

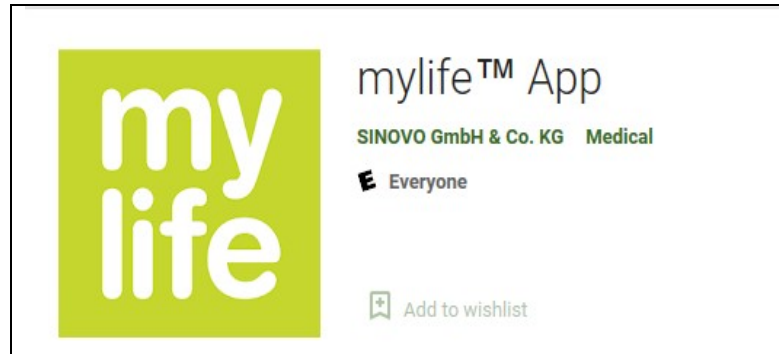
Mylife™ Bolus advice app

Instructions for use for children and young people with Type 1 Diabetes

Paediatric Diabetes Department

The mylife™ app is available from Apple and Google Play stores.

It is a free app that you can set up to use to calculate your insulin doses.



Setting up the app

You will need an email address to set up the app and you will have to create a password. You will need this information to link to Diasend. You will also need to enter some settings before you can get any advice. Enter the names of the insulin you use.

- ✓ **Blood glucose units** – choose mmol/L
- ✓ **BG target value** – we advise you to use 5.5mmol/L (below this, the app will adjust insulin to avoid low glucose levels and above it will advise extra insulin to bring you back to 5.5mmol/L)
- ✓ **BG target range** – 4 - 10mmol/L - this is the target range for glucose levels. This setting makes no difference to the advice you get from the app.
- ✓ **Minimum BG** for calculation – 4mmol/L

- ✓ **Correction factor** – this is the same as the insulin sensitivity factor or ISF. The mylife™ app displays your ratios in reverse. So if you are used to seeing your ISF as 1 unit to lower by 2mmol/L. The mylife™ will display this as 2mmol/L for 1 unit.

- ✓ **Insulin to carb ratio** – entered as carbs for each unit of insulin, so if your ratio is usually 1 unit to 8g this will now be 8g carbs/unit
- ✓ **Handling insulin on board** – choose method 2. The app will deduct insulin on board or active insulin from a correction bolus only.
- ✓ **Duration of insulin action** – set this up as 3 hours. If you are not sure which you usually use check with the diabetes team

Sharing your data with us

To share your data, you can link the app through the mylife™ cloud to Diasend. Set up the app to share data to the mylife™ cloud. If you do not have a Diasend account you will need to set one up.

Go to www.diasend.com to do this.

Our clinic code is 81-42557

Log into your Diasend account and click on 'connect app'.

In the mylife section enter your email address and password for the mylife™ app. This will connect your app data to Diasend. It will automatically upload once a day. You will need to log onto mylife™ on a computer and set the time zone.

Once you have done this, the data should be visible on Diasend.

Any questions?

Telephone: **01932 723314**

All email enquiries: asp-tr.generalpaeddiabetes@nhs.net

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Version: 1

Published: June 2021

Review: June 2024

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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