

TouchCare[®] CGM System

Quick Start Guide (mmol/L)



www.medtrum.com

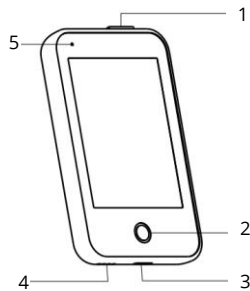
Simplifying Diabetes

Medtrum

Contents

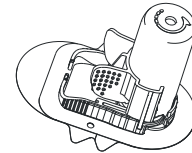
CGM System Overview	1
Charge PDM & Transmitter	2
PDM Settings	3
CGM Alerts Settings	5
Apply Sensor	6
Start Sensor	8
Read CGM	9
Disconnect Sensor	11
Your Personal Settings	12

The Personal Diabetes Manager (PDM)



1. Power button
2. Home Key (Software Key)
3. Charging Port
4. Sound Hole
5. Indicator light

Glucose Sensor



Transmitter

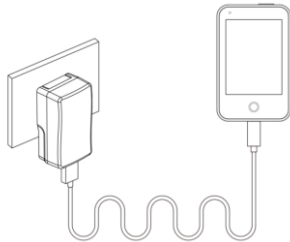







- The Glucose Sensor (MD3026 for 14 days) is inserted under the skin to measure your glucose level in interstitial fluid.
- The Transmitter (MD1026) records Sensor data and sends data to the PDM via Bluetooth Low Energy (communication range 10 meters without blocking).
- The Sensor (with Transmitter snapped in) is waterproof at 8 feet (2.5 meters) for 60 minutes (IPX8).
- Store the Sensor at temperatures between 2°C (36°F) and 30°C (86°F).
- Store the Transmitter at temperatures between -10°C (14°F) and 55°C (131°F).

Charge PDM & Transmitter

Charge PDM

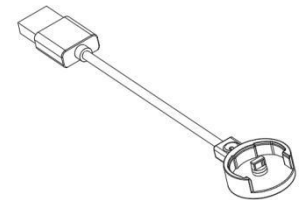
- The PDM requires an AC adapter with an output of DC 5.0V



-  Fully charged
-  Charging
-  Not charging
-  Battery low
-  Battery empty

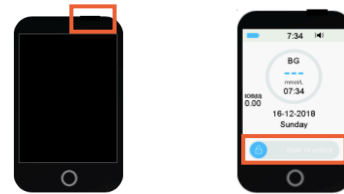
Charge Transmitter

- You can use a Transmitter charging cable (LQ005) to charge the Transmitter.
- It is recommended to recharge the Transmitter after each sensor use.
- Do NOT store the Transmitter connected with a Sensor or a USB charging cable. That may kill the transmitter battery.
- The indicator light will flash green when the Transmitter is charging, and turn off when the Transmitter is fully charged



1. Turn on/off the PDM

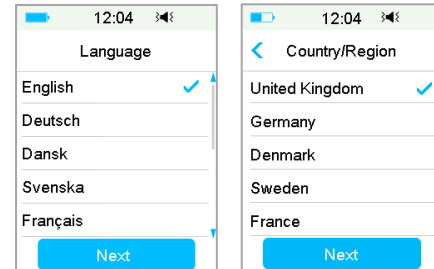
- **Turn-on** - Long-press the power button, a green light will flash.
- **Turn-off** - Long-press the power button for about 2 seconds, then slide to power off. Or long-press the power button for about 8 seconds



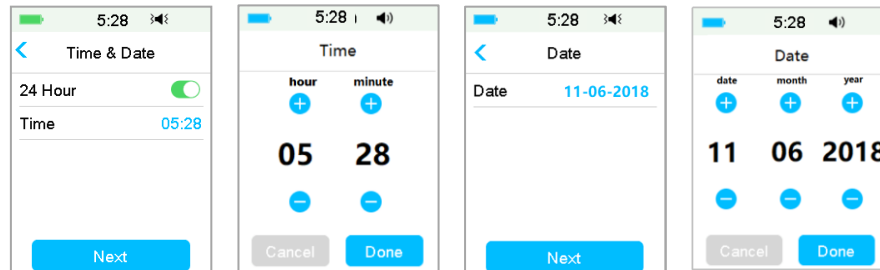
2. Wake the PDM

When the screen goes black, press the power button and then slide to unlock

3. Select language and country



4. Set time and date

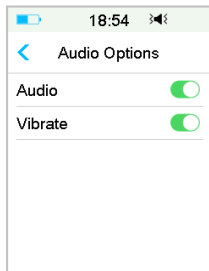


PDM Settings

5. Set audio options

Main Menu → Settings → General → Audio Options

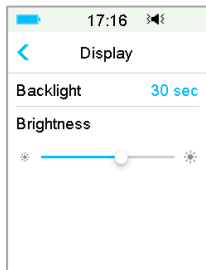
If you set the audio option to Audio off /Vibrate off, your PDM only vibrates when a serious alert occurs.



6. Set display settings

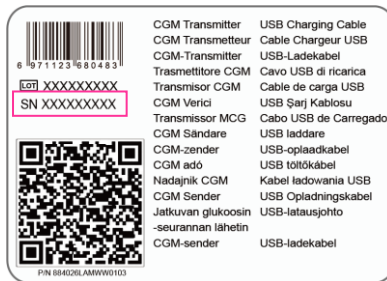
Main Menu → Settings → General → Display

It is recommended for new users to set backlight time as 2 minutes



7. Find Transmitter SN

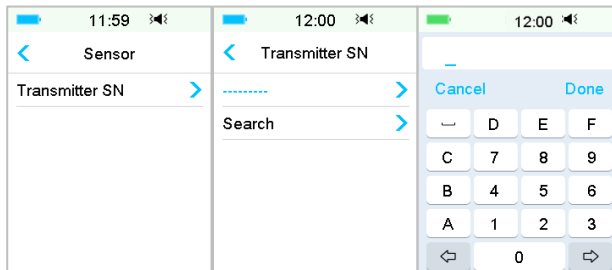
You can find the Transmitter SN on the product box or on the back of the Transmitter.



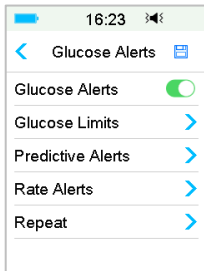
8. Enter Transmitter SN

Main Menu → Sensor → Transmitter SN

Tap ----- to enter SN manually



Main Menu → EasyLoop → Glucose Alerts



Turn on/off Alert

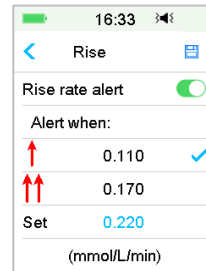
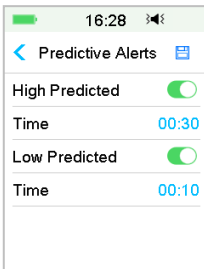
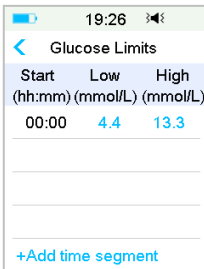
- Turn on/off the Alert switch
- Tap to save the settings

High/Low Limits

- Up to 8 segments for each day
- Tap to save the settings
- Tap +Add Time Segment to add a new segment
- Slide to left on each segment, tap Delete. The start time of next segment will be adjusted
- Slide on segment back to right to cancel deleting

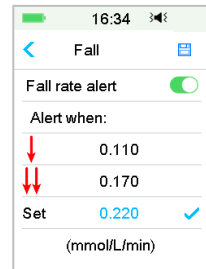
Predictive Alerts

- You will be reminded of a predicted high or low glucose value some time (the predictive alert time) in advance
- Tap to save the settings



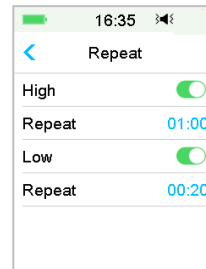
Rate Alerts

- Choose or set the alert rate
- Tap to save the settings



Repeat

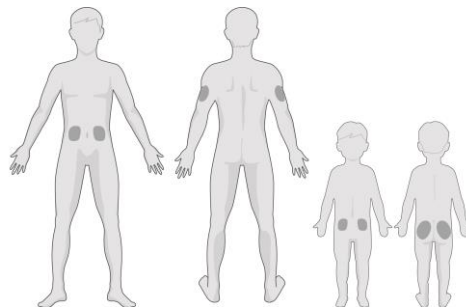
- If set, an alert will repeat itself until the condition that caused the alert is resolved



Apply Sensor

1 Select an insertion site

- Clean, minimal hair, no sweat, uncovered, enough fat (at least 5mm thick), away from navel and insulin infusion site.
- If you choose an insertion site on your abdomen or buttocks, apply the Sensor horizontally.
- If you choose an insertion site on your upper arm, apply the Sensor vertically.



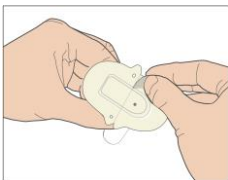
2 Prepare the insertion site

- Clean the selected insertion area with rubbing alcohol and wait for the area to dry.
- The Sensor adhesive sticks better to dry skin.

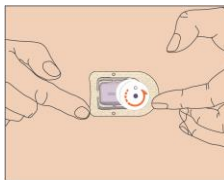
Note: Please pay attention to the location of the Sensor site and Patch site so that there is little communication interruption.

3 Place the Sensor

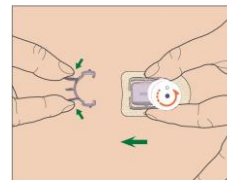
Remove the two pieces of protective liners.



Place the Sensor and move your fingers around the adhesive pad, apply pressure to the top of the inserter.

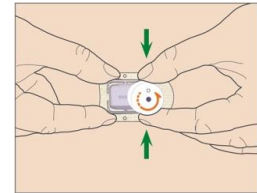
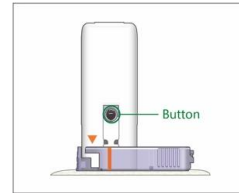


Squeeze the two release tabs and remove the safety lock from the inserter.



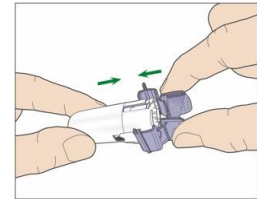
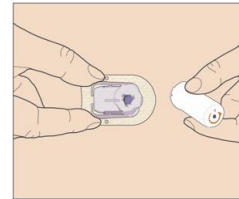
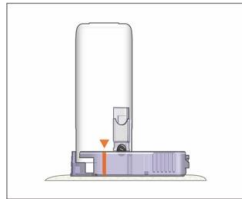
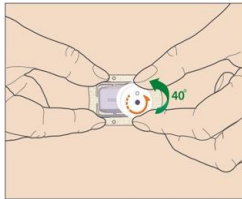
4 Insert Sensor needle

- Press the two black buttons on opposite sides of the inserter simultaneously.



5 Rotate inserter

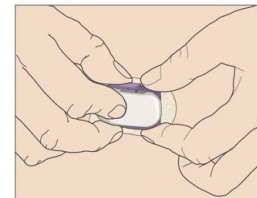
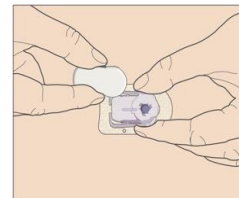
- Rotate the inserter counter-clockwise until the triangle mark on the inserter lines up with the line on the Sensor support mount
- Take off the inserter
- Attach the safety lock on the inserter to cover its opening



6 Connect Transmitter

- Put in the round part of the Transmitter first
- Snap the Transmitter into the Sensor support mount
- The indicator light will flash green 3 times first then another 6 times within one minute

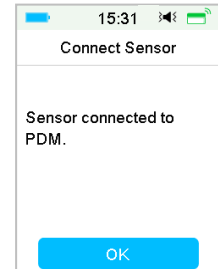
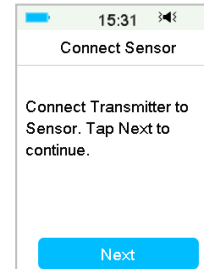
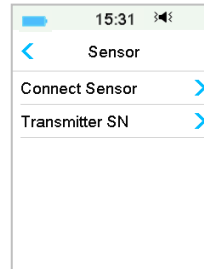
Note: Repetitive disconnecting and reconnecting may damage the sensor.



Start Sensor

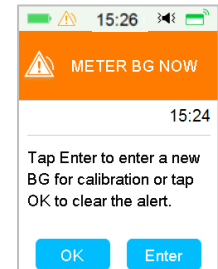
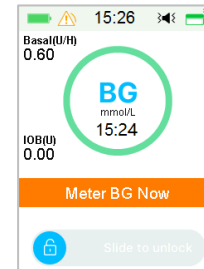
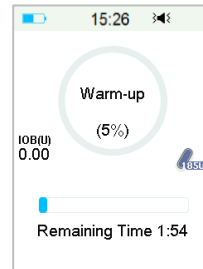
1. Connect Sensor with PDM

Main Menu → Sensor → Connect Sensor



2. Sensor Warm-up

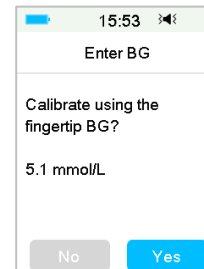
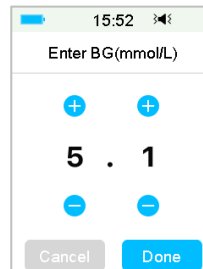
- When connected, the Sensor will go through a warm-up period for 2 hours
- An initial calibration is needed when warm-up is finished



3. Calibrate the Sensor

Main Menu → Sensor → Sensor Calibration

- Calibration should be done once every 12 hours on the first day and then every 24 hours from the second day.

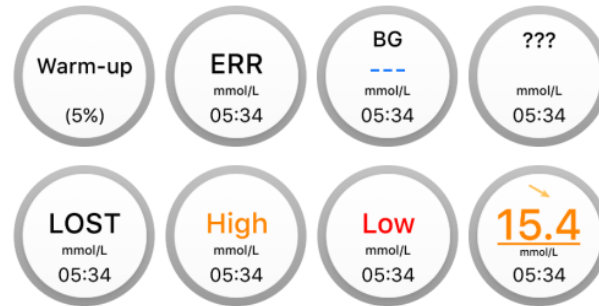


Home Screen



1. Trend Arrow
2. The last sensor reading or status
3. Time of the last Sensor reading
4. The measuring scope
5. High Limits of glucose reading
6. Low Limits of glucose reading
7. CGM Curve
8. Last glucose point
9. The time scope

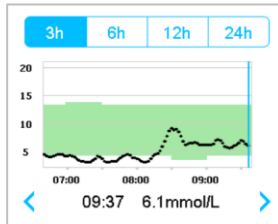
Special Conditions



- **Warm-Up** - The Sensor is warming up.
- **ERR** - The Sensor shall be recalibrated after 15 minutes.
- **BG** - The Sensor shall be calibrated now.
- **???** - No readings. Do not remove the Sensor until you get "Sensor Failure" Alert.
- **LOST** - Sensor signal has been lost for more than 10 minutes. Wait for a while.
- **HIGH** - Sensor glucose is above 22.2 mmol/L (400mg/dL).
- **LOW** - Sensor glucose is below 2.2 mmol/L (40mg/dL).
- **Underlined reading** - Calibration overdue. A new meter BG is needed for calibration

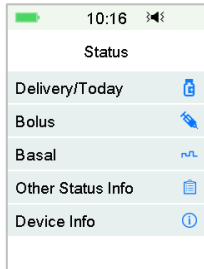
Landscape View

Long press the Sensor Trend Graph on Home Screen to enter landscape view



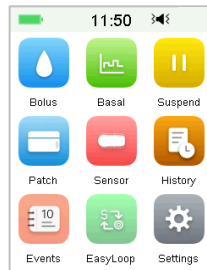
Sensor Status

Slide on the Home Screen from left to right to go to status screen



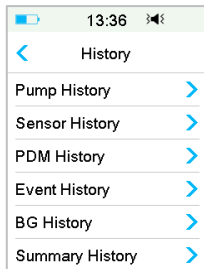
Main Menu

Slide on the Home Screen from right to left to go to main menu



History

Main Menu → History



Alert

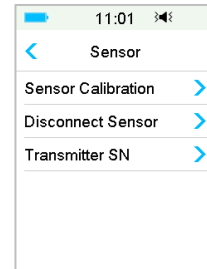


PDM Message	Actions to Take
CHARGE TRANSMITTER	Charge Transmitter.
TRANSMITTER ERROR	Call customer support.
NO READINGS	Change Sensor if it is not properly inserted. Otherwise, wait until the reading recovers.
SENSOR EXPIRED	Change Sensor.
SENSOR FAILURE	Change Sensor.
METER BG NOW	Enter new meter BG for calibration or tap OK to clear the alert.
SENSOR CAL ERROR	Enter meter BG after 15 minutes.
LOW GLUCOSE	Check blood glucose and treat it as necessary. Continue to monitor blood glucose.
LOW PREDICTED	Check blood glucose and treat it as necessary. Continue to monitor blood glucose.
RAPID FALL	Monitor trend and glucose level. Follow instructions from your healthcare provider.
BELOW 3.1 mmol/L	Check blood glucose and treat it as necessary. Continue to monitor blood glucose.
SENSOR EXP IN 6 HOURS	Change Sensor in 6 hours.

Disconnect Sensor

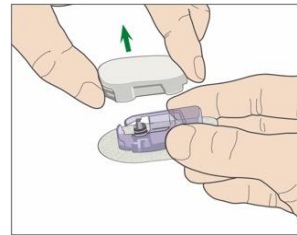
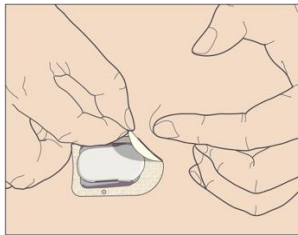
- If the Sensor Expiration alerts are on, each Sensor session will end automatically after 14 days. After that, you can remove the Sensor from body.
- If you want to remove a Sensor before its expiration, you must disconnect it from your PDM first.

Main Menu → Sensor → Disconnect Sensor



Remove the Sensor

- Remember to keep the Transmitter. It is reusable and rechargeable.
- It is recommended to charge the Transmitter after each Sensor session.
- Make sure the Transmitter was disconnected from the old Sensor for at least 90 seconds before it is connected to a new one.



Your Personal Settings

Glucose Alerts

ON OFF

Glucose Limits (mmol/L)

Start Time	Low Limit	High Limit
:		
:		
:		
:		
:		
:		
:		
:		
:		

Predictive Alerts

Type	Status / Time	
High	<input type="checkbox"/> ON _____	<input type="checkbox"/> OFF
Low	<input type="checkbox"/> ON _____	<input type="checkbox"/> OFF

Rate Alerts (mmol/L/min)

Type	Status / Rate	
Rise	<input type="checkbox"/> ON _____	<input type="checkbox"/> OFF
Fall	<input type="checkbox"/> ON _____	<input type="checkbox"/> OFF

Snooze

Type	Status / Repeat	
High	<input type="checkbox"/> ON _____	<input type="checkbox"/> OFF
Low	<input type="checkbox"/> ON _____	<input type="checkbox"/> OFF



Medtrum Technologies Inc.
7F, Building 8, No. 200, Niudun Road
Shanghai 201203, China
Tel: +86-21-50274781
Fax: +86-21-50274779



Medtrum B.V.
Nijverheidsweg 17
5683 CJ Best
The Netherlands
Tel: +31 (0) 499745037

CE 0197

This product complies with Directive 93/42/EEC (MDD) and Directive 2014/53/EU (RED).

MD1026
IM884026WW-002
348590
Version: 1.00

www.medtrum.com

Simplifying Diabetes

Medtrum