



# Manual

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# SiDiary

for iOS

[www.sidiary.org](http://www.sidiary.org)

<https://diabetes.sinovo.net>

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## Index

1	General.....	3
1.1	Program user interface in different languages.....	3
1.2	Intended Use.....	3
1.2.1	Contraindications.....	3
1.2.2	Important notice for the use of products for health purposes.....	3
1.3	Optimize your diabetes with SiDiary.....	4
1.4	Data Security.....	4
2	Installation.....	5
3	More (Setup).....	6
3.1	Profile.....	6
3.2	Settings.....	7
3.3	Meter.....	9
3.4	About.....	9
3.5	Rating SiDiary.....	10
4	Logbook.....	10
5	Statistics.....	15
6	Trend analyzis.....	18
7	Synchronisation.....	19
8	Registered Trademarks.....	21

# 1 General

## 1.1 Program user interface in different languages

SiDiary provides users of other nationalities with a lot of translation packages - therefore the graphical user interface is available in more than 20 different languages. For details of all available languages please visit [www.sidiary.org](http://www.sidiary.org).

Please note that some of the language packages were translated by the user community, not by SINOVO (which are marked explicitly)!

## 1.2 Intended Use

SiDiary is a software tool for therapy control of blood glucose levels and additional individual trackable parameters. SiDiary PC is used to download measurements from home diagnostic devices (blood glucose, blood pressure, weight scales, pedometers etc.) as well as tracking individual parameters for a long time range. SiDiary stores the data and pictures the data for the used time range. In addition SiDiary enables the data exchange with other SiDiary applications, e.g. for data tracking on mobile smartphones and data transfer to the treating health care professional (hcp). By tracking the relevant data for a long term SiDiary supports the patient in self-control of his therapy. In clinical or outpatient treatment the patient can send the tracked data to his hcp so SiDiary may support the hcp in controlling the diabetes therapy.

### 1.2.1 Contraindications

None yet known.

### 1.2.2 Important notice for the use of products for health purposes

In the case that the software is used to organize relevant data for a therapy (i.e. diabetes), the software is suitable only as an aid to organizing data values you enter. Obviously the software can in no way substitute for medical care or therapy. Every change of therapy (i.e. BE factors, correction rules, dosage of insulin) you must discuss with your doctor in just the same way as you had to and should have done prior to the use of the program. SINOVO, therefore, is not liable for health complications of any type, which may result from wrong therapy (i.e. wrong dosage of insulin). This also applies to advice the program may offer. Possible advice is offered without obligation and propriety and efficacy must be approved in detail by the treating physician.

Particularly the usage of medical especially for diagnostic and health monitoring purposes, it is recommended that apart from the evaluation by the software other recordings are carried out as well as frequent data back-ups to ensure that data is not inadvertently lost and to ensure that monitoring can be assured by other means.

### 1.3 Optimize your diabetes with SiDiary

When you start tracking your blood glucose values with SiDiary, you will see that your parameters become better each day, because you are getting a directly graphical feedback upon entering each value. The charts and the calculated A1C parameter are helping you to control your diabetes. The graphical analysis is showing you a series of bad blood glucose levels immediately and makes you want to improve. You cannot compare the SiDiary-calculated A1C to a lab value, but it offers you an indication for a better tendency of your metabolism-adjustment.

A lot of clinical trials have proved that, if you are using any blood glucose logbook (even a paper based one), it is always along with an improvement of your diabetes adjustments. An improvement of 1% of the A1C is possible. If you are watching your values with an electronic log, you will see recurrent mistakes and you can optimize even little things, since you are getting more and more sensitive in keeping your values straight.

Please notice: It will be helpful for sudden changes (Hyperglycemia/Hypoglycemia) to protocol also in SiDiary: What did you eat, how much did you inject, were there any additional physical pressures or did you had an additional illness. If you can identify the circumstances for a bad blood sugar level, you have the chance to make adjustments the next time in order to get better results.

### 1.4 Data Security

Since SiDiary is a program that is working for your health, your data records might be relevant in the near future for medical statistics, certificates, official reports etc. That is the major reason you should take care of your data records. You can save your data records, if you do "backups" constantly.

SiDiary has as an option of data backup the use of SiDiary-Online. You can synchronize your data with the Online-Server. After a crash of your device, you only have to install SiDiary again on your device. With the next data synchronization you have all of your last saved data on your computer again.

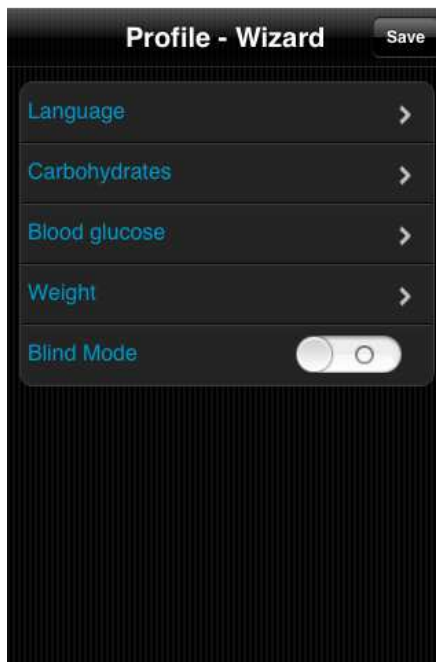
Operating system updates and/or hardware updates of your computer can result in impairment of the SiDiary software. Please check then for Software updates of SiDiary or send us an email to [info@sinovo.net](mailto:info@sinovo.net)

## 2 Installation

SiDiary can be purchased directly at iTunes:

<http://itunes.apple.com/us/app/sidiary/id389582724?mt=8>

Then it will be available directly on your iOS device (iPhone, iPodTouch and iPad)



After you have started the app you will see this profile wizard, which will help you to make the main settings. There you can select the language of the app, then you can select, if you want to enter your BG readings in mg/dl or mmol/l and the unit of your weight.

**Very important:** You can choose, if you want to use an exchange unit for your carbohydrates, like BE or KE.

**If you don't select an exchange unit, your carb intake will be stored in gram!**

In this case the bolus calculator works according to the American formula:

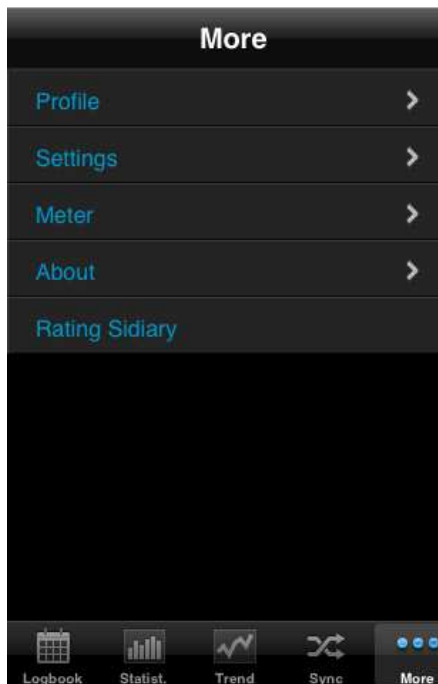
$$\text{Bolus} = \text{Carbohydrates} \text{ divided by carb/insulin ratio.}$$

If you activate the exchange unit, the bolus calculator works according to the European formula:

$$\text{Bolus} = \text{BE multiplied with BE-Factor}$$

The blind mode is recommended, if you want to use the app with Apple's built-in screen reader, VoiceOver '. Is this mode is activated no graphical elements will be displayed in the statistics.

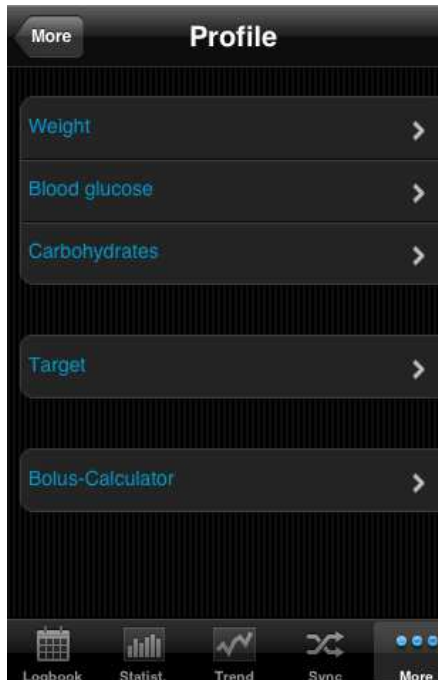
## 3 More (Setup)



In 'More' you can adjust the settings for the app or get the information which version of the app you are currently using.

You can also rate the app in iTunes. Please consider: If you want to complain about something, please contact us prior to the review. Usually we're able to elucidate misunderstandings or help with problems you may have.

### 3.1 Profile



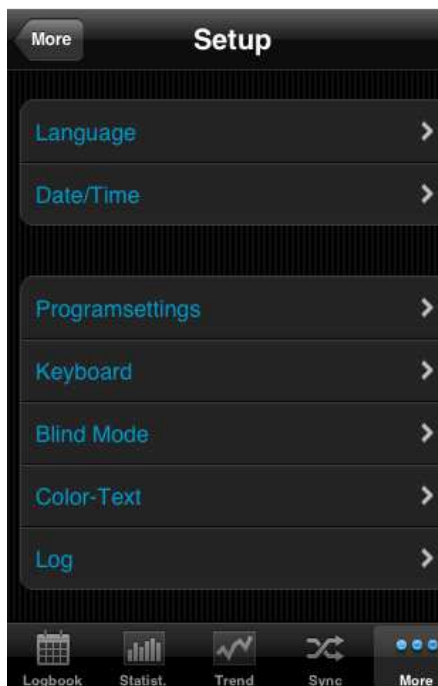
In the profile settings you can adjust which unit you prefer for measurements (weight, blood glucose, carbohydrates) and which is your target range for blood glucose.

If you want to track your carbohydrates in 'gram' then let the exchange unit deactivated. Otherwise activate and name it (as 'BE' or other name) and set a ratio (here it is for example '12', which means that 1 BE = 12 gram carbohydrates).

You can adjust the target range for your blood glucose with min. and max. value. This range will be shown in the logbook as green fields. (The display in this example shows the value in mg/dl, but of course you can also use mmol/l)

In 'Bolus-Calculator' you can choose whether the results of the calculator should be stored in the App separately in correcting and meal bolus (eg 3+7) or as a sum (eg 10)..

## 3.2 Settings



For more settings like language, time/date format or numbers of columns in the logbook, please tap on 'Settings' in the section 'Setup'.

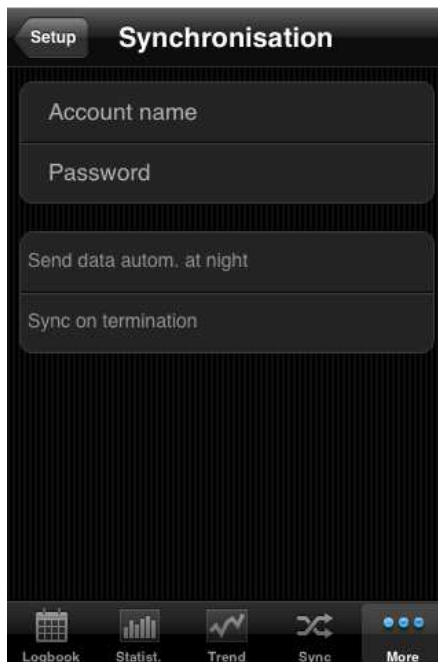
The 'Programsettings' section is divided in 'Main logbook data' (like BG, carbs, bolus and so on) and 'Data types'. You can adjust here which lines you want to use in the logbook. Data types must be synchronized from 'SiDiary Online' first before you can adjust them. The app supports all data types which you can also use with the PC version of SiDiary or 'SiDiary Online'. So you are free to track everything you can imagine.

In 'Keyboard' you can adjust, if you want to use our optimized keyboard layout for the app or the iOS standard layout.

The 'Blind mode' prepares the app to use with the screen reader 'VoiceOver'. In this case the statistics uses no graphical elements only the tabular detail statistics.

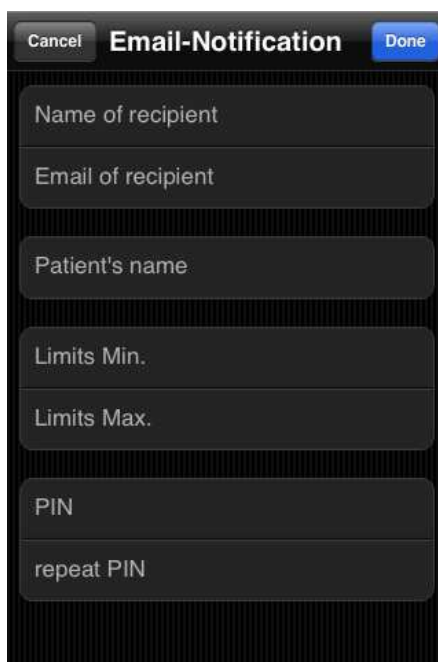
Under 'Color-Text' you can change the text color of the app (the default color is blue) according to your wishes.

In the Section ,Log' you can enable the writing of a log protocol, if it should come to problems. This protocol (which you can see in plain text before you send it out) our developers can then analyze the possible errors faster and more accurately.



In the item 'Synchronization' please enter (optional) your username and password that you have chosen for the login in SiDiary Online. After that you can always sync your data from the app with SiDiary Online in the Sync tab.

You can also automate the synchronization. Either once a day to an arbitrary time (when you are at home and can use your Wi-Fi) or every time you exit the app. This also works, when you put the app in the background only mode!

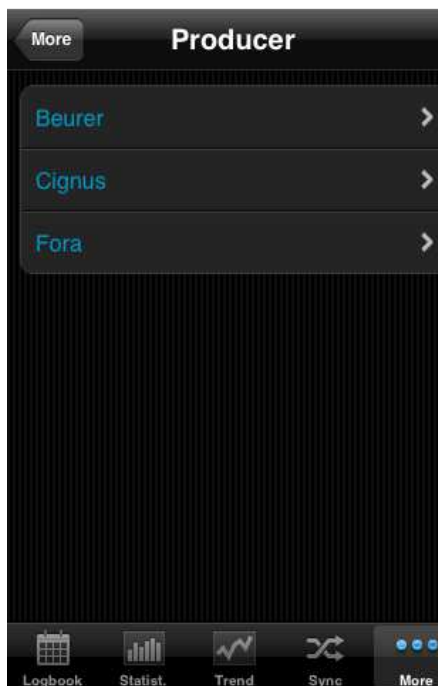


The email-notification can be used, so that the app automatically sends an email to a person of your trust, if a blood glucose reading exceeds the limit of the Min./Max. range that you have specified.

The settings you make here, can be protected with a freely selectable PIN code. Changes then can only be made after you have entered the correct PIN.



### 3.3 Meter



Here you can check, if the app and the hardware of your iOS device supports a meter of the manufacturers listed there and then - if necessary – select some further options.

Please note that there are only those devices are available, for which we have received the necessary specifications from the manufacturers.

If a new device is added by an update, you will always find this info in the changelog of the update.

### 3.4 About



In the section 'More' please tap at 'About' to see the version number of your app.

### 3.5 Rating SiDiary



Of course we would be grateful if you would also share your experiences of our app with other users. The easiest way to do so is with the option 'Rating SiDiary'.

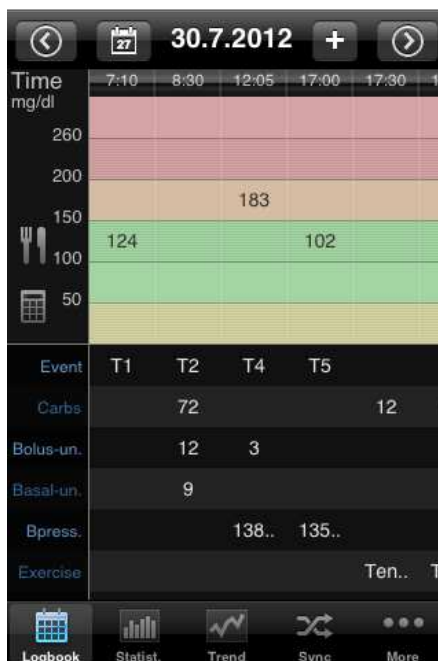
It allows you in a very easy way to post your opinion on iTunes.

A request in this regard:

If you have a problem or a particular function could not be found right away, please contact us at [info@sinovo.net](mailto:info@sinovo.net) before you rate the app.

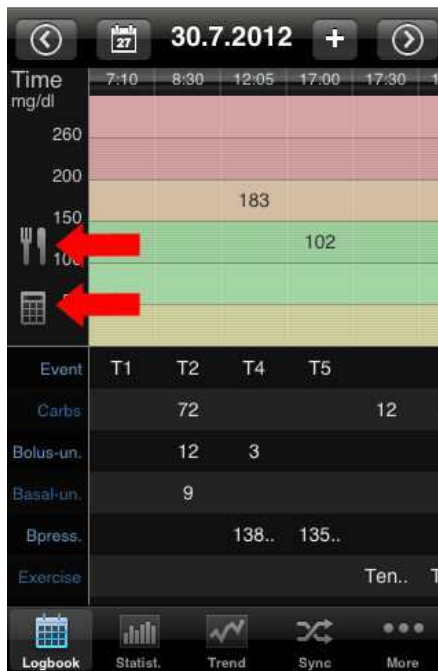
In most cases we can help you very fast solving the problem.

## 4 Logbook

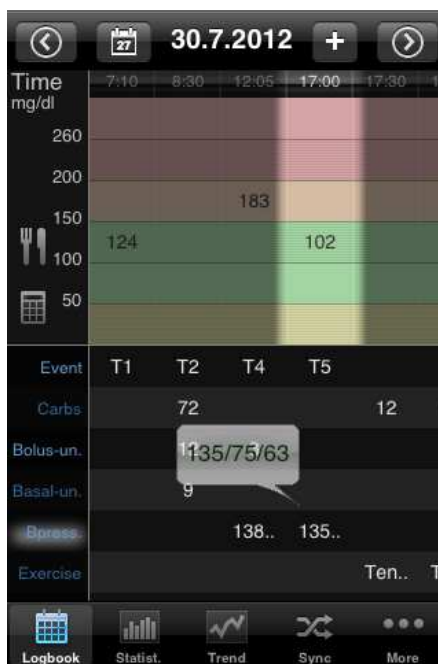


On the left you see the logbook view, in which the app starts. If there is more data for a day than you can see at one glance, you can move this sheet by touch in all directions. Above you will see the date of the displayed day. On the left the calendar button to select a specific date. On the right a plus button to enter new data in the mask. The arrow buttons change the day forward or backward.

Below you can see the apps navigation line.



With this two buttons you have access to the bolus calculator and can open the nutrition database on **SiDiary Online** (if your device has internet access).



Sometimes an entry is too wide to see it completely in the grid. In this case point at it with your finger and hold it for a second (in this example it's the blood pressure), to show it as a tooltip.

The input mask with the data for this column opens, in which you can make changes. If no changes are necessary, you can close this input mask with "Cancel".

SiDiary also offers the option to view the logbook in the so called ‚Landscape format‘:



**Please note:** Currently the landscape format is for viewing only, but not for editing.

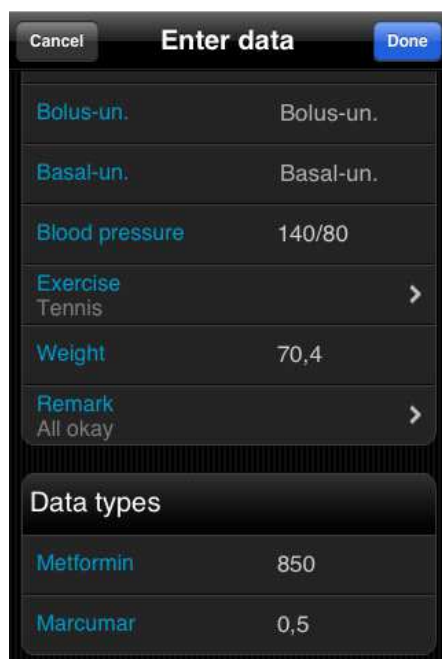
Furthermore you can view a line graph of your blood glucose levels by pressing the button left to the date to see the last 1, 7, 14 or 28 days:





To enter/modify/add data to a specific column just tap at the column of your choice. Then the single data mask can scroll to any field you wish. On the right side you can add, modify or delete every entry. Click on save in the upper right corner when you are done.

To enter new data with the current time just click at the plus button at the top of the logbook view. Please note, that this entry uses the current time AND the same date of the displayed day!



You also can use your own datatypes in the app to track anything you can imagine. Please do this as follows:

1. Add a datatype with the PC version (Menu 'Diabetesprofile ->Datentypes ->Add'; Press the F1-Key to get help)
2. Synchronize your PC version with 'SiDiary Online'

Alternative you can add datatypes even without the PC version, if you open in 'SiDiary Online' in the section 'Data' the menu 'Datentypes' and click on 'Add'.

3. Synchronize your app with 'SiDiary Online'
4. Activate the selected datatype with the button 'More ->Settings ->Programsettings'
5. If necessary re-start the app

Now you can enter the values for your datatype in the single data mask as shown on the left

Blood glucose	144
BG target	100
Correction ratio	50
carb intake	60
CH/ins. ratio	7

Correction:  
 $(144 - 100) : 50 = 0,88$   
per meal:  
 $60 / 7 = 8,57$   
Total:  
 $0,88 + 8,57 = 9,5$

If you want to use the bolus calculator, please press the appropriate line.

Once you have accepted the notes about the bolus calculator you can enter your appropriate values to calculate your bolus dose.

If you have entered in SiDiary Online your carb- and correction factors and then synced the app with SiDiary Online, these factors are also known in the bolus calculator and will be used automatically. Otherwise, you can enter all of your data manually here.

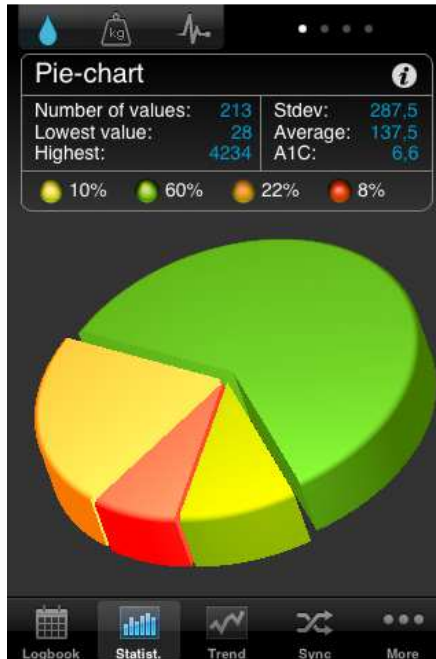
By clicking the 'Accept' button in the upper right corner you can transfer the result directly to your logbook.

**Please note:** The result of the bolus calculation will not be rounded. We have deliberately refrained it since it depends on the situation, if it should be round up or down. This decision cannot be made by the app for you.

#### Some notes/hints:

- In the 'events' and in 'sport' the app will store you entries in a list. So the next time you will enter the same event/sport, you can simply select it from this list.
- The weight will be saved once a day. So it's possible that you see a weight in the entry mask which you have entered previously on that day.
- The same as for weight is for remarks: one field for a day. To assign a remark to a particular column, it is therefore advisable to also track the time for that remark.

## 5 Statistics

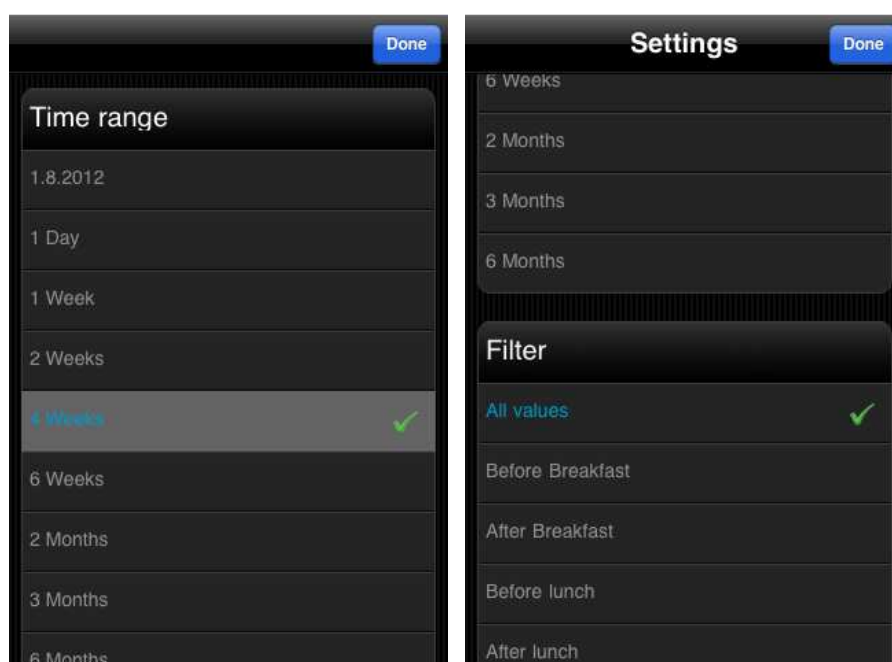


First you see the pie chart in the statistics with the spreading of all your blood glucose measurements. All values within your target range are green, yellow means you are below your target range, orange means above your target range and red means more than 200 mg/dl (11,1 mmol/l).

Above the pie chart you see more details regarding this time range: Number of values, standard deviation, calculated A1C and so on.

With a movement of your finger to the left you see the other graphs; with a tap on the i-symbol you will enter the statistics settings.

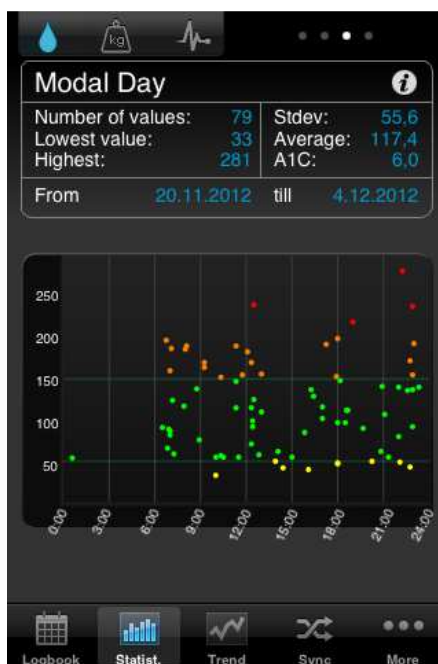
In the statistics settings you can set the time range for the statistic and which parts of a day should be processed.







In the line graph you see the curve progression of your blood glucose measurements for the selected time range.



The modal day shows you all measurements of your selected time range projected to a 24 hour day. So you have a quick overview in which parts of the day you have measured mostly and when the values have the biggest spread. In the example on the left you can see that in the evening between 15:00 and 21:00 the spread is the biggest, which means the blood glucose is here mostly instable.





Additionally to the details from the previous graph screens the detail statistic shows more utilization like the average values of carbs, bolus or basal insulin.



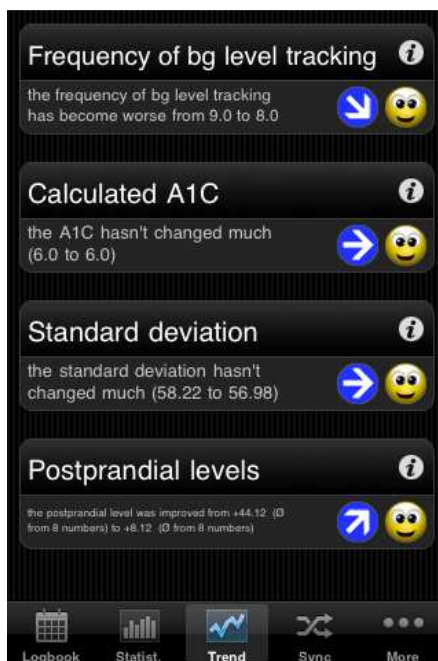
With the tabs at the top of the display, you can switch between the graphics for blood sugar, weight and blood pressure.

You'll see the value for the lowest and the highest reading in the selected period, and also the mean value.



In the display for blood pressure you will see the highest or the lowest systolic and diastolic pressure, and the mean values for this parameters too.

## 6 Trend analysis



The trend analysis compares two time ranges to analyze the progression. Parameters are: Frequency (of bg level tracking), calculated A1C, standard deviation and postprandial levels (bg level after meals).

If you select '1 Week' in the settings for the analysis, then the last 7 days will be compared with the previous 7 days.

'Trend' shows you (with arrow symbols) if this parameter has become worse, is constant or has become better than in the previous time range.

'Level' shows you the current situation with a smiley symbol (in '1 Week' it shows the level of the last 7 days).

The set of criteria for the level:

---	Excellent	Good	Satisfactory
<b>Frequency</b>	More than 3	equal to 3	less than 3
<b>Calculated A1C</b>	less than 6,5%	less than 7,5%	less than 9%
<b>Standard deviation</b>	less than 60 mg/dl (3,3 mmol/l)	less than 70 mg/dl (3,9 mmol/l)	less than 80 mg/dl (4,4 mmol/l)
<b>Postprandial level</b>	less than 60 mg/dl (3,3 mmol/l)	less than 80 mg/dl (4,4 mmol/l)	less than 100 mg/dl (5,5 mmol/l)

**A blood glucose value will be calculated as 'postprandial' if the measurement comes 60-120 minutes after an entry for carbohydrates.**

In the settings for 'Trends' (via the i-symbol at the top), you can select which time ranges should be calculated and which parts of a day you want to analyze for the postprandial levels.

The parts of day are:

- After breakfast: 10:00 - 11:59 (10:00am - 11:59am)
- After lunch: 15:00 - 16:59 (03:00pm - 04:59pm)
- After dinner: 20:00 - 03:59 (08:00pm - 03:59am)

## 7 Synchronisation



In the section 'Sync' you can synchronize your data from the app with 'SiDiary Online'.

All you need is an account at 'SiDiary Online' (which is free of charge). You can setup your username and password in the app under 'Setup ->Settings ->SiDiary Online' (don't forget to save your settings!).

In the section 'Sync' you can adjust the time range which you want to sync and tap the button 'Sync now' to start the procedure.

Data which is not saved in 'SiDiary Online' will be transferred there and data which is not saved in the app but in 'SiDiary Online' will be transferred into your app. So this is a 2-way transfer (bidirectional).

Please note that the syncing is field-by-field and the sync partner with the most recent change date has always priority.

That means for example if you enter a remark in the app and then do the same in 'SiDiary Online' after a sync you will find the remark from 'SiDiary Online' in your app. It's completely different if you track for example a bg reading in the app for 09:15 and then add a bolus for the same time in 'SiDiary Online'. In this case both values will be merged, because the field for bg has nothing in common with the field for bolus. If you track/add/edit your data only in the app you don't need to think about this issue.

The use of 'SiDiary Online' has three interesting aspects:

### **1. Synchronization of the data with the PC version of SiDiary**

You can use for example the PC version to read out your blood glucose/blood pressure meter or insulin pump; print data or send it by email and so on. By a sync with 'SiDiary Online' you also have the data you have tracked with the app in your personal logbook.

### **2. Operating system independence**

If you don't have the PC version of SiDiary because you have an Apple or Linux operating system (and don't want to install a virtual machine) you can print your data from 'SiDiary Online' or view it on a bigger screen.

### **3. Telemedicine**

You can invite your diabetes team (endocrinologist / diabetes nurse) to create an account at 'SiDiary Online', so you can grant these people an access to view your data over the internet. You can share your data, even if you are on holiday and have an urgent problem.

You can also use 'SiDiary Online' with a pseudonym. You just need a real existing email account, to which the system will send you an activation link. Without clicking this activation link the usage of 'SiDiary Online' is impossible.

On the following site you can find a step-by-step manual on how to get the data from the app to your PC version of SiDiary:

<http://www.sinovo.net/kservice-tour-2030.asp?id=2031&hidebanner=1&teaser=0>

## 8 Registered Trademarks

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