

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, Misfit, Omron, Polar, Strava, Under Armour, and Withings.



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

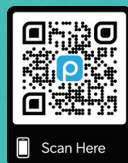


From your Android:

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

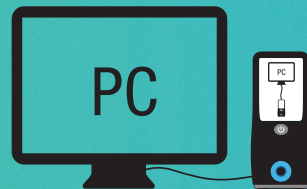
Or simply Scan Here:

1. Use your iPhone or Android camera to scan and download the Patterns app



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.





From your computer via USB cable:

To access Patterns using your computer web browser, simply visit: www.patternsforpogo.com

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.
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.


4 Share Your Data with a Healthcare Provider

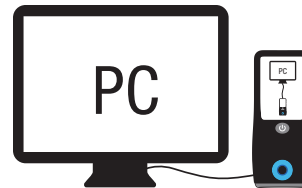
- Add an HCP by tapping the blue button at the bottom of the page.
- You may select an HCP from the list provided by Patterns or enter the email address of an HCP of your choice.
- They will receive an email invitation from you and can either accept or decline your request.
- Upon accepting your invitation, the HCP will have read-only access to the glucose data and tags in your account.
- 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.

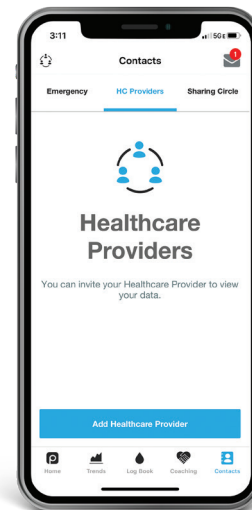
How to Transfer Your POGO Automatic Results to Your Patterns Account Using a Computer via USB Cable



A one-time download and installation of the Patterns 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. 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 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.



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

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

Tap the Coaching tab  for more information on live, one-on-one coaching.



Simplifying Diabetes®

3500 West Warren Avenue,
Fremont, CA 94538
1-855-IMI-POGO (464-7646)
www.presspogo.com

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