

Blood Glucose Meter (Glucometer)

If you check your blood sugar with a meter, we would like to see your blood sugar data prior to your visit. If your meter has proprietary software that allows you to upload the readings and then download a report, please feel free to utilize this method. If your meter does not have a way to upload the readings, then you can simply write them down in a word document to export as a pdf or take a photo of a hand written list. We would like 7 to 14 days of readings, each with a corresponding date and time.

Whichever method you use, please send the report, pdf, or photo as an attachment to an eCare message to your care team through the patient portal. If you do not have eCare, please contact the clinic and we will provide an alternate way to get your readings to your provider.

If your appointment is in person, please plan to bring your meter with you in addition to sending the readings in advance as outlined above.

Dexcom

If you use your **PHONE** as your receiver, please do the following:

1. Send an e-Care message to your care team and provide the email address used with your Dexcom Clarity account.
2. Your care team will send you an invitation to share your data. This will include a sharing code which you will need to enter into your Clarity app on your phone – see below. (This is different than your Dexcom G6 app.)

To Set up Sharing in Clarity app:

1. Open the Clarity app and sign in if you are not already signed in
2. Tap on the profile icon in the lower right corner
3. Tap on “Authorize Sharing” at the top
4. Select “Accept invitation”
5. Enter your share code from the clinic and your date of birth and tap “continue”
6. The next screen is a consent to share data with the clinic. Tap if you agree.
7. Tap “Yes, share my data”

If you have a **DEXCOM RECEIVER**, please do the following:

If you would like to watch an overview video on uploading your receiver through the computer, you can go to: <https://youtu.be/BVfB200nsby>

1. Login to clarity on the web (<https://clarity.dexcom.com/>)
2. Plug the green Dexcom cord into the receiver. Then plug the other end into your computer.
3. Follow the upload instructions, the data should appear after upload is finished
4. Send an eCare message to your team confirming that you have completed the upload
5. If you have not linked your Clarity account to the clinic yet, please include the email address you use for your Clarity account in the eCare message. The clinic will email you a code to link your data to the clinic. Follow the link in the email or you can enter the share code at www.clarity.dexcom.com/share and follow the instructions

Once you have set up sharing, you will be linked with the clinic and you will not need to go through this process again. Your data will automatically be sent to the clinic if you are using your phone as the receiver. It will not automatically send data if you are using the Dexcom Receiver and you will need to follow the upload instructions prior to your appointment in order for the clinic to see your most recent information.

Dexcom 24/7 Support: 1-844-607-8398

Freestyle Libre

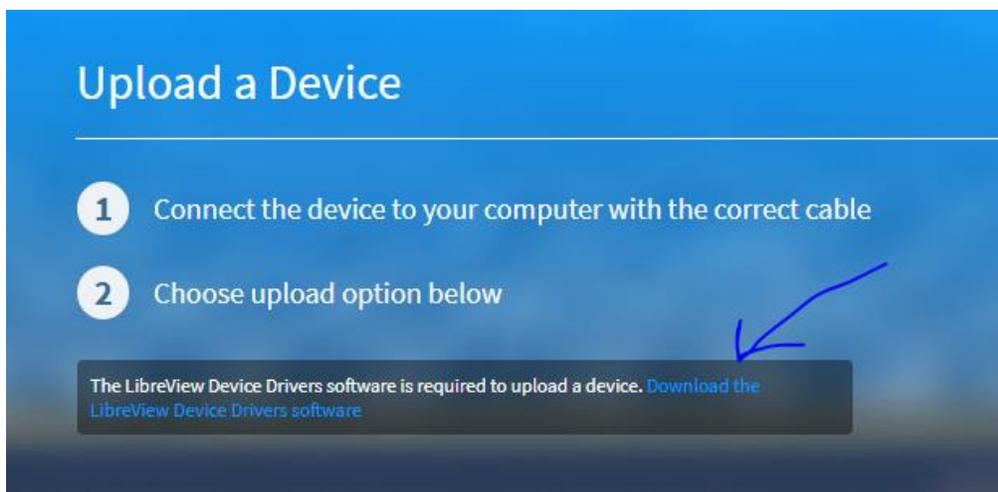
If you are using your **PHONE** app as the reader, please do the following:

1. Send an eCare message to the clinic with the email address you are using on the LibreLink or Libre 2 app. We will email you an invitation to share your information. Follow the instructions in the email.
2. Once linked, the data will automatically send to the clinic as long as the app is running in the background. There is nothing else to do on your end.

Note – if you take any readings with the separate Libre reader, they will not automatically send and you will need to manually upload the reader. See instructions below.

If you are using the **LIBRE READER**, please do the following:

1. Login at www.libreview.com
2. If you do not already have an account, please create one. If you have an account, sign in.
3. If this is your **first time** uploading from home, you will need to download the device drivers software. Click on “Download the LibreView Device Drivers software.”



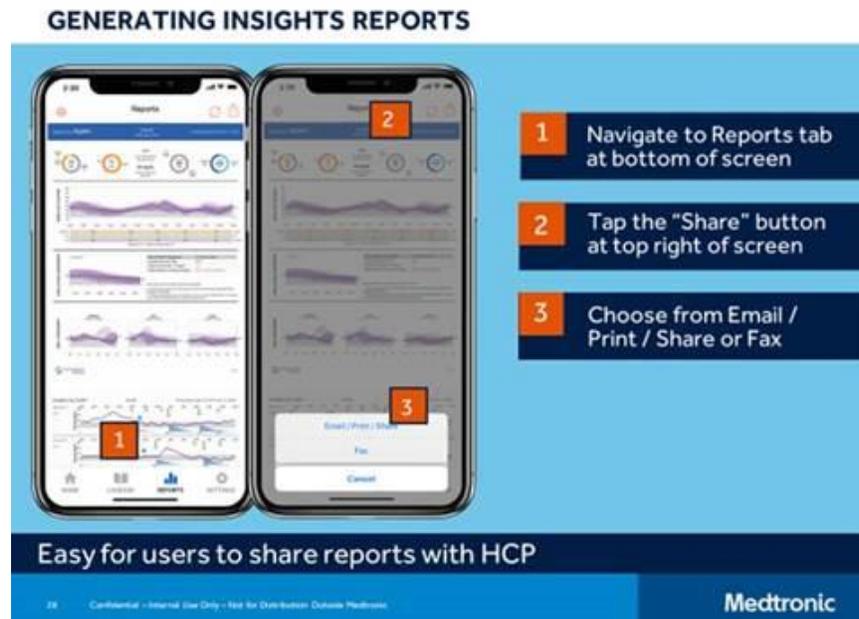
If you have uploaded before, skip to step #6.

4. You will then have to restart your computer.
5. Once restarted, go back to the LibreView website and sign in.
6. Use the yellow cord provided with the reader and plug it into the reader. Then plug the other end into your computer.
7. Click the “Press to Begin Upload” button.
8. When the upload is done, you’ll be able to see your available data.
9. Send an eCare message to your care team confirming you have uploaded. If you are not connected to the clinic yet, please make sure to include the email address you use with your LibreView account so we can send you an invitation to link your data with the clinic.

Libre 24/7 Support: 1-855-632-8658

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InPen



1. Open your InPen app
2. Tap on "reports" at the bottom of the screen
3. Tap the settings icon (looks like a gear) in the upper left corner
4. Select the date range "Last 30 Days" and tap "save" in the upper right corner
5. Tap the "share" icon at the top right of the screen (box with an arrow pointing up)
6. Choose email and send the report to yourself
7. Login to your email account and download the pdf report
8. Send an eCare message to your care team with the pdf report attached
9. Follow this link for a walkthrough with photos:
<https://support.companionmedical.com/article/137-how-to-generate-and-send-a-report>

InPen 24/7 Customer Support: 1-844-843-7903

Medtronic

1. To upload data from your Medtronic pump at home, you will need to create a CareLink account if you do not already have one. You can do this at <http://medtronicdiabetes.com/carelink>
2. If you have not already linked your account with the clinic so we can view your data, please send an eCare message to your care team with your CareLink username and password.
3. If you have not uploaded at home before, you will need to download and install the CareLink Uploader. Please follow the directions at: <https://www.medtronicdiabetes.com/customer-support/carelink-software-support/installing-carelink-uploader> If you have previously uploaded your pump at home, you can skip this step.
4. If you are have a MiniMed 630G or 670G – please follow these instructions for uploading your pump: <https://www.medtronicdiabetes.com/customer-support/carelink-software-support/uploading-600-series>
5. If you have a MiniMed 770G –
 - a. You can upload through a computer using the blue adapter that came with your pump. Please follow instructions to upload through a computer here: <https://www.medtronicdiabetes.com/sites/default/files/library/download-library/workbooks/CareLink-QRG-MiniMed-770G-System.pdf>
 - b. With the 770G, you also have the ability to link to the MiniMed mobile app on your compatible smart phone. If you haven't done that yet and would like to, you can find the instructions here: <https://www.medtronicdiabetes.com/customer-support/minimed-770g-system-support/setting-up-minimed-mobile-app> If you use the mobile app, your data will automatically be sent to the clinic and you will not need to upload separately.

Medtronic 24/7 Support: 1-800-646-4633

Omnipod via Glooko – Preferred Method of Uploading

If you are uploading for the first time - start here. Otherwise log into your Glooko account at my.glooko.com and skip down to step 5.

1. Go to www.my.glooko.com. Click "Sign up for Glooko here" and fill out your personal information. For the box that says "Code", type in the clinic's Proconnect code: uofwashdcc This will enable your account to share data with the clinic so we are able to see your data when you upload.
2. Select your smartphone operating system if you have one, and select your Omnipod version by searching for Omnipod in the search bar. If you have a DASH, please select both DASH system and DASH Cloud.
3. You will see a page with compatibility of your devices as well as the cables needed to upload. You should already have these cables as they came with your Omnipod device. If you have them, uncheck the boxes and click next. If you need them, keep the boxes checked and click next. You will be prompted to check out for the cables at no cost.
4. You will have the option to download the app for your phone if desired. You can also do this at another time. Otherwise, click "Open Glooko" which will take you to your home screen.
5. Click on the arrow in the top right corner and select "settings" from the drop down menu.
6. Click on "Upload Omnipod PDM" and follow the instructions in the pop up window to upload. FOR DASH USERS - please remember you have to unlock your device with the PIN before you plug it in or it will not work. If this is the first time uploading the DASH, you will need to do it twice in a row to make sure all the data uploads.
7. Once you have done this, you should be able to go back to the home screen and see your data.

For **DASH users** only - you have the option of connecting your DASH to the cloud and having the data send to Glooko every night at midnight so that you don't have to manually upload. This highly recommended as it makes it easier on everyone to have data for your appointments at the clinic.

1. In the settings page, scroll to the bottom and select "Connect to DASH Cloud"
2. Click "Connect" and then log into your Podder Central account on the following screen. This is usually created for you at your Omnipod training. If you do not have an account, you can click on "create an account" at the bottom.
3. Follow the screens to connect to Glooko.
4. After you have done this, the DASH Cloud account status will display as "Pending" for approximately 5 minutes while a connection is established. Once connected, the status should change to "Connected."
5. Once you have connected, the DASH PDM should automatically upload to Glooko at midnight provided that it is connected to Wifi. For some instructions on how to connect your DASH PDM to wifi and keep it on continuously, check out this support article from Glooko:
<https://support.glooko.com/hc/en-us/articles/360017129337--Omnipod-DASH-C2C-connection-stuck-in-Pending-status>

If you have a Dexcom - you can also connect your Dexcom Clarity account to Glooko.

1. In the settings page, scroll to the bottom and select "Connect Dexcom Account"
2. Log in with your Dexcom Clarity username and password
3. Click "share data" and type in your signature in the box provided. Click "save and continue"
4. You should get a confirmation screen that your Dexcom is now connected. You can click "done"

Glooko Support: 1-800-206-6601 or support@glooko.com

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Omnipod PDM via Tidepool (for DASH see below)

We use Tidepool to upload and view your Omnipod data. As per their website, this is only useable in Google Chrome.

1. Go to Tidepool.org and click on “Sign up”. If you have uploaded before, log in with your existing account and go to step 9.
2. Choose “Personal Account” and provide the necessary information to create your account.
3. Click the link sent to the email you signed up with to verify and activate your account.
4. Accept the terms of use if you agree to them and click “Continue”
5. On the welcome screen, click “Yes, let’s set it up”
6. Fill in the required information and click “Save”
7. You will need to download the Tidepool Uploader on the following screen. Choose the correct operating system for your computer and click the corresponding “Download” button.
8. Follow the instructions to install the software on your computer. If you need assistance, refer to <https://support.tidepool.org/hc/en-us/articles/360029368552-Installing-Tidepool-Uploader>
9. Connect your Omnipod PDM to the computer. Wait for the PDM to read “USB device ready”
10. Launch the Tidepool uploader software and log into your account.
11. Choose “Insulet Omnipod” as your device. You can change your devices by selecting “Choose Devices” from the drop down menu under your name.
12. Confirm that the uploader is set to the correct time zone and that your PDM has the correct date and time
13. Click the “upload” button to begin the upload of the PDM. If you need assistance, refer to <https://support.tidepool.org/hc/en-us/articles/360029448012-Uploading-your-Insulet-Omnipod->
14. To view your data click on the “see data” button or go to tidepool.org/login and log in with your account.
15. If you are not already sharing data with the clinic, you will need to send a share email to the clinic. You can do this from your Tidepool account by clicking on “Share” at the top of the screen and then “Invite new member.” You will be prompted to send an email, please send it to dcc_cdes@uw.edu
16. Send an eCare message to your team to let them know that your Omnipod data is available for viewing.

For step by step guidance from Tidepool, go to:

https://drive.google.com/file/d/1po4jxqID5FfSM5KPQcUu9_Y7Ai1u4ea/view

Omnipod 24/7 Support: 1-800-591-3455

Omnipod DASH via Tidepool

We use Tidepool to upload and view your Omnipod data. As per their website, this is only useable in Google Chrome.

1. Go to Tidepool.org and click on “Sign up”. If you have uploaded before, log in with your existing account and go to step 9.
2. Choose “Personal Account” and provide the necessary information to create your account.
3. Click the link sent to the email you signed up with to verify and activate your account.
4. Accept the terms of use if you agree to them and click “Continue”
5. On the welcome screen, click “Yes, let’s set it up”
6. Fill in the required information and click “Save”
7. You will need to download the Tidepool Uploader on the following screen. Choose the correct operating system for your computer and click the corresponding “Download” button.
8. Follow the instructions to install the software on your computer. If you need assistance, refer to <https://support.tidepool.org/hc/en-us/articles/360029368552-Installing-Tidepool-Uploader>
9. Launch the Tidepool uploader software and log into your account.
10. **Important:** Unlock the DASH PDM with the PIN number. (If you have forgotten your PIN, you can use the last four digits of the serial number on the back of the device.)
11. After unlocking your DASH PDM, connect it to your computer and tap “Export” on the screen. If you do not see the export button – unplug the PDM, make sure it is unlocked, and then reconnect it to the computer.
12. Once the export is complete – you will see a message on the screen “Your PDM data is ready for export.”
13. Choose “Insulet Omnipod” as your device. You can change your devices by selecting “Choose Devices” from the drop down menu under your name.
14. Confirm that the uploader is set to the correct time zone and that your DASH PDM has the correct date and time.
15. Click the “upload” button to begin the upload of the PDM. If you need assistance, refer to <https://support.tidepool.org/hc/en-us/articles/360029369472-Uploading-your-Omnipod-DASH>
16. To view your data click on the “see data” button or go to tidepool.org/login and log in with your account.
17. If you are not already sharing data with the clinic, you will need to send a share email to the clinic. You can do this from your Tidepool account by clicking on “Share” at the top of the screen and then “Invite new member.” You will be prompted to send an email, please send it to dcc_cdes@uw.edu
18. Send an eCare message to your team to let them know that your Omnipod data is available for viewing.

For step by step guidance from Tidepool, go to:

https://drive.google.com/file/d/1po4jxqlD5FfSM5KPQcUu9_Y7Ai1u4ea/view

Omnipod 24/7 Support: 1-800-591-3455

Tandem

The following information can be found with more detail at:

https://www.tandemdiabetes.com/docs/default-source/product-documents/tconnect-application/tconnect_getting_started_guide.pdf?sfvrsn=e9b731d7_4

1. If you have never uploaded before, go to [tconnect.tandemdiabetes.com](https://www.tandemdiabetes.com) and click on “Create Account”. If you have uploaded before, you can open the t:connect uploader software on your computer and skip to Step 4.
2. Click on the green button “Download t:connect” to download the t:connect uploader and follow the steps to install it on your computer.
3. The t:connect uploader software should automatically start after you complete the installation. If it does not, you can double click the icon on the desktop.
4. Connect your pump to the computer with the mirco USB to USB cord that came with your pump.
5. The uploader software will detect your pump and display the serial number at the top of the screen. Click on the “Start Upload” button.
6. You should see an “Upload Successful/Complete” message when the upload is complete.
7. If you don’t have a t:connect account, the uploader will prompt you to create a new account. Click the “Get Started” button to do this and fill in the required information.
8. Once you have created your account, please be sure to send your username and password to the clinic through an eCare message so we can link your account with the clinic portal.

Once you have done an initial upload through the computer, and if you are running Control IQ, you can connect your t:slim pump to the mobile app. (Note: Basal IQ will not work with the app.) This will automatically upload your data to your t:connect account every hour as long as your phone is connected to Wi-Fi or data and the app is running.

To Connect to the Mobile App:

1. Download t:connect app
2. Sign in to your t:connect account
3. Follow the steps to pair your pump with the app – make sure that Bluetooth is turned on both on your phone and the pump. Tap “begin” Make sure your pump is in close proximity to your phone.
4. The app will automatically detect and display your pump. Select the pump’s serial number and tap “Next”
5. On the pump, select “Pair Device” and then press the check mark to continue
6. Below the unique pairing code, you will see an “OK” Do NOT press the OK button or it will unintentionally cancel the pairing process.
7. Enter the code that is displayed on the pump directly into the t:connect mobile app and tap “Pair with Pump.” The code is case sensitive and must be entered exactly as it appears on the pump. (Note that the code is only valid for 15 minutes. If the code expires, restart the pairing process.)
8. Once the code has been successfully entered, a confirmation screen will appear on the pump
9. Press “Sync Pump Data” on your phone to begin using the app.

Tandem/t:connect 24/7 Customer Service: 1-877-801-6901