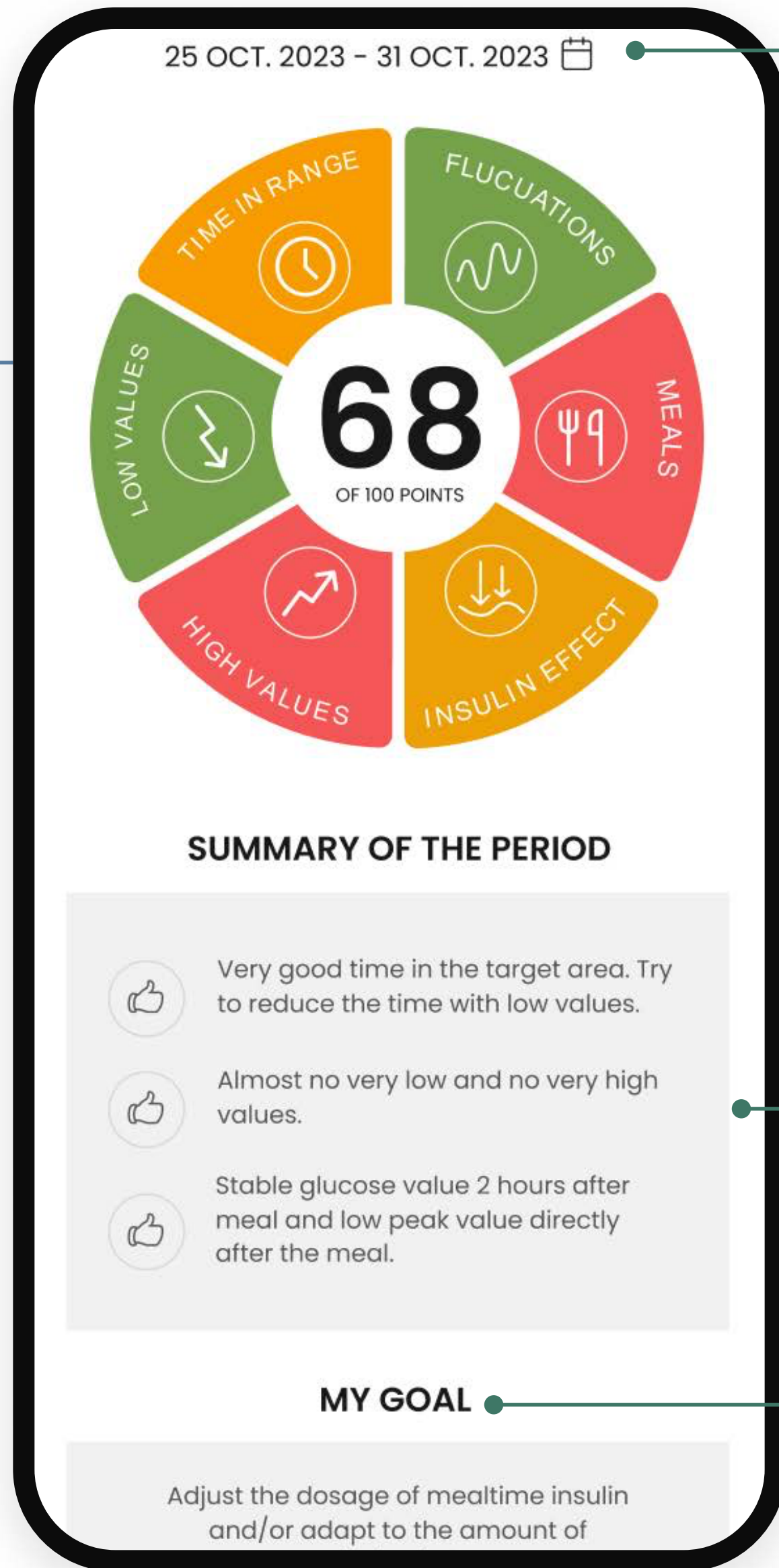
On the home screen, you get a visual overview of what your diabetes management looks like.

-  Reaches target values
-  Some deviation from target values
-  Significant deviation from target values



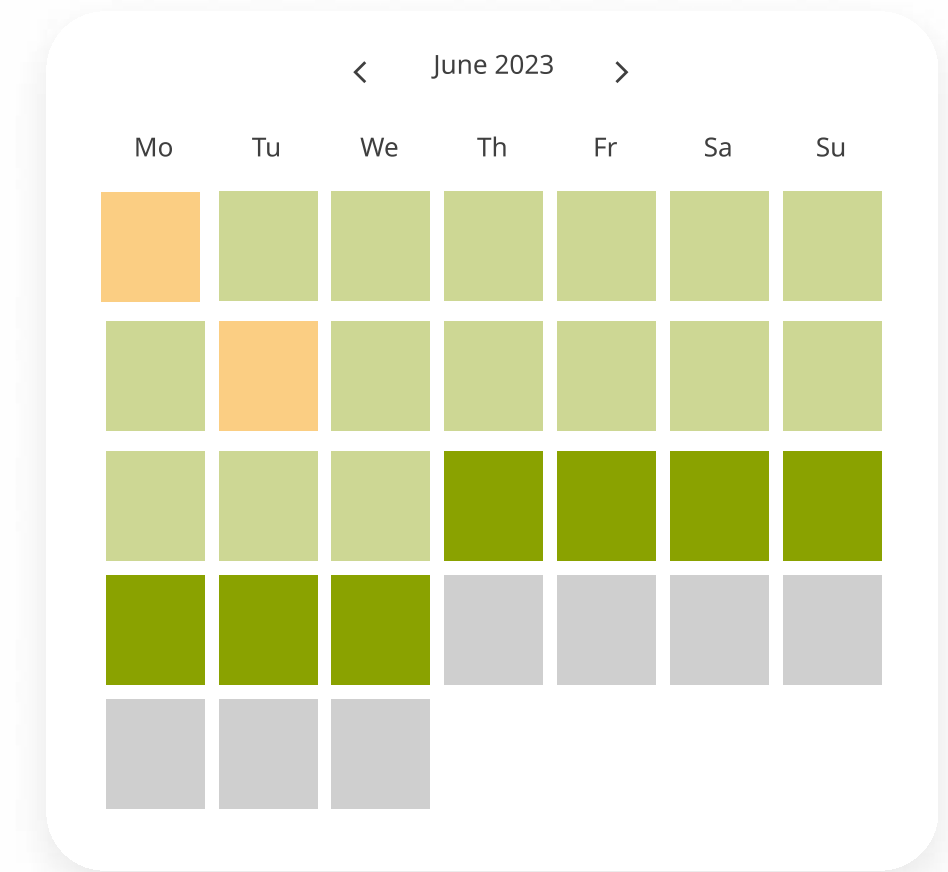
6 Analyzes

-  Time in range
-  Fluctuations
-  Meals
-  Insulin effect
-  High values
-  Low values



Calendar

Här kan du välja tidsintervallen du vill att appen ska analysera.

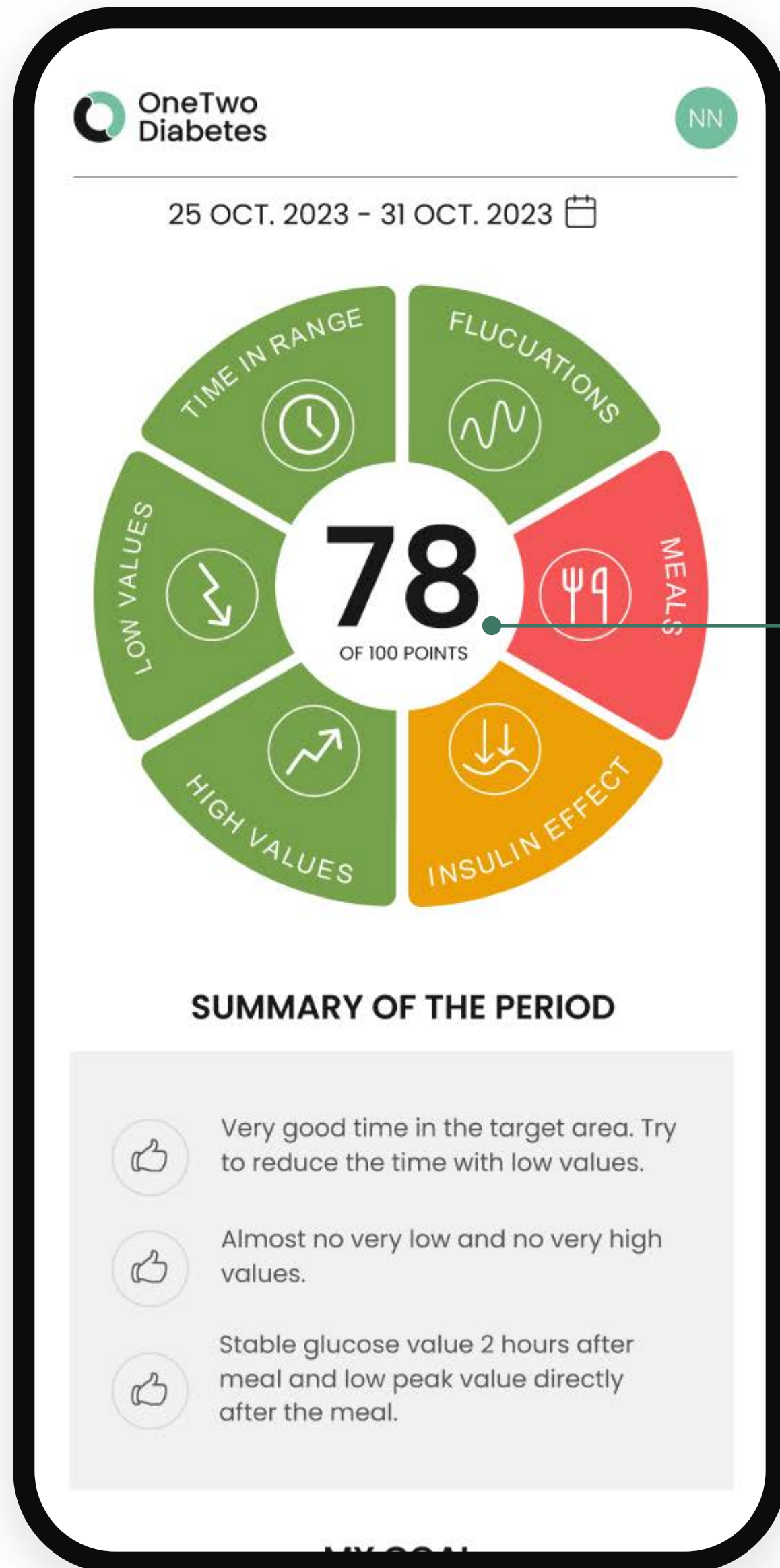


Summary

Summary of the current period that includes positive events in your glucose data as well as identified areas for improvement and actions.

My goal

My Goal provides concrete recommendations on what you need to focus on and which actions will likely contribute to improved glucose levels.

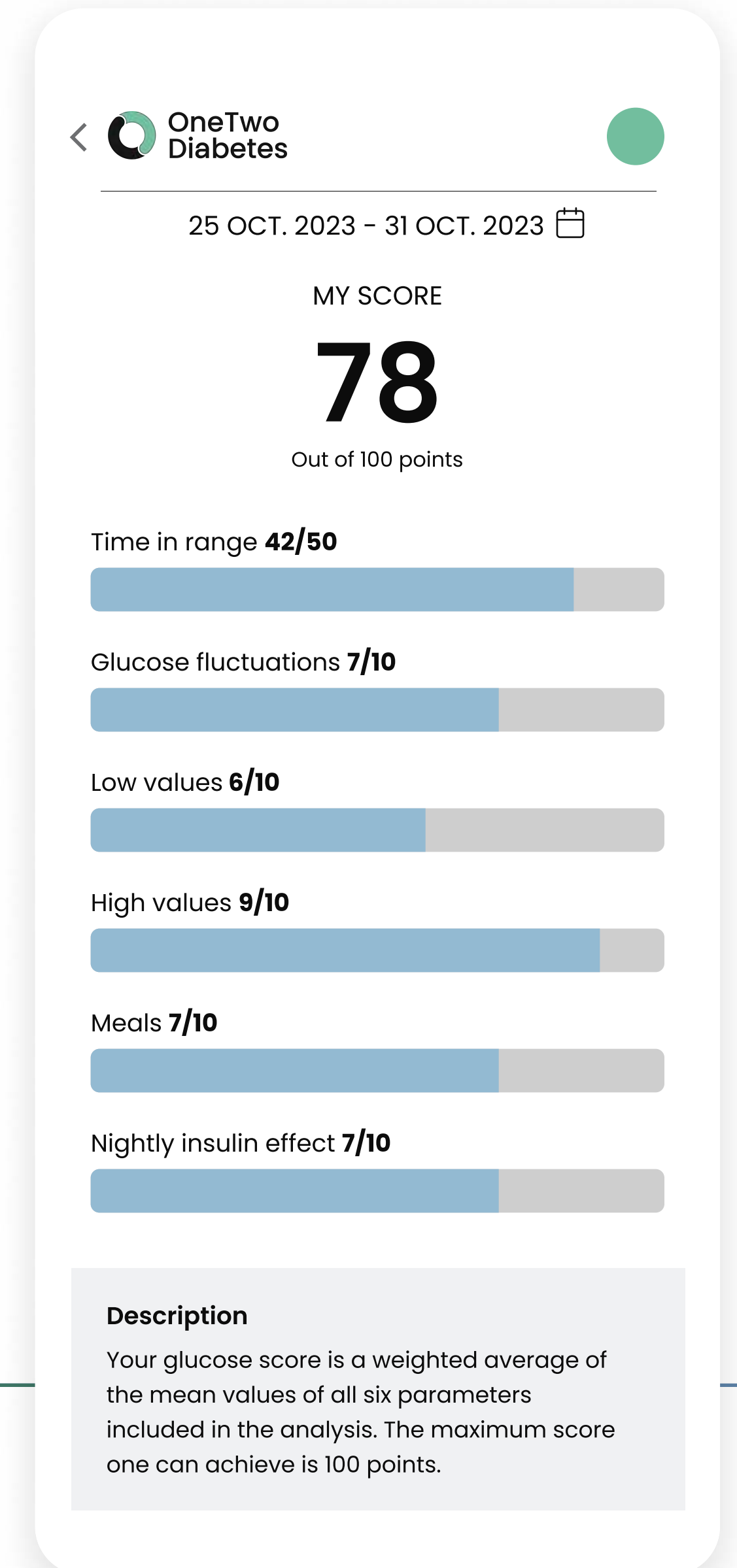


Scoring system

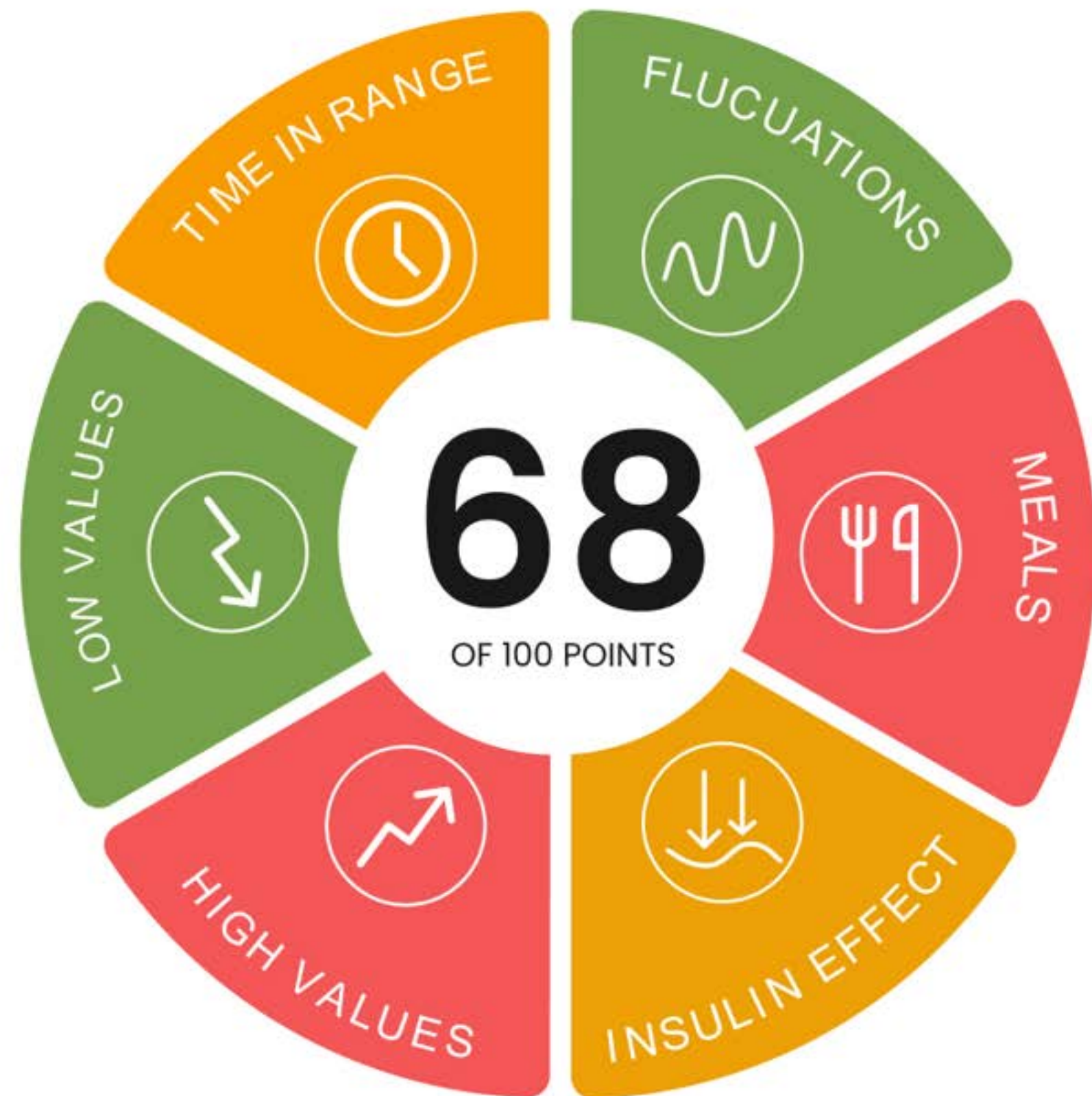
A clear indication of how well you have managed to control your glucose levels. A great way to track your progress in a fun way.

Overview of scoring system

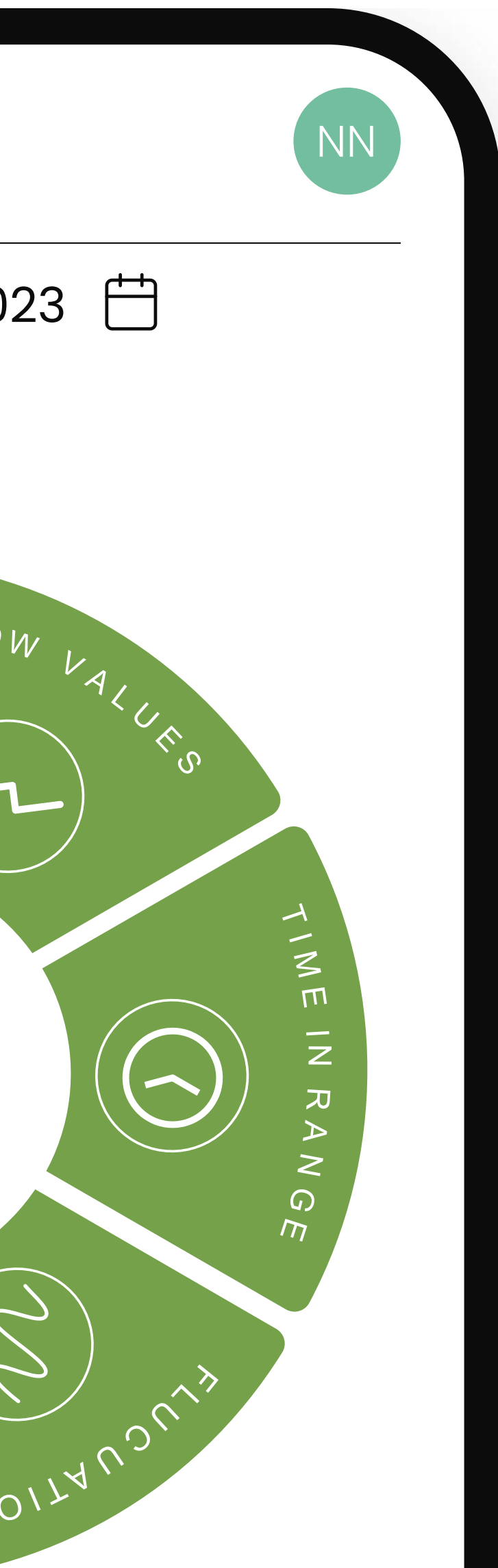
Your glucose score is a composite of the average values of all six parameters included in the analysis. The maximum score one can achieve is 100 points.



25 OCT. 2023 - 31 OCT. 2023



A walkthrough of our 6 analyses



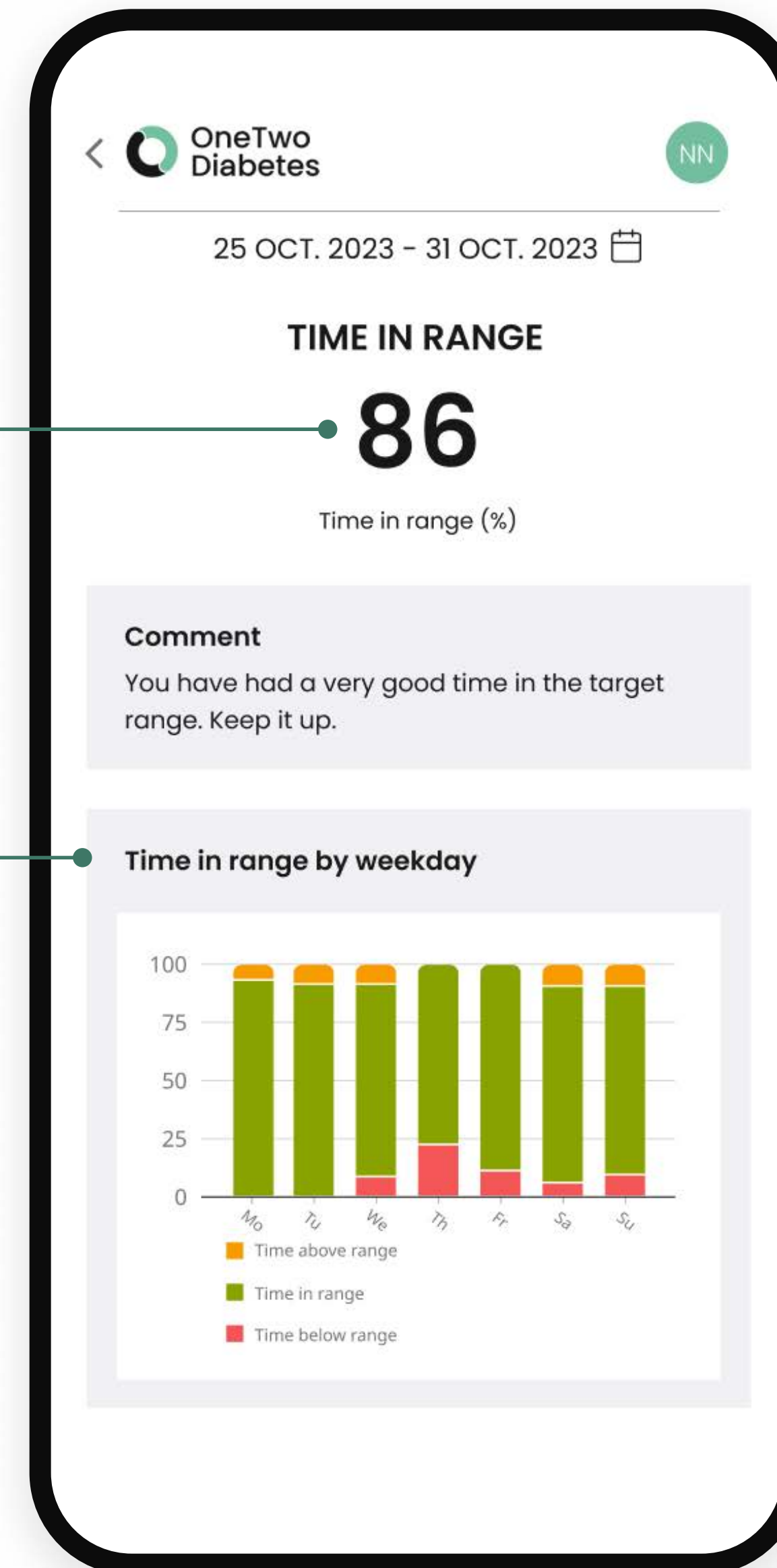
Time in range

Time in range shows what portion of your day you have a glucose value between 3.9 and 10.0 mmol/l.

Time in range in %

Time in range per day of the week

- Time above range
- Time in range
- Time below range



Time in range by time of day





Fluctuations

Variability shows how much your glucose value fluctuates.

Fluctuations in %

In OneTwo Diabetes, your variability is shown as a percentage over the selected period. The lower the percentage, the more stable your blood sugar curve is.

Graph of fluctuations

In the graph, you can see what the fluctuations have looked like during the selected period, which gives you an overview of the days.

OneTwo Diabetes

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FLUCTUATIONS

32
Variability (%)

Comment
You've had very stable glucose value with low fluctuations.

Glucose variability

Date	Variability (%)
2023-06-13	30
2023-06-14	28
2023-06-15	32
2023-06-16	34
2023-06-17	25
2023-06-18	29
2023-06-19	31

Description
Fluctuations describe how much your glucose levels change in relation to the average. A



Meals

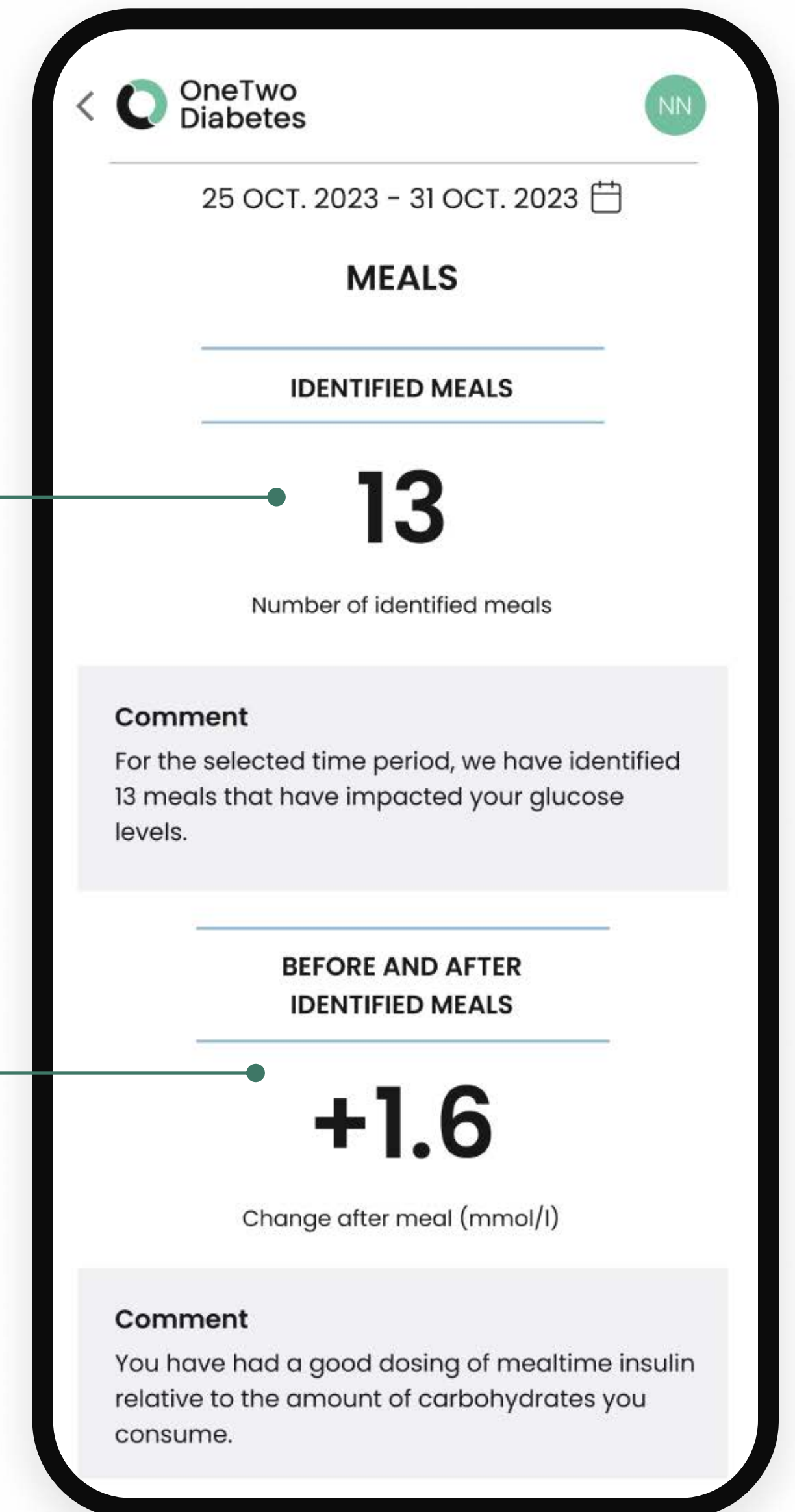
Meals show your average glucose levels before and two hours after eating.

Identified meals

The figure shows the number of identified meals. Meals that are not visible on the glucose curve are not included in the analysis. A possible reason for a meal not appearing on the CGM curve is that the insulin dose is well adapted to the amount of carbohydrates.

Change after meal

The number shows your average glucose change 2 hours after a meal.



Meals

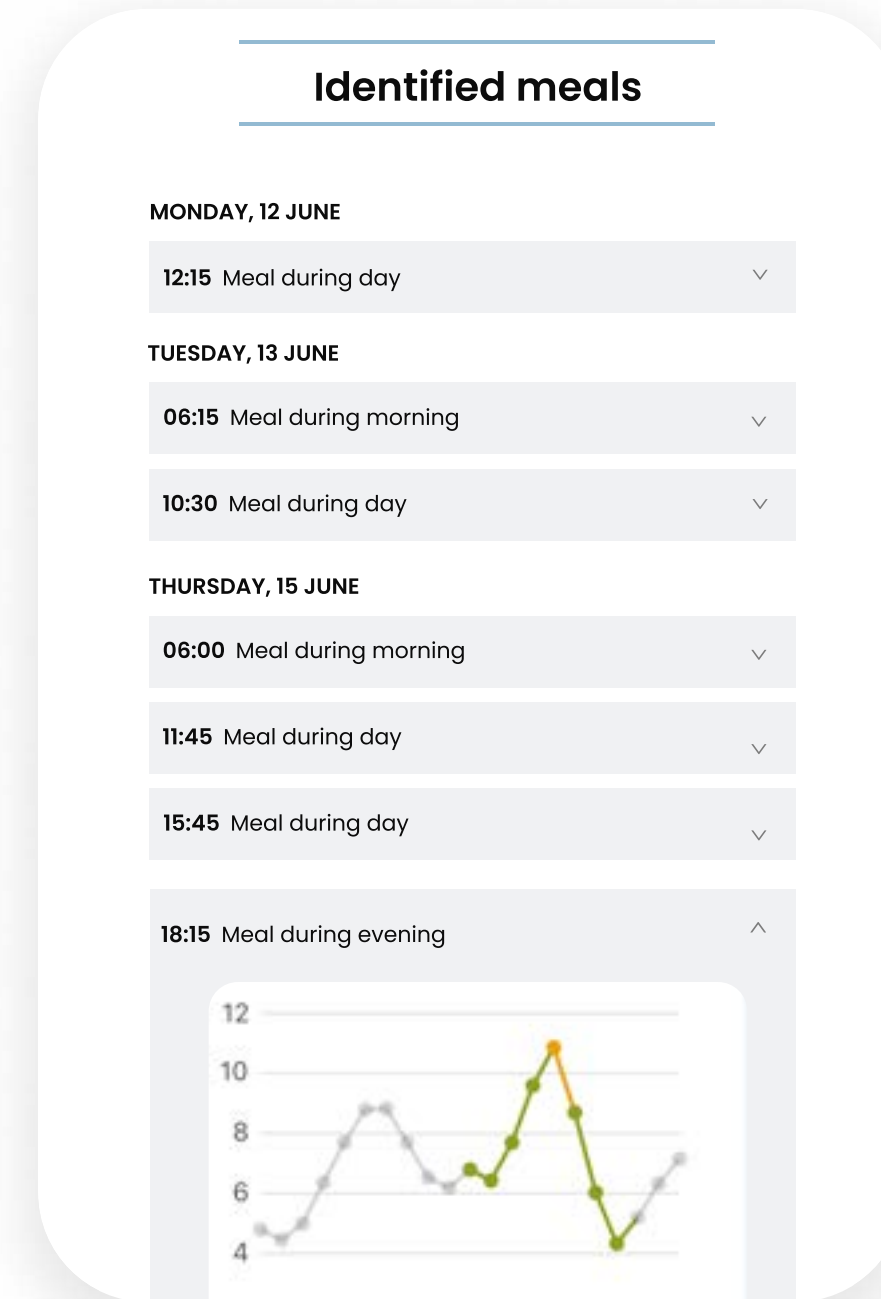
Meals show your average glucose levels before and two hours after eating.

Before and after meals

The graph shows average values 2 hours before and 2 hours after meals.

Peaks after meal

The number shows your average peak value 2 hours after meals.



List of meals

In this list, you can delve into each identified meal.



Graph

Visualization of your peak values throughout the day after meals.

Glucose values before and after identified meals



Description

Meal delta shows the difference in glucose value before and two hours after a meal. It reflects whether the amount of insulin for that meal is well-adjusted to the amount of carbohydrates. The goal is for the glucose level two hours after the meal to return to approximately the same value as just before the meal.

PEAKS AFTER IDENTIFIED MEALS

7.7

Peak value after meal (mmol/l)



Insulin effect

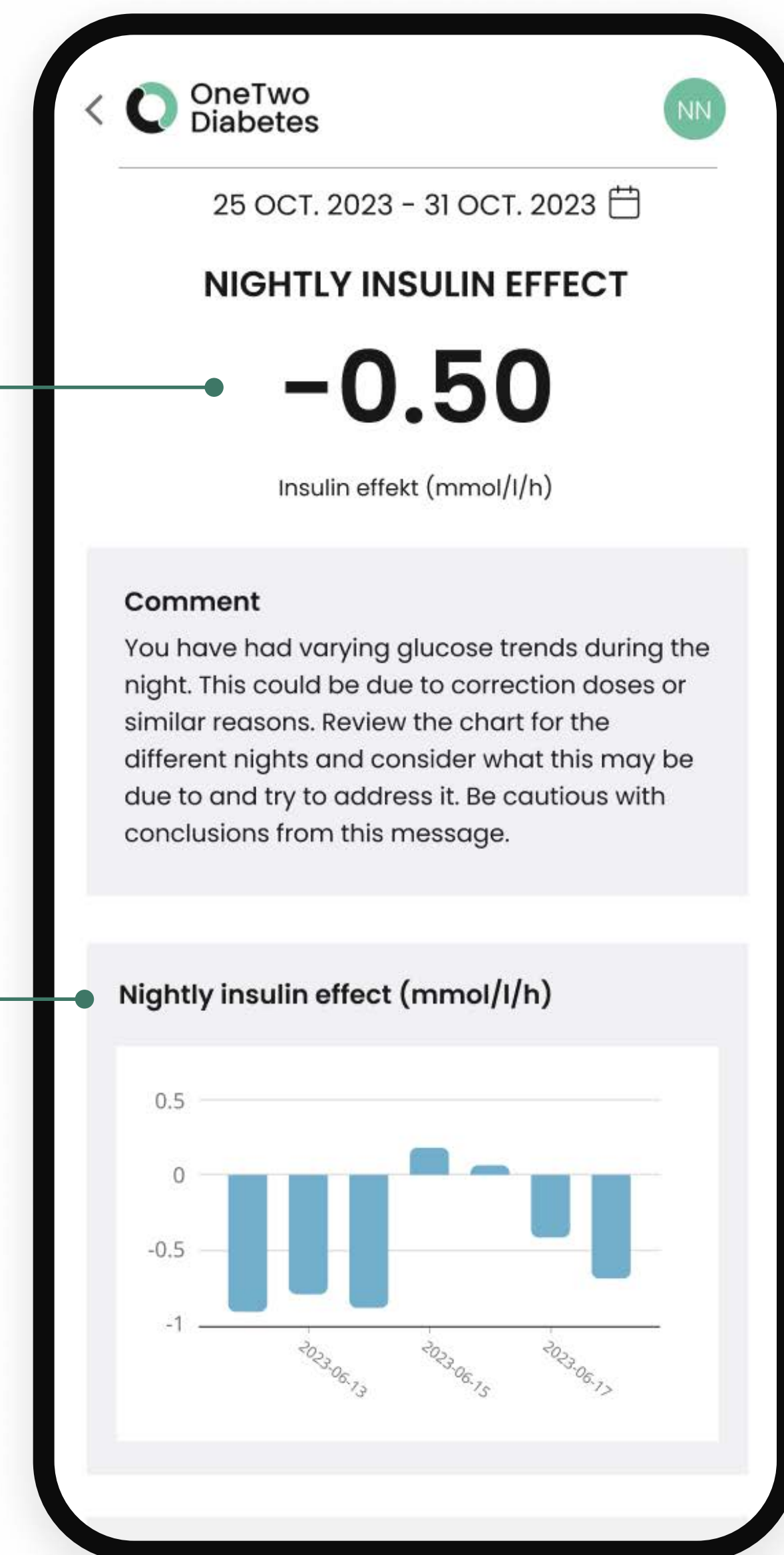
This area is for adjusting basal insulin so that you maintain a stable glucose level while fasting. For people not on insulin, it's a good indication of their own insulin production.

The insulin's effect

The insulin's effect is defined as how much your glucose level increases or decreases per hour without the influence of meals or bolus insulin. Here, the average for all nights in the selected period is shown.

The insulin's effect during the night

Here, you can follow the values day by day during the selected period.





High values

High values show the number of hyperglycemic events during the selected period.

Episodes of high values

The number shows how many high episodes you have had.

Likely cause for high values

The graph shows the number of episodes and the likely cause.

- Insufficient meal insulin
- Carbs from previous low
- Insufficient basal insulin
- Unknown cause

< OneTwo Diabetes
NN

25 OCT. 2023 - 31 OCT. 2023

HIGH VALUES

9

Number of episodes with high values

Comment

During the period, you've had 9 high values but none of them were very high, which is very good.

Episodes with high values and probable cause

Time of Day	Unknown cause	Carbs from previous low	Insufficient meal insulin	Insufficient basal insulin
Natt	2	0	0	0
Formiddag	0	0	0	0
Eftermiddag	1	1	1	0
Kväll	3	0	1	0

List of high values

In this list, you can delve into each high episode.

Episodes with high glucose

MONDAY, 12 JUNE

10:30 High glucose for 30 minutes

TUESDAY, 13 JUNE

15:30 High glucose for 60 minutes

19:30 High glucose for 25 minutes

FRIDAY, 16 JUNE

13:30 High glucose for 15 minutes

16:00 High glucose for 45 minutes

19:00 High glucose for 20 minutes

21:00 High glucose for 20 minutes



Low values

Low values show the number of hypoglycemic events during the selected period.

Episodes with low values

The number shows how many low values you have had.

Likely cause for low values

The graph shows the number of episodes and the likely cause.

- Too much meal insulin
- Correcting previous high
- High basal insulin pressure
- Unknown cause

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25 OCT. 2023 - 31 OCT. 2023

LOW VALUES

10

Total episodes with low glucose

Comment

During the period, you have had 10 low values of which 6 are very low, and you should be cautious with this, especially if they occur at night. Review the causes and try to address them.

Episodes with low glucose and probable cause

Time of Day	Unknown cause	High basal insulin pressure	Correcting previous high	Too much meal insulin
Natt	0	0	0	0
Förmiddag	1	1	1	0
Eftermiddag	2	0	1	0
Kväll	5	0	0	0

List of low values

In this list, you can delve into each low episode.

Episodes with low glucose

MONDAY, 12 JUNE

10:30 Low glucose for 30 minutes

TUESDAY, 13 JUNE

15:30 Low glucose for 60 minutes

19:30 Low glucose for 25 minutes

FRIDAY, 16 JUNE

13:30 Low glucose for 15 minutes

16:00 Low glucose for 45 minutes

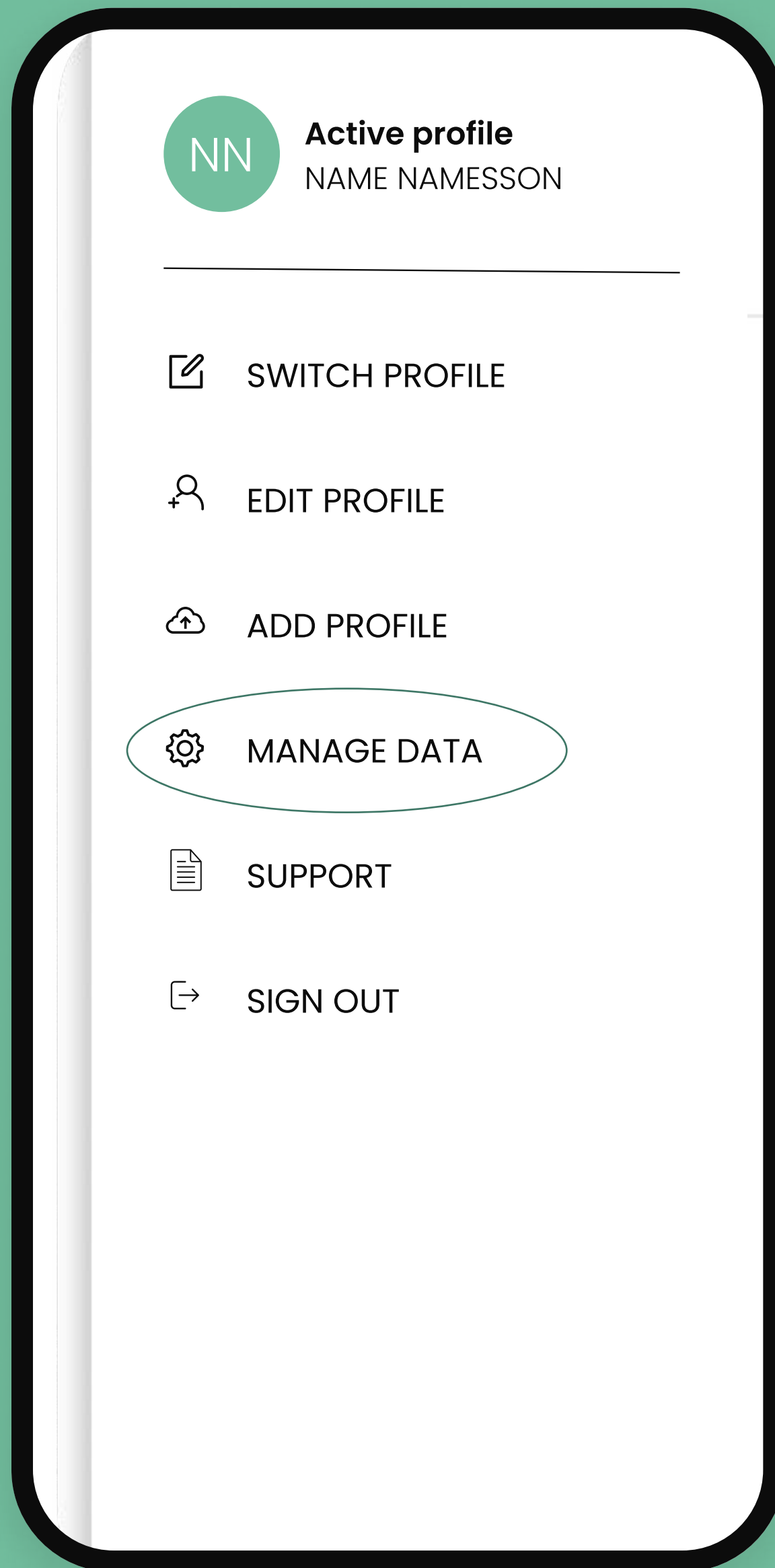
20:30 Low glucose for 25 minutes

23:00 Low glucose for 25 minutes



Upload data

Simple and continuous data upload from Dexcom and Libre sensors

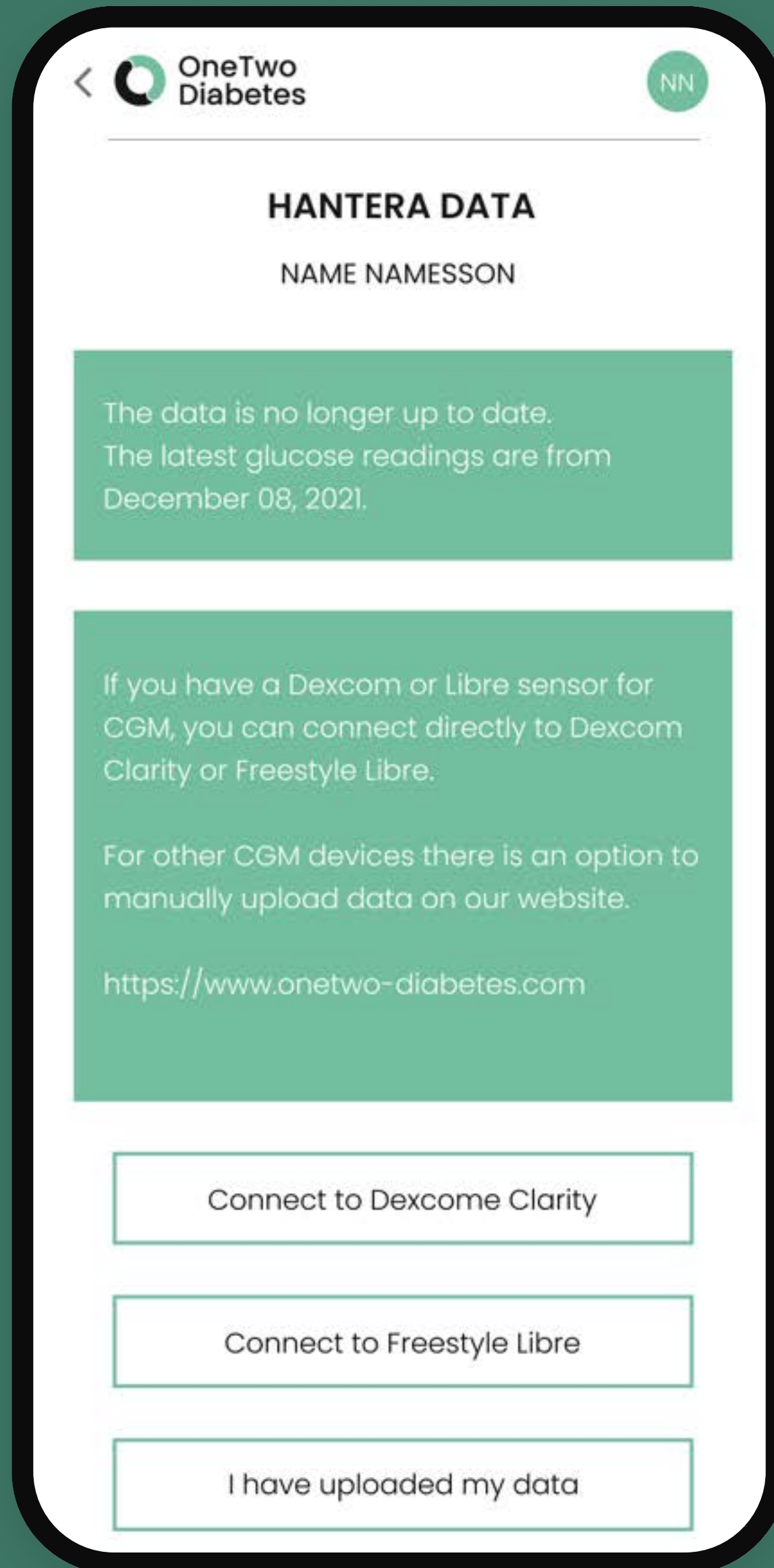


Step 1

Click on the Manage Data button in the main menu.

Upload data

Simple and continuous data upload from Dexcom and Libre sensors.



Step 2

Select which sensor you use, Dexcom or Libre, and follow through to the OneTwo app.

Upload data

Simple and continuous data upload from Dexcom and Libre sensors.


Step 4

You will be redirected to Libre's or Dexcom's website. Log in and follow their simple steps to authorize the integration with the OneTwo app.



Upload data

Simple and continuous data upload from Dexcom and Libre sensors.

25 OCT. 2023 - 31 OCT. 2023 



Your data and OneTwo are now integrated!

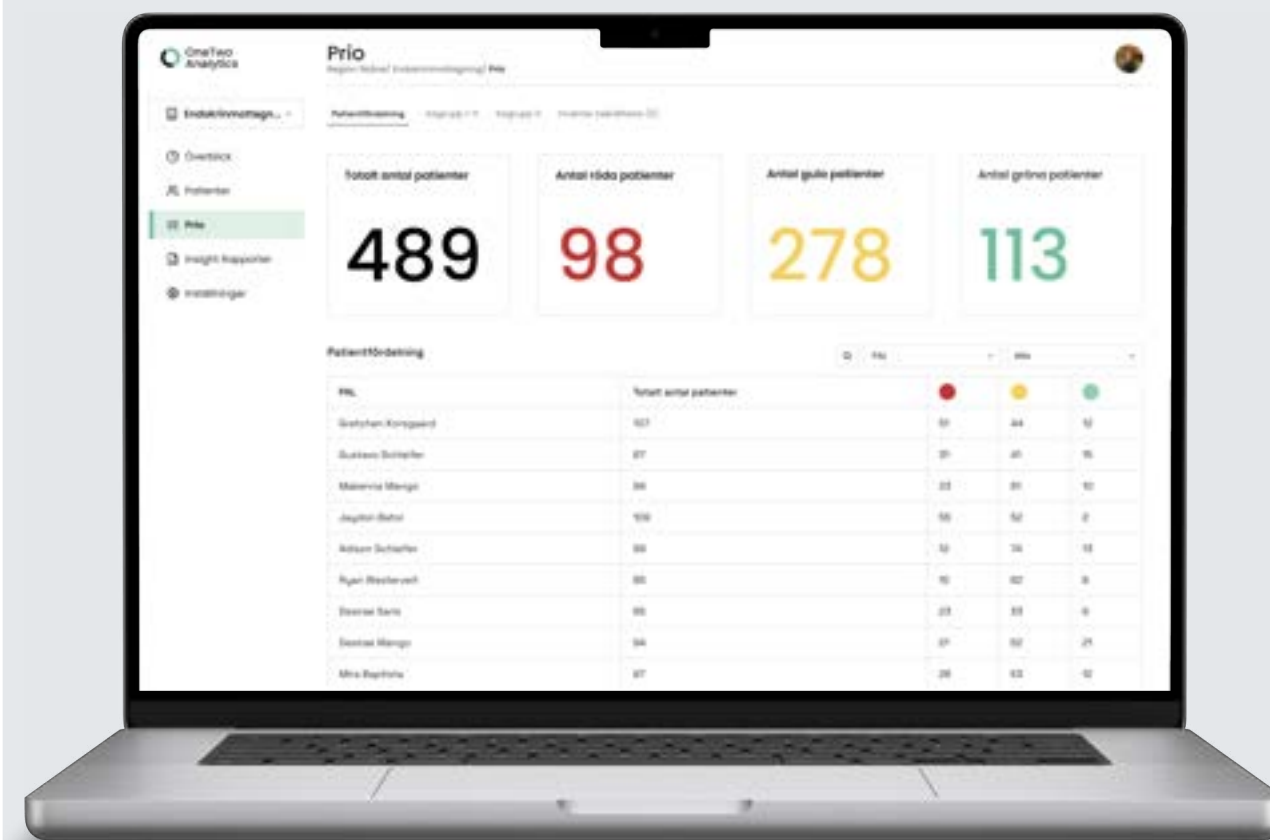
After a successful integration, OneTwo is now fully ready to use, and your data is now continuously linked.

OneTwo Analytics all services

OneTwo Analytics all services

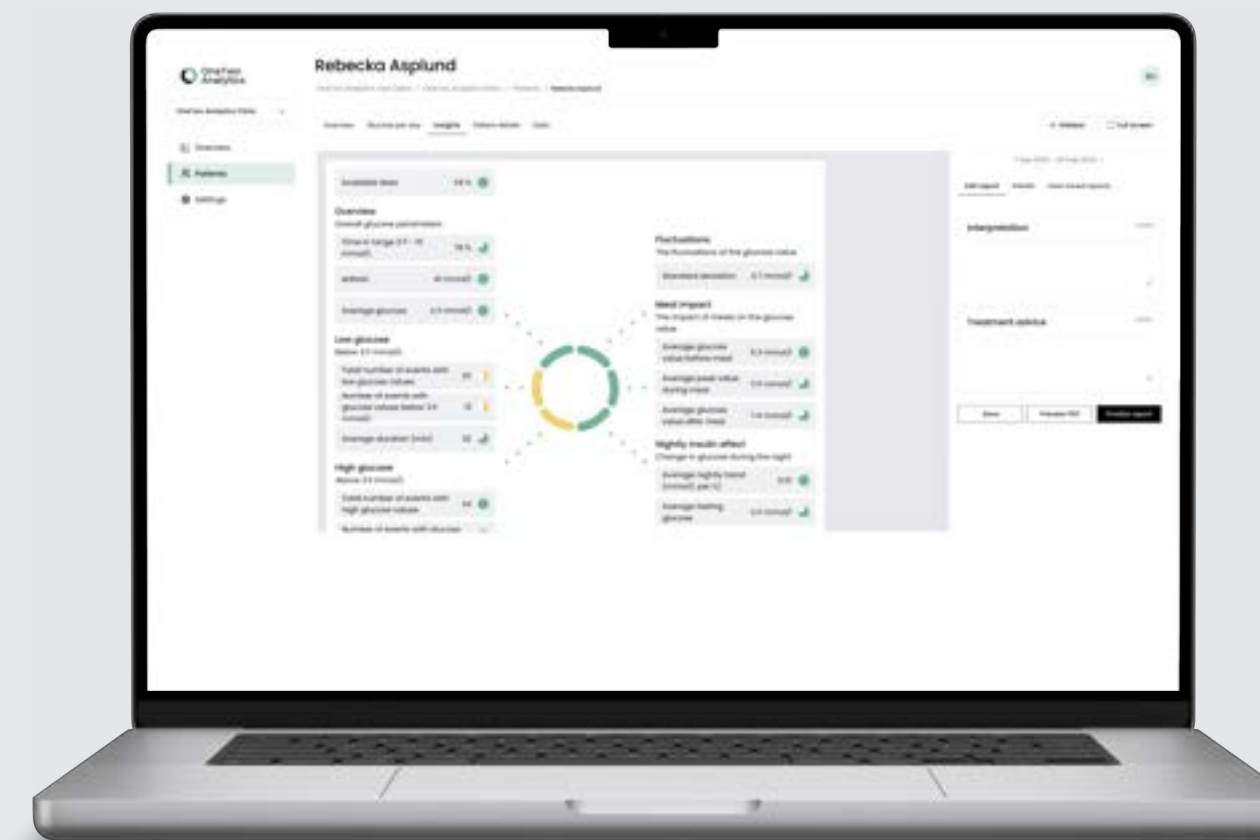
Prio

Needs-driven booking of appointments at clinics.



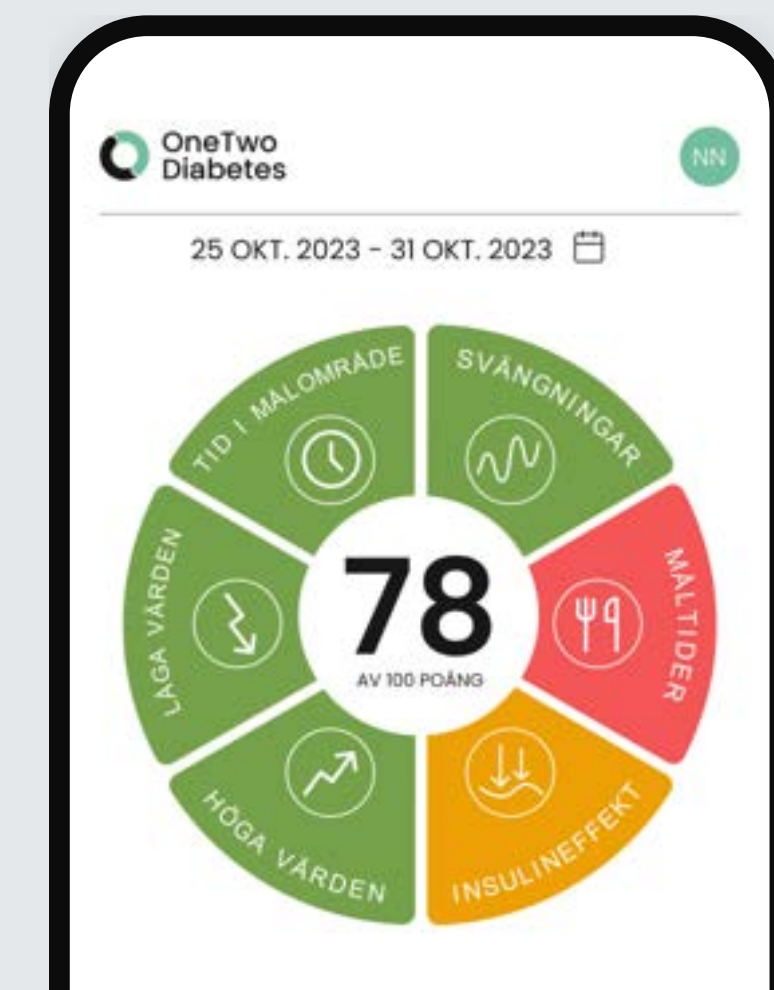
Insights

Summary analysis and interpretation of CGM data.



OneTwo Diabetes

The patient app that becomes your digital diabetes assistant



Creating knowledge from diabetesdata



OneTwo Diabetes Smartphone Application;

LOT Version 1.1.2

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Patientapp for diabetes



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