

SETTING UP YOUR MEDTRONIC GUARDIAN™ CONNECT

Congratulations on getting the Medtronic Guardian™ Connect CGM system. Here are a few things to help you maximize the information you will now be receiving.

- You can wear the sensor on your arm or abdomen for up to 7 days
- The sensor has trend arrows and customizable low and high alerts
- You can set predictive low alerts 10-60 minutes in advance
- The transmitter is rechargeable and has a 12-month warranty
- It is also waterproof
- Only available for iPhones at present



Suggested starting settings: these should be set so an action can be taken and can be adjusted as you become more used to the alarms

- Low alert: between 4.0-4.5 mmol/L; snooze 30 minutes
- High alert: 15 mmol/L or higher; snooze 120 minutes

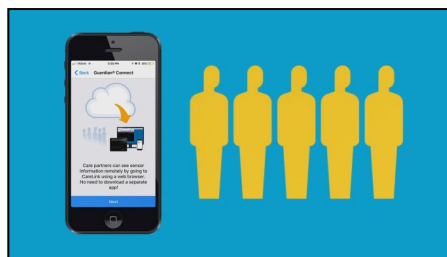
Calibration:

- Calibrate every 12 hours, although calibrating 3-4 times per day is optimal
- Always calibrate before bed
- First day of a new sensor will ask for a blood glucose at 2 hours and again 6 hours later
- Do **not** calibrate when there are any arrows

Getting started:

<https://www.medtronic.com/ca-en/diabetes/home/support/product-support/guardian-connect-support.html>

The Medtronic Guardian™ Connect system will allow you to share data with up to 5 care partners, and can send automated texts to them.



To set this up:

https://www.medtronic.com/content/dam/medtronic-com/ca-en/patients/education/diabetes/guardian-connect/13-gc-settingup-care-en-v2/story_html5.html

Setting Up Your Medtronic Guardian™ Connect (continued)

You will need to log carbs and insulin doses into the Medtronic Guardian™ Connect app, to help with making informed adjustments. You can also enter exercise and blood glucose readings.

In this example we will add exercise.

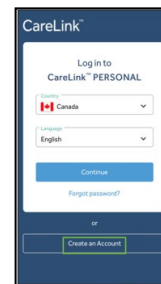
1. Tap on the circle on the bottom right of the screen.
2. Click on exercise icon
3. Enter in the amount of time of exercise.



The Medtronic Guardian™ Connect system automatically uploads to Medtronic CareLink™ Personal, once set up.

Set up a CareLink™ Personal account if you don't already have one: Go to: <https://carelink.minimed.eu> and then:

- create an account
- select country and language
- account type
- provide consent
- create log in
- download the uploader: https://www.medtronic.com/content/dam/medtronic-com/ca-en/patients/documents/diabetes/CareLink/CareLink_Personal_Uploader.pdf

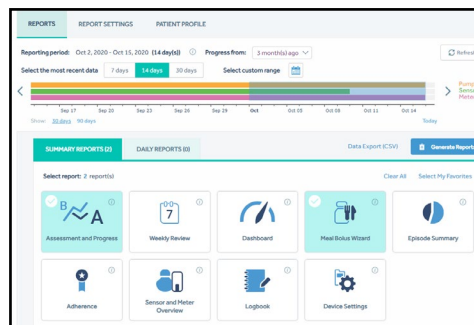


To share your data with the clinic:

Contact your healthcare team to learn how to share the data. Sharing does not mean the clinic automatically reviews the readings!

Reports to Review:

- Assessment and Progress
- Meal Bolus Wizard (if tracking carbs)
- Daily reports (if you use event markers)



Understanding your Medtronic CareLink™ Personal reports:

<https://www.medtronic.com/ca-en/diabetes/home/about/news/covid19-resources.html>

Customer Support: 1-800-284-4416