

Patient instructions for sharing Dexcom data using Clarity

Using Clarity if you use your phone as your receiver.

1. Go to the Iphone App store or Google Play store to download the Dexcom clarity app.
2. Enter in your username and password, then follow instructions to set up.
3. In order to share data with our clinic, please open the Clarity app:
 - a. Tap **Share**.
 - b. Tap **Generate Code**.
 - c. Tap **3 Months, 6 Months or 1 Year** to select the length of time the code can be used.
 - d. Tap **Generate Code**.
4. Email this code to your provider.



Using Clarity with a Dexcom receiver

1. Go to clarity.dexcom.com. Click on Dexcom Clarity for home users.
2. Sign in using your login credentials. (or make a new account)
3. After signing in the first time, if you are using a Dexcom CGM receiver, you will see instructions to install the CLARITY Uploader software on your computer. You must have the Uploader to upload data from your CGM receiver to CLARITY. You only need to install this once. Follow the prompts to install the software.
4. Use the Clarity Uploader software.
 - a. Connect your Dexcom receiver to your computer using the USB cable supplied with your CGM.
 - b. Click the CLARITY logo in your system tray to get upload instructions, set preferences, and to view reports.
5. In order to share data with our clinic, please open the Clarity app:
 - a. Tap **Share**.
 - b. Tap **Generate Code**.
 - c. Tap **3 Months, 6 Months or 1 Year** to select the length of time the code can be used.
 - d. Tap **Generate Code**.
6. Email this code to your provider.

More help

- Video on how to use Clarity: <https://www.youtube.com/watch?v=SwmrBOuVzrA>
- Dexcom Clarity User guide:
https://productstore.clarity.dexcom.com/Documentation/en/Dexcom_Clarity_User_Guide_Home_User.pdf
- If you need personal assistance: Dexcom Technical 24 hour support: 844-607-8398.

Patient instruction to set up a t:connect account and upload pump

I. Obtain the t:connect uploader software.

1. Go to <http://tconnect.tandemdiabetes.com/GettingStarted>
2. Click the box that says **download t:connect**. (you will be asked to login first)
3. Follow all the prompts to install the drivers needed for your computer to recognize your pump

II. Use the uploader software.

1. Open the t:connect program
2. When prompted, connect the t:slim USB cable that you use to charge your pump to your t:slim pump and the other end to your computer
3. The t:connect Uploader will detect your pump by its Serial Number
4. Click the **START UPLOAD** button
5. Once the UPLOAD is completed the reports are available for your doctor to see, as long as you have given them access. If you are not sure if they have access yet, ask your doctor to send you a t:connect invitation.

More help

- Video on how to install and set up t:connect: <https://www.youtube.com/watch?v=az5EvcTz2MI>
- If you need personal assistance, call the 24hr Tandem Customer Support: 1-877-801-6901

Patient Instructions for uploading Omnipod from home

I. Register (If you have already registered and have a user name and password, you can skip this)

1. Go to my.glooko.com
2. If you don't have an account yet, then click "Sign up for glooko here"
 - a. You will enter your name, date of birth, email, etc.
 - b. IMPORTANT! Near the end of the registration, there is a section that says "code", with a box you can type in. This is where you enter the code to connect to Children's national. The code is **childrensnational**
 - c. You will be asked to select your devices. Choose omnipod PDM or omnipod DASH (depending on which one you have)

II. Make sure you are linked to Children's National

1. Login to my.glooko.com
2. In the upper right corner, click the drop down box, and select **Settings**
3. Under **Account** you should see a section that says **ProConnect code**. Under that section, you should see **Children's National** listed, and our ProConnect code **childrensnational** listed next to it.
4. If you do not see Children's National listed, then click **+ Add New Code** and enter **childrensnational**

III. Upload your omnipod data to glooko

1. Gather what you will need- Your **omnipod PDM** or **omnipod DASH**, as well as the cable that came with your omnipod PDM/DASH.
2. Install glooko uploader (if you have not already). If you already have the uploader, skip to step 3
 - a. Log into your account on my.glooko.com
 - b. Choose **settings** in the top right
 - c. Scroll down to the bottom and click **Get Glooko Uploader**
 - d. Choose Mac or PC
 - e. Open the file, and follow the prompts
 - f. Restart your computer to complete the installation
3. Open the Glooko Uploader from your desktop and login
4. Plug your PDM or DASH into your computer to begin the upload

More help

- How to sync omnipod PDM to your computer: <https://www.youtube.com/watch?v=SIHNzAHcyjY>
- Glooko instruction manual: https://support.glooko.com/hc/en-us/article_attachments/360006673518/ENGLISH_-_IFU-0027-00-EN_06_Glooko_for_Personal_Use.pdf
- If you need personal assistance: 24 hour Omnipod/Insulet Helpline: 1-800-591-3455.

Medtronic Carelink Patient Instructions for how to upload from home.

- I. Set up a carelink account (if you already have one, proceed to next step)
 1. Go to <http://medtronicdiabetes.com/carelink>
 2. Click the **Sign Up Now** button
 3. Create a username and password (write it down so you don't forget it!)
 4. Enter your personal information in the required fields.
 5. Once you complete the signup, you can go back to the welcome screen and login with your new username and password.

- II. Set up administrator rights (if you have windows operating system)
 - Windows 7: Open your **start menu** and click on **All Programs**. **Right-click** on the **Internet Explorer** icon and select **Run as administrator**. Click **Allow** in the user account control window.
 - Windows 8: From the start screen, click the **desktop tile** and make sure you are viewing the desktop. **Right-click** on the **Internet explorer** icon from the task bar. Right-click again on Internet explorer in the menu that appears. Select **Run as Administrator**. Click **Allow** in the User Account Control window.
 - Windows 10: From the start menu on your desktop, go to **All Apps**, then **Windows Accessories**. **Right-click** on **Internet explorer** in the menu list. Select **Run as Administrator**. Click **Allow** or **Yes** in the User Account Control window.

- III. Upload data from your pump to carelink
 1. Go to <http://medtronicdiabetes.com/carelink>. Enter your user name and password and click on **sign in**.
 2. Click on **Upload Data from My Device**. Allow the Java Plugin to load.
 3. Choose device and select **MiniMed insulin pump** and click **Next**. The **Check Pump Status** screen will appear. Then click **Next**.
 4. Select your pump type.
 5. Enter your pump serial number as instructed on the **Identify the pump** screen.
 6. Choose the correct **USB linking device** you are using. Most commonly, it will be your contour next link meter. Click **Next** to continue.
 7. Connect your USB linking device to your computer. The **Verify Connection** screen will appear to confirm communication between your devices and inform you when setup is complete. Click **Finish** to continue.
 8. A progress window will then be displayed. The amount of time it takes to upload your data will depend on how much data needs to be uploaded. When the upload completes successfully, you are now able to review your reports.

- IV. Confirm that your Carelink account is connected to your doctor's office
 1. Call or send a portal message to your doctor's office, asking them if your carelink account is linked to the clinic's account. If it is not, then they will need your user name and password to link accounts.

If you need more help

- Video on how to upload to carelink: https://www.youtube.com/watch?v=u_oC2EubVT4
- For personal assistance, call Medtronic's 24hr help line: 1.800.646.4633, option 1.

Patient instructions for sharing Freestyle Libre data

Instructions for patients that use the libre reader device to scan their libre

1. Go to libreview.com.
2. Click **Sign up**. It will ask you to choose the account type. Choose **LibreView Account**. Click **Continue**.
3. Follow the prompts and enter in the required personal information. Please write down the email address, username, and password you use. Many patients forget how to access their account.
4. Login to Libreview with your new account information.
5. Once logged in to libreview, click the drop-down in the upper right corner and select **Account settings**.
6. Under **account settings**, click the tab that says **My Practices**.
7. Enter the Children's National **Practice ID**.
 - Children's National practice ID is **05555396**
8. Once you add the Practice ID, click the icon in the upper left corner to return to the main page.
9. Connect your libre reader to your computer using the USB cable that came with it.
10. The first time you download, you may need to download the libreview device drivers. Click the link **download the libreview device drivers**. Follow the instructions to complete the setup of the drivers.
11. Click **Press to Begin Upload**

Instructions for patients that use their phone to scan their libre

1. Download the Freestyle **librelink** app for iphone or android.
2. Within the app, sign up for an account (you will be prompted to do this the first time you open the app.) **Please write down the email address, username, and password you use. Many patients forget how to access their account.**
3. On a desktop computer OR the internet on your phone , go to the website libreview.com. Sign-in to this website using the email address and password you used to set up the librelink account.
4. Once logged in to libreview, click the drop-down in the upper right corner and select **Account settings**.
5. Under **account settings**, click the tab that says **My Practices**.
6. Enter the Children's National **Practice ID**.
 - Children's National practice ID is **05555396**
7. Once you have added the Practice ID, your sensor data syncs with your doctor's account!

More help

- Libreview support: 1-855-786-4263.
- How to apply the libre sensor: <https://www.youtube.com/watch?v=QKj5T4uTGXk>