

d-Nav[®]

*A better way
to use insulin*

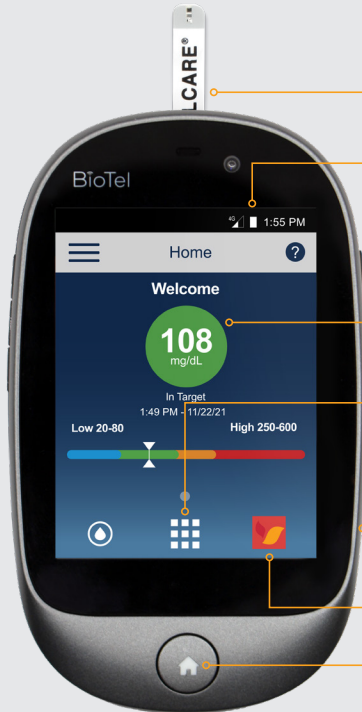
Quick Start Guide

The d-Nav[®] Insulin
Management Program



BioTel Care[®] Device and Home Screen

dNav[®] by **HYGIEIA**
A BETTER WAY TO USE INSULIN



Test Strip Port

**Cell Signal Bars/
Battery Charge Level**

Power Button

**Last Blood
Glucose Reading**

Applications Icon
Manage settings such as
adjusting volume/brightness
and using airplane mode

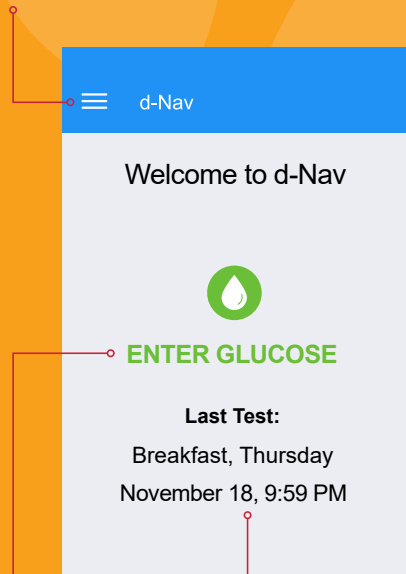
AC Charging Port

d-Nav App Icon

BioTel Home Button
Used to wake up screen

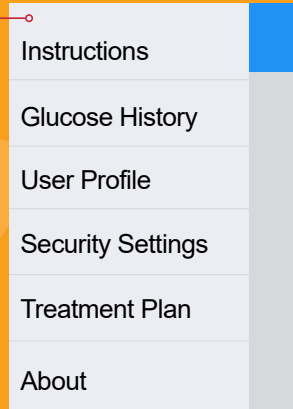
d-Nav App Welcome Screen

Menu Icon



Enter Glucose
Button

Last Test
Information



Dropdown Menu Items

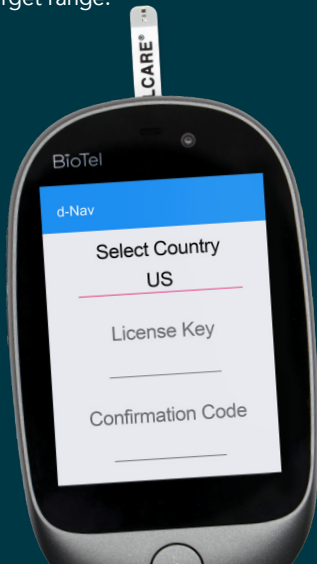
Tap the menu icon in the upper left-hand corner to display these options:

- **Insulin Instructions** – Lists your detailed insulin type and dosage information.
- **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.

Getting Started

Your healthcare provider has set up this d-Nav device, which is a BioTel Care glucose meter with installed d-Nav app, for the type of insulin you use and your starting dosage.

The d-Nav app is programmed with your individual treatment plan and will recommend all insulin doses to help you reach your glucose target range.



- 1 Fully charge the device using only the included charger.
- 2 Press and hold the **Power** button on the upper-right-hand side for **1.5 to 2 seconds**.
- 3 Open the **d-Nav app** by tapping the d-Nav app icon. Allow 10 seconds for the app to open.
- 4 Select country. Enter your license key and confirmation code that was provided by your d-Nav care team. Tap **Register**. You only have to add this information once. If you do not have this information, please call 734.743.2838.
- 5 Your PIN is automatically set to your confirmation code. You can change or disable your PIN at any time using the Security Settings screen in the d-Nav dropdown menu.

Testing your blood glucose

NOTE: All meal glucose tests should be taken before your meal.

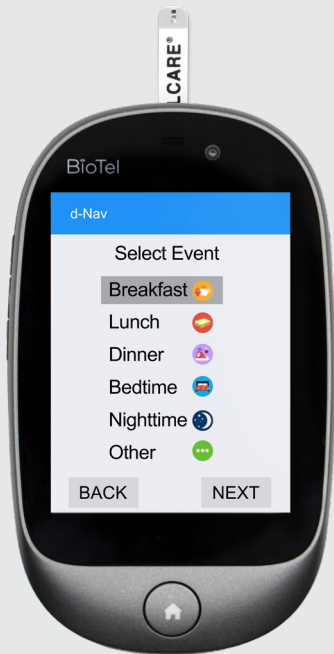
- 1 Wash and dry hands thoroughly.**
- 2 Set up your lancing device.**
For details on lancing device setup and use, please see page 12 of the provided BioTel Care User Manual. Use only fingertip blood with the d-Nav app. Do not use alternate test sites.
- 3 Insert a test strip** into the port, and then prick your finger with the lancing device.
- 4 When Apply Blood message** appears on the screen, touch the test strip in the port to the drop of blood.
- 5 Wait for the countdown** and view the results.



If you're using control solution, please follow steps 3-5 substituting BioTel Care control solution for blood. Never touch the test strip directly to the tip of the control solution bottle. This will damage the remaining control solution.

For complete control solution test information, please see page 18 of the BioTel Care User Manual provided to you.

Using your test results to get an insulin dose recommendation



- 1 Tap **Open d-Nav** after the **Reading Sent to Server** message appears.
- 2 Once the reading appears on the Glucose Entry screen, tap **Next**.
- 3 Select the correct event for the reading (e.g., breakfast) on screen and tap **Next**.
- 4 The recommended dose for you to give is displayed.

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

- 5 Tap **Next**. Tap **Done** when you are finished.
- 6 Remove the test strip from the port and discard of it properly.

Entering your blood glucose reading taken from another device



- 1 If not already open, tap the **d-Nav app** icon on the BioTel device Home screen. Allow 10 seconds for the app to open.
- 2 Tap **Enter Glucose** on the d-Nav Welcome screen.
- 3 Manually enter your blood glucose value and tap **Done**. Tap **Next**.

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 best optimize your day-to-day dosage guidance.

- 4 Select the correct event for the reading (e.g., breakfast) on screen and tap **Next**.
- 5 The recommended dose for you to give is displayed.
- 6 Tap **Next**. Tap **Done** when you are finished.



Troubleshooting Tips

- To check signal strength or battery level while in the d-Nav app, place your finger above the blue bar and swipe down to open the device status bar.
- If you don't have at least one bar for signal strength in the upper-right-hand corner (under "4G"), your blood glucose number may not be automatically entered into the d-Nav app. In this case, you may manually enter your reading into the d-Nav app.
- If you do have at least one bar but the glucose numbers aren't automatically entering into the d-Nav app, power down and restart the BioTel Care device.
- Complete every glucose entry by ending on the d-Nav Welcome (Home) screen.

- Keep the battery charged to a minimum of 20% power. If it goes below that, you may need to charge your device for a period of time before it can power back on and be used again. (For complete charging instructions, please see page 48 of the BioTel Care User Manual provided to you.)
 - Only use the AC charging cord provided. Use of other cords may overheat and damage your BioTel Care device.
 - To quickly access the BioTel Home screen from the d-Nav app, press and hold the power button until the Power Off window appears. Then press the Home button. To return to the d-Nav app, tap the d-Nav icon from the BioTel Home screen.
- Alternatively, you may insert a test strip, wait for Apply Blood, and press the Home button. Dismiss any error message.

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

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A BETTER WAY TO USE INSULIN

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