Getting Started with Patterns® for POGO Automatic®

Enjoy **One-Step™** testing with POGO Automatic. Just turn on your monitor, then **Press Once. GO!™**

The **free** Patterns app syncs your POGO Automatic data, so you can easily track your blood glucose results on your iOS or Android-based phone or your computer via USB cable.

POGO integrates the POGO Automatic Monitor and mHealth biometric data, including Apple Health, Fitbit, Garmin, iHealth, Omron, Polar, Strava, Under Armour, and Withings. Additionally, Patterns can import data and share your glucose readings with AppleHealth®.

1 Download the Patterns App

The optimal way to view Patterns is by using your iOS or Android phone.

From your iPhone (iOS):
1. Go to the Apple App Store on your iPhone
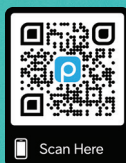2. Search for Patterns for POGO Automatic
3. Tap GET and then install the app

From your Android:
1. Go to the Google Play App Store on your Android phone
2. Search for Patterns for POGO Automatic
3. Tap Install

Or simply Scan Here:
1. Use your iPhone or Android camera to scan and download the Patterns app

From your computer via USB cable:
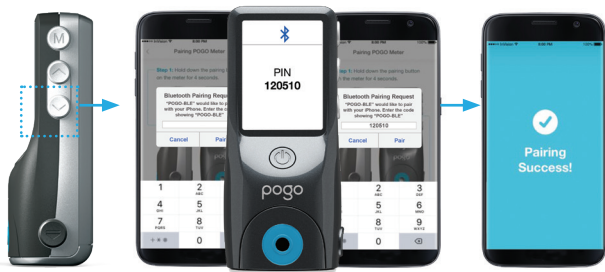To access Patterns using your computer web browser, simply visit: **www.patternsforpogo.com**

2 Create a New Patterns Account

To register your Patterns account, you will need a username and password. Your username must be a valid email address (example: user@domain.com), and your password must have at least 8 characters, including at least 1 uppercase, 1 lowercase letter and 1 number. You will also need to provide a verified mobile number so that Patterns can send push and/or text messages to your phone.

③ Sync Your Results with Patterns

How to Pair Your POGO Automatic with Your Patterns App
The Patterns app must be installed on your smartphone and Bluetooth must be enabled.

1. Open the Patterns app on your smartphone.

2. Tap on your 👤 Profile. Scroll down to POGO Automatic and then select Add POGO Automatic. (For Android users, go to Menu, select Profile.)

3. On your POGO Automatic **press and hold** the ⌄ button for 4 seconds**.**

4. Disregard the four letters that appear on the monitor when pairing. Then enter the 6-digit pin into your phone.

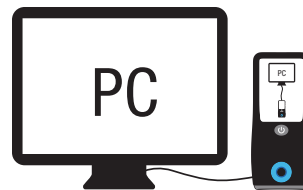5. Press Pair to confirm. Pairing Success! will appear on your phone.

💡 **TIP:** Having trouble syncing results?
1. Be sure to set current date and time on your POGO Automatic Monitor.
2. Make sure Patterns is open on your phone and near the monitor. Press the Ⓜ button on the side of the monitor. Within 30 seconds results should transfer.

How to Transfer Your POGO Automatic Results to Your Patterns Account Using a Computer via USB Cable
A one-time download and installation of the Patterns Uploader is required.

1. Open your Patterns account online at **www.patternsforpogo.com**.

2. Once logged in (or registered if you don't already have a Patterns account), click on your 👤 Profile displayed at the top right of your screen.

3. Scroll down to POGO Automatic and then select Add POGO Automatic.

4. Follow the instructions to download and install the Patterns Uploader. You will only need to do this once.

5. Connect your POGO Automatic to your computer via USB cable.
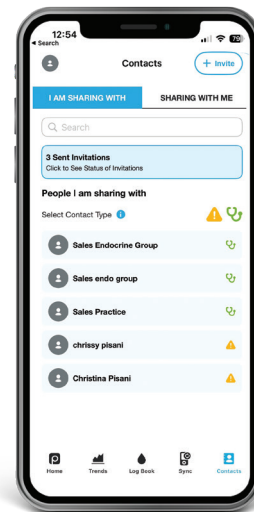
6. Results will now transfer.

IMPORTANT: While the POGO Automatic Monitor is connected to your computer, blood glucose testing functionality is disabled. Do not attempt to perform a test with POGO Automatic during this time.

④ Share Your Data with a Healthcare Provider

1. Select Contacts

2. Add an HCP by tapping the blue Invite+ button at top right of screen.

3. Select Healthcare Provider

4. Select Next

5. Select Search Practice or Search HCP

6. Enter Practice Name or HCP Name

7. Select the Practice Name or HCP Name from the list that appears

8. A message will appear indicating the invitation was sent

- An HCP will only be able to view the 🅿 Home (Dashboard), 💧 Log Book and 📈 Trends pages in your Patterns account.

- Your HCP CANNOT be your Emergency Contact.

💡 **TIP:** Need an emergency contact, or want to let a caregiver view your account? Invite them in Contacts.

💡 **MORE TIPS:** Check for your latest monitor readings on the 💧 Log Book page.

Tap Profile. Then tap Notifications to get personal testing reminders.

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