



**Medtronic**

# Getting Started

with CareLink™ Personal Software for Continuous Glucose Monitoring



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# Understanding CareLink™ Personal Software



## WHAT IS CARELINK SOFTWARE?

Medtronic CareLink Software is a free online tool that allows you to view important information about your insulin dosage, carbohydrate intake, sensor glucose and blood glucose readings all in one place.

All it takes to get started is an easy download using the CareLink USB device provided with your MiniMed Paradigm® REAL-Time Continuous Glucose Monitoring (CGM) Starter Kit.



## BENEFITS OF CARELINK SOFTWARE

CareLink Software makes it easier to track your glucose levels and see how they are affected by your insulin delivery, meals and exercise routines.

These charts, graphs and tables help you and your healthcare provider uncover patterns and understand your diabetes management better than you can with meter software and logbooks alone.

Information from CareLink Software helps you and your healthcare provider make more informed therapy decisions aimed at improving your glucose control.

# Let's get started!

CareLink Software shows everything in one place.



# Starting Up With CareLink™ Personal Software

For specific directions on how to sign up and upload with CareLink Software, see the Appendix section of this guide.

Set up a regular time to upload and review your CareLink reports, and focus on the **Sensor Daily Overlay** and **Daily Summary** reports to start.

Make sure to discuss changes to your diabetes management regimen with your healthcare provider.

## DID YOU KNOW?

Your healthcare provider may be able to view your reports on their office computer if they have CareLink Pro Software. If they do not have this software, you can print out your CareLink reports to bring to your next office visit.



## TIPS FOR USING CARELINK SOFTWARE

### Regularly upload and review your information using CareLink Software

CareLink Software can help you get the most out of your MiniMed Paradigm® REAL-Time System. Pick a day each week to invest in yourself and your diabetes management by spending a few minutes reviewing CareLink reports to improve your glucose control.

### Focus on key CGM reports

When you first start using CareLink Software, focus on two primary reports that help you understand the glucose trends and the events that affect blood glucose control: the **Sensor Daily Overlay Report** and the **Daily Summary Report**.

Wait until you get more comfortable with CGM and CareLink Software before trying to use the more advanced reports.

### Make one change at a time

CareLink Software will help reveal the changes you need to make to better manage your glucose levels.

Take it slowly and focus on changing one thing at a time. CareLink Software helps to show how each therapy decision that you make affects your glucose levels. Make CareLink Software a part of your regular diabetes regimen to achieve the best possible outcomes.

### Bring reports to appointments with your healthcare provider

Discuss treatment and CGM setting changes with your healthcare provider. Bringing your CareLink reports to your appointments gives your healthcare provider the option to use them when making decisions about therapy adjustments and ways to improve your diabetes care.



## READING CARELINK™ SOFTWARE REPORTS

### Reading your reports is as easy as 1-2-3!

Follow these three steps to read your **Daily Summary** and **Sensor Daily Overlay** reports. An overview of these reports can be found on pages 4–7 of this guide.

#### Step 1: Look at the overnight period

|                                |  |
|--------------------------------|--|
| Do you see a pattern of lows?  | Consider reducing one or more of your overnight basal rates.   |
| Do you see a pattern of highs? | Was there a bedtime snack?<br>Was your BG level already high before bed?<br>Consider increasing your basal rate or changing the timing of your basal rate increase during the night. |

#### Step 2: Look at the period before meals

|                                |                                      |
|--------------------------------|--------------------------------------|
| Do you see a pattern of lows?  | Consider decreasing your basal rate. |
| Do you see a pattern of highs? | Consider increasing your basal rate. |

#### Step 3: Look at the period after meals

|                                |  |
|--------------------------------|--|
| Do you see a pattern of lows?  | Determine whether food was an issue.   |
| Do you see a pattern of highs? | Were you accurately carb counting?<br>Was insulin given at the right time?<br>Is your carb ratio correct?<br>Consider whether a Dual Wave® bolus would have been better for meals high in carbs and fat. |



Insulin sensitivity, carb ratios and active insulin may also be contributing factors. Discuss these and any other changes with your healthcare provider.

Use the 1-2-3 approach to reading the **Daily Summary** and **Sensor Daily Overlay** reports. Looking at specific sections of each report will help you and your healthcare provider make changes to improve your diabetes management and glucose control.

Be sure to share any regular patterns with your healthcare provider.

The **Sensor Daily Overlay Report** is an essential tool to understanding longer term glucose patterns.



## COMMONLY USED CGM REPORTS

CareLink™ Personal Software generates many useful reports. In the beginning, focus on two key CGM reports: the **Sensor Daily Overlay Report** and the **Daily Summary Report**.



### Sensor Daily Overlay Report

The **Sensor Daily Overlay Report** shows 7 days of glucose sensor readings all in a single chart. Each day has a different color tracing so you can easily tell them apart, making it easy to identify recurring patterns from day to day and even hour to hour.

The **Sensor Daily Overlay Report** also helps you identify specific days that you may want to look at in more detail with the **Daily Summary Report**. If you see an event in your report that appears out of the ordinary, use the **Daily Summary Report** to identify its cause.

On the next page you will see an example of a **Sensor Daily Overlay Report** and what to look for on this report.



For more detail on reading your reports, use the **Understanding My Reports** tab in CareLink Software.



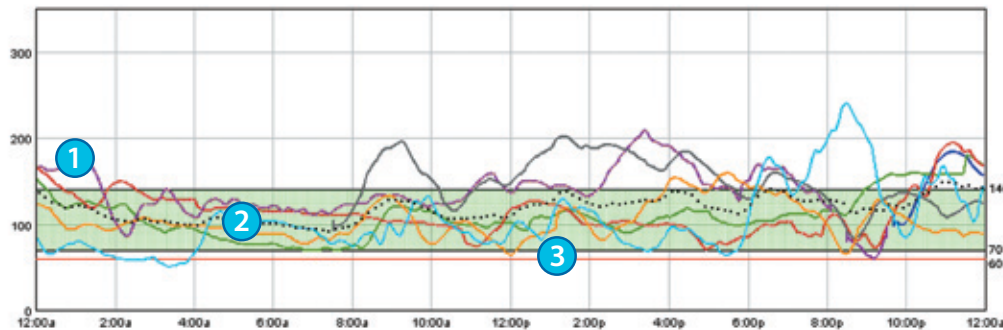
## Sensor Daily Overlay Apr 17 - Apr 23, 2009 (7 days)

HbA1c: No Data

Pump: Paradigm 722  
Sensor: In use

### Sensor Data (mg/dL)

4/17/09 4/18/09 4/19/09 4/20/09 4/21/09 4/22/09 4/23/09 Avg. ---



|                      | Fri Apr 17 | Sat Apr 18 | Sun Apr 19 | Mon Apr 20 | Tue Apr 21 | Wed Apr 22 | Thu Apr 23 | Average / Total |
|----------------------|------------|------------|------------|------------|------------|------------|------------|-----------------|
| # Sensor Values      | 28         | 288        | 288        | 255        | 198        | 288        | 288        | 1,633           |
| High SG (mg/dL)      | 184        | 180        | 196        | 208        | 202        | 160        | 240        | 240             |
| Low SG (mg/dL)       | 100        | 70         | 70         | 60         | 82         | 64         | 50         | 50              |
| Average SG (mg/dL)   | 152        | 109        | 114        | 137        | 150        | 105        | 104        | 118             |
| Standard Dev.        | 30         | 25         | 25         | 28         | 29         | 21         | 39         | 33              |
| MAD %                | N/A        | 13.3       | 25.2       | 9.3        | 11.5       | 12.1       | 8.4        | 13.2            |
| # Valid Calibrations | 1          | 6          | 4          | 5          | 4          | 5          | 5          | 30              |

### 5 Excursion Summary

|                   | Fri Apr 17 | Sat Apr 18 | Sun Apr 19 | Mon Apr 20 | Tue Apr 21 | Wed Apr 22 | Thu Apr 23 | Average / Total |
|-------------------|------------|------------|------------|------------|------------|------------|------------|-----------------|
| # Excursions      | 1          | 1          | 2          | 2          | 3          | 1          | 4          | 14              |
| # High Excursions | 1          | 1          | 2          | 2          | 3          | 1          | 3          | 13              |
| # Hypo Excursions | 0          | 0          | 0          | 0          | 0          | 0          | 1          | 1               |
| AUC Above Limit   | 20.7       | 2.5        | 3.0        | 9.5        | 17.9       | 0.8        | 6.2        | 6.2             |
| AUC Below Limit   | 0.0        | 0.0        | 0.0        | 0.1        | 0.0        | 0.1        | 1.3        | 0.3             |

### 6 Duration Distribution (hh:mm)



|                 | Fri Apr 17 | Sat Apr 18 | Sun Apr 19 | Mon Apr 20 | Tue Apr 21 | Wed Apr 22 | Thu Apr 23 | Average / Total |
|-----------------|------------|------------|------------|------------|------------|------------|------------|-----------------|
| Above 140       | 1:35 68%   | 3:15 14%   | 3:00 12%   | 8:50 42%   | 9:55 60%   | 2:05 9%    | 4:00 17%   | 32:40 24%       |
| Within 70 - 140 | 0:45 32%   | 20:45 86%  | 21:00 88%  | 12:00 56%  | 6:35 40%   | 21:20 89%  | 16:40 69%  | 99:05 73%       |
| Below 70        | 0:00 0%    | 0:00 0%    | 0:00 0%    | 0:25 2%    | 0:00 0%    | 0:35 2%    | 3:20 14%   | 4:20 3%         |

- 1 Sensor readings for one day – each day is shown with a different color.
- 2 Target glucose range – the green shaded area represents the target glucose range set in the preferences section of CareLink™ Software and shows whether you are meeting your goals for glucose control.
- 3 Hypoglycemic threshold – low glucose indicator set in the preferences section. The default setting is 60 mg/dL.
- 4 Specific information regarding each day's sensor readings and calibrations.
- 5 Excursion Summary – shows the number and type of excursions outside the target glucose range.
- 6 Duration Distribution – shows the amount of time spent above, in and below your target glucose range on a pie chart.



## Daily Summary Report

The **Daily Summary Report** helps you identify the cause and effect of specific high and low BG episodes.

The **Daily Summary Report** shows sensor readings, sensor alerts, basal and bolus insulin delivery, and carbohydrate and exercise levels for one day.

There are four main sections to the **Daily Summary Report**, shown on the following page:

- **Meter and Sensor Glucose Readings**
- **Insulin Delivery**
  - Allows you to see the amount and type of insulin delivered throughout the day, as well as any pump alarms and times when delivery of insulin was suspended.
- **Carbohydrates and Exercise**
  - Carbohydrates: Get the most out of CareLink™ Software by using the Bolus Wizard® feature. Every time you use the Bolus Wizard feature, your carbohydrate information automatically gets recorded for you to view in your CareLink reports. You can also enter carbohydrate information using the **logbook** feature.
  - Exercise: Enter time, duration and intensity (low, medium, high) of exercise events using the **logbook** feature in CareLink Software.
- **Summary**

You will see that all three graphs on the **Daily Summary Report** are in the same chronological order and align throughout the day. Use these graphs together to understand the effect that carbohydrates, exercise and insulin delivery have on your glucose levels.



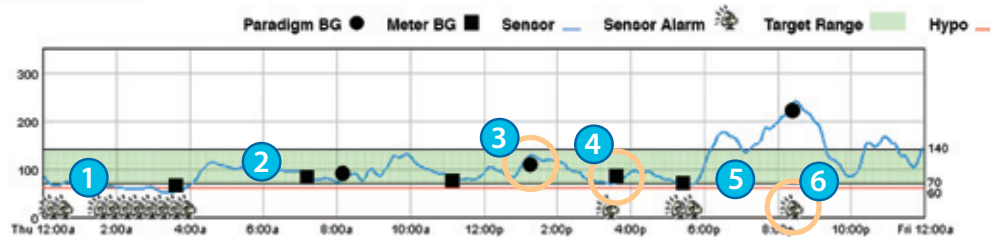


## Daily Summary Apr 23, 2009

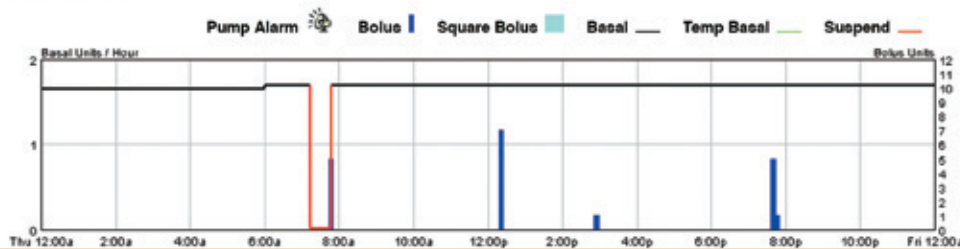
HbA1c: 6.1% (4/23/09)

Pump: Paradigm 722  
Sensor: In use

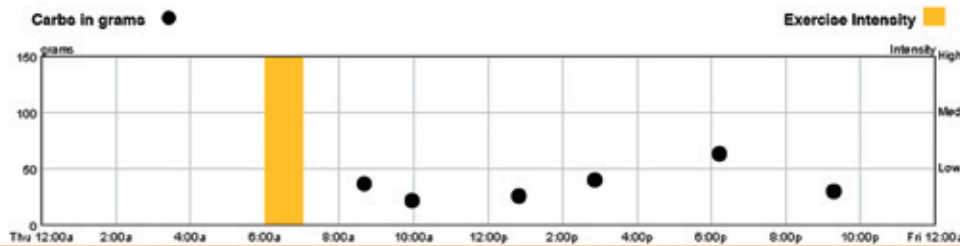
### Glucose (mg/dL)



### 7 Insulin Delivery



### 8 Carbohydrates and Exercise



### 9 Summary

| Glucose BG/SG          | Insulin              | Carbs                   | Exercise               |
|------------------------|----------------------|-------------------------|------------------------|
| Average (mg/dL) 78/104 | Total (U) 58.6       | Total Carbs (grams) -   | Total Minutes 60       |
| High (mg/dL) 84/240    | Basal (U) 39.6 68%   | Average Carbs (grams) - | Average Intensity High |
| Low (mg/dL) 65/50      | Bolus (U) 19.0 32%   | # of Meals -            | Average Minutes 60     |
| # of Readings 5/288    | Normal (U) 19.0      |                         | # of Episodes 1        |
| # of BG Hypos 0        | Square (U) 0.0       |                         |                        |
| # Hypo Excursions 1    | Suspended Minutes 33 |                         |                        |
|                        | Temp Basal Minutes 0 |                         |                        |
|                        | # of Alarms 0        |                         |                        |

- Blue line represents sensor readings throughout the day.
- Target glucose range – the green shaded area represents the target glucose range set in the preferences section of CareLink™ Software and shows whether you are meeting your goals for glucose control.
- Black circles on the graph represent linked BG meter readings, referred to in the legend as “Paradigm BG” readings.
- Black squares represent BG readings taken with an unlinked glucose meter and input into the pump.
- Hypoglycemic threshold – low glucose indicator set in the preferences section of CareLink Software. The default setting is 60 mg/dL.
- Sensor alarm – indicates alert received.
- Insulin Delivery – shows basal and bolus insulin throughout the day.
- Carbohydrates and Exercise – shows grams of carbs eaten and the intensity of exercise events entered into the pump or CareLink™ Software.
- Summary – shows glucose, insulin, carbs and exercise information.



## OTHER HELPFUL REPORTS

□ = Shaded sections contain no sensor data

| Report                                 | Description   | Purpose   |
|--|---|---|
| Sensor Overlay by Meal (see next page) | Shows sensor readings and glucose averages around pre-set meal periods (breakfast, lunch, dinner).  | Shows the effects of food, bolus insulin and pre-meal glucose levels on post-meal control.              |
| Quick View Summary                     | Provides a summary of insulin delivery, diet and exercise, and glucose levels.  | Provides a “snapshot” of how you are delivering your insulin, which is helpful for uncovering problems. |
| Logbook Diary                          | Intended to look like a standard logbook, displays blood glucose (BG) readings, carbohydrate entries and boluses grouped by periods in the day. | Helps you review past treatment decisions to understand possible areas for improvement.                 |
| Data Table                             | Lists all collected information (meter, sensor, insulin, settings, alarms and logbook).   | Helps you to better understand information in other reports.  |
| Modal Day Periods                      | Displays BG readings over a period of time, grouping them by periods in the day.  | Shows you how well your glucose stays within target ranges at certain periods of the day.               |
| Modal Day Hourly                       | Displays BG readings over a period of time and groups them by the hour of the day.  | Shows you patterns in BGs related to the time of day, as well as an overall summary of BG readings.     |
| Device Settings                        | Shows device settings for a particular time and day.  | Helps in understanding other reports or simply in documenting your pump and CGM settings.               |
| Sensor Weekly Logbook                  | A table of sensor and logbook information broken up into pre-meal, post-meal, evening and sleep periods.  | Shows how boluses, basal insulin and external events affect blood sugars.                               |
| Data Export (CSV)                      | Tools for exporting data out of CareLink™ Software into other programs.   | Exports the data from CareLink to other programs to allow for more detailed analysis.                   |

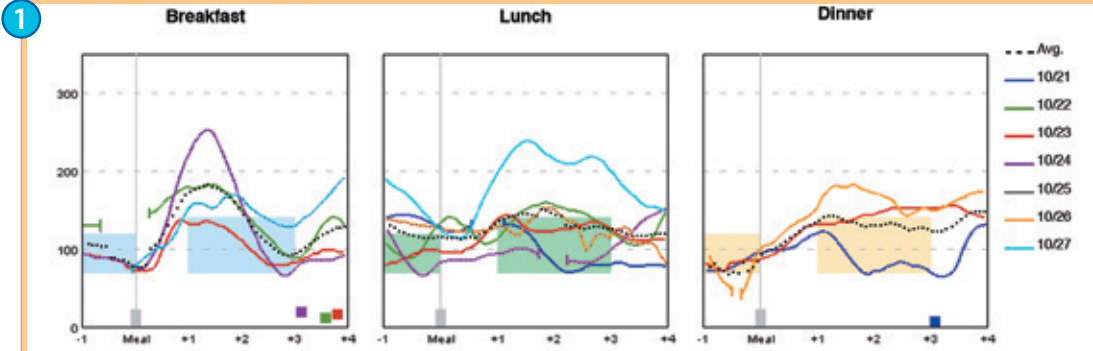


## Sensor Overlay by Meal Oct 21 - Oct 27, 2007 (7 days)

HbA1c: 6.4% (3/17/09)

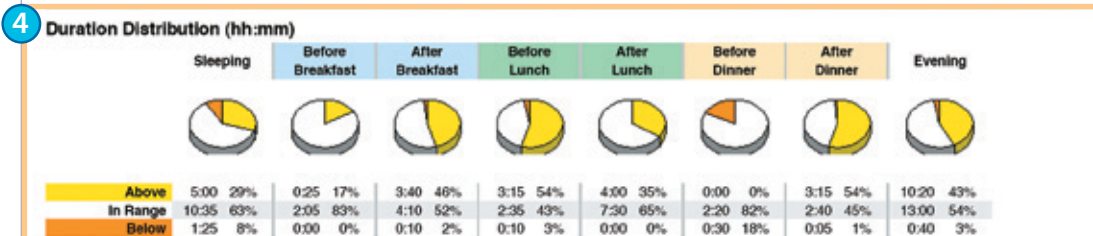
Pump: Paradigm 522  
Sensor: In use

### Overlay by Meal Event (mg/dL)



|               | Sleeping 3:00 AM - 6:00 AM | Before Breakfast | After Breakfast | Before Lunch | After Lunch | Before Dinner | After Dinner | Evening 11:00 PM - 3:00 AM | All Time Periods |
|---------------|----------------------------|------------------|-----------------|--------------|-------------|---------------|--------------|----------------------------|------------------|
| <b>Range</b>  | 70 - 140                   | 70 - 120         | 70 - 140        | 70 - 120     | 70 - 140    | 70 - 120      | 70 - 140     | 70 - 140                   |                  |
| Average SG    | 128                        | 94               | 142             | 119          | 137         | 76            | 132          | 152                        | 135              |
| High SG       | 288                        | 130              | 254             | 190          | 240         | 94            | 182          | 322                        | 322              |
| Low SG        | 48                         | 74               | 66              | 66           | 70          | 42            | 68           | 62                         | 42               |
| Standard Dev. | 52                         | 17               | 45              | 31           | 44          | 13            | 36           | 66                         | 54               |
| # of Readings | 204                        | 30               | 96              | 72           | 138         | 34            | 72           | 288                        | 934              |

|                 | Daily Average by Meal Event (mg/dL) |                  |                 |              |             |               |              |         |                  |
|-----------------|-------------------------------------|------------------|-----------------|--------------|-------------|---------------|--------------|---------|------------------|
|                 | Sleeping                            | Before Breakfast | After Breakfast | Before Lunch | After Lunch | Before Dinner | After Dinner | Evening | All Time Periods |
| Sun Oct 21      | 65                                  | N/A              | N/A             | 139          | 94          | 80            | 86           | 91      | 88               |
| Mon Oct 22      | 117                                 | 130              | 146             | 102          | 144         | N/A           | N/A          | 116     | 125              |
| Tue Oct 23      | 100                                 | 87               | 109             | 91           | 130         | 81            | 144          | 135     | 117              |
| Wed Oct 24      | 167                                 | 87               | 161             | 85           | 92          | N/A           | N/A          | 103     | 122              |
| Thu Oct 25      | 118                                 | N/A              | N/A             | N/A          | N/A         | N/A           | N/A          | N/A     | 118              |
| Fri Oct 26      | N/A                                 | N/A              | N/A             | 132          | 129         | 65            | 166          | 270     | 189              |
| Sat Oct 27      | 228                                 | 76               | 151             | 162          | 219         | N/A           | N/A          | 195     | 194              |
| Oct 21 - Oct 27 | 128                                 | 94               | 142             | 119          | 137         | 76            | 132          | 152     | 135              |



## Sensor Overlay by Meal Report

Another helpful sensor report is the **Sensor Overlay by Meal Report**.

- Graph shows a 7-day overlay of glucose readings at the breakfast, lunch and dinner periods set in the CareLink™ Software preferences. The overlay graph will only show SG readings for days when carbohydrates have been entered during the preset meal period.
- Shows the range of glucose readings for the pre- and post-meal period over 7 days.
- Daily Average by Meal Event – the daily average glucose reading for each meal period.
- Duration Distribution – the duration and percentage of time spent above, in and below the target glucose range for each meal period.

# Applying CareLink™ Personal Software in Your Life

CareLink Software and CGM offer you and your healthcare provider access to all types of new information to help you make better therapy decisions and improve your glucose control.

Understanding CareLink reports well enough to begin making therapy changes can take time and requires some practice. Remember that Medtronic is here to support you along the way in realizing the full benefits of this important information.



## THERAPY ADJUSTMENT WITH CARELINK SOFTWARE

In this section, you will see a number of examples of CareLink reports with sample patient information. Each report shows a clear trend or a need for possible therapy adjustment in a specific area, such as:

**Preventing Nocturnal Hypoglycemia**

**Avoiding Post-Meal Hyperglycemia**

**Improving Basal Rates**

**Addressing Dawn Phenomenon**

**Fine-Tuning Alarm and Alert Settings**

Using either the **Sensor Daily Overlay Report** or the **Daily Summary Report**, these examples are intended to help clarify the types of trends and patterns you may see in your own reports. Use the information to discuss possible therapy adjustments with your healthcare provider.



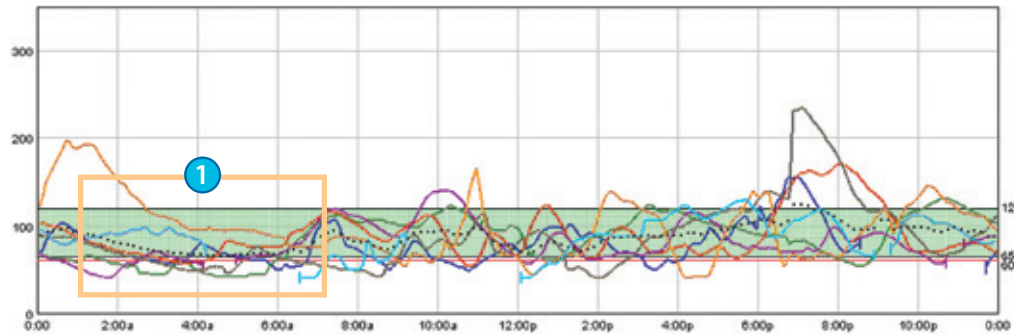
## Sensor Daily Overlay Nov 21 - Nov 27, 2007 (7 days)

HbA1c: No Data

Pump: Paradigm 722  
Sensor: In use

### Sensor Data (mg/dL)

1/9/07 1/10/07 1/11/07 1/12/07 1/13/07 1/14/07 1/15/07 Avg. ---



|                      | Tue Jan 9 | Wed Jan 10 | Thu Jan 11 | Fri Jan 12 | Sat Jan 13 | Sun Jan 14 | Mon Jan 15 | Average / Total |
|----------------------|-----------|------------|------------|------------|------------|------------|------------|-----------------|
| # Sensor Values      | 262       | 259        | 288        | 261        | 247        | 268        | 196        | 1,821           |
| High SG (mg/dL)      | 190       | 144        | 158        | 158        | 148        | 120        | 142        | 190             |
| Low SG (mg/dL)       | 46        | 40         | 40         | 40         | 40         | 46         | 68         | 40              |
| Average SG (mg/dL)   | 96        | 80         | 86         | 87         | 67         | 70         | 102        | 83              |
| Standard Dev.        | 35        | 23         | 28         | 36         | 23         | 15         | 22         | 29              |
| MAD %                | 24.5      | 13.8       | 20.0       | 28.4       | 3.8        | 23.4       | 2.2        | 17.8            |
| # Valid Calibrations | 3         | 3          | 4          | 2          | 3          | 3          | 2          | 25              |

### Excursion Summary

|                   | Tue Jan 9 | Wed Jan 10 | Thu Jan 11 | Fri Jan 12 | Sat Jan 13 | Sun Jan 14 | Mon Jan 15 | Average / Total |
|-------------------|-----------|------------|------------|------------|------------|------------|------------|-----------------|
| # Excursions      | 1         | 2          | 3          | 1          | 2          | 1          | 0          | 10              |
| # High Excursions | 0         | 0          | 0          | 0          | 0          | 0          | 0          | 0               |
| # Hypo Excursions | 1         | 2          | 3          | 1          | 2          | 1          | 0          | 10              |
| AUC Above Limit   | 0.0       | 0.0        | 0.0        | 0.0        | 0.0        | 0.0        | 0.0        | 0.0             |
| AUC Below Limit   | 0.9       | 2.4        | 2.4        | 5.0        | 5.3        | 1.2        | 0.0        | 2.5             |

### Duration Distribution (hh:mm)



|                   | Tue Jan 9 | Wed Jan 10 | Thu Jan 11 | Fri Jan 12 | Sat Jan 13 | Sun Jan 14 | Mon Jan 15 | Average / Total |
|-------------------|-----------|------------|------------|------------|------------|------------|------------|-----------------|
| Above 250         | 0:00 0%   | 0:00 0%    | 0:00 0%    | 0:00 0%    | 0:00 0%    | 0:00 0%    | 0:00 0%    | 0:00 0%         |
| Within (60 - 250) | 18:30 85% | 16:10 75%  | 18:55 79%  | 15:50 68%  | 11:10 54%  | 19:05 80%  | 16:20 100% | 116:00 76%      |
| Below 60          | 3:20 15%  | 5:25 25%   | 5:05 21%   | 7:35 32%   | 9:25 46%   | 4:55 20%   | 0:00 0%    | 35:45 24%       |



## Preventing Nocturnal Hypoglycemia

Low glucose levels at night are a common issue for many people living with diabetes.

On this report you can see:

- 1 A clear trend of nocturnal hypoglycemia, heading lower throughout the night, as shown by the average SG line.
- 2 Low SG shows SG levels as low as 40 mg/dL during the night.
- 3 Shows the duration and percentage of time spent below 60 mg/dL.

If you see a trend of low glucose levels at night in your CareLink reports, discuss a decrease in your nighttime basal rate or rates with your healthcare provider to prevent dangerous hypoglycemic episodes.



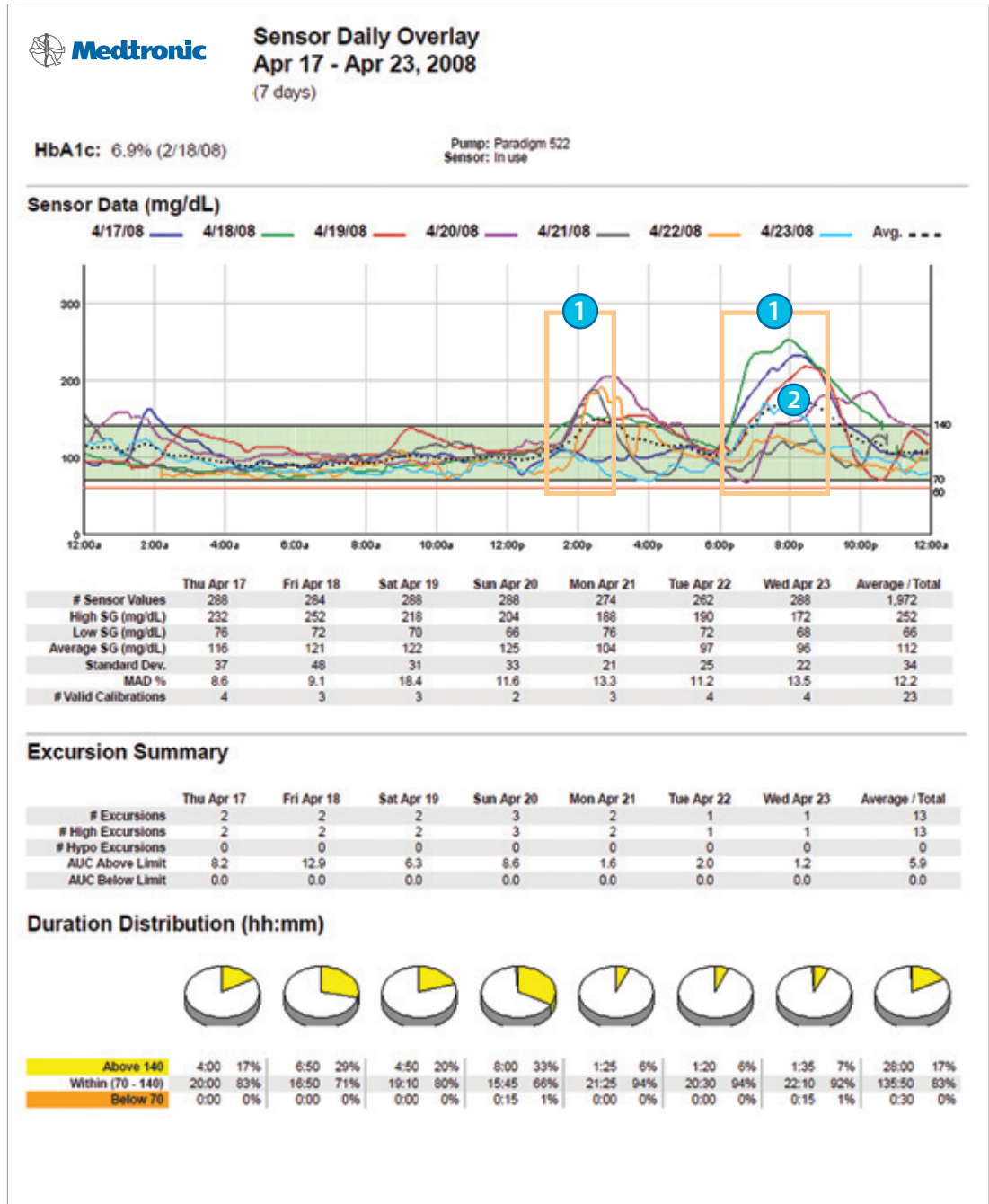
## Avoiding Post-Meal Hyperglycemia

High blood sugars after meals are a fact of life for many people with diabetes.

This report clearly shows:

- 1 A high blood sugar trend after meals.
- 2 A consistent trend outside of the target glucose range in the 7-day glucose average line.

If you see a trend of high blood sugars after meals in your CareLink™ Software reports, discuss with your healthcare provider whether a change to your carbohydrate ratio, bolus timing or type of bolus would help to address this problem.





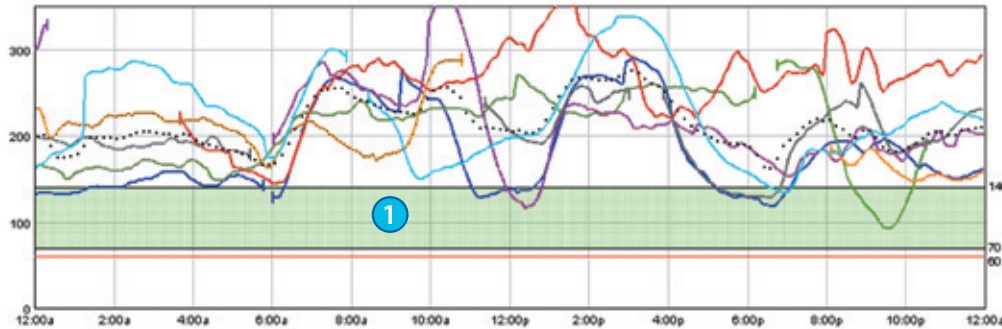
## Sensor Daily Overlay Aug 17 - Aug 23, 2007 (7 days)

HbA1c: No Data

Pump: Paradigm 522  
Sensor: In use

### Sensor Data (mg/dL)

8/17/07 8/18/07 8/19/07 8/20/07 8/21/07 8/22/07 8/23/07 Avg. ---



|                      | Fri Aug 17 | Sat Aug 18 | Sun Aug 19 | Mon Aug 20 | Tue Aug 21 | Wed Aug 22 | Thu Aug 23 | Average / Total |
|----------------------|------------|------------|------------|------------|------------|------------|------------|-----------------|
| # Sensor Values      | 286        | 265        | 244        | 221        | 209        | 177        | 262        | 1,684           |
| High SG (mg/dL)      | 290        | 288        | 362        | 366        | 262        | 288        | 338        | 366             |
| Low SG (mg/dL)       | 118        | 92         | 144        | 116        | 128        | 146        | 134        | 92              |
| Average SG (mg/dL)   | 182        | 207        | 261        | 217        | 198        | 199        | 224        | 213             |
| Standard Dev.        | 50         | 46         | 47         | 51         | 32         | 33         | 52         | 52              |
| MAD %                | 15.0       | 10.4       | 18.6       | 13.4       | 17.1       | 5.3        | 15.1       | 14.3            |
| # Valid Calibrations | 7          | 4          | 4          | 6          | 3          | 2          | 8          | 34              |

### Excursion Summary

|                   | Fri Aug 17 | Sat Aug 18 | Sun Aug 19 | Mon Aug 20 | Tue Aug 21 | Wed Aug 22 | Thu Aug 23 | Average / Total |
|-------------------|------------|------------|------------|------------|------------|------------|------------|-----------------|
| # Excursions      | 5          | 1          | 1          | 2          | 2          | 0          | 3          | 14              |
| # High Excursions | 5          | 1          | 1          | 2          | 2          | 0          | 3          | 14              |
| # Hypo Excursions | 0          | 0          | 0          | 0          | 0          | 0          | 0          | 0               |
| AUC Above Limit   | 43.8       | 68.8       | 121.2      | 77.7       | 58.6       | 58.5       | 83.7       | 73.5            |
| AUC Below Limit   | 0.0        | 0.0        | 0.0        | 0.0        | 0.0        | 0.0        | 0.0        | 0.0             |

### Duration Distribution (hh:mm)



|                   | 17:50 | 75% | 20:35 | 93% | 20:20 | 100% | 17:30 | 95% | 15:45 | 90% | 14:45 | 100% | 22:50 | 97% | 129:35 | 92% |
|-------------------|-------|-----|-------|-----|-------|------|-------|-----|-------|-----|-------|------|-------|-----|--------|-----|
| Above 140         | 17:50 | 75% | 20:35 | 93% | 20:20 | 100% | 17:30 | 95% | 15:45 | 90% | 14:45 | 100% | 22:50 | 97% | 129:35 | 92% |
| Within (70 - 140) | 6:00  | 25% | 1:30  | 7%  | 0:00  | 0%   | 0:55  | 5%  | 1:40  | 10% | 0:00  | 0%   | 0:40  | 3%  | 10:45  | 8%  |
| Below 70          | 0:00  | 0%  | 0:00  | 0%  | 0:00  | 0%   | 0:00  | 0%  | 0:00  | 0%  | 0:00  | 0%   | 0:00  | 0%  | 0:00   | 0%  |



## Improving Basal Rates

As you adjust to CGM and improve your control, you may notice trends associated with insufficient basal insulin.

On this report you will notice:

- 1 Very little time spent within the target glucose range.
- 2 Significant percentage of time spent above the high glucose target.

If your CareLink™ Software reports show a trend of glucose levels outside of your target glucose range, discuss increasing your basal insulin with your healthcare provider.

2



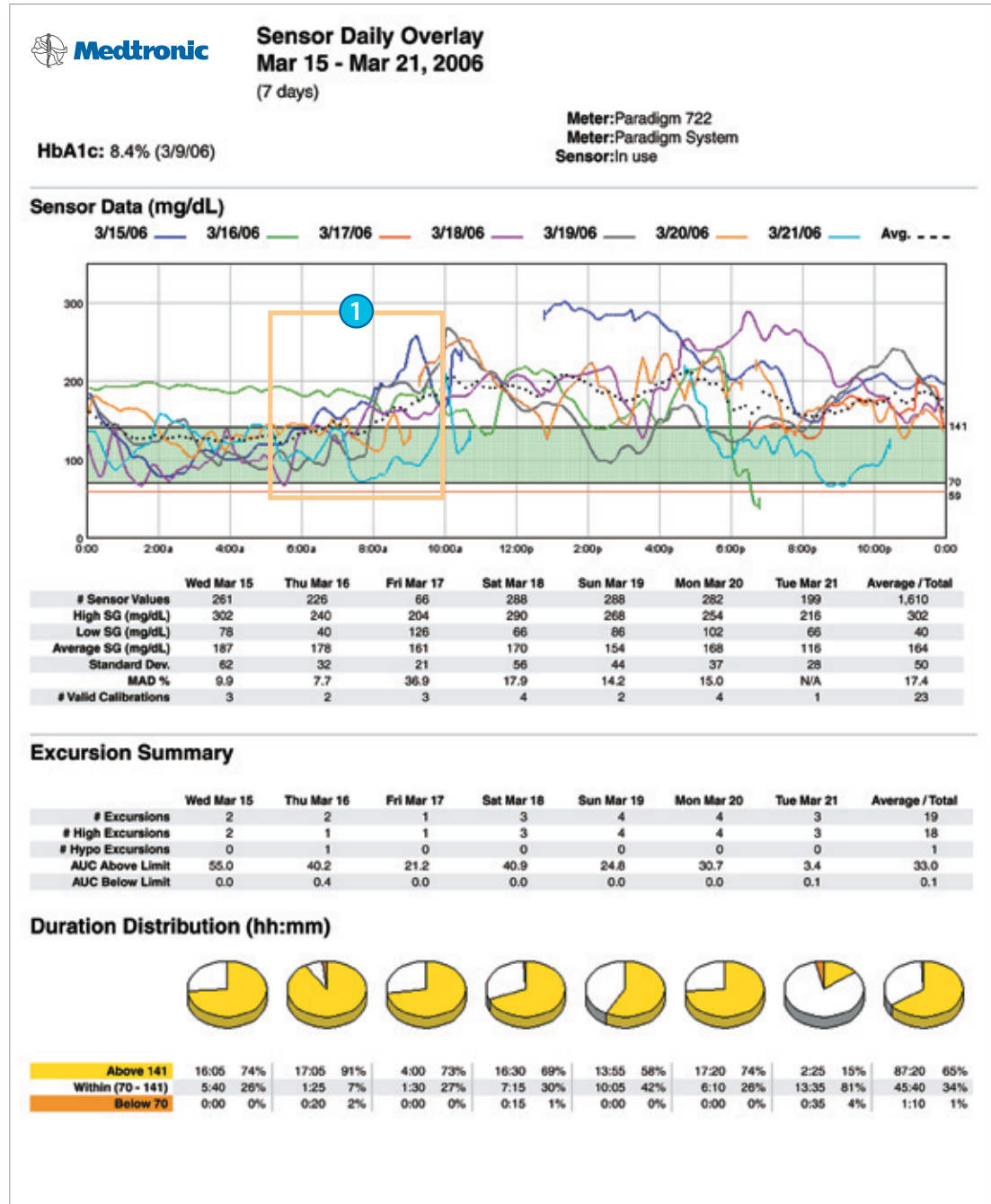
## Addressing Dawn Phenomenon

Many people with diabetes experience a natural rise in blood sugars in the early morning. This is often referred to as dawn phenomenon.

This report shows:

- 1 A steady rise in blood sugars throughout the early morning period in the trend lines.

If your CareLink™ reports show a consistent rise in blood sugars in the early morning, discuss an increase in your early morning basal rate with your healthcare provider.





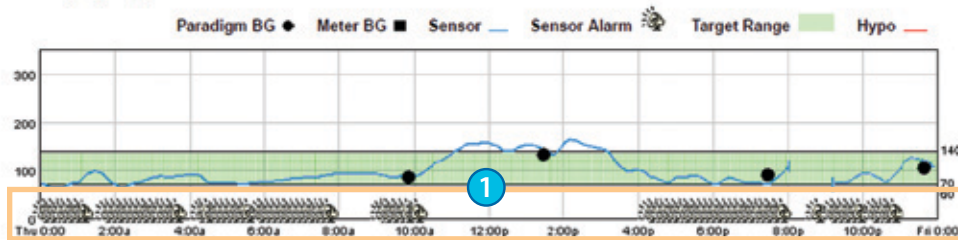


## Daily Summary Report Jun 19, 2008

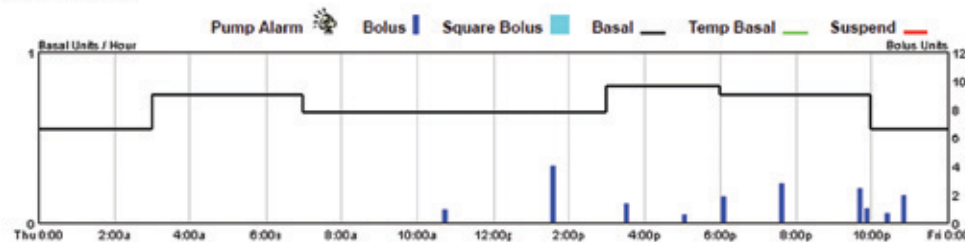
Meter: Paradigm System  
Pump: Paradigm 722  
Sensor: In use

HbA1c: No Data

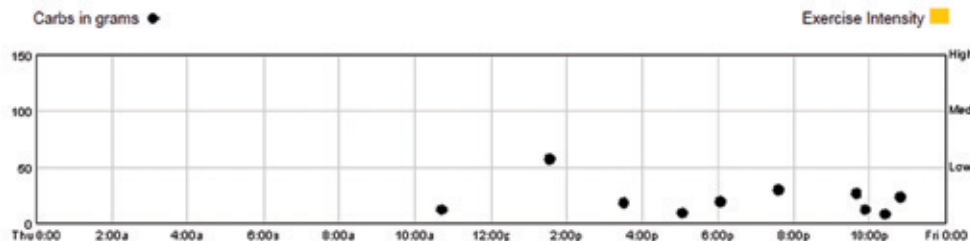
### Glucose (mg/dL)



### Insulin Delivery



### Carbohydrates and Exercise



### Summary

| Glucose BG/SG     |         | Insulin            |          | Carbs                 |     | Exercise          |   |
|-------------------|---------|--------------------|----------|-----------------------|-----|-------------------|---|
| Average (mg/dL)   | 103/98  | Total (U)          | 33.6     | Total Carbs (grams)   | 219 | Total Minutes     | - |
| High (mg/dL)      | 133/166 | Basal (U)          | 16.3 49% | Average Carbs (grams) | 22  | Average Intensity | - |
| Low (mg/dL)       | 85/62   | Bolus (U)          | 17.3 51% | # of Meals            | 10  | Average Minutes   | - |
| # of Readings     | 4/275   | Normal (U)         | 17.3     |                       |     | # of Episodes     | - |
| # of BG Hypos     | 0       | Square (U)         | 0.0      |                       |     |                   |   |
| # Hypo Excursions | 0       | Suspended Minutes  | 0        |                       |     |                   |   |
|                   |         | Temp Basal Minutes | 0        |                       |     |                   |   |
|                   |         | # of Alarms        | 0        |                       |     |                   |   |



## Fine-Tuning Alarm and Alert Settings

Too many alarms and alerts are a common concern when using CGM. CareLink™ Software helps to show when a change should be made to your alarm or alert settings.

This report shows:

- 1 Sensor alerts throughout the day.

Excessive alerts can cause difficulty and frustration with the system. If you see a similar pattern in your reports, consider modifying your alert or snooze settings.

**Alerts should serve as a helpful reminder and should not be a nuisance.**

# Appendix



## SIGNING UP FOR YOUR CARELINK™ SOFTWARE ACCOUNT

Sign up for a CareLink Software account and get started by simply downloading information from your pump using your CareLink USB device.

When you are ready to use CareLink Software, go to: <http://medtronicdiabetes.com/carelink>. Please remember that you should not insert the CareLink USB device until prompted.

This will take you to the CareLink Software Welcome screen.

Before using CareLink Software for the first time, you need to set up a user account and password. To do so, just follow these easy steps:

**STEP 1:** From the Welcome screen, click the **Sign Up Now** button.

**STEP 2:** After you have accepted the terms of agreement, you'll be asked to create a username and password. The password can be any combination of letters or numbers from 4 to 20 characters. Be aware that passwords are case-sensitive. Be sure to save your user name and password in a safe place, and don't share them with anyone else.

**STEP 3:** Enter your personal information in all the required fields and click the **Submit** button at the bottom of the form.



Once you have registered to use CareLink Software, you can log in from the Welcome screen using your new username and password.



## SET-UP INSTRUCTIONS FOR WINDOWS® VISTA® USERS

If your PC is running the Windows Vista operating system, there are additional steps to follow when you upload your device data.

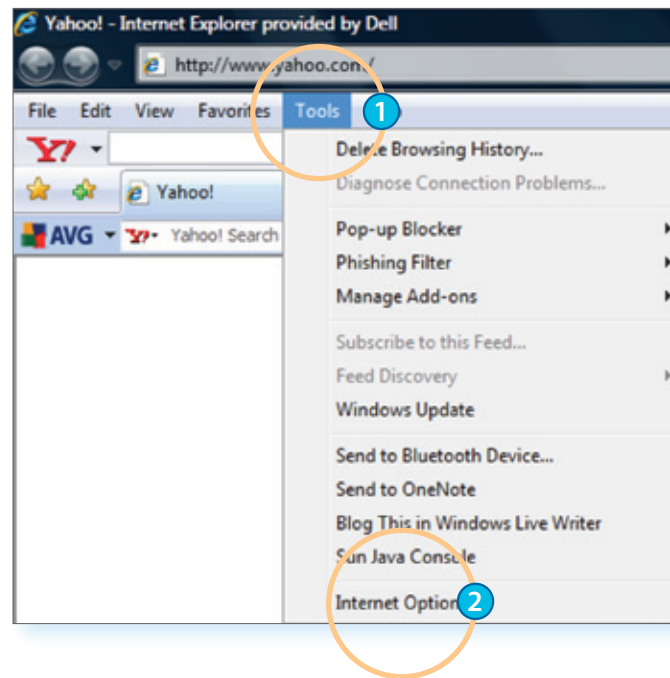
To find out if the computer you are using is on the Windows Vista operating system, right-click on **My Computer** to view basic information about your computer. If Windows Vista is not listed as your Windows edition, the computer is not on the Windows Vista operating system, and you do not need to go through the following steps.

### STEP 1:

Open Microsoft® Internet Explorer® browser and click on **Tools**.

### STEP 2:

Scroll down and click on **Internet Options**.

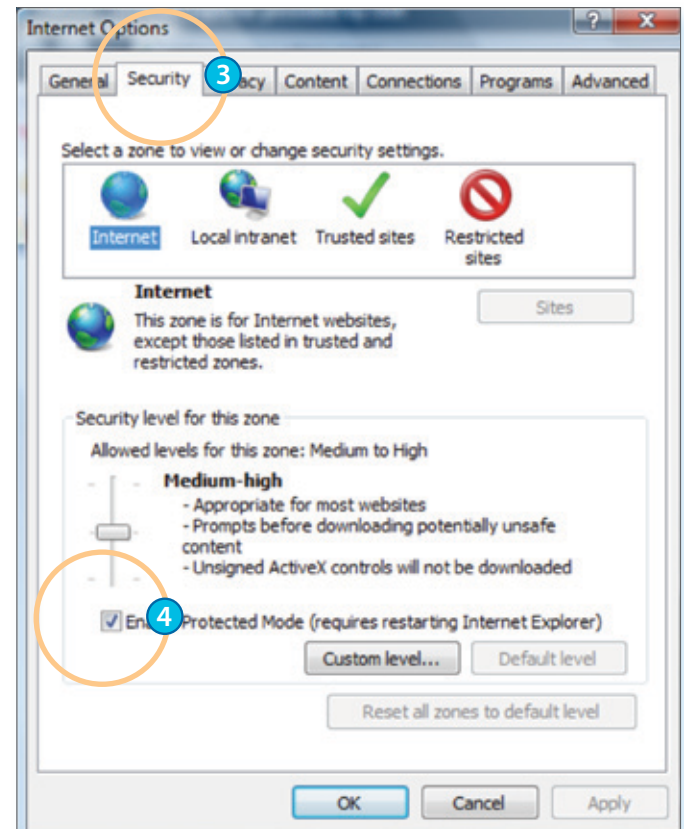


### HAVING TROUBLE?

CareLink™ Personal Software isn't yet compatible with Mac OS® and certain versions of Microsoft Windows Vista.

Call the Medtronic 24-Hour HelpLine anytime at 1.800.646.4633, option 1 for assistance.

**STEP 3:**  
Click on the **Security** tab.

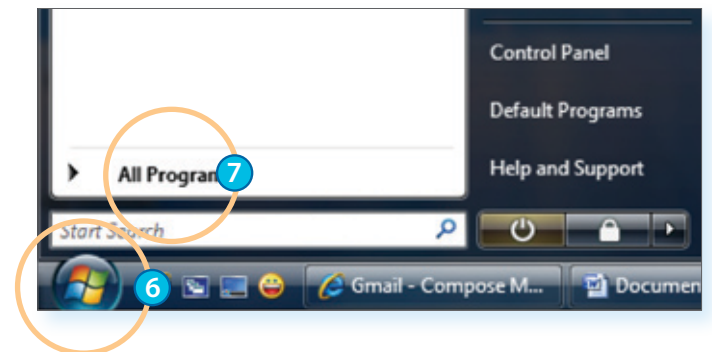


**STEP 4:**  
Make sure the check box next to **Enable Protected Mode** is NOT checked. Click **OK**.

**STEP 5:**  
Close Internet Explorer® browser window.

**STEP 6:**  
Click on the **Windows**® icon.

**STEP 7:**  
Click on **All Programs**.



**STEP 8:**

Right-click on the **Internet Explorer** option.

**STEP 9:**

Look for **Run as Administrator** and click on this option.

**STEP 10:**

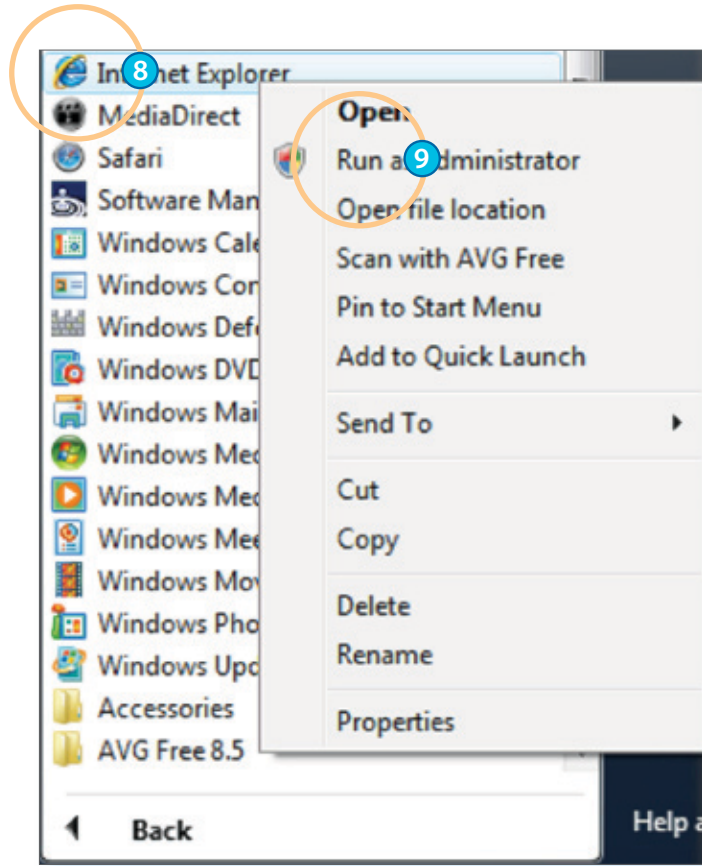
When the "User Account Control" window is displayed, click **Allow**.

**STEP 11:**

Log on to CareLink™ Personal Software: <http://medtronicdiabetes.com/carelink>

**STEP 12:**

Upload your device.



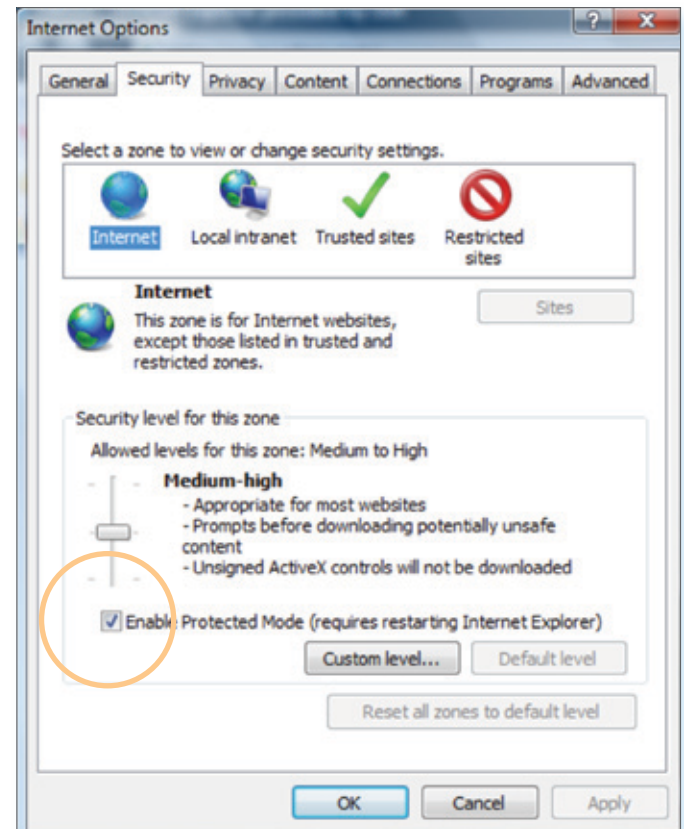
### STEP 13:

Once you have successfully uploaded, reset the Internet Explorer® security settings by repeating Steps 1 to 5.

However, on Step 4, check the **Enable Protected Mode** box:

- From Internet Explorer, navigate to **Tools**, then click on **Internet Options**.
- Click the **Security** tab.
- Check the box next to **Enable Protected Mode**.
- Click **OK**.

At this point, set-up for Windows® Vista® is complete. Once you complete an upload successfully, you do not need to repeat this process.





## UPLOADING TO CARELINK™ SOFTWARE

When you are ready to upload to CareLink Software, make sure to have your insulin pump and all BG meters on hand.

CareLink Software will walk you through the upload process, telling you which device to upload and when to connect it. Simply follow the instructions in each window, making sure to click **Next >** when you are ready to move on.

When prompted, connect your CareLink USB device to a USB port on your computer.



Once you've connected your CareLink USB device to your computer, you are then ready to begin transmitting data from your device to CareLink Software.



**NOTE** It is normal for your insulin pump to go into Suspend mode and stop dispensing insulin during the upload process. The software will automatically return it to normal operation when the upload process is complete.

Make sure your computer and your device(s) are displaying the current date and time. They should be within one minute of each other to ensure that the information that is shared between them is consistent.

The data uploaded from your device(s) through the CareLink™ USB is stored on the Medtronic CareLink Personal secure server, not on your computer. CareLink Software meets the highest standards for security. It's actually safer than storing data on your own computer.

For instructions on how to view and print reports, see pages 24–25.

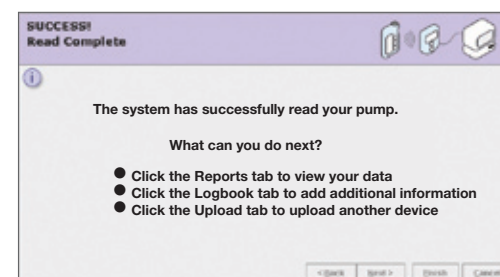
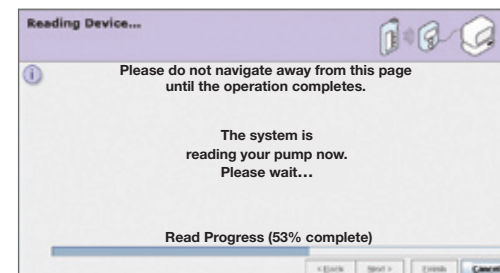
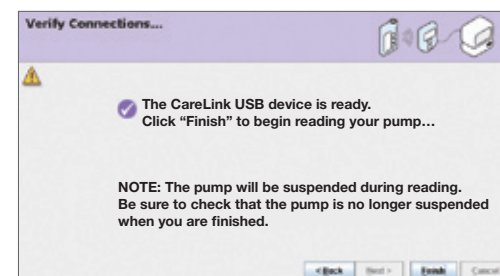
When you see the **Verify Connections** window, read the steps. This is to ensure you have properly set up communication between your computer and the device.

When you are ready to complete the upload, click **Finish**. A progress window will then be displayed.

The amount of time it takes to upload your data will depend on how much data needs to be uploaded. Be patient until the progress window shows completion.

When the upload completes successfully, a message will be displayed.

Be sure to upload any additional devices that you use, such as your glucose meter. To do so, follow the above steps. This will allow you to see all your important information on your CareLink reports.



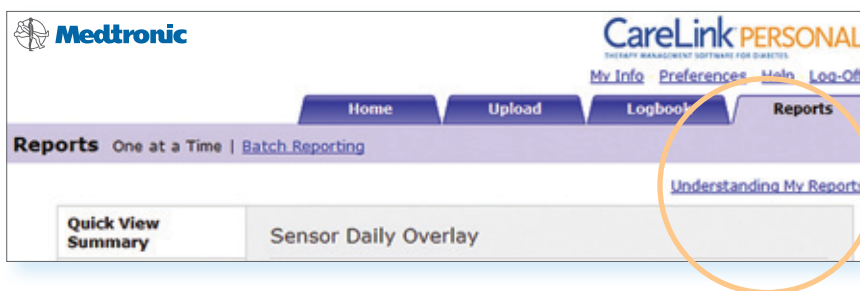
**NOTE** If you click on another tab or link during an upload, the upload will be cancelled. You can also stop the upload by clicking **Cancel**.





## UNDERSTANDING REPORTS

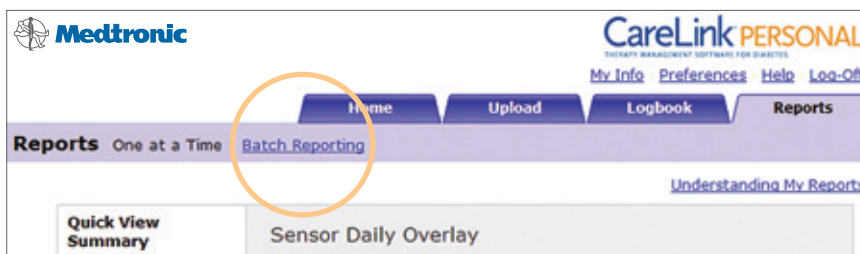
There is a link near the top right of the Reports screen, called **Understanding My Reports**. When you click this link, CareLink Software will display information describing the report you generated. Also, where appropriate, it explains what to look for in the results.



## GENERATING REPORTS

Reports are displayed in PDF format. They can be viewed online, saved, printed or emailed. You can share your reports with your healthcare provider to help them decide whether and how your treatment regimen should be adjusted.

Reports can be generated one at a time or in batches. Batch reporting allows you to choose a group of reports you would like to see and generate them all at once.



For expert users:

You can also download raw data from CareLink™ Software to Microsoft® Excel® Spreadsheet Software to create your own reports.



## VIEWING REPORTS

Select a report from the menu on the left-hand side of the screen. Select the date or date range for the report and click the **Go** button. Your report is displayed as a PDF file in a separate window.

Medtronic CareLink PERSONAL  
THERAPY MANAGEMENT SOFTWARE FOR DIABETES  
My Info Preferences Help Log-Off

Home Upload Logbook Reports

Reports One at a Time | Batch Reporting

Understanding My Reports

Quick View Summary  
Daily Summary  
Logbook Diary  
Data Table  
Modal Day Periods  
Modal Day Hourly  
Trends Summary  
Device Settings  
Sensor Daily Overlay  
Sensor Weekly Logbook  
Sensor Overlay by Meal

Sensor Daily Overlay

Start Date: 08/05/2009 Go  
End Date: 08/05/2009

This report provides day-to-day comparison of sensor glucose data by showing a 24-hour plot of data overlaid for each reported day and tables that summarize sensor data statistics.

It is intended to allow you to look for trends in collected sensor data across multiple days and to analyze various control measurements made possible by the continuous nature of sensor data.



## SAVING REPORTS

To save your report, click **Save a Copy** on the Adobe® Acrobat® toolbar, as shown below. Type a name for the report in the file name field and click **Save**.

Back Forward Home Search Favorites

Address http://medtronicdiabetes.com/carelink

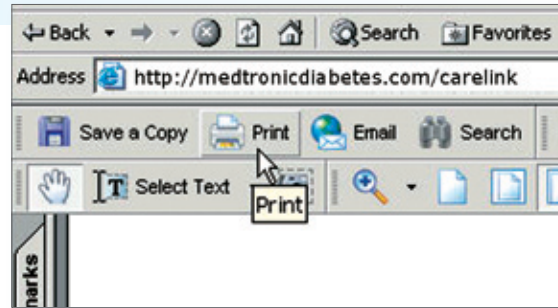
Save a Copy Print Email Search

Save



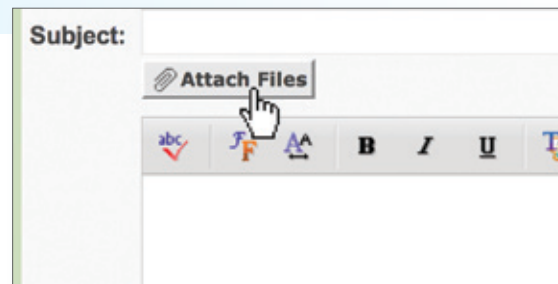
## PRINTING REPORTS

Once the report you generated is displayed, click **Print** on the Adobe® Acrobat® toolbar to open the print dialog box and print the report.



## EMAILING REPORTS

To email a report to your healthcare provider, Microsoft® Outlook® users can simply click **Email** on the Adobe Acrobat toolbar. An email form will automatically open with the report already attached. Simply type in your healthcare provider's email address and click **Send**.



If you have a different email program, be sure your report is saved where you can easily find it. Start a new email message to your healthcare provider and use the **Attach** function to embed the report in the message.

Be sure to get your healthcare provider's permission before emailing reports to them. Also, be aware that email may not be a secure communication medium. Your medical information contained within an emailed report is no longer protected under the security of the CareLink™ Personal Software system.

Your healthcare provider may also request your CareLink username and password. That way they can access your CareLink Personal reports directly.

Medtronic Diabetes also offers a professional version of CareLink Software. It allows your healthcare provider to view your CareLink information on the Medtronic secure server so you don't have to email or print your reports. Ask your healthcare provider if they have this software and are able to use it to access your CareLink reports.

Still have questions?  
Our 24-Hour HelpLine is here to help.  
Call 1.800.646.4633, option 1.

[www.medtronicdiabetes.com](http://www.medtronicdiabetes.com)

**Medtronic Diabetes**  
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