



Patterns® for POGO Automatic®

User Guide



Enjoy **One-Step™** testing with POGO Automatic. Just turn on your meter, 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 desktop PC.

- Integrates POGO Automatic Meter and mHealth Biometric Data
- Targeted Content Optimizing Diabetes Management
- 24/7 Digital Coaching
- HIPAA Compliant

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 requires a minimum of 8 characters and must contain at least 1 uppercase letter, 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.

Supported

- Supported desktop browsers include the latest versions of Chrome, Firefox, Safari and Microsoft Edge (based on Chromium).
- Supported iOS Operating Systems iOS 11.0 and higher.
- Supported Operating Android Systems 6.0 - 9.0.

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Getting Started with Patterns

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

From your iPhone (iOS):

1. Go to the Apple App Store on your iPhone
2. Search for "Patterns for POGO Automatic"
3. Tap Get, then Install

From your Android:

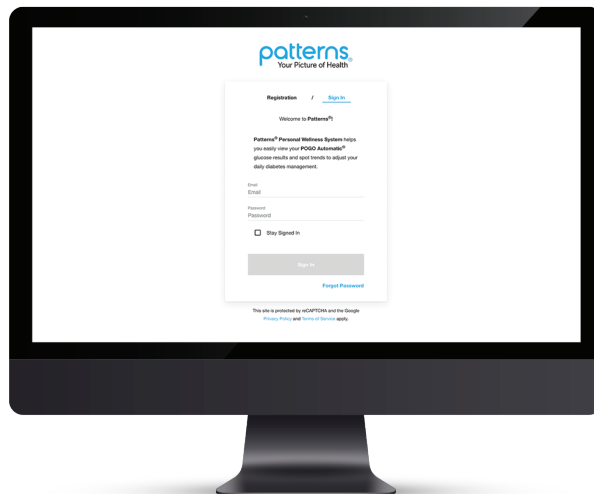
1. Go to the Google Play App Store on your Android device
2. Search for "Patterns for POGO Automatic"
3. Tap Install



From your Desktop

To access Patterns by using your computer web-browser, simply Click the link below, or copy and paste it into your web-browser search bar.

www.patternsforpogo.com



Patterns for POGO® Automatic System

User Guide

Here are the icons you will see (except for  **PROFILE** and  **INBOX**) on the bottom of your screen if you are using an iPhone, by pulling down the  if you are using an Android, and on the top of your screen if you are using a computer on the web (www.patternsforpogo.com).



HOME

This is the first screen displayed when you log into Patterns. It provides a graph with shape and color-coded individual glucose results with additional health data over the defined timeframe, and a summary table with overall average glucose and counts of HIGH and LOW results. On the web view this page is called Dashboard.



TRENDS

This screen organizes glucose results first by Target Range and then is further subdivided by Meal Marker. It displays a color-coded bar (or circle graph) and In-Range, LOW and HIGH result counts.



LOG BOOK

This table lists all results by date and time, with the latest result shown at top. Each result is color coded, and includes icons for reading details: Meal Marker, carb count, medications insulin, mood/health, hydration, and comments (user-input reference info).



COACHING

Selecting this icon provides direct access to the health coaching program powered by INTERVENT. This program pairs you with a certified diabetes educator (CDE) who provides personal support, guidance and resources to help you manage your diabetes, health and well-being. This optional service is available for purchase as a monthly subscription for \$25/month.



CONTACTS

Invite an **Emergency Contact** who will be notified if you have glucose readings outside your Low or High Alert Settings. **Sharing Circle (friends and family members)** members and your **Health Care Professional (HCP)** may also be invited to view your glucose data in Patterns.



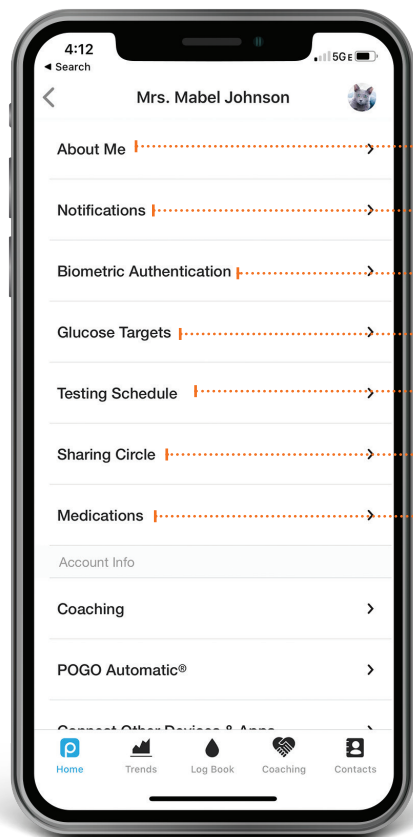
PROFILE

This is the **PROFILE** icon which can be customized with a user-selected photo. Start here to enter information about your, glucose targets, testing schedule, and reminders.



INBOX

Informational messages are sent to your Inbox based on your Profile settings and POGO test results. Messages range from a generic reminder to meet your testing goals, to more specific articles about how to handle and manage diabetes issues.



Profile

ABOUT ME: Provide personal information, including required input for title, first and last name, birthdate, gender, diabetes type and cell phone number.

NOTIFICATIONS: Receive reminders and alerts via PUSH, text and / or email delivery methods for testing, and low/high glucose results.

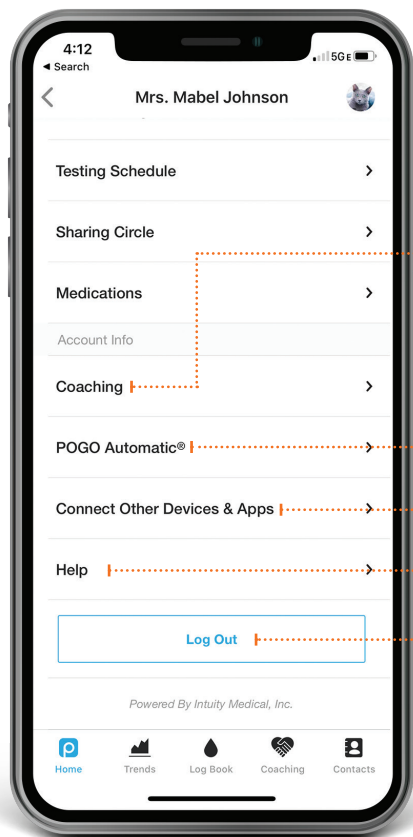
BIOMETRIC AUTHENTICATION: Use Fingerprint or Face ID to log into Patterns for additional protection for your personal data. This function is not available when using Patterns on the web.

GLUCOSE TARGETS: Set your personal Target Ranges for Low / High Glucose Alerts and Pre / Post Meal Targets. Target Range default values are based on ADA guidelines.

TESTING SCHEDULE: Set-up a testing schedule by entering time intervals for testing. A 'Missed Test Reminder' is triggered 1 minute after the test interval ends.

SHARING CIRCLE: Invite an Emergency contact, Friend and / or Family member, and / or your Health Care Professional (HCP) to view your data in Patterns.

MEDICATIONS: Enter insulin type (pen, syringe, pump, inhaled) and oral medications.



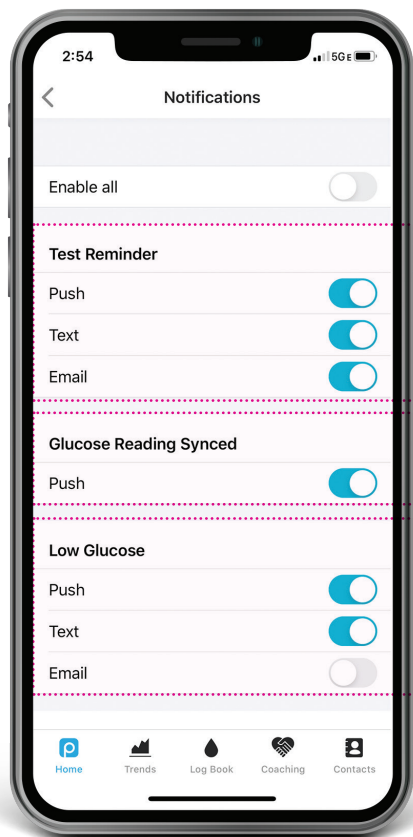
COACHING: Sign-up for Coaching from a personal Certified Diabetes Educator, wellness checks, and diabetes management strategies through the INTERVENT site.

POGO AUTOMATIC®: Tap here to see all POGO Automatic meters connected to this Patterns account. Add and remove meters here.

CONNECT OTHER DEVICES & APPS: Connect other health-related devices and applications (such as Fitbit, Strava, Apple Health, MyFitnessPal, etc.).

HELP: Tap here for direct links to Customer Support resources.

LOG OUT: Tap to close Patterns to be logged out of your account and taken to the sign-in page. If the logout button is tapped you will need to re-enter username and password to gain access to your Patterns account.



Notifications

Choose **PUSH**, email, text or all three to receive notifications from Patterns.

- Select **PUSH** to trigger a message sent from Patterns to your phone every time the actions listed occur.
- Select **TEXT** to send a message to your verified mobile number.
- Select **EMAIL** to send a message to your Patterns username email.

TEST REMINDER: Receive a reminder to test 1 minute after your scheduled test window ends.

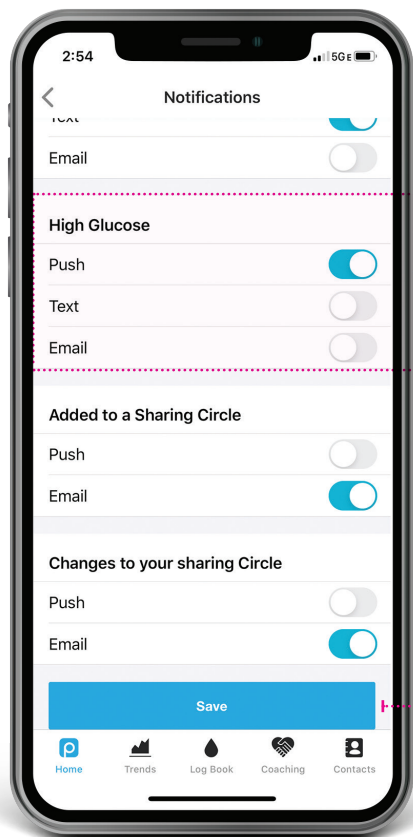
- Update your **TESTING SCHEDULE** in your [PROFILE](#).

GLUCOSE READING SYNCED: Receive a **PUSH** message on your phone every time POGO Automatic sends a result to Patterns.

NOTE: Patterns must be open (it can be in the background) on your smartphone in order for it to receive POGO Automatic results and Alerts.

LOW GLUCOSE: Receive a **LOW GLUCOSE ALERT** when your glucose is below your Low Alert Setting.

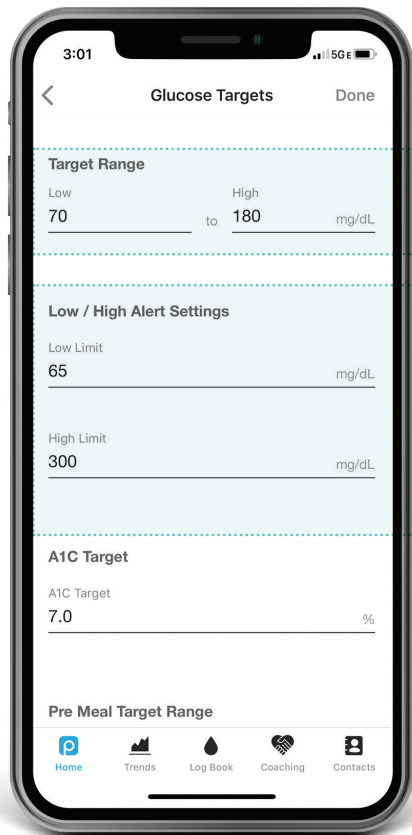
- Turning off all **GLUCOSE ALERTS** does not prevent your Emergency Contact from receiving messages.
- Add Emergency Contacts in your [CONTACTS](#).
- Update your Alert Settings in **GLUCOSE TARGETS** in your [PROFILE](#).



HIGH GLUCOSE: Receive a **HIGH GLUCOSE ALERT** when your glucose is above your High Alert Setting.

- Turning off all **GLUCOSE ALERTS** does not prevent your Emergency Contact from receiving messages.
- Add Emergency Contacts in your **CONTACTS**.
- Update your Alert setting in **GLUCOSE TARGETS** in your **PROFILE**.

Tap the Save button to store your changes.



Glucose Targets

TARGET RANGE: pre-set using ADA Guidelines.

LOW/HIGH ALERT SETTINGS:

- A reading below the LOW LIMIT will trigger a **LOW GLUCOSE ALERT**.
- A reading above the HIGH LIMIT will trigger a **HIGH GLUCOSE ALERT**.
- A **GLUCOSE ALERT** is a PUSH, TEXT, or EMAIL message Patterns sends to your phone.

How do LOW Alerts work?

When Patterns receives a **LOW** glucose reading, it sends a **PUSH ALERT** to remind you to test again within 5 minutes and a **TEXT** with Quick Action Tips to help you bring your glucose into range.

If you do not respond to this **ALERT** or do not test again, Patterns will send you a 2nd **ALERT** via **TEXT** to remind you to test again within 5 minutes.

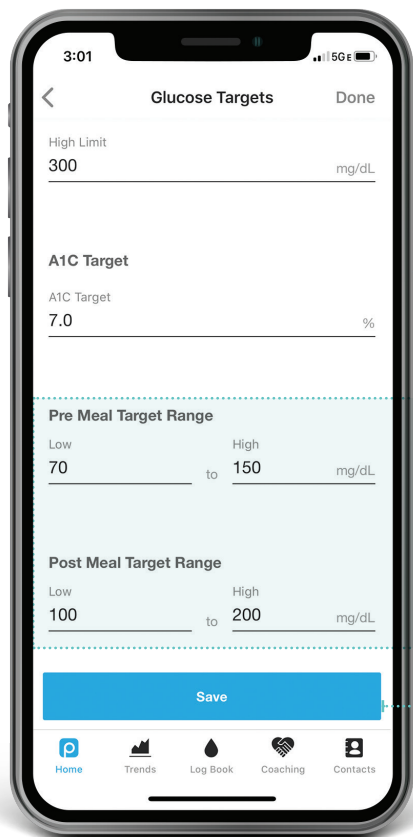
If you do not respond to the 2nd **ALERT** or do not test again, Patterns will send you a **FINAL PUSH, TEXT** and Email **ALERT** that your Emergency Contacts are being notified.

Update your **GLUCOSE ALERTS** in Notifications in your  **PROFILE**.

Add Emergency Contacts in  **CONTACTS**.



NOTE: In any alert notification the user has the option to tap Cancel to stop the Alert process.



How do HIGH Alerts work?

When Patterns receives a **HIGH** glucose reading, it sends a **PUSH ALERT** to remind you to test again within 120 minutes (2 hours) and a **TEXT** with Quick Action Tips to help you bring your glucose into range.

If you do not respond to this **ALERT** or do not test again, Patterns will send you a 2nd **PUSH ALERT** to remind you to test again within 60 minutes.

If you do not respond to the 2nd Alert or do not test again, Patterns will send you a **FINAL PUSH, TEXT** and Email **ALERT** that your Emergency Contacts are being notified.

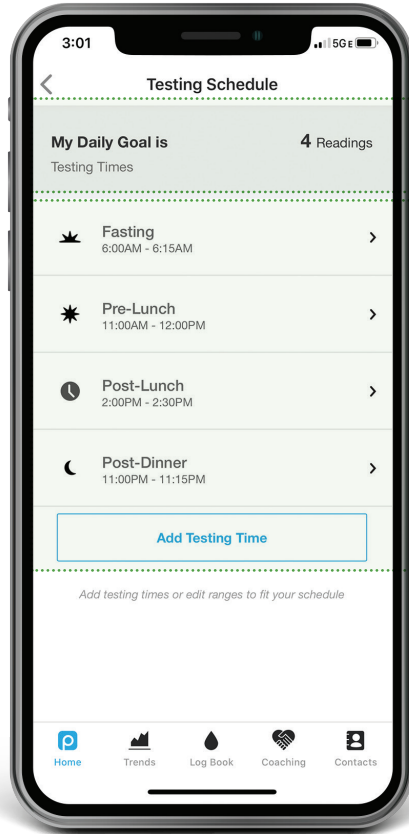
Update your **GLUCOSE ALERTS** in Notifications in your  **PROFILE**.

Add Emergency Contacts in  **CONTACTS**.

PRE/POST MEAL TARGET RANGES: Select Pre and Post Meal Target Ranges. These ranges are used in  **TRENDS** to group results associated with Meal Markers.

Tap the Save button to store your changes.

Testing Schedule



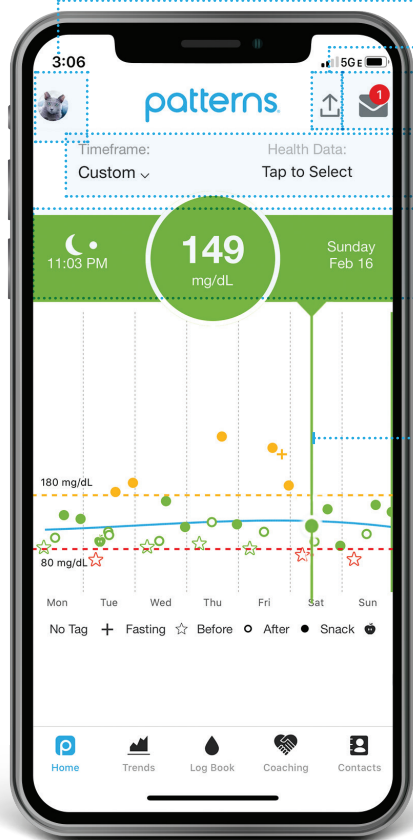
MY DAILY GOAL is the total number of testing times per day (your daily testing schedule) and is used to calculate the "number of results" goal in the **Glucose Summary** table on the [HOME](#) page.

Personalize your reminders to test.

Create multiple reminders to test around an individual meal (before and after a meal) and even those tests not associated with a meal (fasting, bedtime).

- Tap on test to update.

A missed test reminder is triggered 1 minute after the end of the test interval window.



Continue to scroll down to Glucose Summary Table.

Home (Dashboard)

Tap here for your **PROFILE**.

Send a report to any email or text address.

INBOX: Tap here to see your messages.

HEALTH DATA: Choose another health metric (such as steps or carbs) in your **PROFILE** to graph with your glucose data.

TIMEFRAME: Tap to select your timeframe (today, the last 7, 14 or 30 days), or customize. Use < and > to jump forward or back.

BANNER: Tap on the Banner to enter more detail (carb count, insulin). You can also view and add these in **LOG BOOK**.

Tap on any point in the graph to see test detail in the Banner.

COLOR GUIDE

YELLOW Results above your Target Range

GREEN Results within your Target Range

RED Results below your Target Range

Your Glucose Target Range can be set in your **PROFILE**

MEAL MARKERS label a test.

Mark these on POGO Automatic or tap on the Banner to update or change.



Continue to
scroll down
to Connected
Health Data.

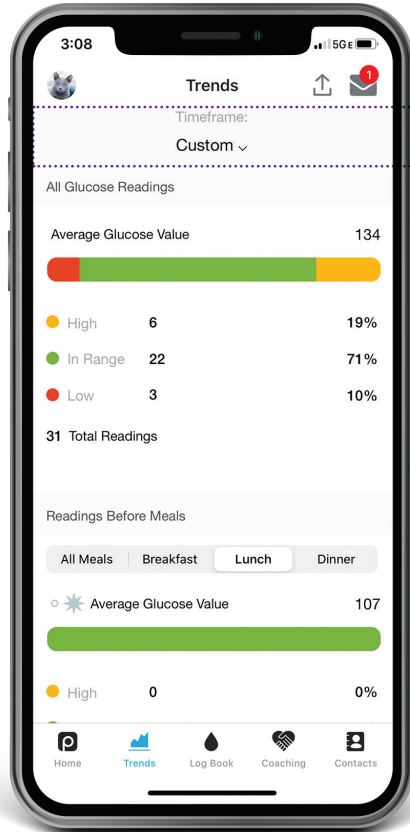
GLUCOSE SUMMARY TABLE

- This is your average glucose value, the number of times you were below (hypoglycemic) and above (hyperglycemic) your Target Range, and the % of time your results were in your Target Range for the timeframe shown.
- The TREND arrow next to the VALUE lets you see at a glance how you are doing in comparison to your previous VALUE for the same timeframe.
- You can change the timeframe on this [p HOME](#) page above the graph.

OF RESULTS

- **# of Results Goal** is your Testing Schedule for the displayed timeframe (example: 4 tests per day for 7 day timeframe = 28 tests).
- **# of Results Complete** is the actual number of glucose results within in the timeframe.
- **% of Goal Completed** is your number of completed tests compared to your test count goal. The TREND arrow shows at a glance if you are below, meeting, or exceeding your test count goal for the timeframe chosen.

Trends



Tap to select your timeframe (today, the last 7, 14 or 30 days) or customize.

Use < and > to jump forward or back.

COLOR GUIDE

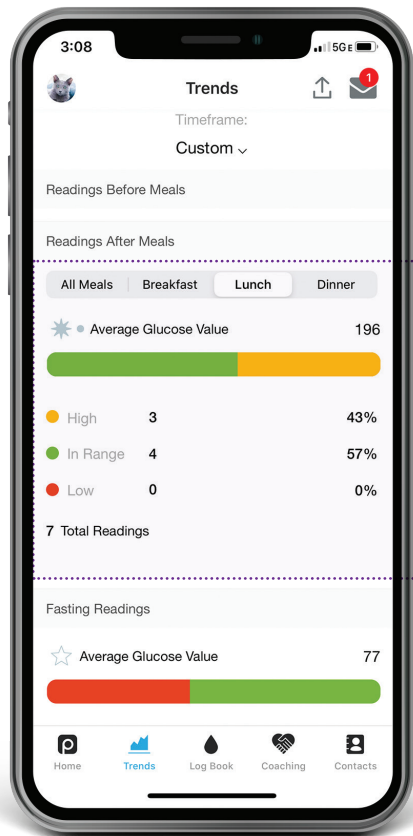
YELLOW Results above your Target Range

GREEN Results within your Target Range

RED Results below your Target Range

Your Glucose Target Range can be set in your [PROFILE](#)

Scroll down to see Readings Before and After Meals, Fasting, and Snacks trends.



▼
Scroll down to
see Readings
by Time of Day
Graph.

Tap on a tab to select a specific meal.

Mark your meal after testing either on POGO Automatic or in Patterns [HOME](#) or [LOG BOOK](#).

REMINDER: Only tests marked as AFTER a meal are included in this chart.

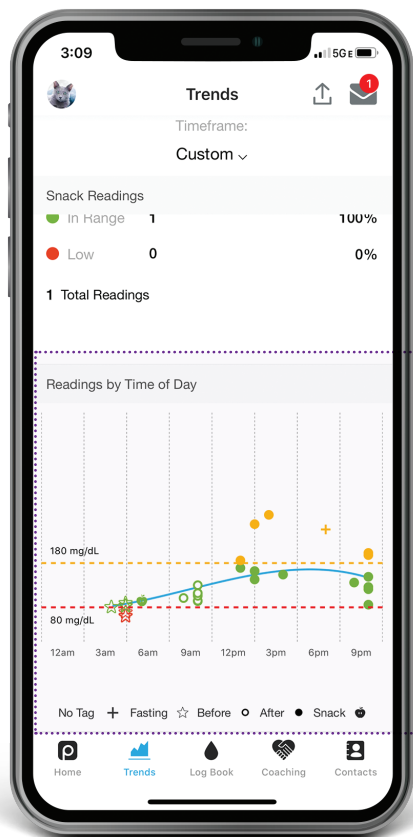
COLOR GUIDE

YELLOW Results above your Target Range

GREEN Results within your Target Range

RED Results below your Target Range

Your Glucose Target Range can be set in your [PROFILE](#)



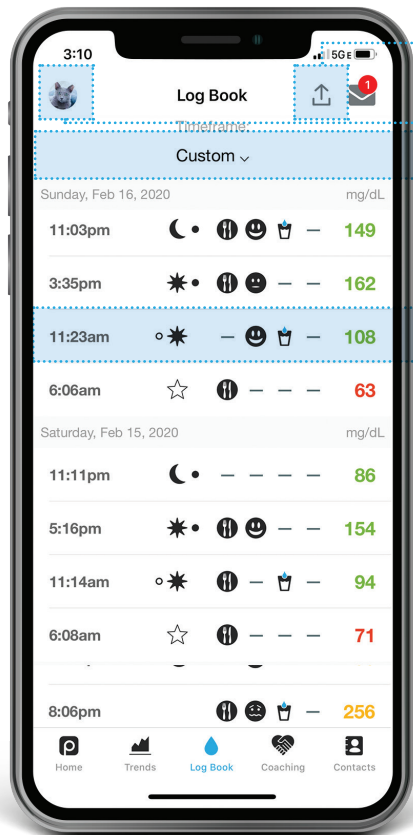
READINGS BY TIME OF DAY GRAPH

- This graph is intended to help you spot daily trends in your readings.
- Each point is a single glucose reading plotted by its test time on the horizontal axis.
- Results from multiple days are over-laid on this graph.

COLOR GUIDE

- Results above your Target Range are **YELLOW**
- Results in your Target Range are **GREEN**
- Results below your Target Range are **RED**

Your Glucose Target Range can be set in your **PROFILE**



Log Book and Reading Detail

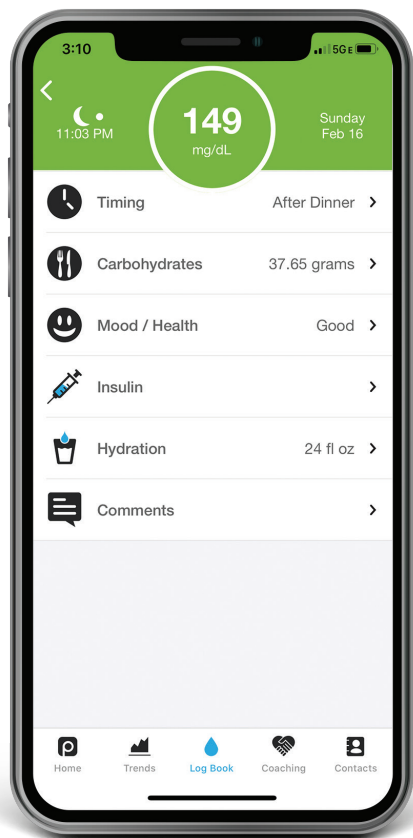
Send a report to any email or text address.

Tap here to for your **PROFILE**.

Tap to select your timeframe (today, the last 7, 14 or 30 days) or customize.

Use < and > to jump forward or back.

READING DETAIL: Tap on any result row to see and add detail to your reading.



1 Tap Timing to select Meal Marker.

Pre-M... Post-... Fasting Snack



2 Tap Carbohydrates to select a food item for Carb Counting.

- Search by food type, brand name or restaurant, or scan the UPC barcode using your smartphone's camera.
- Patterns will automatically create a 'Recent Meals' list and will let you mark foods as 'favorites' for quick look-up.



3 Tap Mood/Health to select mood / health icon.



4 Tap Insulin to enter units of insulin.



5 Tap Hydration to enter water intake.



6 Tap Comments to add additional information.



NOTE: The Banner is the same as shown on **HOME** page. It includes meal marker, date and time of test, and glucose reading.

Syncing Results with Patterns

How to Pair Your POGO Automatic® with Your Patterns app

Download the Patterns app on your smartphone. You must also have Bluetooth enabled.

1. Open your Patterns app on your smartphone.
2. Tap on your **PROFILE**. Scroll down to POGO Automatic and then select "Add POGO Automatic".
3. On your POGO Automatic **PRESS AND HOLD** the **✓** button for 4 seconds.
4. Enter 6-digit PIN on the pop-up on your phone.
5. Press "Pair" to confirm.
6. Your meter will show a "Connected" screen to show it is now paired.



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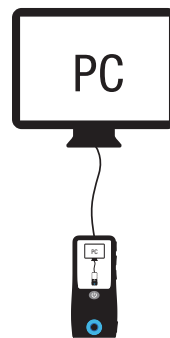
How to Transfer Your POGO Automatic Results to Your Patterns Account Using a Computer

A one-time download and installation of the Patterns Transporter 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. Click on your **PROFILE**. Scroll down to POGO Automatic and then select "Add POGO Automatic".
4. Follow the instructions to download and install the Patterns Transporter. You will only need to do this once.
5. Connect your POGO Automatic to your computer using a micro USB cable.
6. Results will now transfer.



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



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Contacts

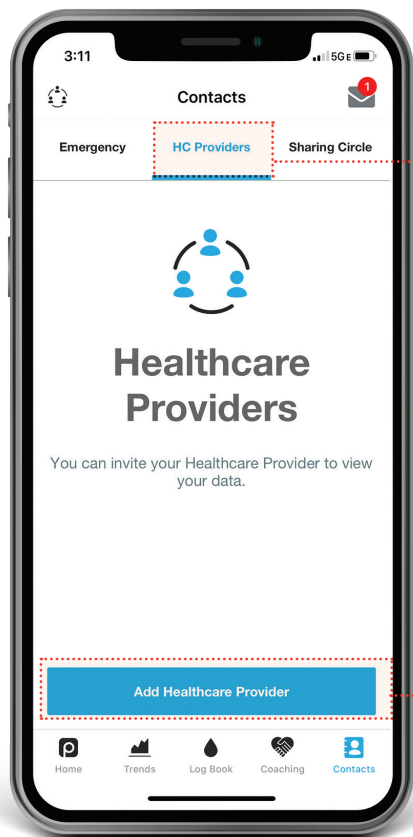


Emergency Contacts

- You must provide a cell number and email for your Emergency Contact.
- Your Emergency Contact does not have access to your Patterns account.
- Your Emergency Contact will receive a text message when your glucose reading is below your Low Alert Setting or above your High Alert Setting AND you did not respond to messages sent to you from Patterns.
- The text message will state if it is a low or high blood sugar, the date and time of your last test, and a map with your location if you have turned Location Services on.
- Your Emergency Contact CAN be your Sharing Circle member.
- You can change your Low and High Alert Settings in Glucose Targets in your [PROFILE](#).
- Allow Patterns to access Location Services on your smartphone so that your Emergency Contact can see your GPS position if there is an emergency.

Add Emergency Contact

- Add an emergency contact by tapping the blue button at the bottom of the page.
- They will receive an email invitation from you and can either accept or decline your request.



Healthcare Providers

- You may select an HCP from the list provided by Patterns or enter the email address of an HCP of your choice.
- Once they accept your invitation, the HCP will be prompted to create a read-only Patterns account which is linked to yours.
- 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.

Add Healthcare Provider

- Add an HCP by tapping the blue button at the bottom of the page.
- They will receive an email invitation from you and can either accept or decline your request.



Sharing Circle

- You must provide an email for your Sharing Circle member.
- Once they accept your invitation, your Sharing Circle member will be prompted to create a read-only Patterns account which is linked to yours.
- They will only be able to view the **HOME** (Dashboard), **LOG BOOK** and **TRENDS** pages in your Patterns account.
- This feature may be useful to track and aid individuals who may need support in managing their diabetes, such as a child or dependent adult.
- A Sharing Circle member CAN be your Emergency Contact.

Add Sharing Circle Contact

- Add a contact by tapping the blue button at the bottom of the page.
- They will receive an email invitation from you and can either accept or decline your request.



intuity® | Simplifying Diabetes®
MEDICAL

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www.presspogo.com

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PL000034 Rev A

Patent information available at www.presspogo.com/patents