



BonV

The BonV Study Training Guide

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Welcome to the BonV Study.

At Cercacor, we are committed to researching inclusive methods to increase the quality of life for all people. Your participation in this study will help us greatly in our development processes – and for that, we thank you.

In this user guide, we'll walk you through the minimum requirements for participating in this study. We will cover how long you will participate in this study, what tasks you will need to complete each day, and the benefits we will provide for your time.

Please take the time to read this guide carefully, and save a copy for your records. You may want to refresh your memory during different stages of the study.

Thank you again for your participation – we greatly appreciate your time and effort!

Sincerely,

The Cercacor Team

Part 1: The Study Basics

What Is the BonV Study and Why Is It Important?

Through this study, we want to help users build sustainable, healthy habits while reducing their risk of chronic diseases like type 2 diabetes.

The BonV study aims to test and improve the features of the BonV mobile app and lifestyle program to create the best user experience ahead of our release.

At the end of this study, we hope that you as a participant gain a deeper understanding of your health, and we also hope to collect valuable feedback from you to help make this program as effective as possible. Once BonV is released to the public, your contributions can help others on their own health journeys.

How Long Will This Study Last?

You will participate in the BonV study for 2 months. You are free to decline your participation in the study at any time. You can also withdraw from the study at any time.

Are There Any Exclusion Criteria?

Cercacor may exclude you from the study if we detect any fraudulent activities, which include but are not limited to: duplicate accounts, fake data, or the abuse/resale of medical supply resources.

What Should I Do If I Want to Stop Taking Part in the Study?

If you want to stop participating in the study for any reason, contact the study team. You do not need to have a reason to withdraw from the study.

We may ask you to drop out of the study before the end of the 2-month period. If this happens, we will tell you why.

Who Can I Contact If I Have Questions About the Study?

If you experience any problems, suffer a research-related injury, or have any questions or concerns about the study, our study team is here for you. Contact us at:

Cercacor Labs

Phone number: 949-600-8117

Email: bonv.support@cercacor.com

Part 2: Participating in the Study

What Will Happen in This Research Study?

BonV is a lifestyle management app that aims to help users build sustainable, healthy habits while reducing their risk of chronic diseases like type 2 diabetes. Its features include weekly education modules, meal, exercise, and sleep logging, blood sugar and medication tracking, and advanced GluScore testing.

The BonV study aims to improve these features for the best user experience ahead of the app's release. Participants will need to complete a series of tasks and provide weekly feedback to Cercacor's Design & Development team over the course of two months.

Phase 1: Setting Up for the Study

1. Download the BonV App from the link provided in your onboarding email.
2. Create your BonV account using the same email you used to sign up for the study.
3. Receive your glucose meter starter kit in the mail. If you do not receive your starter kit within 5 business days of completing your study registration, contact the study team.

After sign-up, you can choose to begin your first Module (Intro to BonV), log your data entries, or take your first GluScore test – or a combination of all 3.

Phase 2: Completing the Minimum Requirements

To participate in the BonV study, you will need to meet all of the following minimum requirements over the 2-month period.

1. Complete 7 educational modules over a 2-month period (1 per week)
2. Complete the minimum daily logging:
 - 1 meal entry per day
3. Complete the minimum weekly logging:
 - 2 GluScore tests per week
 - 1 weight entry per week
 - 3 physical activity entries per week
4. Provide regular feedback via weekly email surveys, approximately 10 minutes each week

What Are the Educational Modules?

BonV currently has 7 educational modules, with topics ranging from eating well and understanding portion control to how to begin an exercise routine and the basics of blood sugar. Each weekly module contains 5 sublessons. Modules are released weekly, and each new module will be unlocked on Sunday night.

During the study, you will be required to complete all 7 modules over the course of the study. We recommend completing 1 module per week. You can complete the

curriculum at your own pace; however, you will need to complete the previous module before you can move on to the next one.

What Is GluScore?

Everyone has different glucose responses to different foods – and blood sugar plays a big role in our health. We developed our GluScore algorithm to help you test your unique blood sugar responses to the food you eat. An A+ GluScore means that your blood sugar didn't spike very much, while a D GluScore signifies a serious spike. You can use this data to build more glucose-friendly meals.

To determine your GluScore for a specific food or meal, you will need to take three separate glucose tests: one before your meal after 2 hours of fasting and two after you eat. At the end of the testing, our proprietary algorithms will assign you a GluScore for the food based on your unique blood sugar response over the testing period.

GluScore Logging Guidelines

GluScore is comprised of 3 blood sugar tests and 1 meal entry.

Your first blood sugar test comes within 15 minutes before your first bite of your meal. It is highly recommended that you fast for at least 2 hours before this meal for the most accurate results.

You have to log and begin eating your meal within the 15 minutes after your first blood sugar test, otherwise your session will expire.

Your second blood sugar test will be 50 minutes after your first blood sugar entry, and your third blood sugar test will happen 100 minutes after.

Your GluScore schedule may look like this:

- 10am: fasting begins
- 12pm: 1st blood glucose test, pre-meal; begin eating
- 12:10pm: steak, rice, and veggie bowl meal entry
- 12:50pm: 2nd blood glucose test
- 1:40pm: 3rd blood glucose test
- 1:41pm: GluScore results available

How Do I Get My GluScore Materials?

When you signed up for the BonV study, we asked you for your mailing address and if you needed a glucose meter sent to you. If you indicated that you need a glucose meter, we will ship the materials to you.

If you do not receive your starter kit within 5 business days or you realized that you need a glucose meter, please contact bonv.support@cercacor.com.

If you need additional testing materials, please contact bonv.support@cercacor.com. Please keep in mind that the testing materials we provide are for the GluScore tests

and BonV glucose entries only, and we will supply you with the materials necessary to complete the required 2 tests per week. If you request more materials, we will expect additional GluScore results and glucose entries from you as well.

How Do I Take My Blood Sugar Readings?

If you are new to taking blood sugar readings, learning how to take your blood sugar readings is simple and easy. [Click here to watch a tutorial on how to operate your glucose meter.](#)

What Happens If I Forget to Log?

Don't worry, you can log forgotten entries retroactively at any time.

We would rather have missing data than false data. Do not falsify entries in place of accurate readings.

If you have any issues completing the minimum requirements, contact the study team.

Can I Log More Data?

Yes, absolutely!

The more data you enter, the more BonV can help you and the clearer picture you can gain of your health.

BonV includes a suite of logging tools for your convenience, including food, exercise, sleep, weight, and blood sugar. We encourage you to enter all of your data to get the most out of the BonV experience.

- All the food and drinks you consume in a day outside of the minimum requirements, including snacks, meals, and serving size data
- Additional blood glucose and GluScore tests, such as after exercising, before bed, and after eating other meals and snacks
- Your sleep times
- Your physical activity outside of the minimum requirements
- Your medication

Part 3: Benefits

What Do I Get for Completing This Study?

Your participation in the BonV study will contribute to the advancement of health and wellness research, and through this research, you will help pave the path to a healthier, happier life for many others – which may include yourself.

Taking full advantage of the BonV study may result in the benefits we intend to bring to our future members – including weight loss, establishing healthier diet and exercise patterns, discovering your unique blood sugar responses, and more!

As a participant, you will receive:

- A glucose meter starter kit at no cost to you
- Test strips for all blood sugar measurements at no charge
- Entrance into weekly drawings for gift cards
- Entrance into a grand prize for a \$250 Amazon gift card at the end of the study

There is no monetary compensation for participating in the BonV study.

If you have any other questions about the BonV study, please visit our website to view the FAQ.