

# PredictBGL for Carers & Parents

PredictBGL allows you to see *exactly* what is happening to your child's blood sugars during school and other activities.

**Automatic syncing** shares data live with you, teachers, carers, and your chosen Health Care Professional across multiple devices – PC, Mac, iPhone or Android phones or tablets.

See **predictive trends** of blood sugars – between fingerpricks, during exercise and overnight.

If you use Dexcom or FreeStyle Libre CGM, PredictBGL automatically connects data for **super-easy logging**.

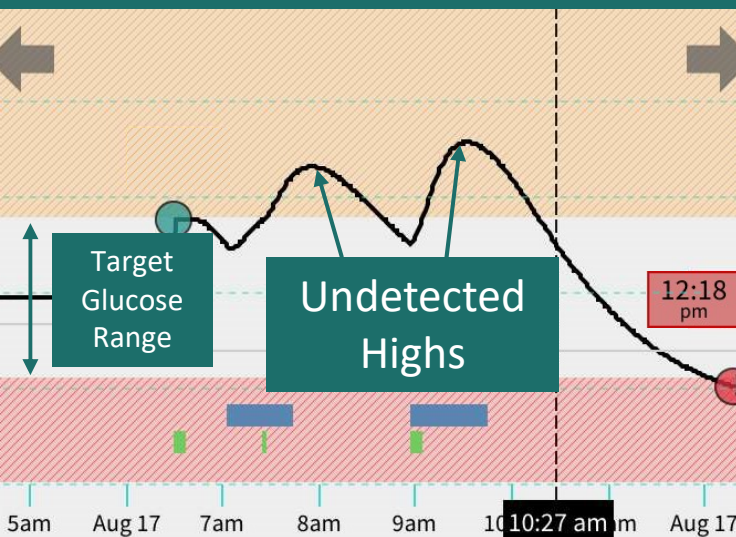
Your Health Care Team sees exactly what you see – with notes, times, doses, carbs and blood sugars, and can easily provide help over the phone.

PredictBGL's points, rewards and leaderboards can even **help teenagers stay on track**.

**Get PredictBGL** from the App Store or Google Play today!

## Reduce Risk of Highs & Lows

Fingerpricks alone can miss up to 80% of highs and lows<sup>1</sup>



## How does PredictBGL work?

Similarly to a pump, PredictBGL allows you to enter a blood sugar and carbs. It calculates a dose, and **tracks active insulin** to avoid stacking (over-dosing). Inject with insulin pens or syringes as you do today.

PredictBGL then uses market-leading prediction technology to **go beyond just logging**. Using PredictBGL, you'll see how your blood sugars, carbs and insulin interact, filling in the gaps between fingerprick blood tests. On iOS, exercise data from Apple Health such as walking, running and swimming is automatically connected to the prediction model.

If you have a connected glucometer, Dexcom G5/G6 CGM or a FreeStyle Libre (with LinkBluCon or MiaoMiao addons), PredictBGL will automatically log blood sugars for you. Carb counting is super easy – just connect MyFitnessPal or hundreds of other food Apps.

When your results are off target, PredictBGL helps you decide if a carbohydrate or correction ratio change is required, and by how much. PredictBGL also includes context-sensitive information about stress, sickness, exercise and other potential causes.

When you're low, PredictBGL shows how many hypo treatments (jelly beans, glucose tablets etc) and carbs are needed to avoid a secondary hypo or a rebound high. Or if you're high, it shows how long to delay eating after injecting to allow your blood sugars to fall. This minimises dangerous glucose variations, and improves Time-In-Range and HbA1C.

PredictBGL even sends bi-monthly reports to help you improve. PredictBGL's comprehensive series of reports can be shared with your Health Care Professional.



PredictBGL is a TGA-regulated device listed on the ARTG. PredictBGL works best for people who use insulin (Type 1 or Type 2) using MDI on basal/bolus regime who perform 3 or more fingerpricks per day (or use CGM). We recommend you consult with your Health Care Professional to see if PredictBGL is suitable for you.

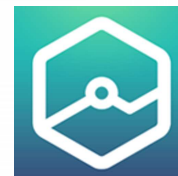
### References

1. Kaufman FR, Gibson LC, Halvorson M, Carpenter S, Fisher LK, Pitukcheewanont P. A pilot study of the continuous glucose monitoring system: Clinical decisions and glycemic control after its use in pediatric type 1 diabetic subjects. *Diabetes Care*. 2001;24(12):2030–2034.
2. All product names, trademarks and registered trademarks are property of their respective owners.

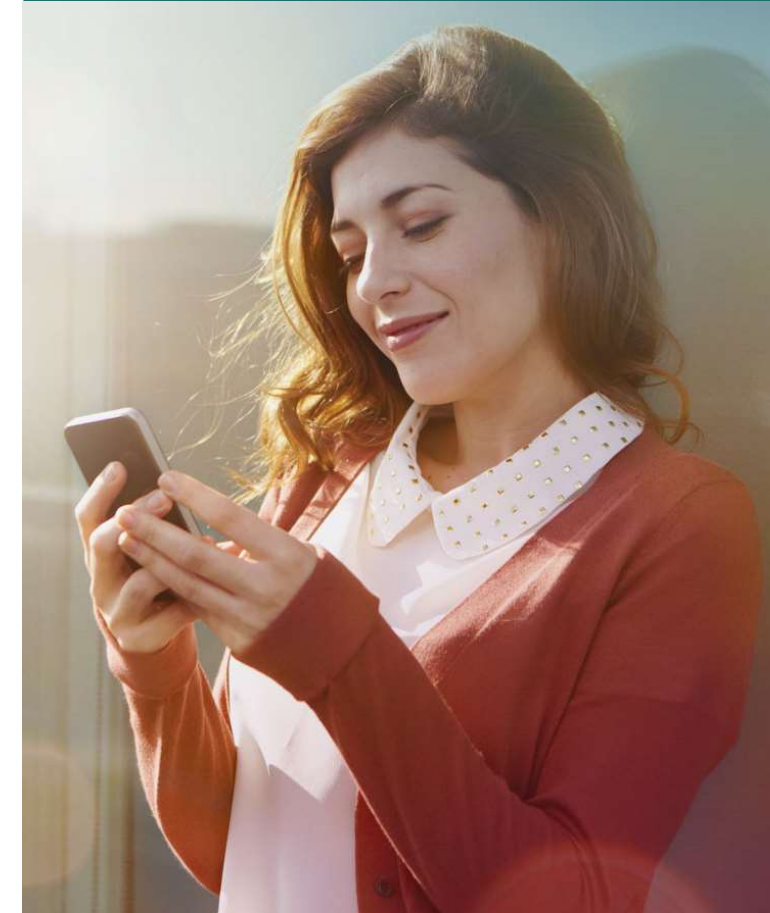
### PredictBGL App

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# Dose Calculation *without* a Pump?



## PredictBGL

*Be Bigger Than Your Diabetes*



# What is PredictBGL?

PredictBGL is an App that makes insulin dosing **simple**, providing dose calculations and future blood glucose trends *traditionally* only available with expensive insulin pumps and continuous glucose monitors (CGMs).

Eat when you want. The freedom is yours.

PredictBGL combines blood sugars, food and exercise data with **hypo predictions, dose suggestions** and **all your diabetes data** to give you the best decision support available.

Download PredictBGL from the App Store or Google Play today!

Last Fingerprick Test 6:30 am

Predicted Low at 12:18 pm

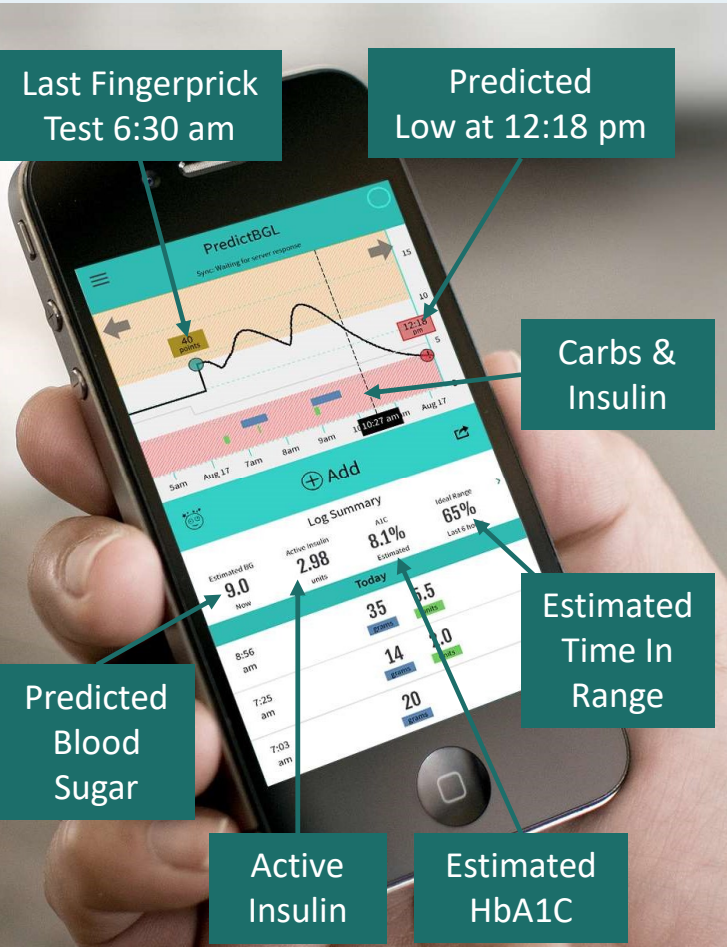
Carbs & Insulin

Estimated Time In Range

Predicted Blood Sugar

Active Insulin

Estimated HbA1C



# PredictBGL Results

## Calculate Insulin Doses

Avoid insulin stacking and hard dosing maths



## Connect Live CGM Data

Automate BG logging for easy dosing



## Dose Coaching

Constantly improve dose ratios



## Connect Fitness Data

Avoid Hypos before they occur



## Link to 5 Million Foods

Precision dosing with carbs, protein, fat and fibre



- 25,000+ users worldwide
- Winner of Stanford's 'DiabetesMine' Patient Voices competition



"The killer feature of PredictBGL is the visual prediction and the easy correction of carb and correction ratios directly from the graph. Within the first two days it was easy to correct ratios and fine tune the predictions" - Marius, Germany

"Just awesome!"

"Reduced my daughter's HbA1C from 9.5% to 7.2% in three months" - Lisa, Australia

"I've tried many apps to achieve better HbA1C control, but still had many highs and lows, resulting in frustration, lack of confidence, and more inconsistency. This app changed everything. The ability to predict future glucose levels is pretty much the key"

# PredictBGL Features

- For insulin users (type 1s and type 2s)
- Insulin dose calculator / Logger
  - Multiple carb and correction ratios throughout the day
  - Multiple BG targets throughout the day
  - Tracks active insulin / insulin on board in the same way as a pump
  - Delayed eating suggestions when High - lower your HbA1C
  - Allow for multiple levels of exercise, stress, sickness, menstruation and more
  - Hypo response actions
- Hypo warning and hypo re-test reminders
- Meal and insulin reminders
- Post-meal reminders
- Hypo and BG prediction hours ahead
- Basal rates for pump users, and split dose logging
- Over 60 log types from Blood Pressure to Kidney Function
- Live Time-in-Range and HbA1C estimate
- Fully-featured reporting via PredictBGL.com
- Patient decision support
- Health coaching and points system
- Import data from 55+ devices
- Context-sensitive education
- Grams/Exchanges/Portions/KE/CC
- BG units: mmol/L and mg/dL
- Metric and imperial weight and height
- Available in English, Spanish, German, French, Italian, Russian, Arabic & Chinese

