



Manual

Revision: 04/01/2016

SiDiary

for Windows Phone

www.sidiary.org

<https://diabetes.sinovo.net>

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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.

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.

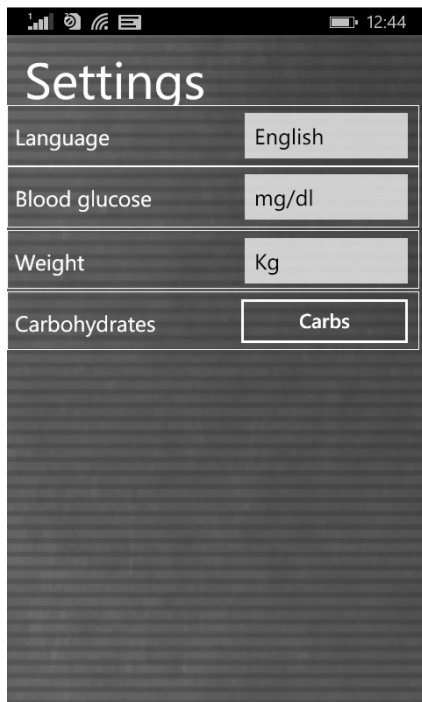
Operating system updates and/or hardware updates of your computer can result in impairment of the SiDiary software. Please check then for Software updates of SiDiary or send us an email to info@sinovo.net

2 Installation

To install the App please download it directly from the Microsoft Store to your device:

<https://www.microsoft.com/en-us/store/apps/sidiary/9nblggh3skz7>

The advantage here: if we upload an update to the Microsoft Store it will be installed on your device automatically.



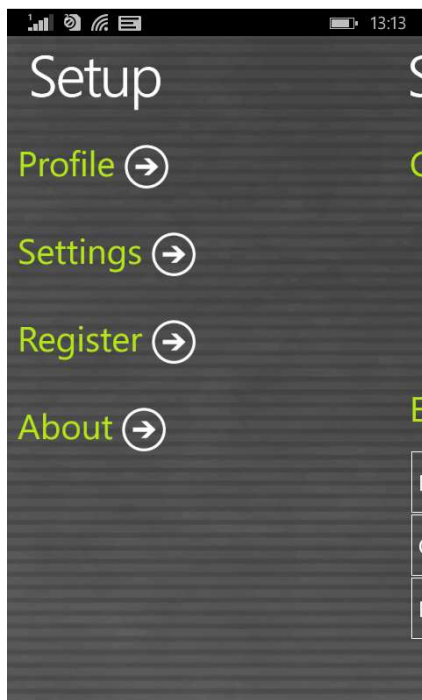
After you have started the app you will see this profile wizard, which will help you to make the main settings. There you can select the language of the app, if you want to enter your BG readings in mg/dl or mmol/l and the unit of your weight.

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!

When you're done with your settings, you can exit the Profile Wizard by pressing the sign for 'Back'.

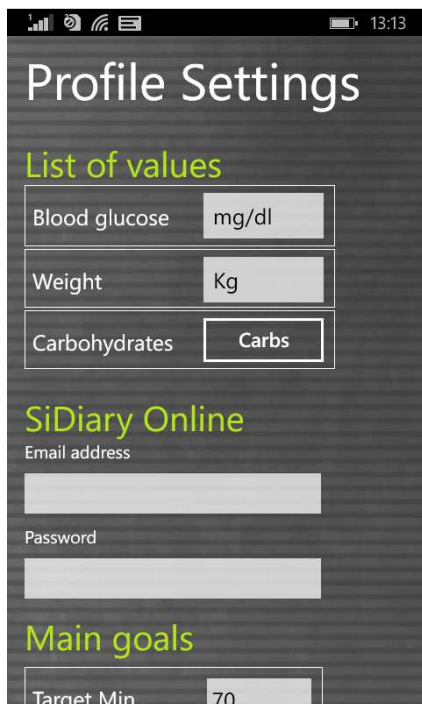
3 Setup



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

After a change, simply press the 'Back-character' on your Windows Phone to move to the last used screen.

3.1 Profile



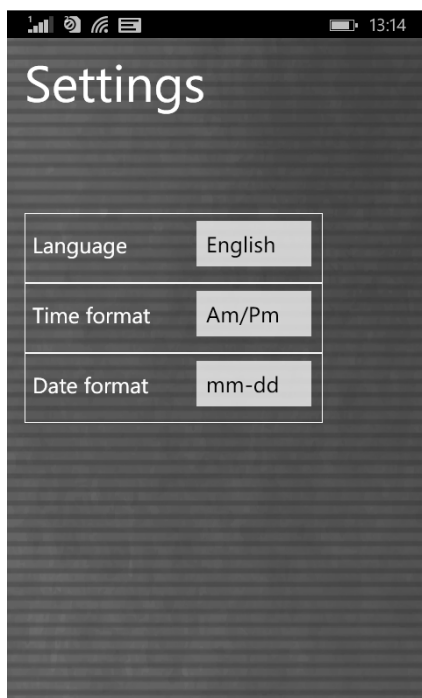
In the profile settings you can adjust which unit you prefer for measurements (weight, blood glucose, carbohydrates) and which is your target range for blood glucose.

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.

Under "SiDiary Online" you can enter your email address and password, which allows you to log in to SiDiary Online. This info is used by the app then to transfer the data from the app to your account at SiDiary Online.

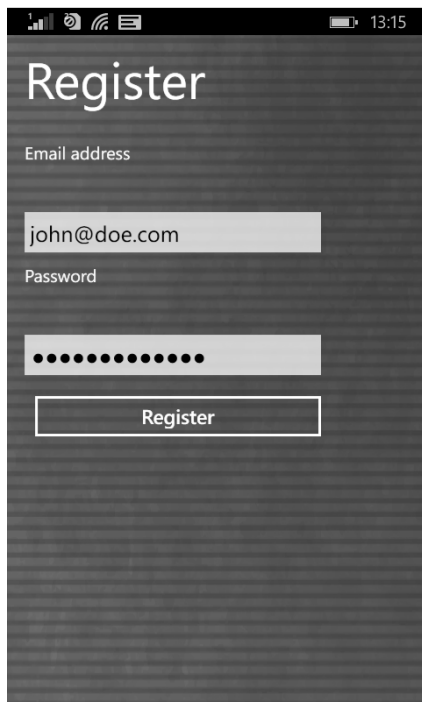
3.2 Settings



For more settings like language and time-/date format in the logbook please tap on 'Settings' in the section 'Setup'.

If you have created and used your own data types they are not visible until you have led a Sync with SiDiary Online and the app. The app supports all data types that can be used on the PC version too. So you are free to track, whatever you can imagine.

3.3 Register

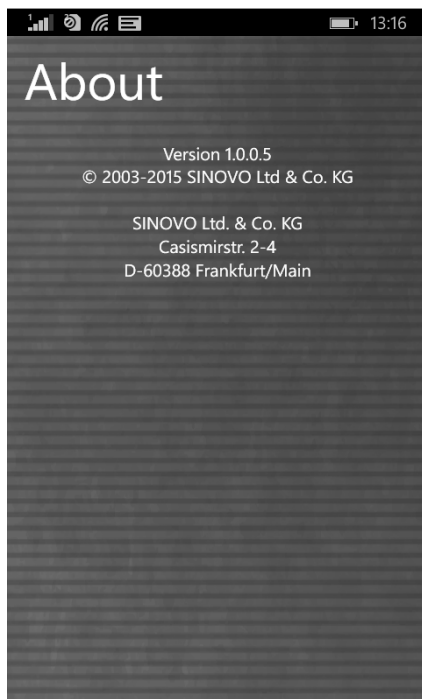


Here you can register the app with your login data for SiDiary Online (if you have already unlocked this account with your license).

Please pay particular attention to correct spelling, especially of your Password, because passwords are case-sensitive; for example a 'M' is a different character than a 'm'.

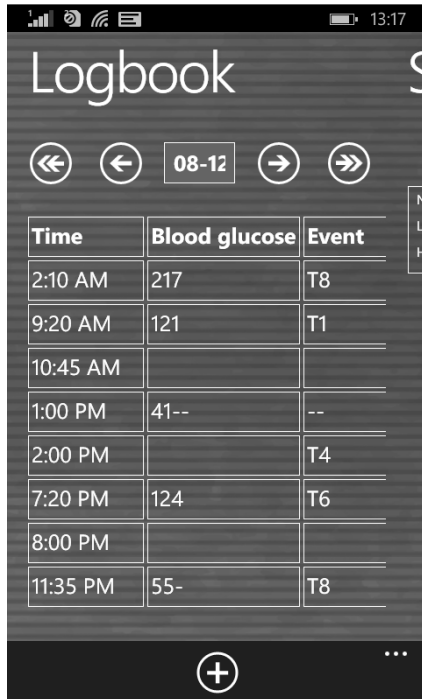
If you have not yet chosen to purchase a license, you can use SiDiary in ad-supported mode. Please note that the period for synchronization is fixed at the last 7 calendar days in this mode. You should then at least synchronize once a week.

3.4 About



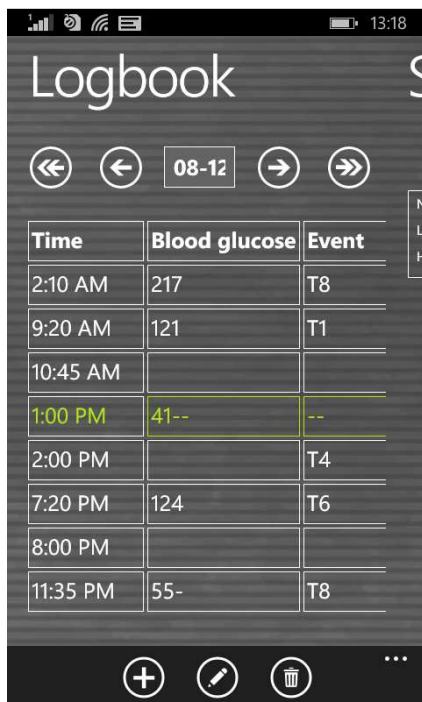
In the section 'Setup' please tap at 'About' to see the version number of your app.

4 Logbook



On the left you can see the logbook view of the app. If there is more data for a day than you can see, you can move this sheet with your finger in all directions. Above you will see the date of the displayed day. If you tap at this date you can open the date picker, to select other days easily. The arrow buttons change the day/week forward or backward.

Below you can see a plus button to enter the single data mask.



To change or delete data in a particular row, please tap the line.

Then below appear the buttons with the pen symbol (edit current line) and trash (delete current line).

To enter new data with the current time just click at the plus button at the bottom of the logbook view. Please note, that this entry uses the current time AND the same date of the displayed day! Just click on the Back-character when you are done.

You also can also 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 ->Data types ->Add'; Press the F1-Key to get help there)
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 'Data types' and click on 'Add'.

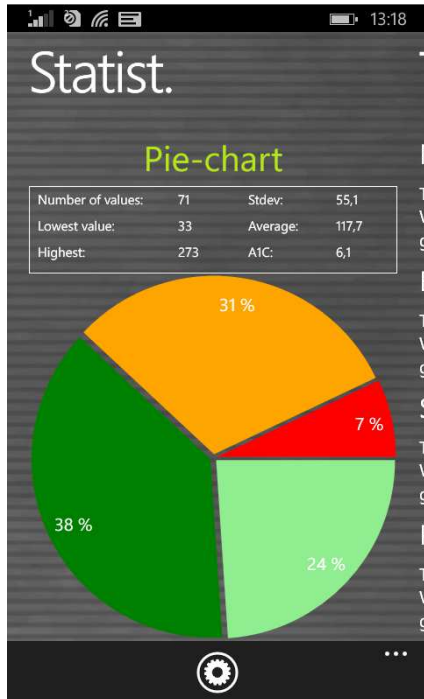
3. Synchronize your app with 'SiDiary Online'

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

Some notes/hints:

- Since there is no slash on the numeric keyboard (required for blood pressure) you can use as delimiters the hash (#). After inputting 120#80#72 (systole#diastole#pulse) it will be converted then in 120/80/72.
- The weight will be saved once a day. So it's possible that you see a weight in 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 also tracking the time for that remark,

5 Statistics

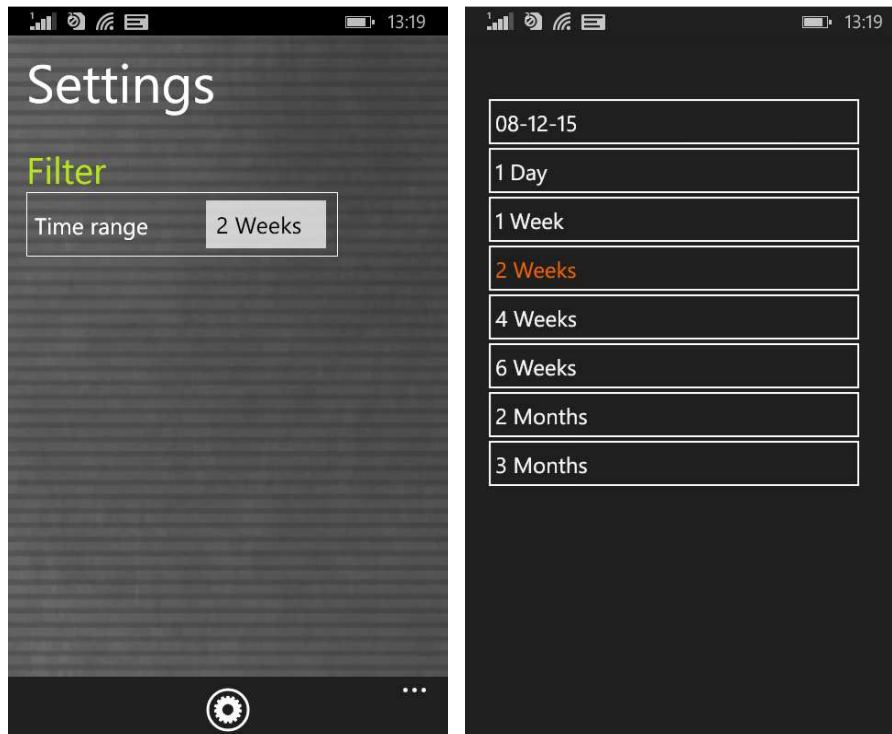


First you see the pie chart in the statistics with the spreading of all your blood glucose measurements. All values within your target range are green, light green means you are below your target range, orange means above your target range and red means more than 200 mg/dl (11,1 mmol/l).

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

With a tap of your finger on the graphic you see the other graphs; with a tap on the gear symbol you will enter the statistics settings...

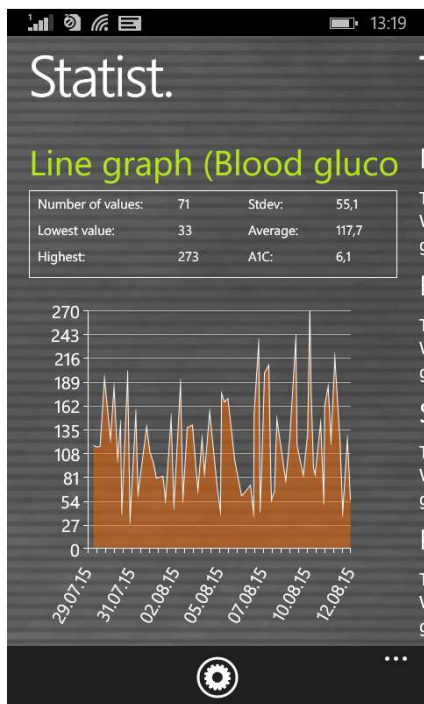
In the statistics settings you can set the time range for the statistic.



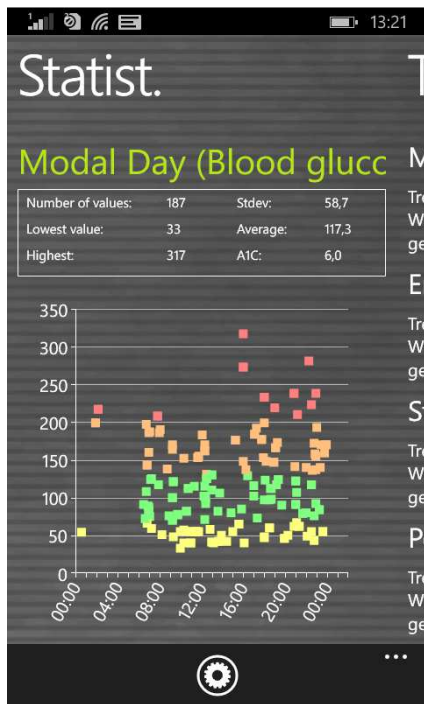


In the bar chart you can - similar to the modal day - see no date, but all readings of the selected period as a column.

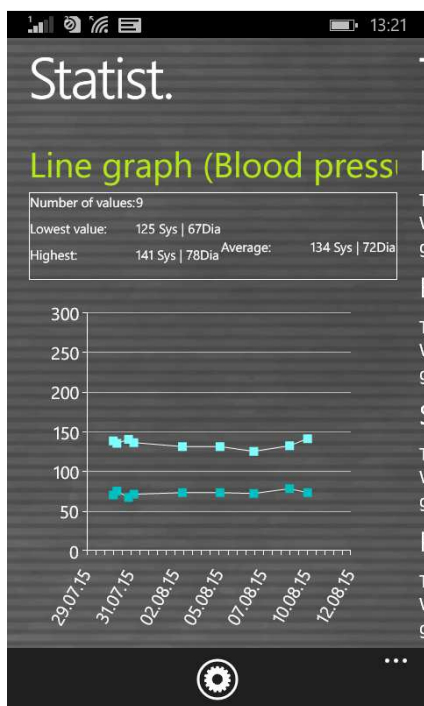
A solid green column shows for example that the measured values found for this period were all in the target area.



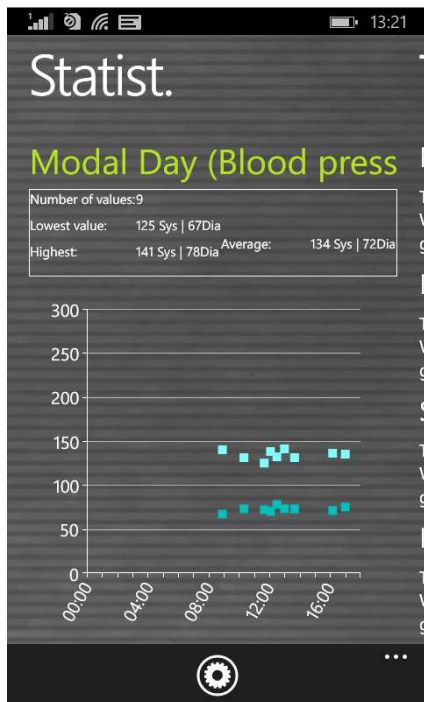
In the line graph you see the curve progression of your blood glucose measurements for the selected time range.



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.

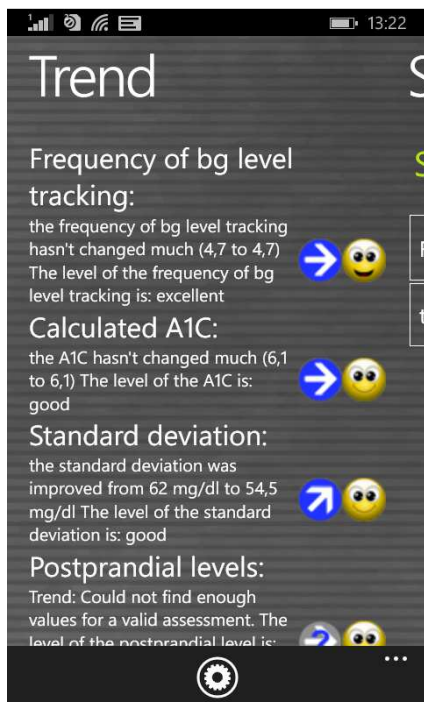


The line graph blood pressure shows you graphically how your blood pressure develops.



Additionally there is also a modal day for blood pressure available.

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
Frequency	More than 4	equal to 4	less than
Calculated A1C	less than 6%	less than 7%	less than 6,5%
Standard deviation	less than 50 mg/dl (2,8 mmol/l)	less than 60 mg/dl (3,3 mmol/l)	less than 70 mg/dl (3,9 mmol/l)
Postprandial level	less than 50 mg/dl (2,8 mmol/l)	less than 60 mg/dl (3,3 mmol/l)	less than 90 mg/dl (5,0 mmol/l)

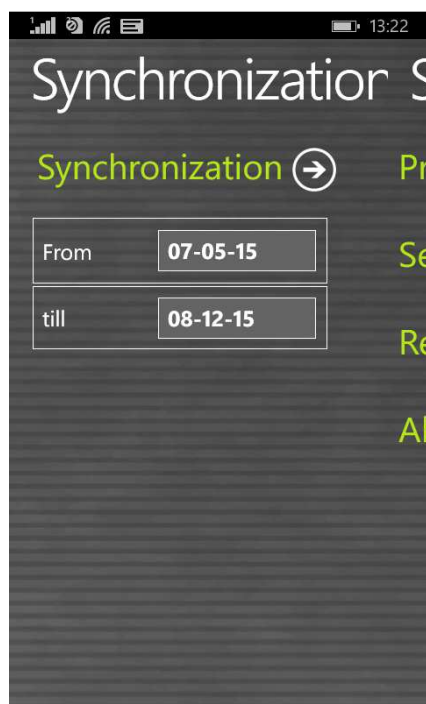
A blood glucose value will be calculated as 'postprandial' if the measurement comes 60-120 minutes after an entry for carbohydrates.

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 Synchronization



In the section 'Synchronization' 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 → Profile → SiDiary Online'. In the section 'Synchronization' you can adjust the time range which you want to sync and tap the line 'Synchronization' to start the procedure.

In the adware the time range can't be adjusted! But you can do so after unlocking the app with your license.

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 within '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 even can 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>

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