

# Getting started with the Insulin Site Guide app

An Insulin site rotation app for people  
with diabetes



# Welcome

The Insulin Site Guide app helps you keep track of the locations of your insulin pumps and CGM devices making site rotation easy.

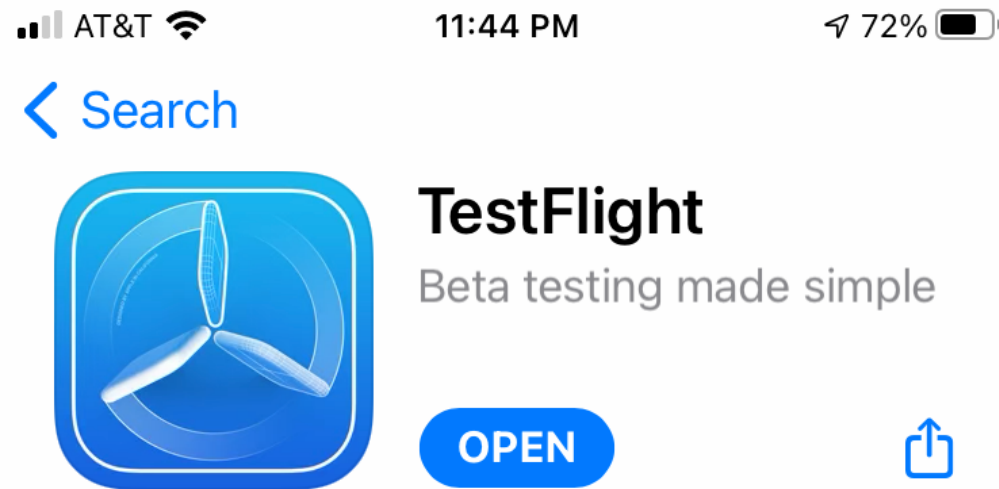
This short presentation shows how to get started with the app.

# Contents

- Install the TestFlight app
- Install the InsulinSiteGuide app
- Setup the InsulinSiteGuide app
  - Download a pre-made configuration
  - Choose a color palette
  - Save to the iCloud
- Using the app
  - Select a pump or continuous glucose monitor (CGM)
  - Unlock the screen
  - Tap a spot
- Closing the app
- Selecting a new pump location
- Sending the data file (at the end of the study)

# Install TestFlight

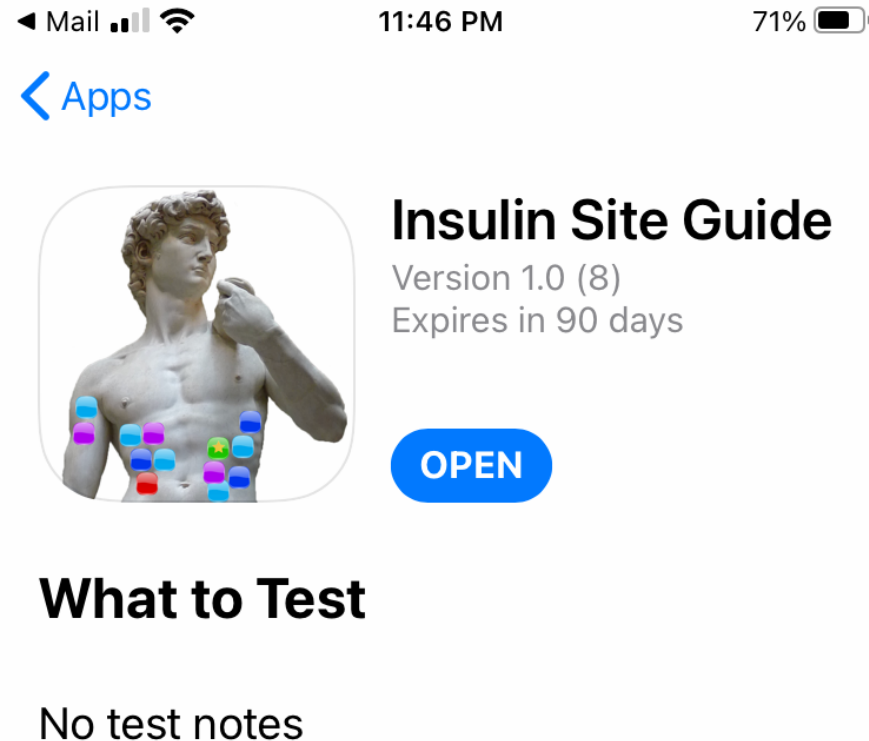
- You should receive an email inviting you to install the InsulinSiteGuide app using TestFlight.
- If you didn't receive this email please talk to the study coordinator and make sure she has your correct email.
- Click the link. It should install the TestFlight app:



This free app will allow you to install the InsulinSiteGuide app which is not yet available in the App Store

# Install InsulinSiteGuide

- When you open TestFlight you should see InsulinSiteGuide
- Tap the Install button
- Say Yes to the questions, Apple requires these to install the app
- After the app installs tap the Open button



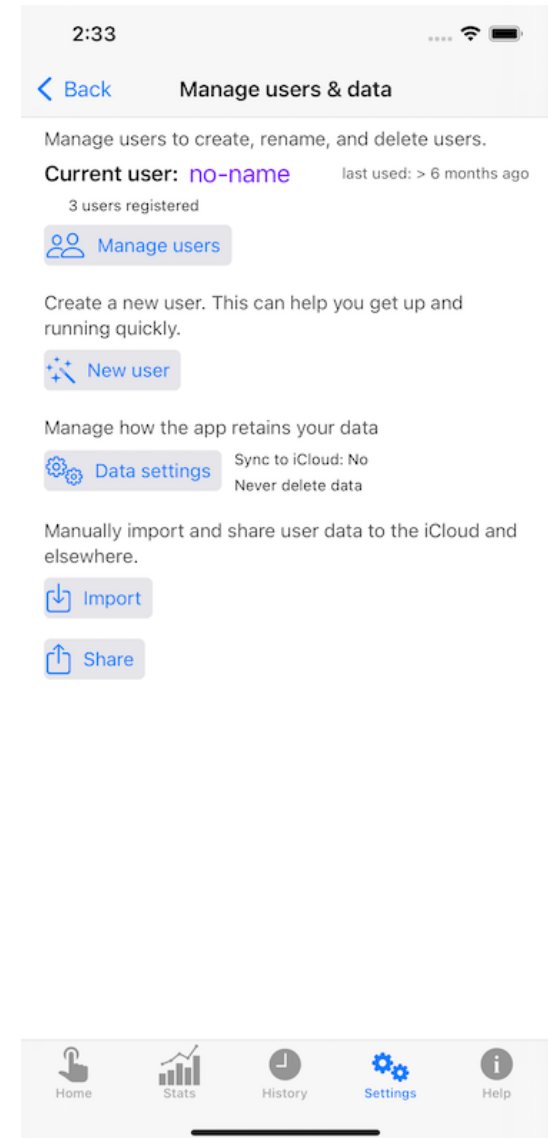
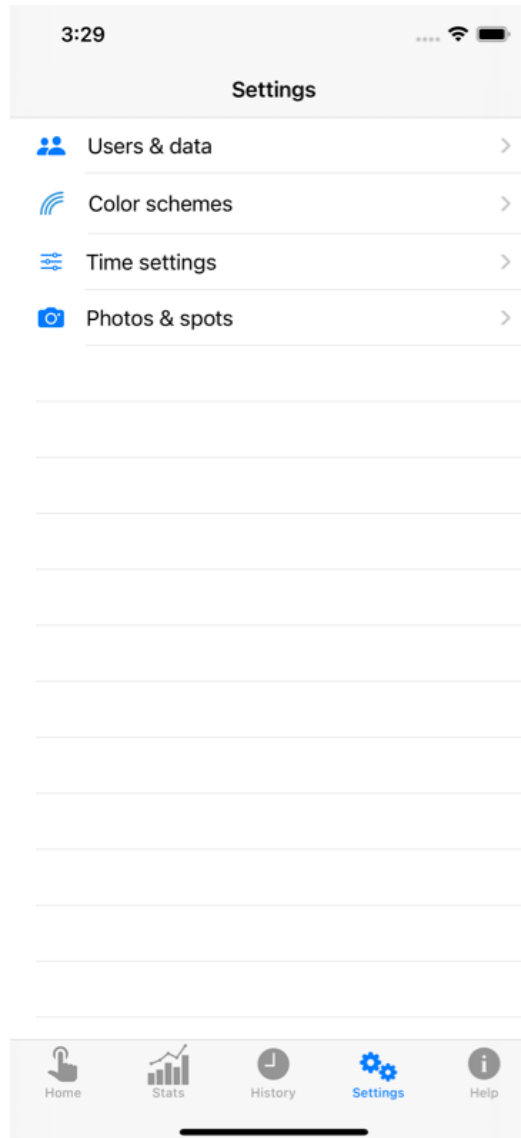
# Setup the app

- At the start the app will be empty
- Step 1: create a new user
- Step 2: select a color palette
- Step 3: turn on saving to the iCloud

These steps are described in the next few pages

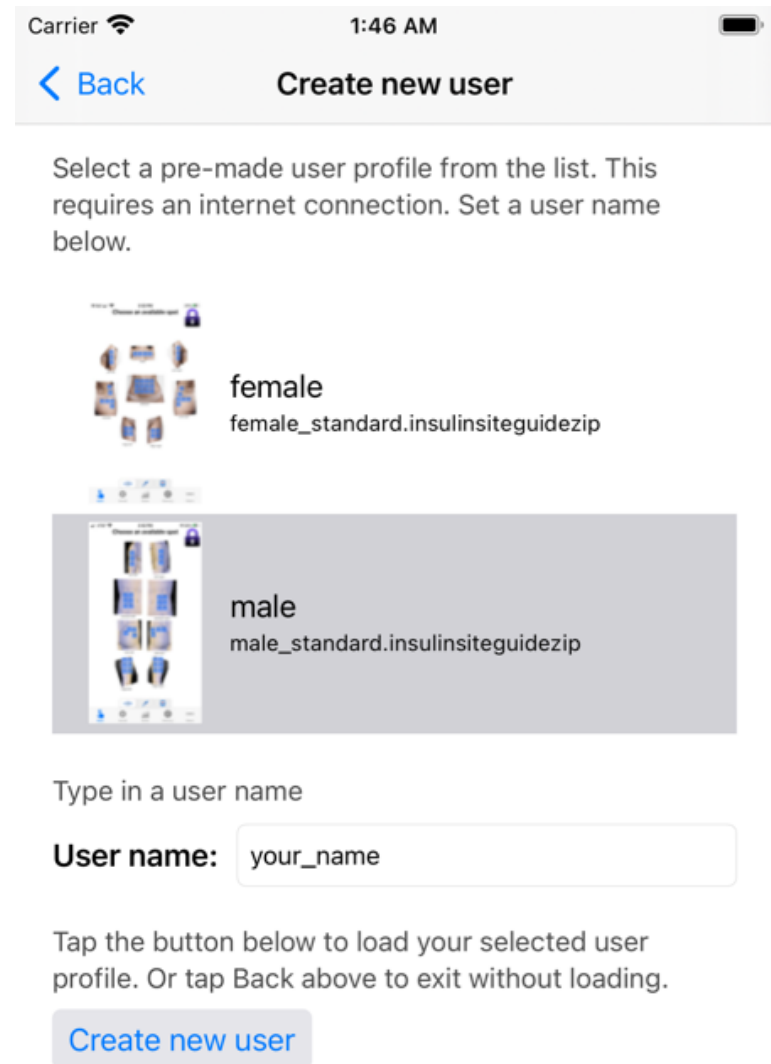
# Step 1: Create a new user

- First open the [Settings](#) screen (the icon is at the bottom right)
- Tap the [Users & data](#) option
- Tap the [New user](#) button
- This opens the [Create new user](#) screen (see the next page)



# Step 1: continued

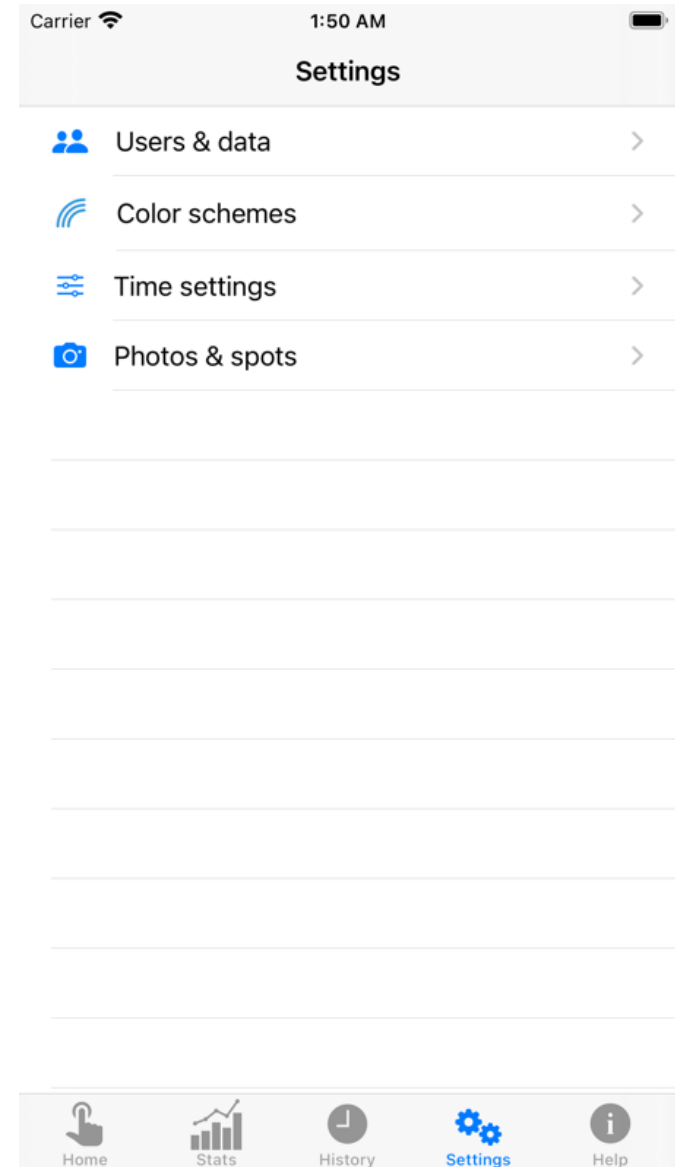
- The [Create new user](#) screen show a list of available configurations
- At the moment there are only two:
  - Male
  - Female
- Make your selection and type in a user name
- Tap the [Create new user](#) button below the list
- This should create and open the user profile
- For this to work you must have an active internet connection
- The app may ask permission to use the internet. Answer “Yes”.





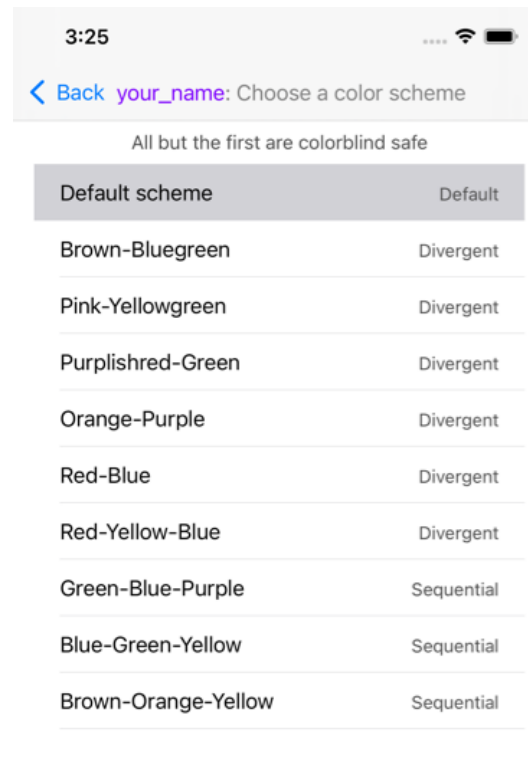
# Step 2: Select a color palette

- Go to the Settings screen by tapping the **Settings** icon at the bottom right
- Now tap the **Color schemes** option to open the Colors screen (see the next page)

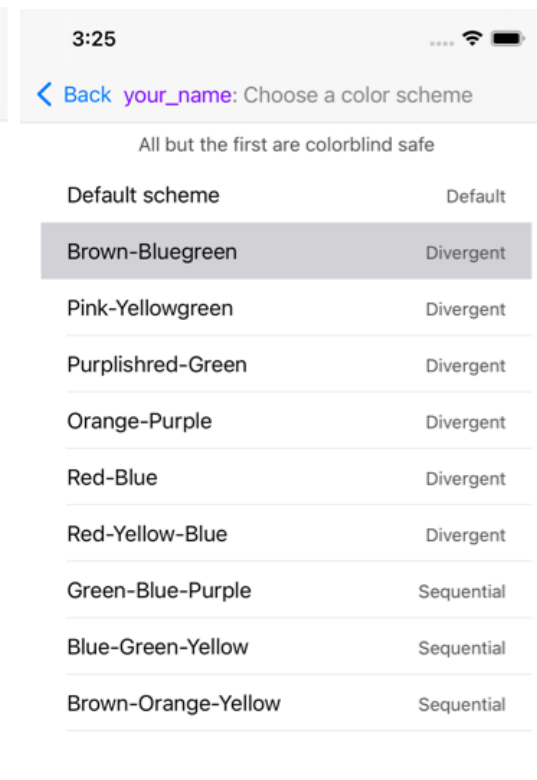
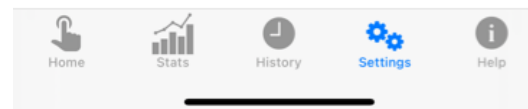


# Step 2: continued

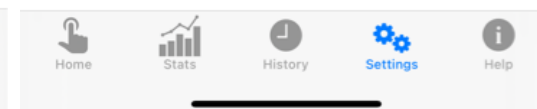
- On the Colors screen you can choose a color scheme which will be used in the rest of the app
- The colors and their meanings are shown at the bottom of the screen
- The list at the top currently shows 10 choices
- Tap on each item to see the colors below
- If you can distinguish all the colors then you're good to go
- This is totally optional and you can change the scheme at any time (but we recommend you choose one and stick with it)
- Most people will be fine with any choice
- The last three labeled Sequential should work for people with monochromatic vision



avoid	Spot to avoid
recent	Recently chosen spot
near	Spot next to a recent spot
new	Newly chosen spot
available	Spot available to be chosen
best	Oldest available spot

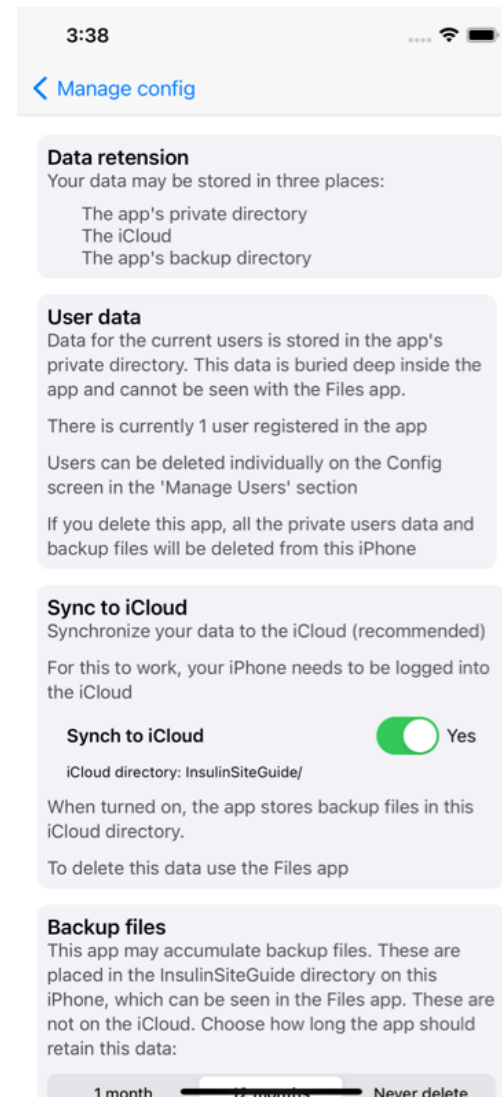
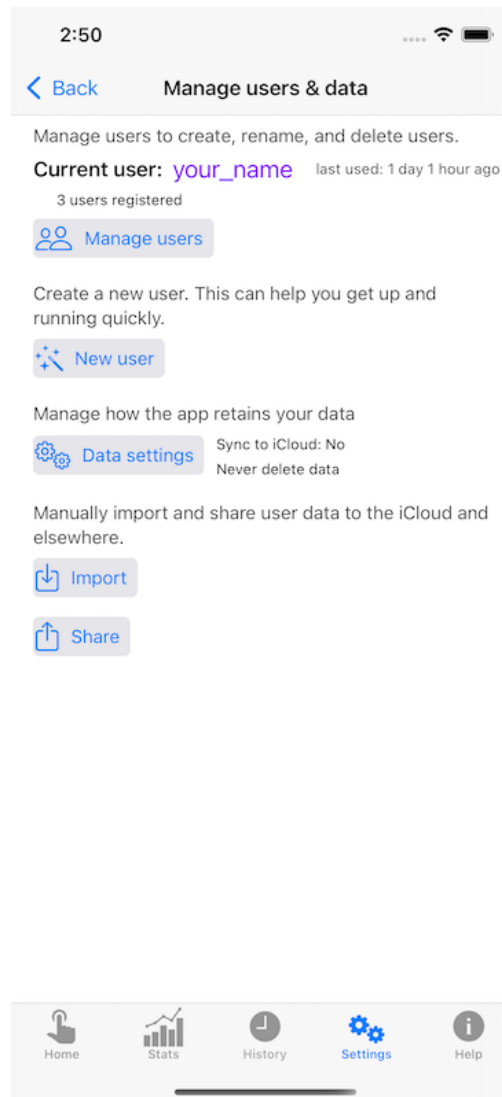


avoid	Spot to avoid
recent	Recently chosen spot
near	Spot next to a recent spot
new	Newly chosen spot
available	Spot available to be chosen
best	Oldest available spot



# Step 3: Save to the iCloud

- It is recommended that you turn on the [Sync to iCloud](#) feature (shown on the right)
- Go to the Users screen described in Step 1 and tap the [Data settings](#) button
- This opens the Data retention screen. Tap the [Synch to iCloud](#) button
- This saves a copy of your user profile to the iCloud behind the scenes
- This copy can be recovered if you change or lose your iPhone
- This protection is optional and doesn't effect the operation of the app one bit



# Further setup

- Steps 1,2, and 3 give a minimal setup
- But there are many other possible adjustments. These are described in the Help documentation
- The default settings make sense for most people right out of the box
- We recommend using the app with this minimal setup at first
- Once you are used to the app you can make adjustments at any time

# Purpose of the app

- The main function of the app is to help the user achieve proper site rotation for insulin pumps & continuous glucose monitors
- The app remembers where you placed the devices
- The app uses color coding to show you where to place a new pump that avoids recently used positions

# Using the app

- The Home screen is where most of the action occurs
- The red and pink spots have been used recently.

These are called **unavailable**

- The blue spots have not been used recently and are ready to be used

These are called **available**

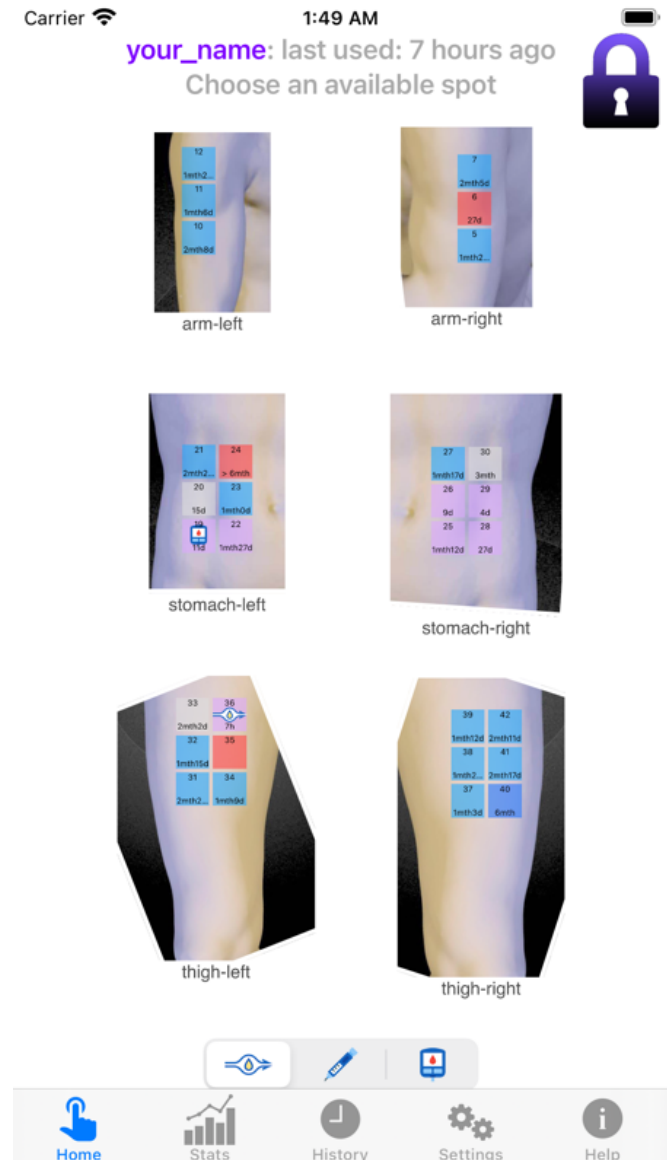
- The lock icon in the upper right keeps from accidental changes



Tap it to toggle between locked and unlocked state

- The device menu at the bottom lets you select the device to use

pump on the left and CGM on the right



# Selecting a location

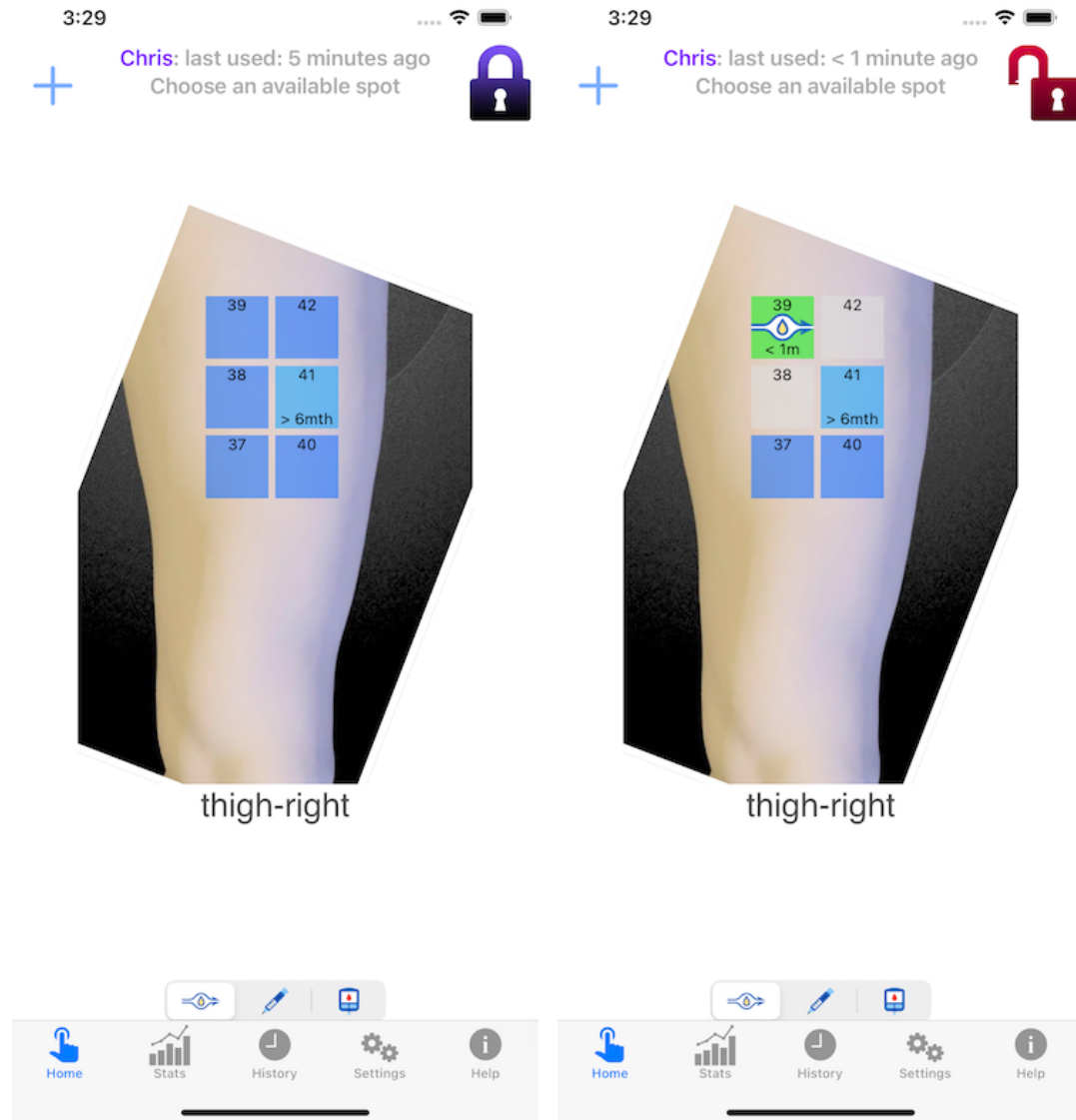
- Go to the [Home](#) screen
- Tap the device type you want in the device menu at the bottom (pump on the left or CGM on the right)



- Unlock the screen by tapping the lock symbol at the top right
- Choose a spot that you want to use and tap it
- There are two situations:
  - The spot is available (blue)
  - The spot is unavailable (not blue)
- These are described on the next few pages

# Selecting an available spot

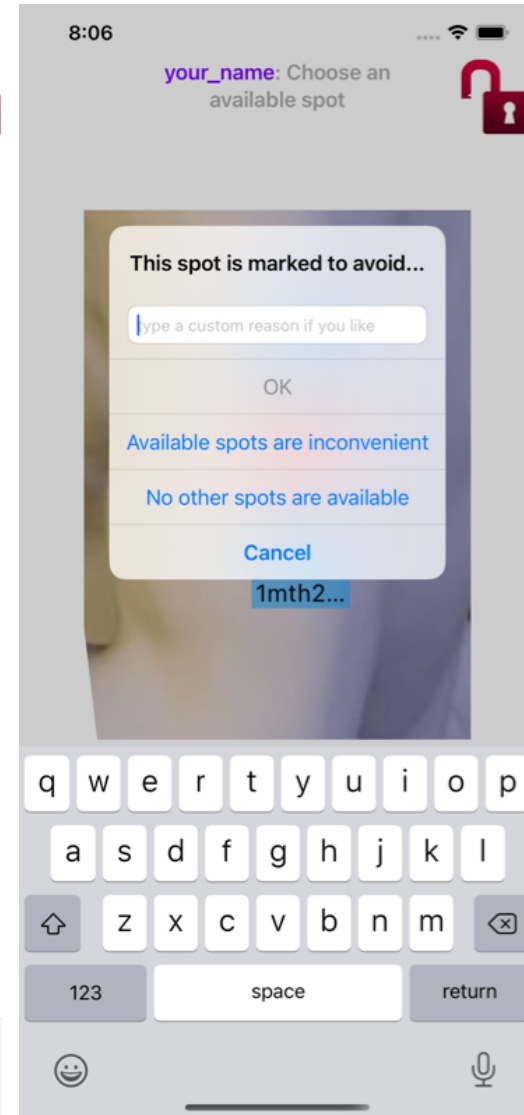
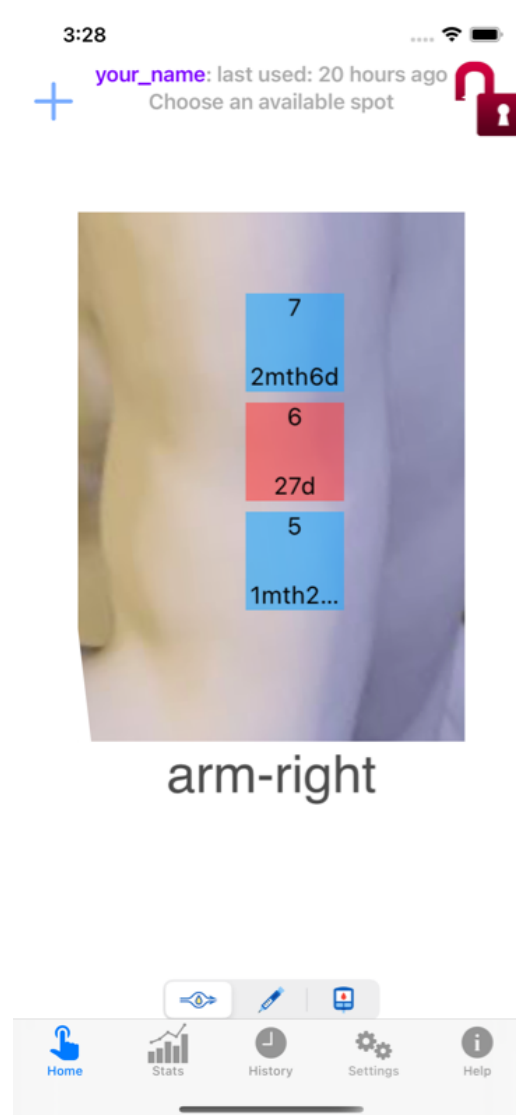
- When a spot is available (blue) then you can use it (tap it)
- This means the spot has not been used recently and is ready to be used
- The first image shows all the spots on the thigh are available
- Tapping the upper left spot turns it green and shows the pump icon (after tapping the lock to unlock it)
- This spot is now chosen
- Now place the pump on your thigh at that spot
- The app will remember the location





# Selecting an **un**available spot



- When a spot is unavailable (not blue) then you should not use it
- This means the spot has been used recently and is not yet ready to be used again
- But you still can use it (if you must!)
- The first image shows the middle spot is unavailable
- Tapping this spot brings up the Override pop-up
- Choose or type in the reason for insisting on this spot
- This spot is now chosen
- Now place the pump on that spot
- The app will remember the location

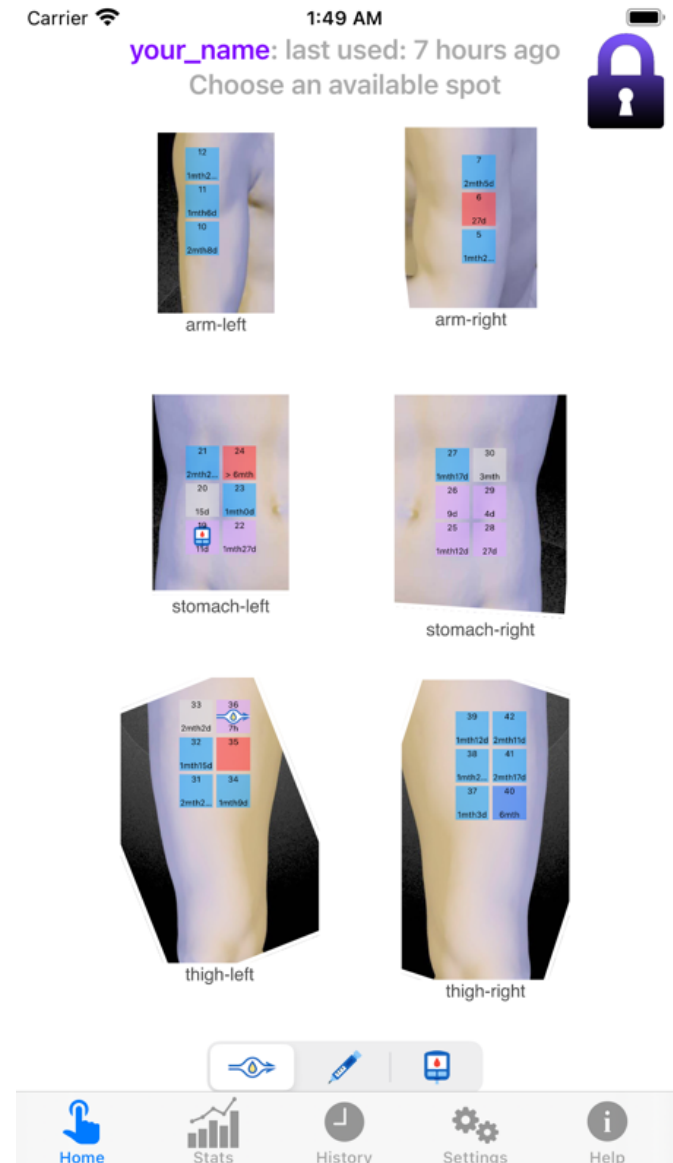


# Closing the app

- When you have selected a spot then you can close the app
- The app saves your selection on the phone
- If you have [Sync to iCloud](#) selected (on the Users screen) then the app also saves your data to the iCloud for safe keepings
- This all happens behind the scenes automatically

# Typical situation

- You need to change your insulin pump
- Open the app
  - It shows the available/unavailable spots
  - These are easy to see at a glance because of the colors
  - Tap the pump icon in the device menu at the bottom left 
- Choose a spot
  - Tap the lock icon to unlock at top right
  - Choose an available spot or
  - Choose an unavailable spot if necessary
- Place your new pump on the spot
- Close the app
- Done! takes less than a minute
- If you need to change the location of your continuous glucose monitor (CGM)
  - Choose the CGM in the device menu at bottom right 
  - The rest is the same



# More help

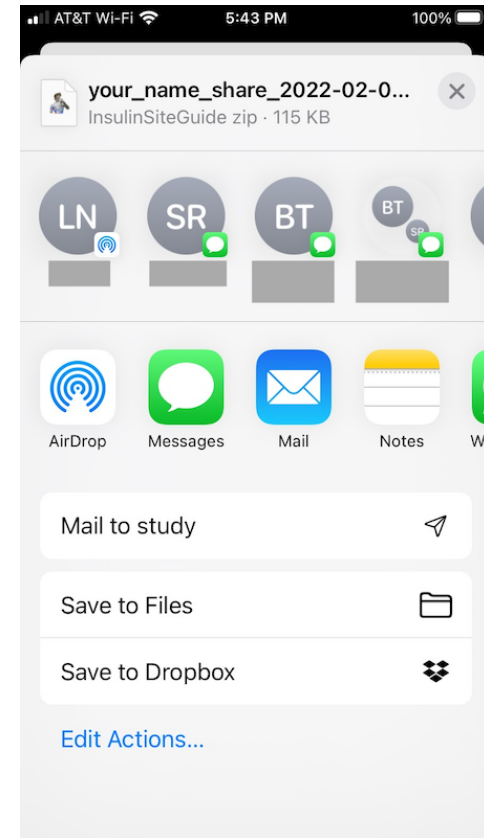
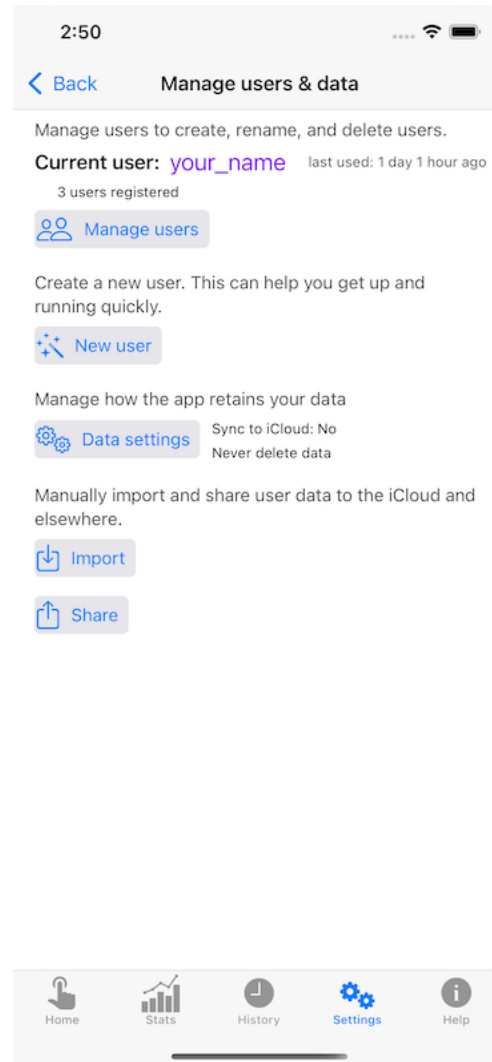
- We have gone over the bare minimum required to setup and operate the app
- But there are many other features:
  - You can mark some spots to avoid
  - The Time settings screen to adjust the timings for various devices
  - The Statistics screen for showing the spot usage over time
  - The Photos screen for adjusting the photos and spots (there's a lot here!)
  - The History screen allows you to correct mistakes
    - This screen contains a record of all your pump positions and dates
    - You can delete items
    - You can modify items

# Website

- There's a dedicated website for the app at:  
<https://insulinsiteguide.com/home.html>
  - It contains extensive help documentation and
  - There are some videos (it's easier to see it than to explain it!)

# Sending your data

- We are running a test study for the app
- People participating in this study should send their app data at the end of the test period
- Tap the **Share** button on the Users screen as shown to the right
- Tap the **Mail to study** option.
- This opens an email with your user profile data as an attachment as shown on the next page



# Send an email (continued)

- Your data is attached and the our email address should be filled automatically
- To send the email, tap the send button (the blue up-arrow near the top right.)
- All done!

