FreeStyle
Auto-Assist

Software Version 2.0

User's Guide

Abbott

Contents

Important Information About Your FreeStyle Auto-Assist Software

Intended Use

The FreeStyle Auto-Assist Software Version 2.0 is intended for use by people with diabetes to aid in the review, analysis and evaluation of information such as blood glucose test results, blood ketone test results and other data uploaded from a meter, such as insulin doses and exercise data, in support of an effective diabetes health management program.

FreeStyle Auto-Assist software is not intended for the diagnosis of or screening for diabetes mellitus.

System Requirements

A computer running one of the following operating systems:

- Microsoft Windows 7 (32 or 64 bit)
- Microsoft Windows Vista (32 or 64 bit)
- Microsoft Windows XP (Service Pack 3)
- Mac OS X Snow Leopard
- Mac OS X Lion

Customer Care

For more information about the software or for help, contact Abbott Diabetes Care Customer Care by calling the toll free number 1-888-522-5226 available Monday through Friday, 8AM to 8PM Eastern Standard Time. If you are unable to reach Customer Care or if this is an emergency, contact your healthcare provider.

> **CAUTION:** Do not use FreeStyle Auto-Assist to upload data from any device that has stored data for more than one person. FreeStyle Auto-Assist cannot identify if data on a device has ever been recorded for more than one person.

Connecting to your Abbott Diabetes Care Meter

Purpose

This section describes the meters that are compatible with FreeStyle Auto-Assist Software Version 2.0 and the appropriate USB cable to be used to upload data and create reports.
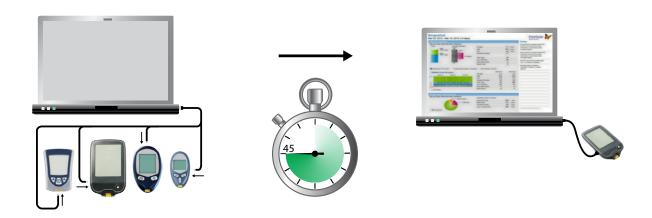
Meter Compatibility

FreeStyle Auto-Assist Software Version 2.0 is compatible with the following meters: FreeStyle InsuLinx, FreeStyle Lite, FreeStyle Freedom, FreeStyle Freedom Lite, and Precision Xtra.

USB Cables

An Abbott Diabetes Care glucose meter will use 1 of the 3 types of USB cables listed below. For information on how to obtain the proper cable, contact Abbott Diabetes Care Customer Service by calling the toll free number at 1-888-522-5226.

- Abbott Diabetes Care USB Data Cable with Stereo Plug*
- Abbott Diabetes Care USB Data Cable with Strip Port Connector*
- A standard micro USB cable is provided with the FreeStyle InsuLinx meter.

* The Stereo Plug and Strip Port Connector cables are labeled for use with Windows Operating Systems only. However, compatibility with Macintosh Operating Systems is provided by the FreeStyle Auto-Assist Software Version 2.0.
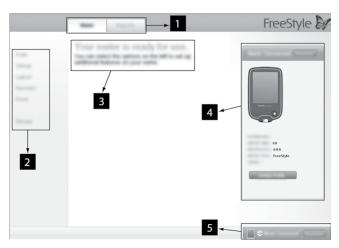
Purpose

This section describes the main features of the FreeStyle Auto-Assist software.

- FreeStyle Auto-Assist is a simple, easy to use software that provides rapid and informative report generation.

- It is important to understand that the software recognizes your meter and displays only the features or information available to your meter.

- When supported by the meter, options and settings made in the Meter Tab are saved to the attached meter.

- Options and settings made in the Reports Tab are saved to your computer and will be used when creating reports from any meter.

1. **Meter Tab:** Provides access to meter features and patient name and ID.
   - The Meter Tab will be disabled until a compatible Abbott Diabetes Care meter is connected.
   Reports Tab: Provides access to preferences and reports.

2. **Submenu:** Provides access to additional features within each tab.

3. **Message Box:** Keeps you posted on software status and any next steps (if needed).

4. **Meter information:** Shows meter details such as time, date, serial number.

5. **Meter Status Bar:** Displays meter connection status.

Note: The FreeStyle Auto-Assist software is designed to adapt to the available features of your meter. Meter Tab Submenu options (such as Insulin Logging) and some reports will not appear if your meter does not support these functions.

Meter Tab for All Meters Except FreeStyle InsuLinx

Settings

Synchronize meter time to computer time, if needed.

Step	Action
1	Go to the **Meter** tab. Click **Settings** on the left Submenu.
2	Click the **Sync** button to synchronize meter time to computer time, if desired.

Meter Tab for FreeStyle InsuLinx Meter

All options or settings made under the Meter Tab are saved to the connected FreeStyle InsuLinx meter.

Profile

Enter the owner's name and ID (optional).

> **Note: The name and ID are saved to the connected FreeStyle InsuLinx meter but they are not visible anywhere on the meter. The profile information is only visible within the FreeStyle Auto-Assist software and only when the meter is connected.**

Settings

Synchronize meter time to computer time, if needed.

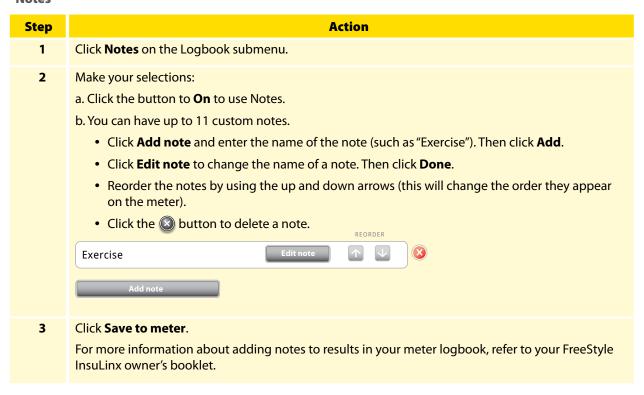| Step	Action

1	Make your selections:
	
	a. Click the **Sync** button to synchronize meter time to computer time, if desired.
	
	b. Select your choice of the **Clock Style** (12 or 24-hour format).
	
	c. Meter **Language**
	
	d. Meter **Sounds**:
	
	    Notification Sound: When this is set to **On**, then the FreeStyle InsuLinx meter will give an audible alert for any daily reminders or other events that you may have setup.
	
	    Button Sound: When this is set to **On**, there will be an audible 'beep' when menu items are selected on the meter.

2	Click **Save to meter**.

Logbook

Turn on additional meter logbook features such as the ability to log all your insulin doses and add up to 11 custom notes that can be logged with your blood glucose test results.
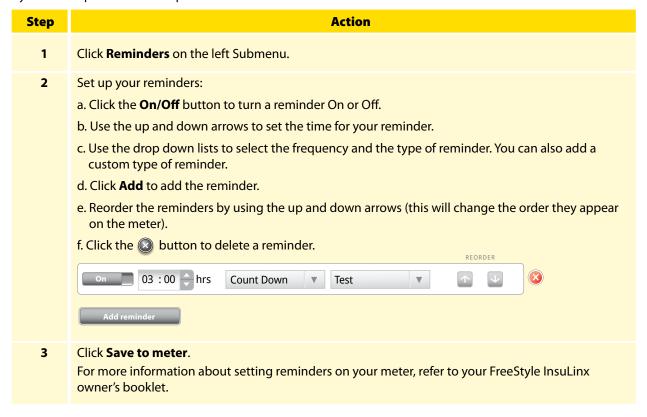
Insulin Logging

Step	Action
1	Click **Insulin** on the Logbook submenu..
2	Make your selections: a. Click the button to **On** to record your insulin doses. b. Check the appropriate boxes for the types of insulin you take.
3	Click **Save to meter**. For more information about adding insulin doses to your meter logbook, refer to your FreeStyle InsuLinx owner's booklet.

Notes

Step	Action
1	Click **Notes** on the Logbook submenu.
2	Make your selections: a. Click the button to **On** to use Notes. b. You can have up to 11 custom notes. • Click **Add note** and enter the name of the note (such as "Exercise"). Then click **Add**. • Click **Edit note** to change the name of a note. Then click **Done**. • Reorder the notes by using the up and down arrows (this will change the order they appear on the meter). • Click the ⊗ button to delete a note. REORDER Exercise Edit note ↑ ↓ ⊗ Add note
3	Click **Save to meter**. For more information about adding notes to results in your meter logbook, refer to your FreeStyle InsuLinx owner's booklet.

Reminders

Set your meter to remind you when to test, when to take your insulin or for other alarms. The software allows you to set up to 12 different personal reminders.

Step	Action
1	Click **Reminders** on the left Submenu.
2	Set up your reminders: a. Click the **On/Off** button to turn a reminder On or Off. b. Use the up and down arrows to set the time for your reminder. c. Use the drop down lists to select the frequency and the type of reminder. You can also add a custom type of reminder. d. Click **Add** to add the reminder. e. Reorder the reminders by using the up and down arrows (this will change the order they appear on the meter). f. Click the ⊗ button to delete a reminder. REORDER On 03 : 00 ▲▼ hrs Count Down ▼ Test ▼ ↑ ↓ ⊗ Add reminder
3	Click **Save to meter**. For more information about setting reminders on your meter, refer to your FreeStyle InsuLinx owner's booklet.

Extras

Personalization

Change the picture you see when you perform a blood glucose test.

Step	Action
1	Click **Personalization** on the **Extras** submenu.
2	Make your selection: • Click on one of the available pictures to select it. Click **Save to meter**. You will now see this picture each time you perform a blood glucose test. • If you would like to use a personal picture from your computer, go to Step 3.
3	Click **Add my picture...**.
4	Upload a personal picture from your computer. a. Click **Choose**. b. Select your picture. Click **Open**. c. Adjust your picture so that it fits inside the borders of the box. To change the size, use the slider bar. ⊟ ———●——— ⊞ d. Click **Set Picture**.
5	Click **Save to meter**. For more information about personalizing your meter, refer to your FreeStyle InsuLinx owner's booklet.

Apply blood to strip

Example
personal picture

Weekly Messages

Turning on weekly messages will help you identify patterns in your blood glucose results.

> **IMPORTANT:** Ask your health care professional for your blood glucose target range.

Step	Action
1	Turn on Weekly Messages. a. Click **Weekly Messages** on the **Extras** submenu. b. Click the button to **On** to use this feature. c. Enter your blood glucose target range.
2	Click **Save to meter**. For more information about using weekly messages on your meter, refer to your FreeStyle InsuLinx owner's booklet.

Dose Increments

Set your insulin dose increments to either 1.0 or 0.5 unit for your FreeStyle InsuLinx meter.

> **IMPORTANT:** It is strongly recommended that you work with your health care professional to determine which insulin dose increment is best for you.

Step	Action
1	Click **Dose Increments** on the **Extras** submenu.
2	Enter the access code to unlock this feature.
3	Select your dose increment of **1.0** unit or **0.5** unit.
4	Click **Save to meter**.

Reports Tab

FreeStyle Auto-Assist Reports

The FreeStyle Auto-Assist software can generate up to 6 reports, depending on the meter connected.
The following 4 reports are available for all meters:

Report	What It Does
	The **Snapshot** report is a general summary of data for the specified date range. It also includes notes that inform you and your health care professional about important trends in blood glucose data by putting the data into words. Up to 6 notes will be displayed at one time.
	The **Modal Day** report shows the daily pattern of blood glucose levels over the specified date range.
	The **Logbook** report is a table of blood glucose, and other values such as ketones and insulin if supported by your meter for each day in the specified date range.
	The **Daily Statistics** report provides an overview of blood glucose, and other values such as ketones and insulin over the date range if supported by your meter, and displays it in a series of easy-to-read tables.

The following 2 reports are only available for the FreeStyle InsuLinx meter:

Report	What It Does
	The **Meal Event Averages** report compares the before-meal and after-meal blood glucose levels for the morning, midday and evening over the specified date range. This report also shows before and after meal averages and logged insulin.
	The **Meter Settings** report shows current meter settings.

References:
The following references are relevant to information displayed in the Snapshot report.
- Diabetes Care. January 2010, vol. 33, no. Supplement 1, S11-S61.
- Hirsch, I. (2005). Glycemic Variability: It's Not Just About A1C Anymore! Diabetes Technology and Therapeutics, 7 (5), 780-783.
- Mayo Clinic Proceedings February 2007, vol. 82, no. 2, 229-236.
- Pearson J, Bergenstal R. Fine-Tuning Control: Pattern Management Versus Supplementation: View 1: Pattern Management: an Essential Component of Effective Insulin Management. Diabetes Spectr. April 1, 2001; 14(2)75-78.

Report Preferences

FreeStyle Auto-Assist is designed to provide rapid data upload and analysis. Setting Report Preferences such as **Quick print** and **Auto-Save** will allow for immediate report generation upon connecting your meter.

Step	Action
1	Click **Report Preferences** on the left Submenu.
2	Use the submenus to change your report preferences and follow the on-screen instructions to make changes.

Note: Changes to Report Preferences will be saved to your computer and will be used when creating reports from any meter.

Note: Your blood glucose target range and hypoglycemia threshold preferences will only be used in the reports and will not change any meter settings.

Create Reports

IMPORTANT: Work with your health care professional to understand your report data.

Step	Action
1	Click **Create Reports** on the left Submenu.
2	From this screen you can change any of the report settings prior to viewing or printing reports. **Note:** Changes made on the Create Reports screen do NOT change your Report Preferences. Any changes made here are only applied to the current reports.
3	If you would like to preview the reports, click **View on screen**. Use the arrows to view the next/previous report page.
4	To save the report as a PDF, click **Save**. **Note:** The Adobe Reader program must be installed on your computer to open files in PDF format. Go to **www.Adobe.com** for instructions on downloading this program.
5	Click **Print** to print your selected reports.

Additional Features Available for all Meters

Feature	What It Does	How To Access
Export Data	Exports meter data to a text file.	From the menu bar at the top of the screen, click **File**. From the drop down, click **Export Data**.
Update Software	Installs updates to your FreeStyle Auto-Assist software and meter.	Your FreeStyle Auto-Assist software will automatically check for updates and alert you when an update is available. **Note:** Requires an active internet connection. You can also manually select **Check for updates** from the **Help** menu.

Additional Features Available to FreeStyle InsuLinx Meters Only

Feature	What It Does	How To Access
First time Meter Setup	Sets your meter's language, date and time.	If you have not yet set up your meter, plug it into your computer and click **Set up meter** from the Welcome screen.
Backup Meter Files	Saves a backup file containing your current meter settings and preferences.	Go to the **Meter** tab. On the left Submenu, click **Backups**. Click **Save backup file**.
Restore Meter Files	Replaces your current meter settings with settings from a backup file.	Go to the **Meter** tab. On the left Submenu, click **Backups**. Click **Restore Settings**.

> **IMPORTANT:** Make sure you choose the proper file to restore. If the incorrect file is chosen, the meter may be set with the wrong settings (such as insulin settings or blood glucose targets).

TroubleShooting

	What To Do
1. **Application does not recognize FreeStyle InsuLinx meter after Windows computer is awakened from Standby or Hibernate mode.**	Disconnect and reconnect the meter once the computer is "awake".
2. **Application exits abruptly when attempting to create a report with more than one year's worth of data (FreeStyle InsuLinx meters).**	Generate more than one report to span the date range desired by making each report with less than one year's worth of data.
3. **Connecting FreeStyle InsuLinx meter to a computer that is off and then turning the computer on results in the meter time and date displayed in the software to be different from the time and date on the meter.**	Disconnect and reconnect the meter.
4. **Minor text changes (different font sizes) appear in the Meter Settings report if a user cancels the Print option.**	Nothing. All information is still displayed correctly and is readily understandable.
5. **No installation destination option appears when downloading software to a Mac computer.**	Nothing. The software is still installed correctly.
6. **Default Daily Statistics time range is 2 weeks on Mac computers regardless of the overall report time range selected.**	Nothing. Actual reports generated reflect the time range selected. On MacOS the user may want to change the default 2 week time range to match the overall time range of the rest of the reports.

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The information contained in this *Guide*, including but not limited to any product specifications, is subject to change without notice. For the most up-to-date information, please visit our website, www.AbbottDiabetesCare.com or call 1-888-522-5226.

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