

My monitoring on myDiabby Healthcare



- My logbook shared with the healthcare team
- An aid to understanding the results
- Direct messaging with my healthcare team
- Information on gestational diabetes
- Resources on food

Questions & Help



For a medical question:
Contact your healthcare team directly

Find all the information
on myDiabby Healthcare on the website:

www.mydiabby.com

myDiabby Healthcare is a medical device.

myDiabby Healthcare is a monitoring tool and is not a substitute for a consultation with a doctor. In case of emergency, please contact your doctor or the emergency services.

If you have any questions about the myDiabby application:
support@mydiabby.com or by phone

France : 01 76 40 01 78

Belgique : 02 320 11 96

*The manual is available for download and consultation on the myDiabby Healthcare platform.



MDHC SAS
66 avenue des Champs Elysées
75008 Paris
FRANCE

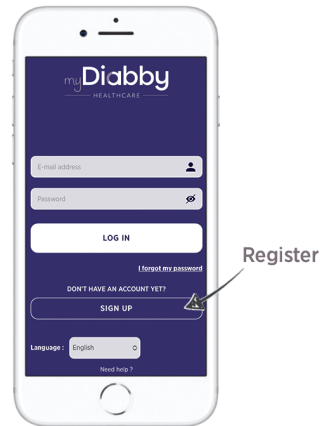
Document applicable from version 2.19 of the medical device

Registration

1 Download the “myDiabby” application on your smartphone



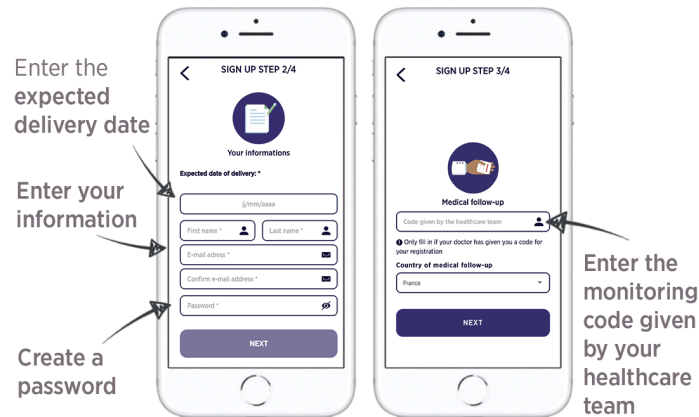
2 Open the app and click on “Register”.



3 Choose Gestational Diabetes



4 Fill in the registration form to create your myDiabby account



Monitoring Code



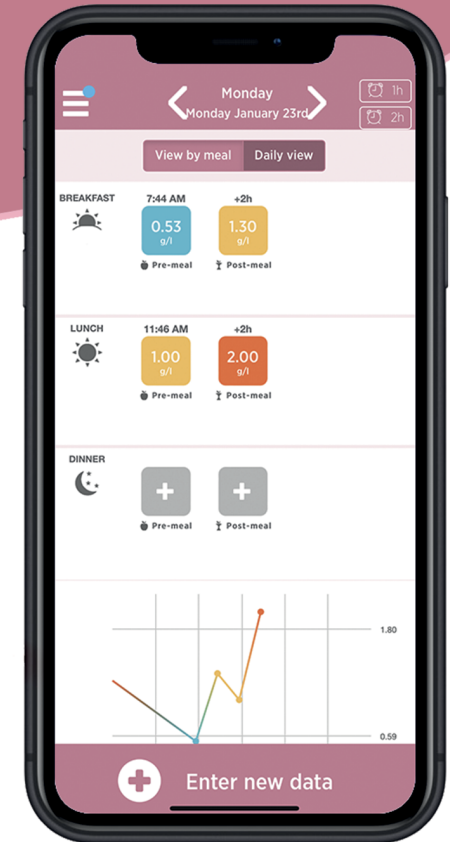
to be filled in on registration

myDiabby

HEALTHCARE

Monitoring my gestational diabetes

This user guide provides information on how to use the myDiabby application. Please refer to the manual for all information on using myDiabby Healthcare*.



Disponible sur App Store

DISPONIBLE SUR Google play

User guide
Mobile application

Dashboard

Your dashboard shows the 6 blood sugar levels of the day based on the 3 main meals of the day

Set a reminder to test your blood sugar level in 1 or 2 hours

Return to the previous day

Application menu



The blood sugar level you entered

Optional: the healthcare team indicates that you do not have to do this blood sugar test

Press + to enter a result

You can record information at other times of the day here (weight, walking, snacks, etc.)

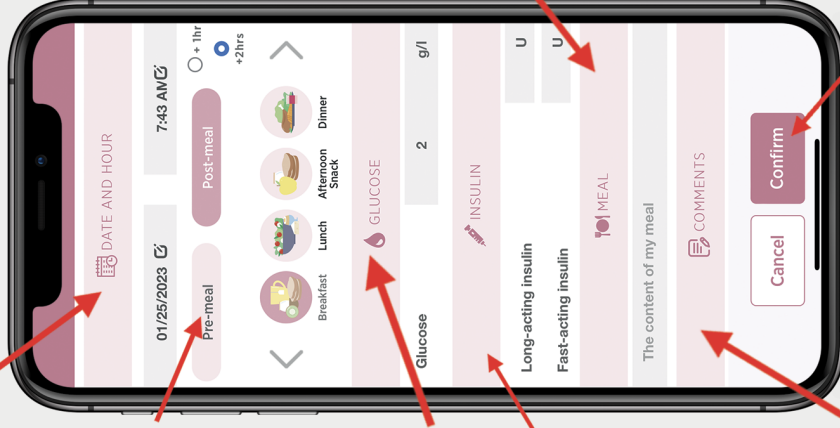
Please note: you can edit data by clicking on it again

Record my results

By pressing the button +, a window opens to enter your results

Please note: you do not have to fill in everything. Record what has been requested by the healthcare team

Date and time of the result (click on the pencil to edit)



Specify the meal and the time of your result

Enter your blood sugar level here

Enter your insulin doses here

You can enter here what you have eaten

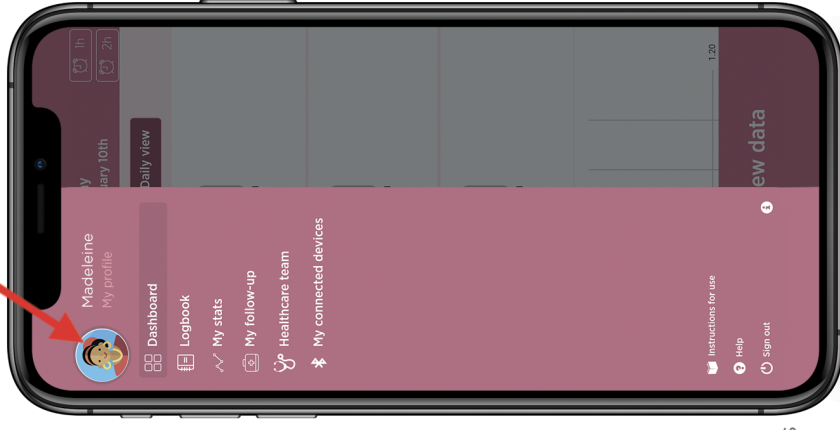
You can enter comments here

Confirm with the confirm button

Features

The myDiabby application gives you access to various features from the navigation menu

- **Dashboard:** To enter your results
- **Logbook:** All your results
- **My stats:** Track your pregnancy weight and fetal charts
- **My monitoring:** Your medical record, treatment, the healthcare team that follows your myDiabby account
- **Documents:** Share documents with your healthcare team
- **Messaging:** Communicate with your healthcare team
- **Videos:** Gestational diabetes videos
- **Nutrition:** Fact sheets and recipes on eating well with gestational diabetes



- **My connected objects:** Connect your medical devices to your myDiabby account (See the Tutorial Videos on the myDiabby YouTube channel)
- **Consultations:** Monitoring of your consultations