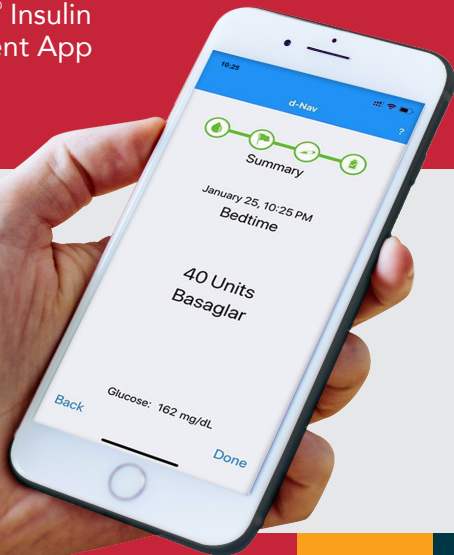


**d-Nav<sup>®</sup>**

*A better way  
to use insulin*

## **Quick Start Guide**

The d-Nav<sup>®</sup> Insulin  
Management App



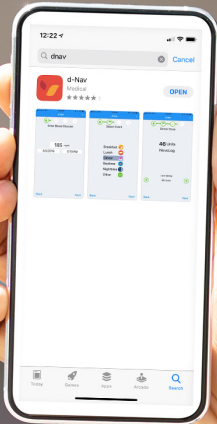


# Getting Started

**Welcome to d-Nav, a better way to manage your insulin therapy. Your healthcare provider has set up your d-Nav app with a personalized treatment plan to help you reach your glucose target range.**

In order to effectively manage your insulin therapy, you must follow your treatment plan and use the app as directed. Be sure to enter all your readings even if your glucose is low and a dose is not recommended.

All readings are needed for d-Nav to help adjust your doses. You can test and enter your blood glucose at any time, but your treatment plan will determine how often insulin is recommended.

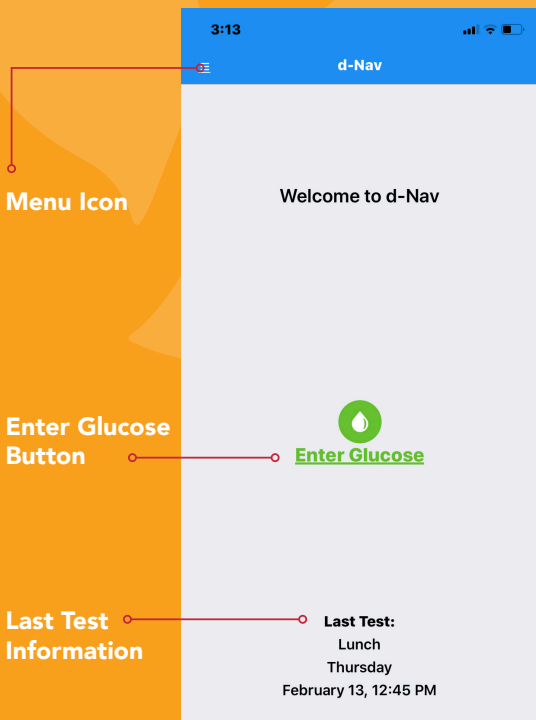


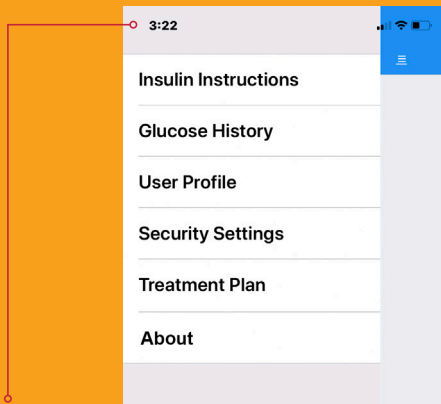
# Downloading the d-Nav App

- 1 Download the d-Nav app from the app store onto your phone.
- 2 Select Country and enter the license key and confirmation code given to you by your d-Nav Care team.
- 3 Tap **Register**. You only have to add this information once.
- 4 If you have trouble registering, contact your d-Nav Care team immediately.
- 5 Restart the app, if requested.

**NOTE:** Your PIN is automatically set to your confirmation code. You can change or disable your PIN at any time using the Security Settings screen on the d-Nav dropdown menu.

# Introducing your *d-Nav* App





## Dropdown Menu Items

Tap the menu icon in the upper left-hand corner to display these options:

- **Insulin Instructions** – Lists your detailed insulin type and insulin instructions.
- **Glucose History** – Log of glucose event history, by date and time.
- **User Profile** – Enter the name you'd like to be referred to within the app.
- **Security Settings** – Lets you enable/disable/change PIN security and provide security questions in case PIN is forgotten.
- **Treatment Plan** – Offers a detailed description of your treatment plan from your healthcare team.
- **About** - Offers technical information about your app.

9:25



d-Nav

Welcome to d-Nav



Enter Glucose

**Last Test:**

Dinner

Saturday

August 8, 7:28 PM



# *Open your d-Nav App*

**In order for your d-Nav app to work best, all meal glucose readings must be taken BEFORE eating.**

- 1 After you have checked your blood sugar, open the app, which will display the Welcome screen.
- 2 Tap the green Enter Glucose button to enter your blood glucose reading.

9:25



d-Nav



Enter Blood Glucose

147 mg/dL

8/19/2020

9:25 AM

Done

1

2

3

ABC

DEF

4

5

6

GHI

JKL

MNO

7

8

9

PQRS

TUV

WXYZ

0



# Entering your blood glucose

- 1 Using the keypad on your screen, enter your Blood Glucose reading.
- 2 Check to make sure you have entered the reading correctly.

If you need to change the reading, tap the number to reopen the keypad. Then use the backspace arrow to make your change.

- 3 Tap **Done**.
- 4 Tap **Next** to go to the Event screen.


9:25





d-Nav





Select Event


Breakfast 

Lunch 

Dinner 

Bedtime 

Nighttime 

Other 

Back

Next

# Selecting the correct event

The app display will show possible Events. Not all treatment plans show all events. Your app reflects your treatment plan:

- **Breakfast** – First meal of the day
- **Lunch** – Midday meal
- **Dinner** – Evening meal
- **Bedtime** – When you go to bed
- **Nighttime** – Waking up at night and testing
- **Other** – Times not associated with a meal, bedtime or nighttime

1 Tap to select the correct Event.

2 Tap **Next** to move to the \*Dose screen.

\*For a non-Dose Event, such as Nighttime, the app will move to the Summary screen. For other specific situations, it will go to a message screen, such as the Low Glucose screen.

9:25



d-Nav



Breakfast Dose

**15 Units**  
Humalog

I am taking

15 Units



Back

Next

# Taking the correct dose

The Dose screen will display your recommended dose and type of insulin for a dose event. You can test your blood glucose at any time, but your treatment plan will determine how often insulin is recommended.

- 1 Take the recommended dose.\*
- 2 Tap **Next** to move to the Summary screen.

\*If you do not take the recommended dose, use the arrows to modify the number of units, and then tap Next to move to the Summary screen.

**If a Low Glucose message appears, d-Nav will not recommend a dose. Follow your healthcare provider's instructions to treat your low blood glucose and test again in 15 minutes.**

9:25



d-Nav



## Summary

August 19, 9:25 AM

Breakfast

**15 Units**  
Humalog

Glucose: 147 mg/dL

[Back](#)

[Done](#)



# *The Summary screen*

This shows the time, day, event and recorded dose.

- 1 Tap **Done** if correct.
- 2 Tap **Back** to correct an entry if needed.

# *Troubleshooting Tips*

- The d-Nav app can be reset by closing and reopening it. It is recommended to do this periodically.
- Complete every entry by ending on the d-Nav Welcome screen.
- App will not transmit data to the d-Nav cloud while the phone is in airplane mode, but the app can be used. Once airplane mode is turned off, saved data will be transmitted.
- If you have trouble using the app, contact your d-Nav Care team.



# *We're here to help*

If you'd like assistance or have questions at any time, please contact us and one of our d-Nav care specialists will gladly assist you.

**Call:** 734.743.2838

**Email:** [clinicmail@hygieia.com](mailto:clinicmail@hygieia.com)



**A BETTER WAY TO USE INSULIN**

Hygieia, Inc.  
28807 8 Mile Rd, Suite 102  
Livonia, Michigan 48152

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