

# Understanding Your Treatment Plan - For Carb Counters

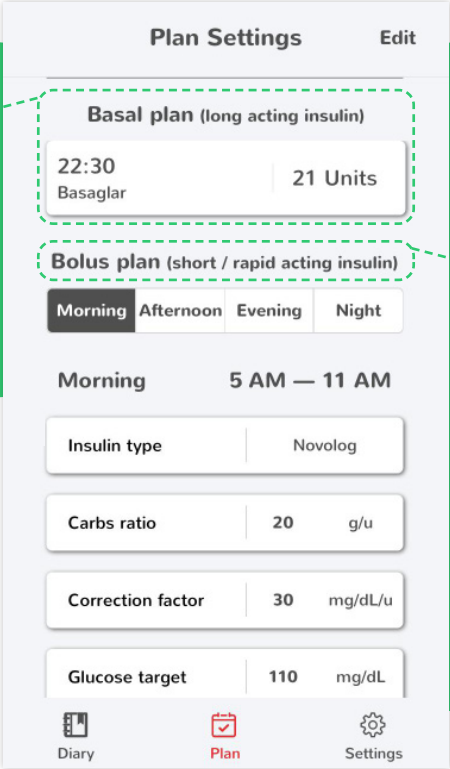
## A guide to understanding and changing your treatment plan

When your healthcare provider sets your initial treatment plan, you will be able to view it in your DreaMed Diary mobile app. Use this guide to learn how to view your current plan, edit it if necessary, and view new plans shared by your healthcare provider.

To view your current treatment plan tap on the Plan icon  at the bottom of the screen.

**Basal Plan (long acting insulin)**

In this section you can see your daily long acting insulin injection plan, this includes type of insulin, time of injection, and amount of insulin to deliver.



**Bolus Plan (short /rapid acting insulin)**

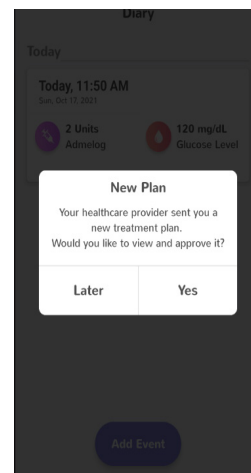
The bolus plan is divided into 4 periods of the day: Morning, Afternoon, Evening, and Night. You can view each plan by tapping on the period. Each period includes the Insulin type, the carb ratio according to your carbs unit, the correction factor and glucose target

# Viewing a New Treatment Plan

1

When your healthcare provider sends you a new treatment plan recommendation, a **New Plan** alert will be displayed next time you enter your Diary app, or when you enter the **Plan** screen in the Diary app.

Tap **Yes** to review the plan now or tap **Later** to review it at another time. If you tap **Later** a purple bar will appear across the top of the screen to indicate that a new plan is waiting for your review and approval. When you're ready to view the plan, tap on the purple bar.



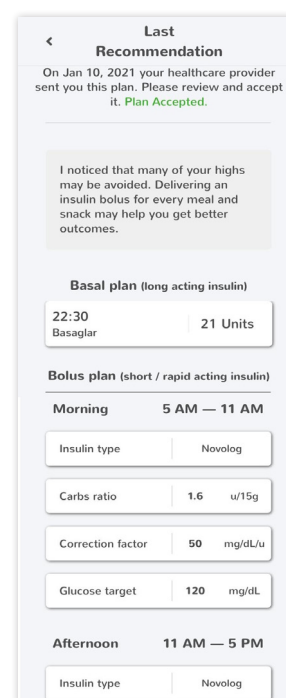
2

When clicking **Yes** you will be directed to review the pending recommendation.

Below the date you will see a textual message from your healthcare provider.

Next you will see the recommended Basal (long acting insulin) plan and Bolus plan (short/ rapid acting insulin).

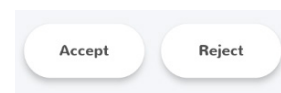
Scroll down to view the Bolus plan for each period of the day: Morning, Afternoon, Evening, and Night.




3

After reviewing the entire plan, at the bottom of the screen, tap **Accept** to approve the plan and save it in your settings, or tap **Reject** to reject the plan. You can always accept the plan and then edit it (see below how to edit your plan).

\*Your healthcare provider will not be notified of your decision to accept or reject the plan.



# Editing Your Treatment Plan

You can edit your treatment plan by tapping on the plan icon  and then tap on **Edit** on the top right corner.




## WARNING

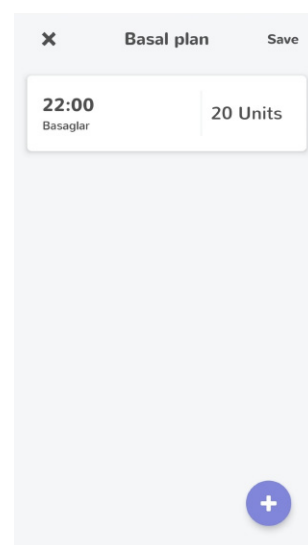
Treatment plan settings affect your daily dosage. You should talk to your health care provider before making any changes.

## Changing Basal Settings

1

Tap the line specifying the time and insulin type you wish to edit or tap  to add a new injection.

**Note:** you may enter up to 2 basal injections.



2

Change the time, amount, and/or insulin type according to your provider's recommendations.

3

Then tap **Done**

4

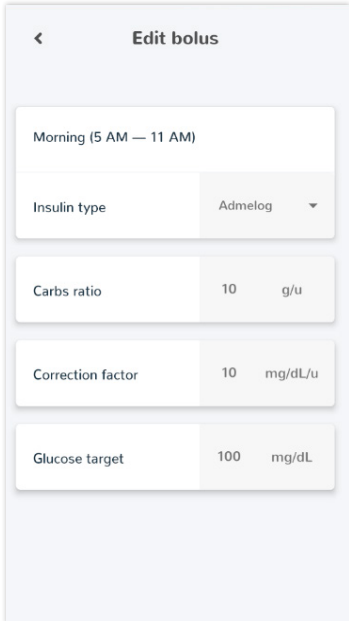
Accept the final change by tapping **Save**

# Changing Basal Settings

## Carb counting treatment plan

- 1 Tap the time period you wish to modify (morning, afternoon, evening, night)

- 2 Your current plan will appear here. To change a section in the plan, tap on the section you would like to modify: insulin type, correction factor, carbs ratio or target. Enter the new value for that field



The screenshot shows a mobile application interface titled "Edit bolus". At the top left is a back arrow, and at the top right is the title "Edit bolus". Below the title is a section for "Morning (5 AM — 11 AM)". This section contains four rows of settings, each with a label, a value, and a unit:

Setting	Value	Unit
Insulin type	Admelog	
Carbs ratio	10	g/u
Correction factor	10	mg/dL/u
Glucose target	100	mg/dL

- 3 Tap **Save**

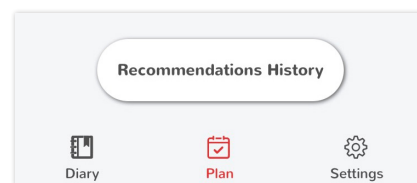
- 4 To modify the plan in another time period, tap the desired time period and repeat from step 2

- 5 When all changes have been completed exit the menu by tapping the left arrow.

## Recommendation History

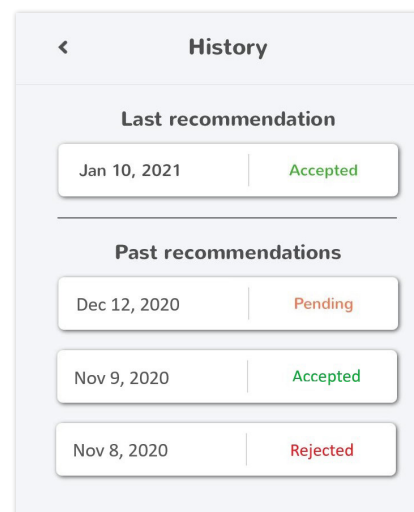
1

To view the recommendations coming from your healthcare provider, tap the **Recommendations History** button under your plan. This button will appear after the healthcare provider has shared with you at least two new recommendations.



2

The most recent recommendation will appear at the top of the screen, and the past recommendations will be listed below.



3

You may Tap on any recommendation to view it.