WELLDOC BLUESTAR- accessories, pump, infusion
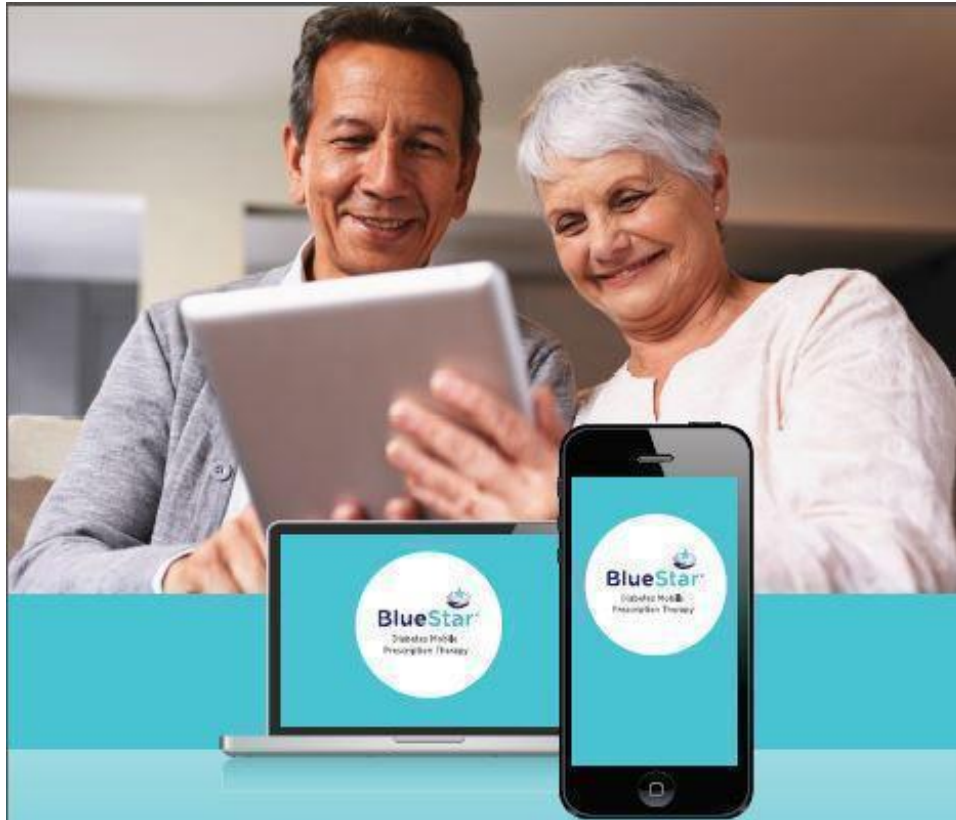**WellDoc, Inc**

Prescription Medical Device

WellDoc BlueStar User Guide

Product Description

Introducing BlueStar
A new way to better manage your diabetes
BlueStar is the first mobile prescription therapy for adults with Type 2 diabetes. BlueStar gives you real-time guidance that makes managing diabetes between office visits easier and more doable. BlueStar must be prescribed by a provider.

Is BlueStar right for you?

Most people struggle to manage type 2 diabetes. Sometimes it is overwhelming and confusing. Understanding and remembering your doctor's advice about medications, diet, and exercise isn't easy. If you need help controlling your blood glucose, understanding everyday diabetes decisions, and keeping all your information in one place between office visits, BlueStar can help.

Diabetes Support, Anytime Anywhere™
BlueStar is not a pill or a shot — it is a completely new kind of approach to support you and help you manage your type 2 diabetes. BlueStar's real-time feedback and guidance fits into your daily life to help you stay on track with your diabetes care plan. It works with you, struggles with you, achieves with you, and celebrates with you. BlueStar can help make living with diabetes easier which makes for a healthier, happier you.

BlueStar is accessible from your mobile phone or computer. It supports your healthcare provider's instructions while helping you build your knowledge about diabetes and stay motivated.

Share your results with your doctor between visits
Before your next diabetes check-up, you can use BlueStar to send the information you put into BlueStar to your doctor. This can help your healthcare provider understand the challenges that you face between appointments. That way, during your office visit, you can both be ready to discuss your treatment plan and experiences managing diabetes.

Indication for use
BlueStar is indicated for use by healthcare providers and their adult patients, aged 21 years and older, who have type 2 diabetes. BlueStar is not intended to replace the care provided by a licensed healthcare professional, including prescriptions, diagnosis, or treatment. BlueStar is not indicated for people with type 1 diabetes, gestational diabetes or who use an insulin pump.

Important Safety Information: For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

For more information visit **www.bluestardiabetes.com** or call BlueStar Customer Care at **1-888-611-4794**

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DSM-161 Version 09

BlueStar Customer Care

Ready to Answer Your Questions

BlueStar® Customer Care will be happy to help you with the following:
• How to use BlueStar
• Reporting errors when trying to use BlueStar
• Technical questions related to BlueStar on mobile and/or Web
• Questions about your prescription or health insurance reimbursement

Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET)
Phone: (888) 611-4794

Getting Started

If you are new to BlueStar®, tap Sign Up to start registering or Log In with your username and password.

Virtual Training

• After you complete registration, you will be taken to BlueStar training video to learn how to set up your medication profile and enter
your diabetes data.

• Once you complete your training, it is important that you enter your medications in BlueStar so you can receive personalized guidance in managing your diabetes.

• The training video is available in BlueStar Help section for you to watch again if needed. To learn more about the Health Info Section, sending your SMART Visit report to your doctor before your visit or any other features within BlueStar, visit the Help section.

Congratulations

Congratulations on registering for BlueStar. To get started, you will need to complete BlueStar training. It only takes about 5 minutes to complete. This training will help you make the most of your BlueStar experience and ensure the real-time guidance is based on your physician's treatment plan.

Start My Training

If you have any questions, please contact customer care at **1-888-611-4794** Monday - Friday 8:00 am - 7:00 pm (ET)

__Getting Started (continued)__

Follow the simple instructions below to create your BlueStar account.

To sign up:
a. Enter your Access Code
b. Enter your personal information
c. Tap on phone or click on website to agree to Terms of Service
d. Read Patient Authorization then tap or click on Accept
e. Tap or click on Create Account

Welcome to BlueStar! Let's get started.

Please enter your access code to begin creating your BlueStar account.

Access code _____
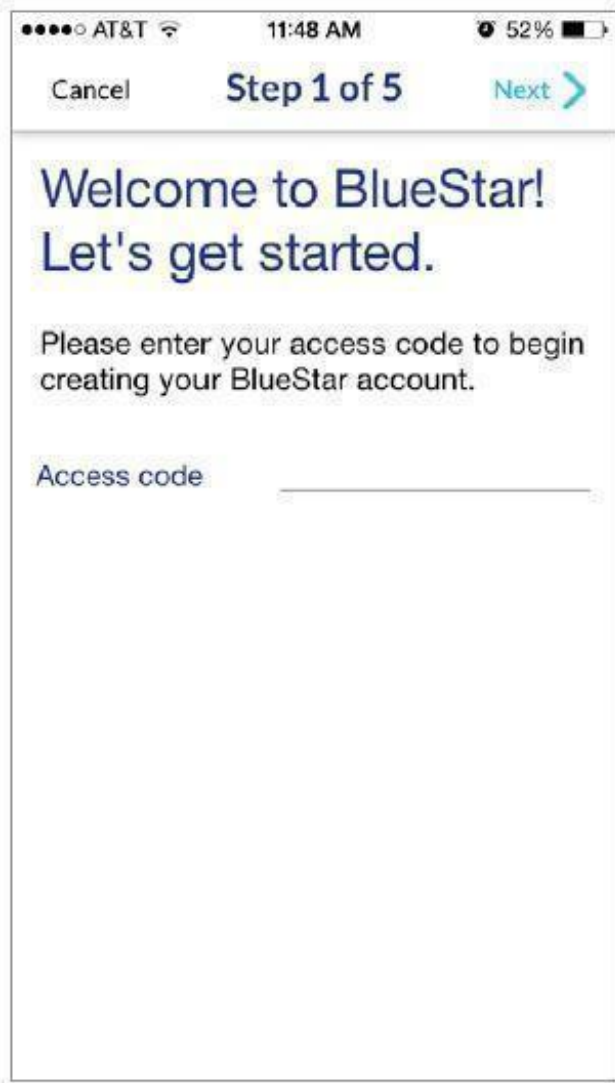
Using BlueStar on Your Phone

BlueStar® is recommended for use on smartphones with an iOS 7 or greater or Android OS 4.0 or greater.

©2014 WellDoc, Inc. All Rights Reserved. WellDoc and the WellDoc logo are registered trademarks, and BlueStar, the BlueStar logo, and Automated Expert Analytic System are trademarks of WellDoc, Inc. BlueStar® is manufactured by WellDoc, Inc., Baltimore, MD. iPhone is a registered trademark of Apple Inc.

BlueStar Mobile

BlueStar® is the first prescription app for adults with Type 2 diabetes. BlueStar gives you real-time guidance that makes managing diabetes between office visits easier and more doable. BlueStar must be prescribed by a provider.

Log In

Enter your Username and Password then tap **LOG IN**
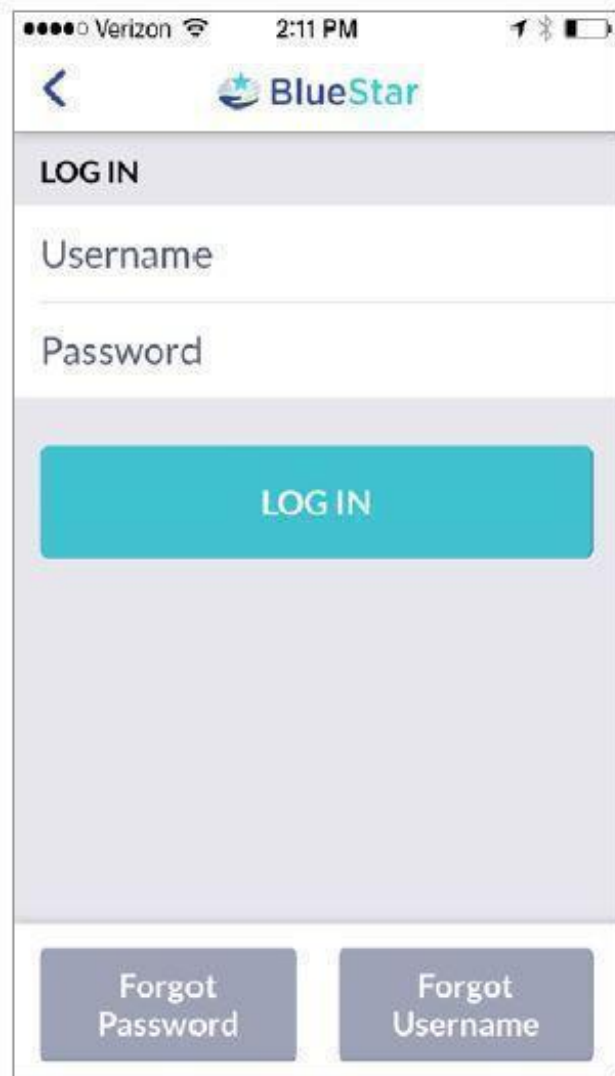
Trouble logging in?

Tap **FORGOT PASSWORD?** to retrieve your BlueStar password or **FORGOT USERNAME?** to retrieve your username

The next time you log in to BlueStar, you will be asked to create a 4-digit PIN.
Your PIN will make logging in faster and easier.
Enter your PIN on the dotted line each time you log in

Home Screen (mobile)

The BlueStar® carousel displays important information to help you manage your diabetes.

a. When BlueStar sees something interesting about your BG, a message is delivered to your carousel and logbook for that day.

b. Check for renewal reminders for your BlueStar prescription on the carousel

c. Get a daily boost with a new message to motivate you every day about your general health and well-being.

d. Short, 2- to 5-minute educational videos are designed to build your knowledge about diabetes and fit into your busy schedule. Each video is
available for 48 hours before it is replaced by the next one in the carousel.

e. Menu icon top left. Select the page you want to use or view.

f. Tap + icon top right from any screen to make a new entry

a

Feb 16
6:00 AM | **356** mg/dL >>> Feb 16
12:00 AM | **65** mg/dL

Your BG went from very high to almost hypoglycemic in a short period of time.

- Large drops in your BGs are hard on your system.
- Start with trying to avoid hyperglycemia in the first place.
- Look at reducing carb intake, or talk to your provider about an adjustment in your meds.

Friday February 16

9:30 AM
After Breakfast **225** mg/dL

11:30 AM

b

BlueStar Rx refill

It's time to refill your BlueStar prescription. Please call you pharmacy at 1-877-244-4415 to order your refill.

Friday February 16

9:30 AM
After Breakfast **225** mg/dL

11:30 AM

●●●●● Verizon 🤙 2:14 PM

Self Love

"Treat others as you would like to be treated." This timeless value is found in many religions and cultures. In order to live by it, you must first learn ...**read more**

c

Monday **June 30**

11:43 AM
Before breakfast | **110** mg/dL

11:43 AM
Before lunch | **145** mg/dL

11:41 AM

●● Verizon 🤙 2:14 PM

e

f

d

Educational Video
What is Type 2 Diabetes?

Monday **June 30**

11:43 AM
Before breakfast | **110** mg/dL

11:43 AM
Before lunch | **145** mg/dL

11:41 AM

Making entries

Entering your blood glucose when you test and the medications you take can help you stay on track with your diabetes treatment plan. In return, BlueStar gives you real-time guidance. Your experience is personalized so you understand more about your diabetes every day.

You can enter BG, carbs, exercise information, medications, and notes about your activities or how you are feeling each day. Below is the type of information you can input in BlueStar:

•Blood Glucose (BG)—enter your numbers every time your test your BG
• Carbs—enter how many carbs you had in a meal.
• Date/Time—displays current Date and Time. You have the flexibility to adjust the date to view or edit entries from an earlier date
• Activity Type—(Before Breakfast, Before Lunch, etc.) Your activity type defaults to how your Daily Schedule is preset on the website. You can update your Daily Schedule activity times in Settings
• Record Medications—record all your prescribed, over-the-counter medications, vitamins, and supplements. BlueStar will personalize your guidance based on your diabetes medications
• Add a Note—add important information that relates to your BG entry
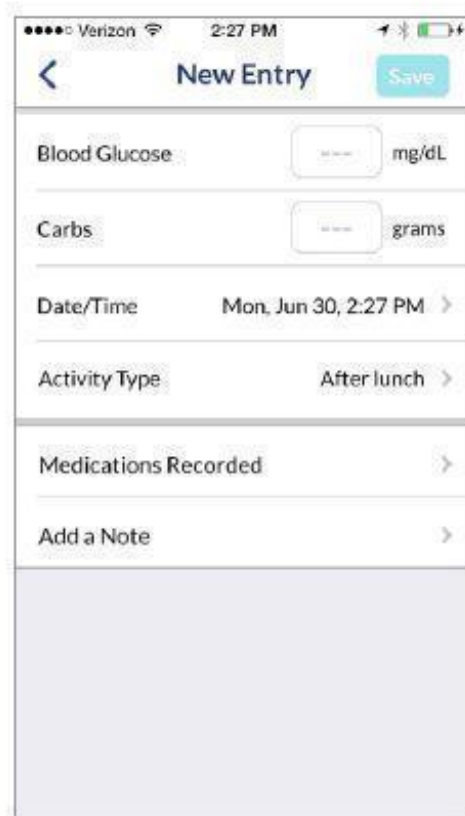
▢Making entries (continued)
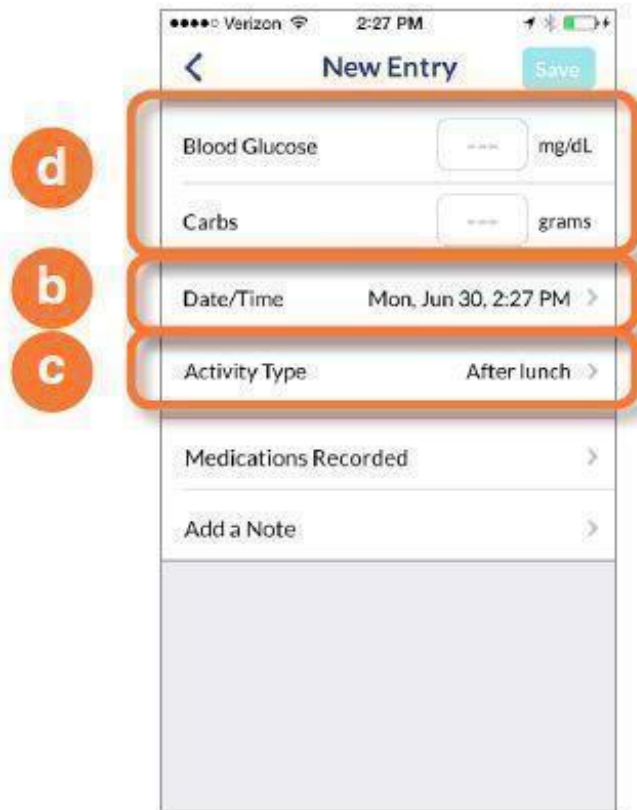
To make a New Entry
a. Tap on **NEW ENTRY + ICON** top right from any screen
b. Select **DATE AND TIME**.
Note: Will default to current date and time
c. Select **ACTIVITY** (Before Breakfast, Fasting, Before Lunch, etc.)
Note: Will default to an activity based on your Daily Schedule
d. Enter your Blood Glucose reading (BG) and Carbs (if applicable)

Medications (Medication list)

This is where you can view your medication information. It is important to record all meds you are taking—prescription, over-the-counter, supplements, and vitamins. BlueStar will give you personalized feedback based on your diabetes medications.

• Your Medication List gives you a view of your medications and how many times you take them daily.

Note: Always continue to take your medications as prescribed and confirm your prescription information with your healthcare provider at your earliest convenience.

Add Medication:

a. Tap the + button and enter at least 3 letters to search for a med
b. Select the medication you want to add
c. Enter how often you take your med
d. Enter the amount you take and save
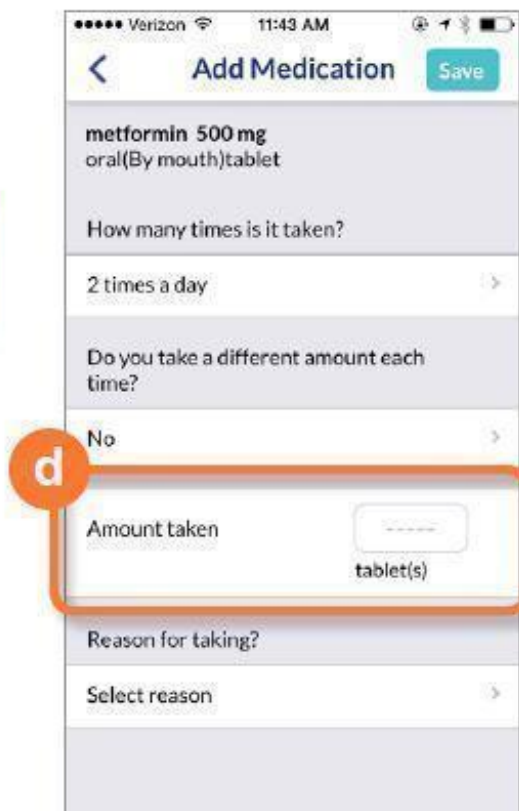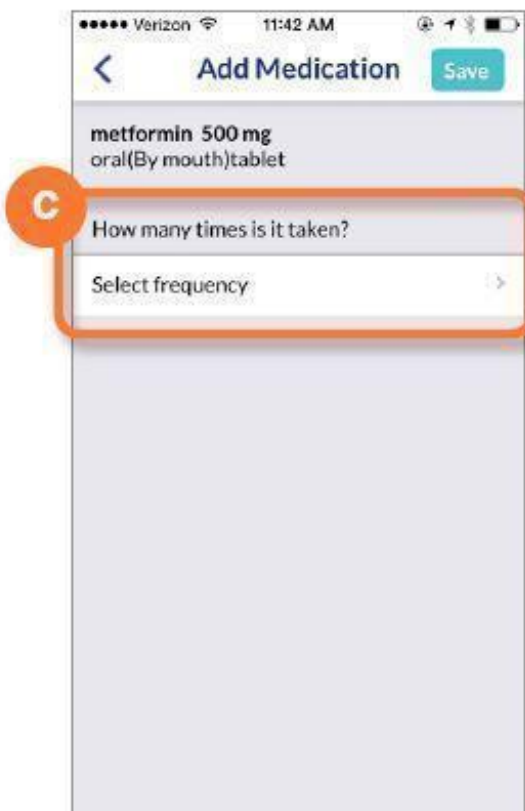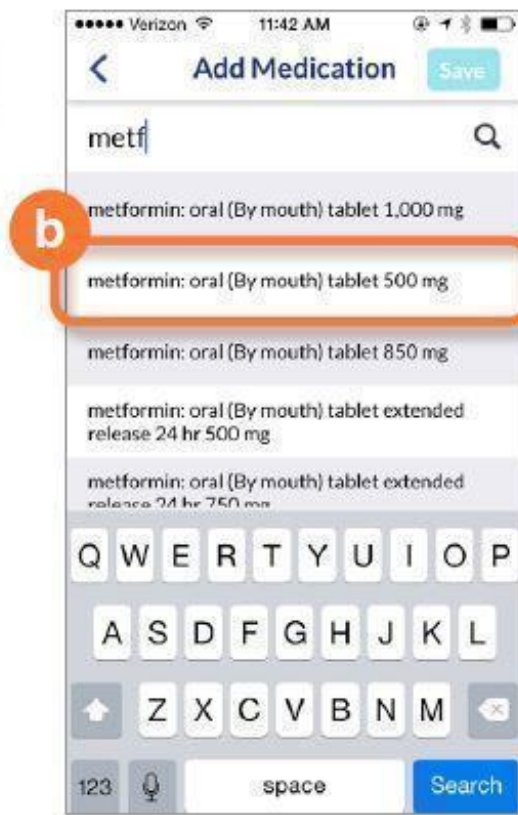
Medications (Medication List) (continued)

Edit Medication:

You can change your dose, how often you take your med, or delete it from your list
a. Tap the **PENCIL** icon next to the medication name
b. Change how often you take your med or the amount you take
c. Tap the **DELETE** button to remove the med from your list
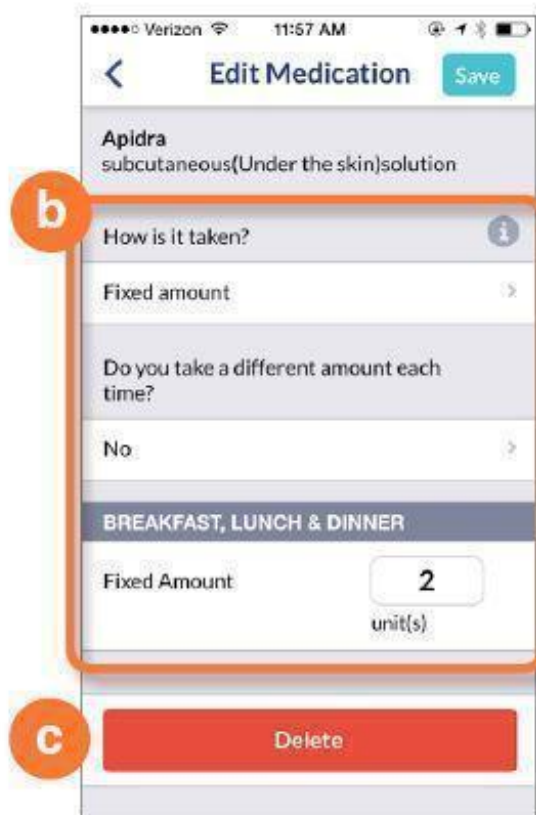

Medications (Schedule Setup and Med Reminders)

Here is where you can change your medication schedule and set a reminder to take your med.

Medication Schedule
Your medications are scheduled by Time of the Day (Morning, Noon, Evening and Bedtime or by Meal (Breakfast, Lunch or Dinner).\

Change your med schedule:
a. Tap the "arrow symbol"
b. Select another Meal or Time of the Day to take your med and save. Your med schedule is now updated for you to record in your Daily Med Log
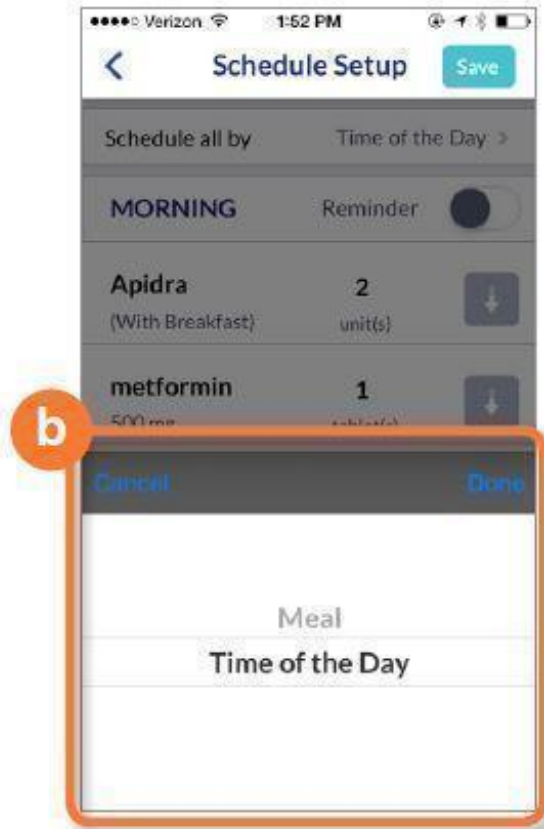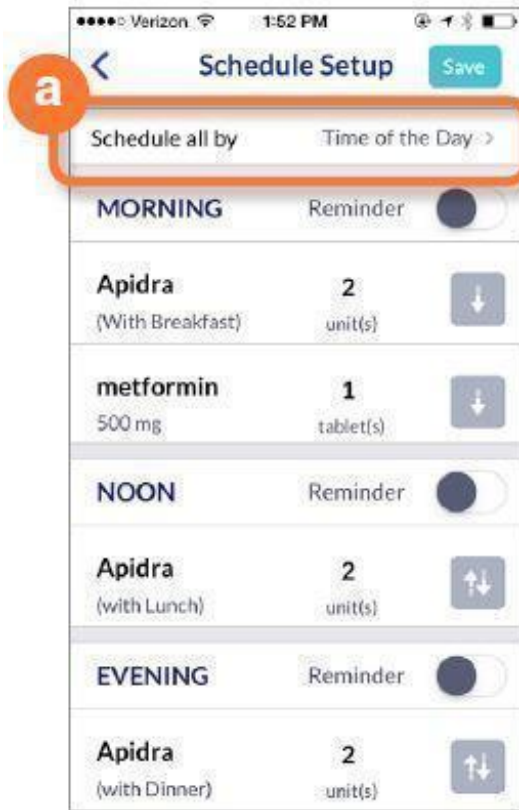
Medication Reminders

You can set a reminder to take your medication.

To set a reminder:
a. Tap the slider next to "Reminder"
b. Tap the time to change if needed
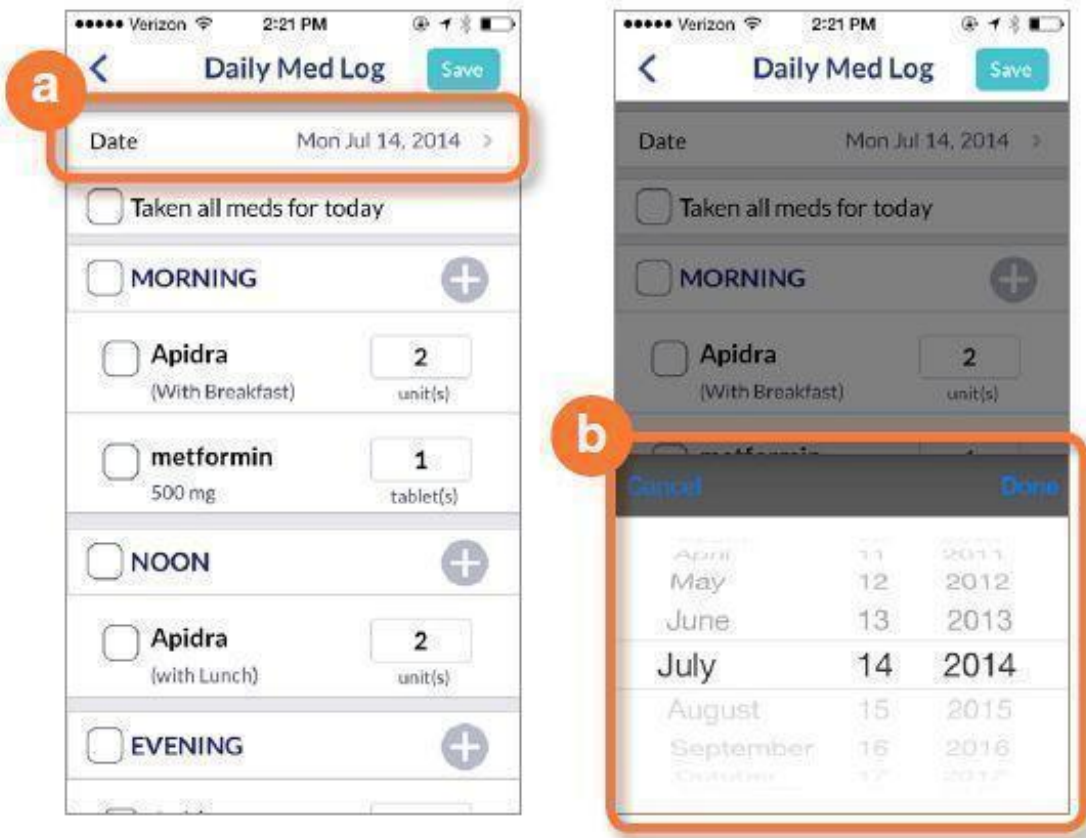A notification will pop up on your phone when it is time for you to take your med

Medications (Daily Med Log)

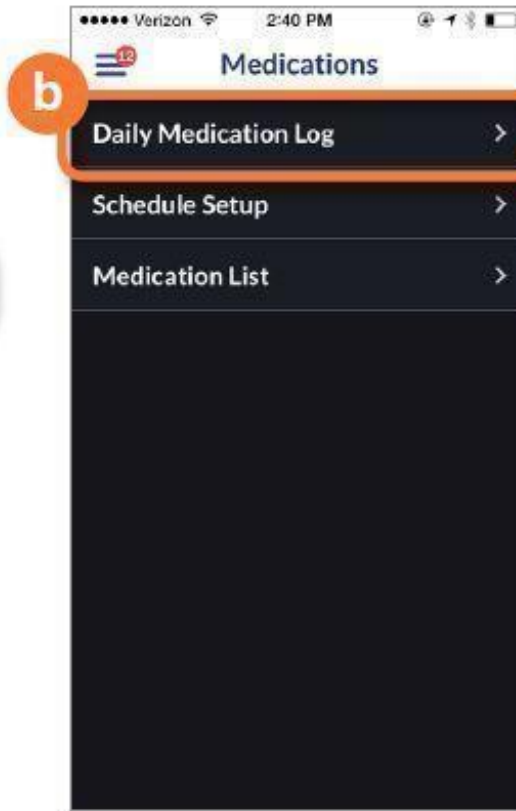Your medications are displayed for a day according to your schedule (Meal or Time of the Day)
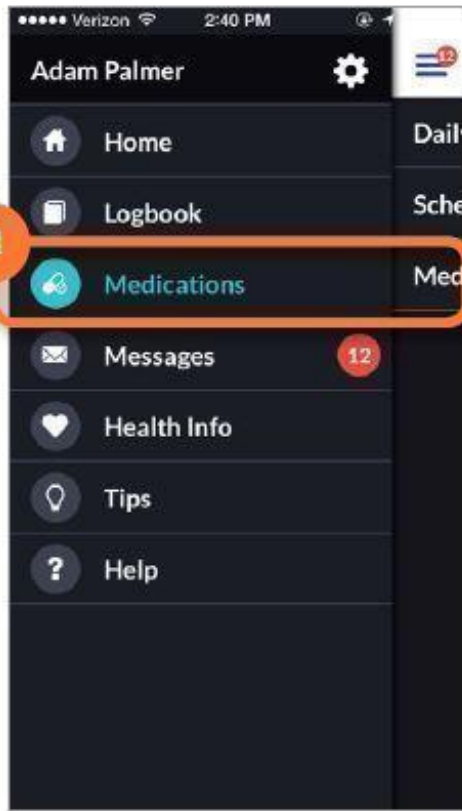
You can change the date if you want to record medications for an earlier day

a. Tap the Date
b. Change the day to a previous day

Tap to check you have taken all your meds for the day, by meal or time of day. You can also Tap one medication at a time.

a. Tap the Menu button
b. Select medications and then Daily Med Log
c. Tap to check that the meds you have taken

Screen 1 (left):

●●●●● Verizon 🛜 2:40 PM ⊕ ◀

Adam Palmer ⚙

🏠 Home

📖 Logbook

(a) 🧪 Medications

✉ Messages **12**

❤ Health Info

💡 Tips

❓ Help

Dail...

Sche...

Med...

Screen 2 (right):

●●●●● Verizon 🛜 2:40 PM ⊕ ◀ ⅂ ▯

☰ **12** **Medications**

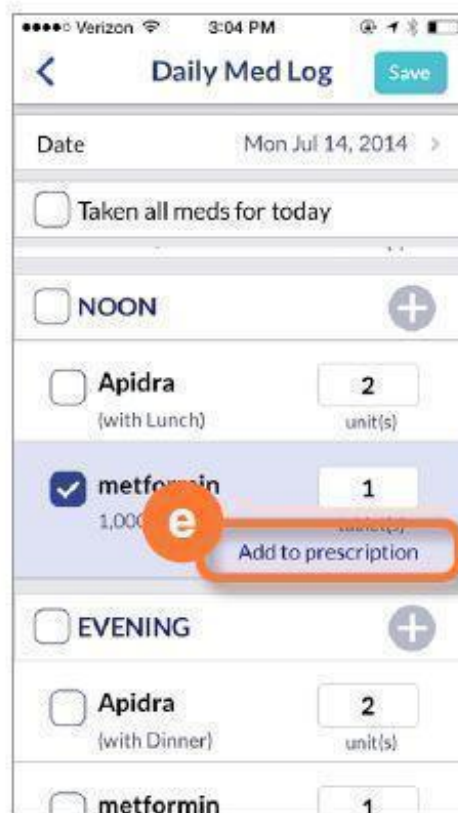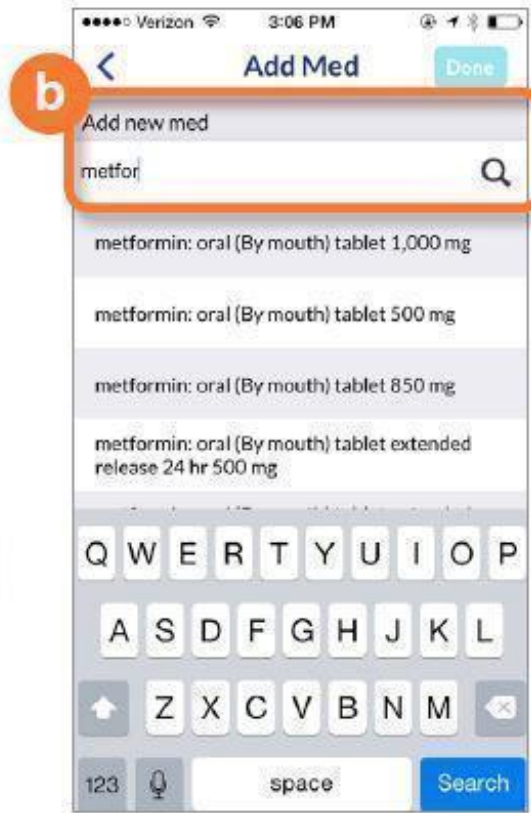**(b)** Daily Medication Log ⟩

Schedule Setup ⟩

Medication List ⟩

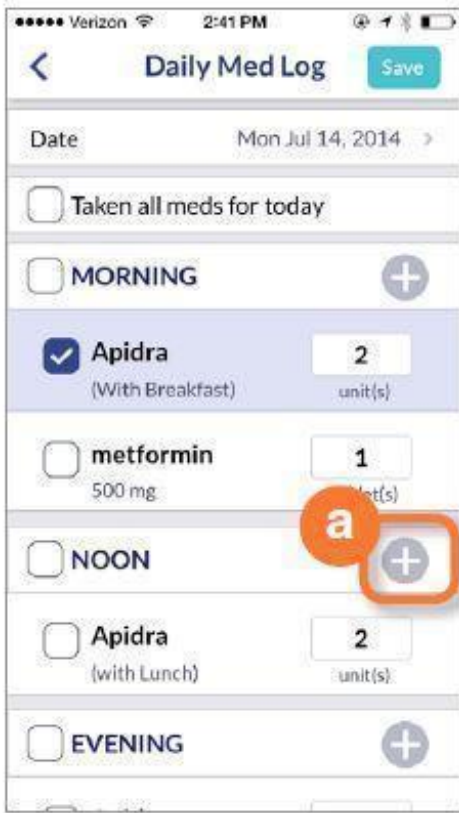**Medications (Daily Med Log) (continued)**

You have the flexibility to add a dose of a med from your list or record a one-time dose of a med that is not on your list.

To add a dose of a new med:
a. Tap + to add med
b. Search for the med
c. Enter the amount you have taken
d. Tap **DONE**
e. Tap **ADD TO PRESCRIPTION** to add the med to your list

Real-Time Guidance

BlueStar supports you with instant guidance about any of your BGs that are entered in real time. BlueStar considers any BG that is entered within 2 hours of actually checking it to be a "real time" BG.

These messages can help you with:
• Immediate guidance on your BG value and how to correct it
• Information on nutrition
• Education about diabetes related health issues like blood pressure and cholesterol
• Messages to motivate and inspire you, including personal stories from other people with diabetes
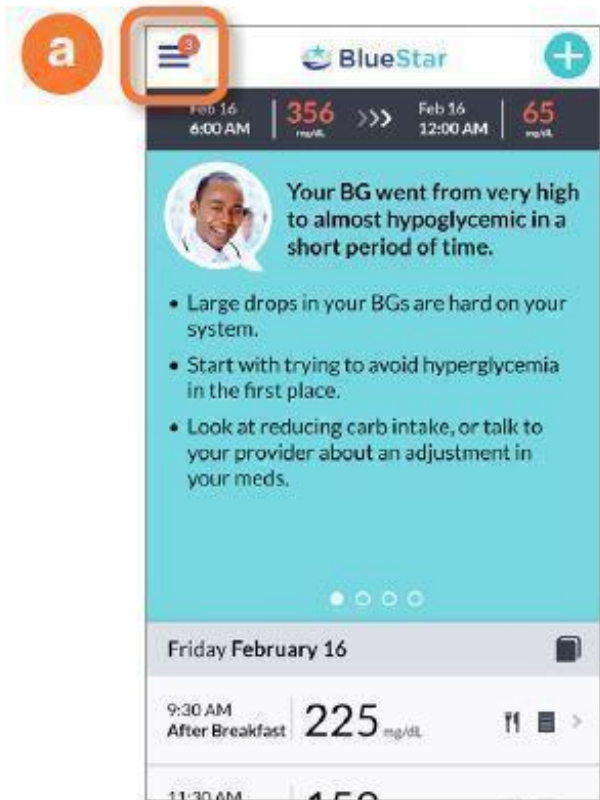

Messages

BlueStar will send you personal messages through the message center. These messages can cover a range of topics, from introducing new features in BlueStar to reminding you to share your health info with your doctor before your next office visit. It is an easy way to communicate to you without cluttering your personal email.

a. The number displayed over the **MESSAGES ICON** shows you how many unread messages are in your Inbox. To view your messages, tap the **MESSAGES NUMBER ICON**
b. Tap the message you wish to view. Tap **BACK ARROW** to return to list of messages or **DELETE** to remove the message from your Inbox

Note: Your BlueStar® messaging system is a read-only system. You cannot send or forward messages from it.

a

BlueStar

Feb 16
6:00 AM | 356 mg/dL >>> Feb 16
12:00 AM | 65 mg/dL

Your BG went from very high to almost hypoglycemic in a short period of time.

- Large drops in your BGs are hard on your system.
- Start with trying to avoid hyperglycemia in the first place.
- Look at reducing carb intake, or talk to your provider about an adjustment in your meds.

Friday **February 16**

9:30 AM
After Breakfast | **225** mg/dL

11:30 AM

b

Messages

From: BlueStar   7/20/14 >
Refill information has been sent to...

From: BlueStar   7/20/14 >
Prescription renewal has been sent...

Logbook

Logbook is a record of all your BG readings and related information such as carbs, meds, and notes you have entered into BlueStar®.

Be sure to check your BG targets set by your healthcare provider. You will see your targets listed right below dates and Activity Type.

To make a new Logbook entry:

a. Tap the **+** icon top right
b. Enter **BLOOD GLUCOSE** and **CARBS** for that meal
c. Select current **DATE/TIME** or an earlier date
d. Select **ACTIVITY TYPE**
e. Select **ADD A NOTE** to add important information about your BG entry
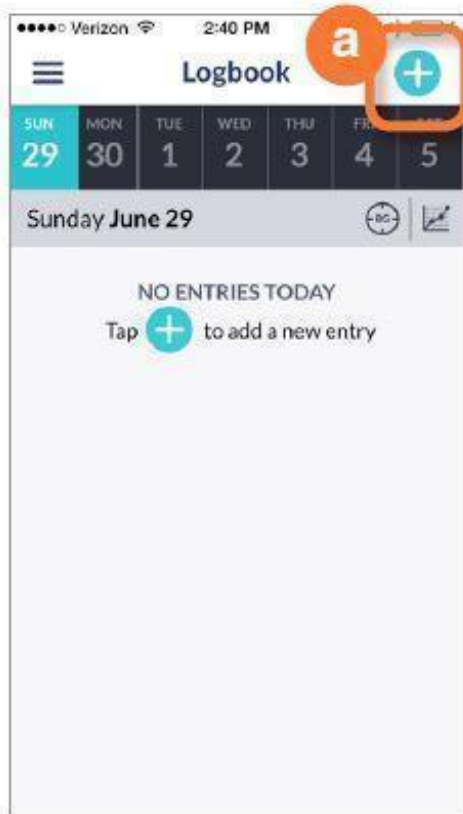
Tap graph icon right screen to see how your BG numbers are trending.

Note: Only the last thirty (30) days of data will appear in the logbook on your phone.

To edit any logbook entry, just click on it to make changes and then save them. If you would like to view your complete logbook display or print it, please Log In to the BlueStar website.

Logbook is where you can record and view your individual entries.
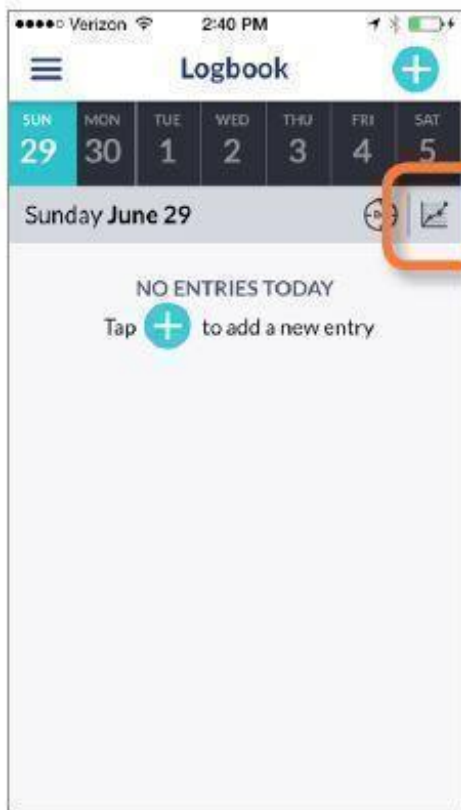
Health Info

You need to be connected to the Internet to access Health Info and to add new entries to it. Health Info is where you can review your Medical History, Clinical Results, Preventive Health, Lifestyle, Provider, and Prescription information.

a. Tap on **HEALTH INFO**
b. Enter your PIN. If you have not created a PIN, BlueStar® will prompt you to create one
c. Tap your selection from the **HEALTH INFO** menu

IMPORTANT SAFETY INFORMATION:
For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

Screen 1 (left):

●●●●○ Verizon 🛜 2:47 PM ◥ ▪

Adam Palmer ⚙ ≡

🏠 Home

📖 Logbook

💊 Medications

✉ Messages

a

♥ Health Info Welc
Intro

💡 Tips

? Help

Mond

02:41
After

02:15
After

11:43

Screen 2 (right):

●●●●○ Verizon 🛜 2:48 PM ◥ ✻ 🔋⚡

‹ **Enter Your PIN**

"Health Info" is PIN-protected. Please enter

b

- - - -

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	⌫

Health Info (Medical History)

To complete your Medical History: a. Select year diagnosed with Diabetes
b. Tap Yes or No to answer each of the medical history questions
Note: If you're not sure of the answer to some of the questions, be sure to discuss it with your healthcare provider.
Be sure to update your Medical History if there are changes to any diseases or conditions you may have.

IMPORTANT SAFETY INFORMATION:
For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

Health Info (Clinical Results)

BlueStar lets you know if your numbers are in range, out of range, or you are overdue for a lab test.

To enter Clinical Results:a. Enter the numbers and dates for your current lab results and blood pressure check.

Remember to update your information each time you have new results.
If you're not sure of the answers to some questions, be sure to discuss these with your healthcare provider.

IMPORTANT SAFETY INFORMATION:
For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

Health Info (Preventive Health)

Preventive Health is a great tool for staying on track with exams and vaccinations that can help you manage your health. It lets you know if you are overdue or missing an item on the list.

a. Choose the date for each exam or vaccination you have had on the list

Remember to update your list whenever you have had a new exam or vaccination.

Health Info (Lifestyle)

Lifestyle displays your weight, height, calculates your BMI, and your smoking history.

a. Enter your current weight and choose date

b. Enter height in feet and inches and choose date

c. Your BMI is calculated automatically from your weight and height

d. Tap to enter your smoking history

Health Info (Provider)

You can review your healthcare provider information here and send a SMART Visit to your provider. To make changes to your healthcare provider information, you must call BlueStar® Customer Care at (888) 611-4794. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).

What is a SMART Visit?
SMART Visit is a summary of the information you entered into BlueStar you can send to your healthcare provider. It includes your BGs, lab results, screening tests dates, vaccinations, and medications.

Send SMART Visit 2-3 days prior to an appointment so your provider will have the information to review with you during the visit.

a. Tap the Smart Visit button to send your information to your provider.
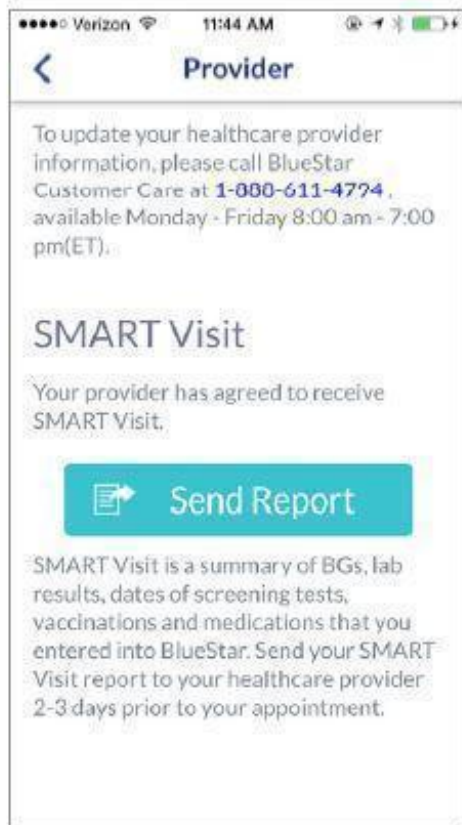
To update your healthcare provider information, please call BlueStar Customer Care at **1-888-611-4794**, available Monday - Friday 8:00 am - 7:00 pm(ET).

SMART Visit

Your provider has agreed to receive SMART Visit.

📑 **Send Report**

SMART Visit is a summary of BGs, lab results, dates of screening tests, vaccinations and medications that you entered into BlueStar. Send your SMART Visit report to your healthcare provider 2-3 days prior to your appointment.

Health Info (Prescription Information)

Prescription Information lets you know when your BlueStar prescription will expire along with helpful information about refills.

Tips

Tips can help you build your knowledge and get useful tips about your health, nutrition, exercise, and BG.
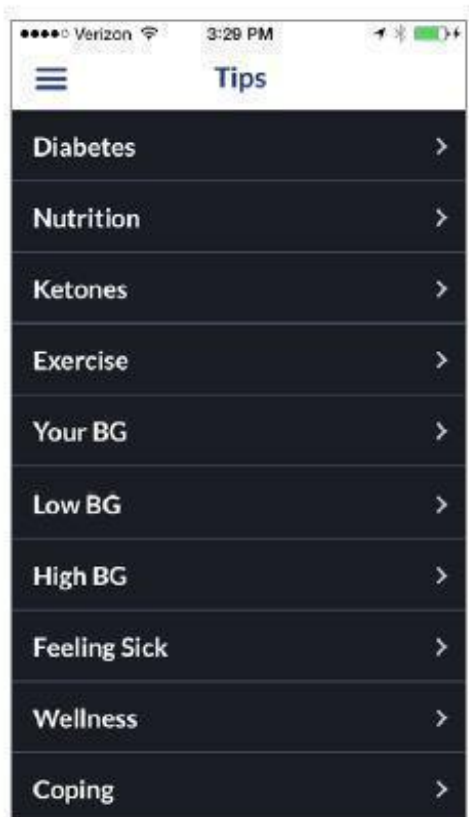
Tap your selection from the **TIPS** menu. Most of the menu categories also have sub-menu topics to select from.

Nutrition

- Carbs >
- Foods with carbs >
- Reducing carbs >
- Protein >
- Fats >
- Vegetables >
- Food Labels >

Carbs

All food (and drink!) is made up of protein, fat and/or carbohydrates ("carbs").

- Foods like meat are mostly protein or fat.
- Foods like bread are mostly carbs.
- A food like pizza has a little of everything.

So what's the big deal about carbs?

- Carbs are the part of food that get broken down by your body into little pieces of a special sugar called glucose.
- Glucose is what the body uses as fuel, just like gas in a car.
- Insulin is what moves glucose from the blood stream into the cells which are the "gas tank" of the body.

People with type 2 diabetes have problems with insulin (either not enough, or doesn't work well), so processing carbs can be a problem. What can be done?

Help

HELP is here to help you make the most of BlueStar to stay on track with your diabetes care plan. If you are new to BlueStar, Tour or Overview are great places to start.

• Virtual training—learn to setup your medication profile and enter diabetes data
• Welcome video—from the founder of BlueStar
• Overview—explains each main section of BlueStar
• Tour—takes you on a tour of how BlueStar works
• New Entry—explains what each entry category is for
• About BlueStar—tells you what version you are using of the mobile app
• Privacy Policy
• Tap the Customer Care number to speak with a BlueStar customer care representative. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).

(a)   (b)   (c)
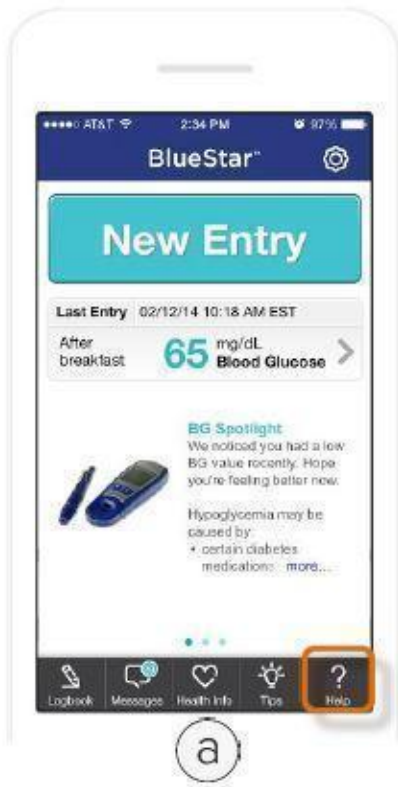
Settings

Use PIN Settings to create or change your PIN number or lock BlueStar®.
You will need to use a PIN to access your Health Info.

To create or change your PIN:

a. Tap on the **COG** icon
b. Tap on **CREATE PIN** or **CHANGE PIN**
c. Enter your current PIN on dotted line
d. Enter new PIN on dotted line then re-enter
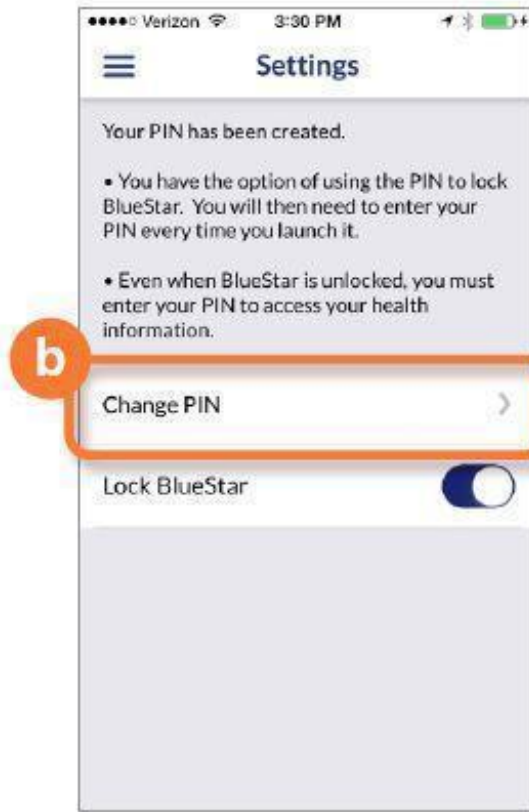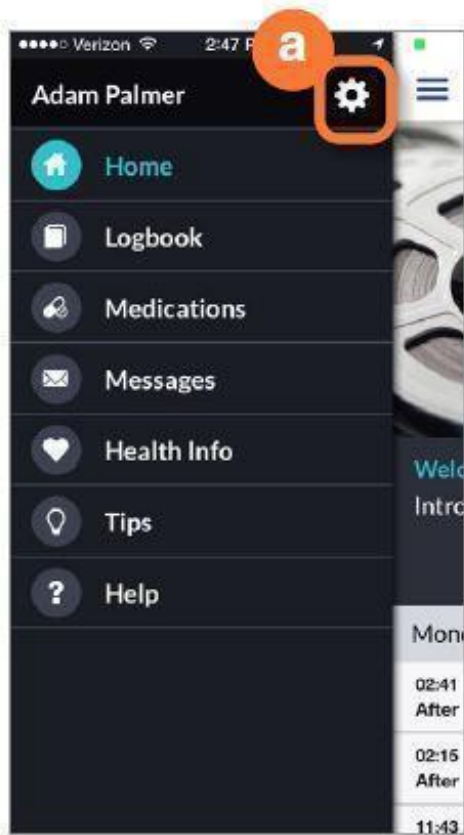
To lock BlueStar:
a. Move the **LOCK BLUESTAR** slider control to the right to lock your application

Your PIN has been created.

• You have the option of using the PIN to lock BlueStar. You will then need to enter your PIN every time you launch it.

• Even when BlueStar is unlocked, you must enter your PIN to access your health information.

Change PIN

a Lock BlueStar
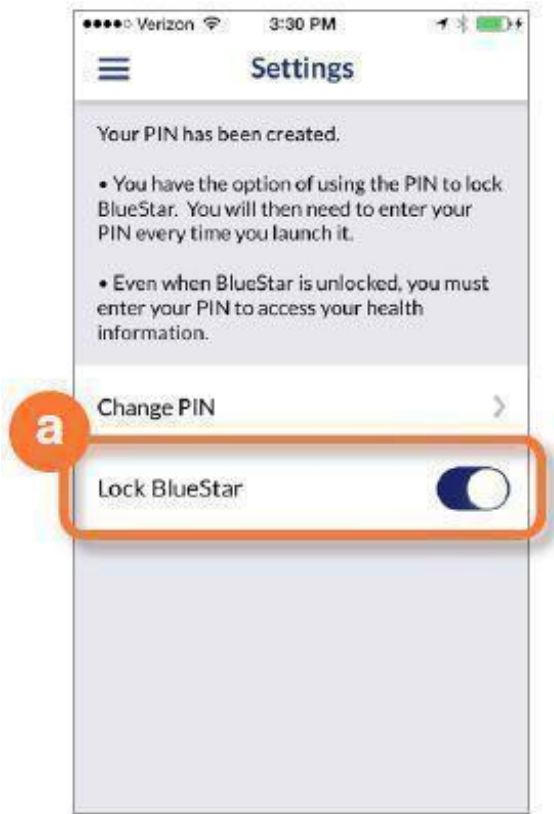
Using BlueStar on the Web

BlueStar® is recommended for use on the following web browsers:

Internet Explorer 10 and 11
Mozilla Firefox 31 and 32,
Google Chrome 37
Safari 7.0.6

BlueStar® is recommended for use on the following tablets:
iPad Retina/Air - 2048x1536
iPad Mini - 1024x768
Samsung tab 10.1 - 1280x800
Samsung tab 7.0 - 1024x600

Log In
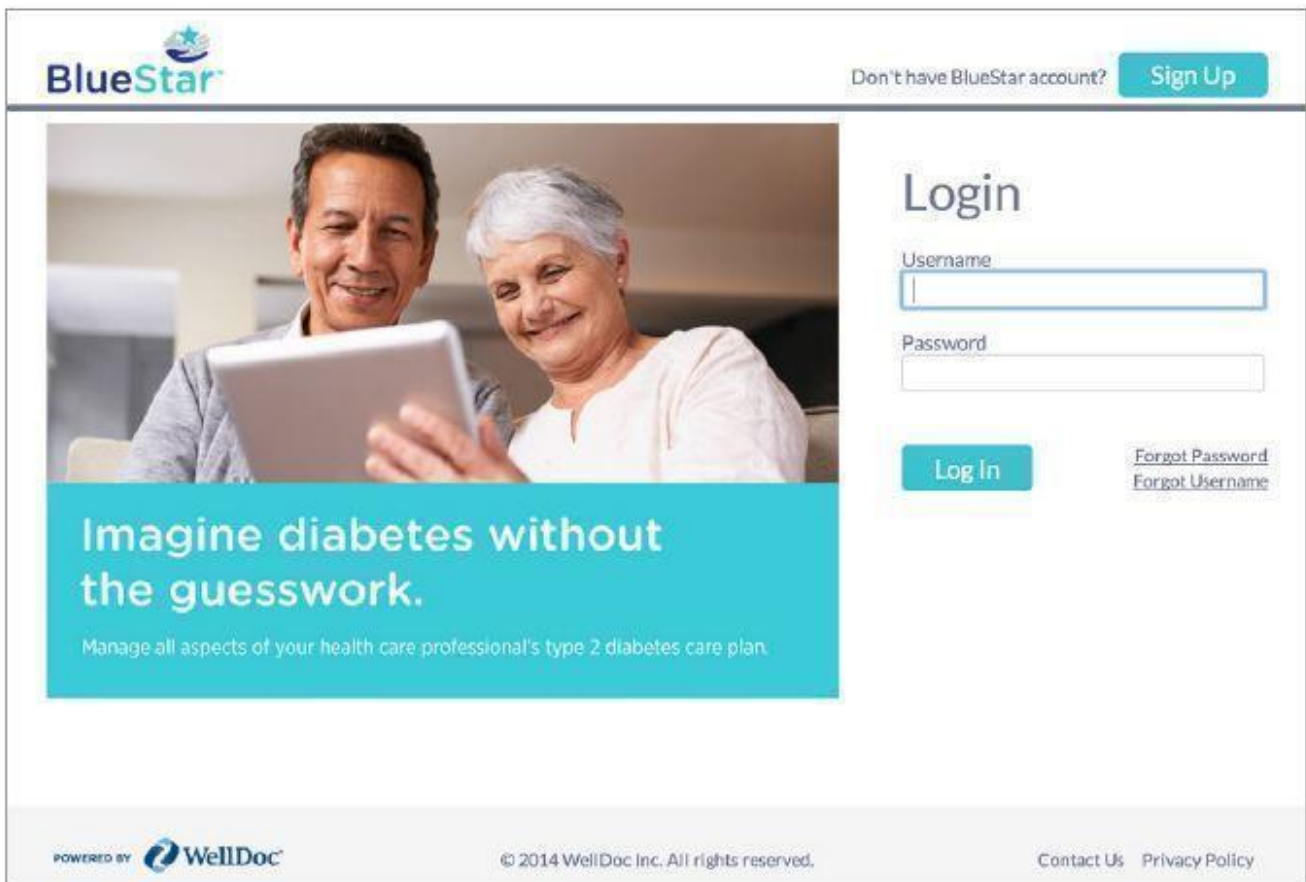
BlueStar® is the first prescription app for adults with Type 2 diabetes. BlueStar gives you real-time guidance that makes managing diabetes between office visits easier and more doable. BlueStar must be prescribed by a provider.

Log In
Enter your Username and Password then click **LOG IN**

Trouble logging in?
Click **FORGOT PASSWORD?** to retrieve your BlueStar password or **FORGOT USERNAME?** to retrieve your username

Home Screen

The BlueStar® home screen carousel displays important information to help you manage your diabetes

and build your knowledge.

The carousel on the BlueStar home screen displays your last 4 BG entries. When BlueStar sees something interesting about your BG, a message is delivered to your carousel and logbook for that day.

Get a daily boost with a new message to motivate you each day about your general health and well-being.
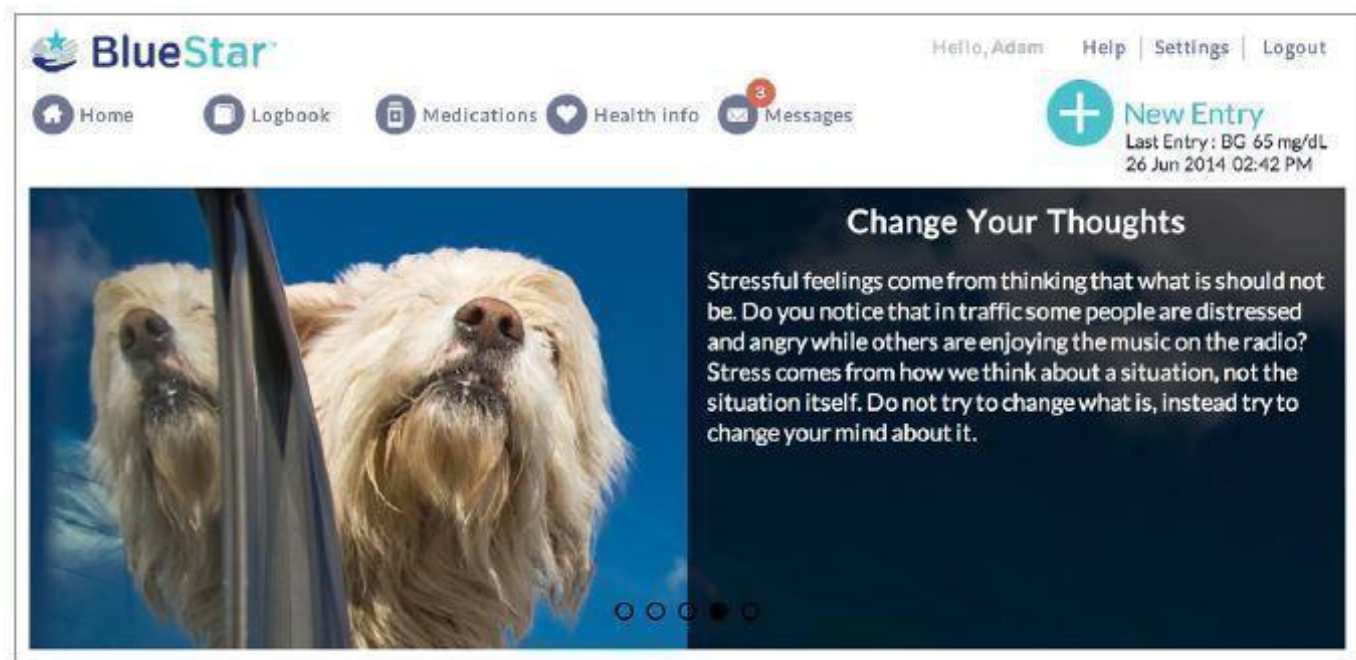
Short, 2- to 5-minute educational videos are designed to build your knowledge about diabetes and fit into your busy schedule. Each video is available for 48 hours before it is replaced by a new one.

Home Screen (continued)

Check for renewal reminders for your BlueStar prescription on the carousel.

a. Health-related tips and reminders for completing your Profile

b. Profile status shows how much of your Health Info Profile is complete and what sections may need completing. Click on the pencil icon to complete any section. Or click on **HEALTH INFO** from the main menu to complete your profile.
Keeping your Clinical Results, Preventive Health, Medical History, and Lifestyle information up to date will help us customize BlueStar™ for you.

c. SMART Visit is a summary of the information you entered into BlueStar you can send to your healthcare provider. It includes your BGs, lab results, screening tests dates, vaccinations, and

medications.

Send SMART Visit 2-3 days prior to an appointment so your provider will have the information to review with you during the visit. Click on the **SMART VISIT** button to send your information.

Making Entries

Entering your blood glucose and medications can help you stay on track with your diabetes treatment plan. That way BlueStar can personalize real-time guidance for you every day.

You can enter information for any of the following categories:
• **Blood Glucose (BG):** enter your numbers after you test yourself
• **Carbs:** enter how many carbs you had in a meal
• **Date/Time:** displays current Date and Time. You have the flexibility to adjust the date/time to enter entries from an earlier date
• **Activity Type:** (Before Breakfast, Fasting, Before Lunch, etc.) This defaults to how your Daily Schedule is preset. You can update your Daily Schedule activity times in Settings
• **Record Medications:** record all your prescribed, over-the-counter medications, vitamins, and supplements. BlueStar will personalize your guidance based on your diabetes medications
• **Add a Note:** add important information that relates to your BG entry

To make a New Entry:
a. Click on New Entry **+** icon top right from any screen
b. Select **DATE AND TIME**. Note: Will default to current date and time
c. Select **ACTIVITY** (Breakfast, Fasting, Before Lunch, etc.) Note: Will default to an activity based on your Daily Schedule
d. Enter your **BLOOD GLUCOSE** reading (BG) and **CARBS** (if applicable)
e. Click on **TAKEN ALL MEDS FOR THE DAY** or individual medications you took for that meal or time of the day
f. Click on **ADD A NOTE** to add information about your BG entry

g. Click on **SAVE** to save your entry information
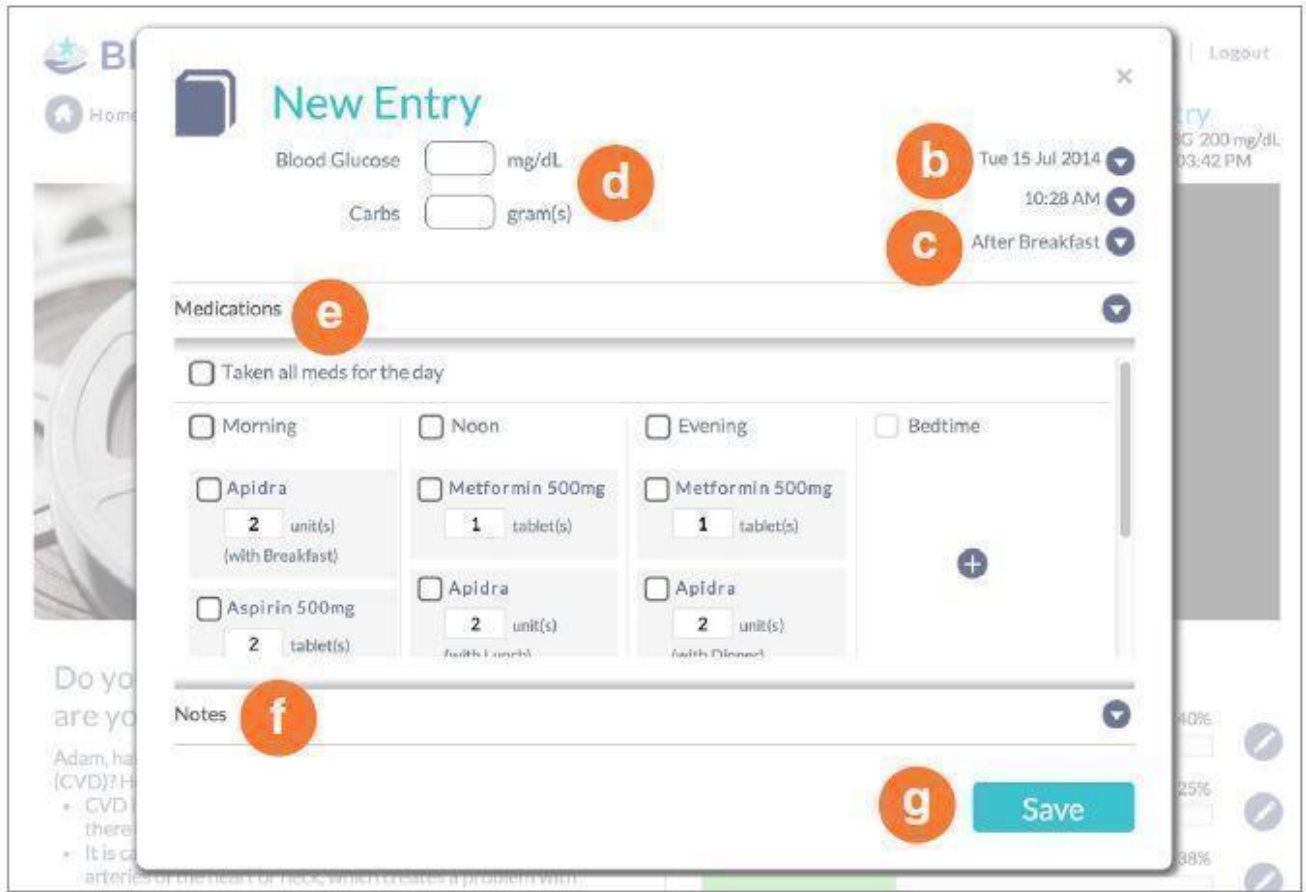
Medications (Medication List)

This is where you can view your medication information. It is important to record all meds you are taking—prescription, over-the-counter, supplements, and vitamins. BlueStar will personalize your guidance, based on your diabetes medications.

• Your Medication List gives you a view of your medications and how many times you take them daily. You can add a new med to your list, make changes to a med, or delete a med from your list

Note: Always continue to take your medications as prescribed and confirm your prescription information with your healthcare provider at your earliest convenience.

Add a new medication:
a. Enter at least 3 letters to search for a med
b. Select the medication you want to add
c. Enter how often you take your med
d. Enter the amount you take and save

Edit medication:
You can change the strength of your med, your dose, how often you take your med, or delete it from your list
a. Click pencil icon next to the medication name
b. Change the arrow by the med name to change the strength
c. Click the arrow to change the reason you take your med, how often you take it, or the amount you take
d. Click the delete button to remove the med from you list
e. Click save

Medications (Schedule Setup)

Your medications are scheduled by Time of the Day (Morning, Noon, Evening and Bedtime or by Meal (Breakfast, Lunch or Dinner)

Change your med schedule:
a. Change your schedule by dragging your med to another time of day or meal type. Your med schedule is now updated for you to record in your Daily Med Log

Medication reminders:

a. You can set a reminder to take your medication. Click on the bell icon by the meal type or time of day. Select the reminder time and save. A notification will pop up on your phone when it is time for you to take your med

Medications (Daily Med Log)

Your medications are displayed for a day according to your schedule (Meal or Time of Day)

You can change the date if you want to record medications for an earlier day
a. Select the arrow by the date
b Use to calendar to change the day to a previous day

Check that you have taken all your meds for the day, by meal or time of day. You can also record one medication at a time.
a. Click Medications
b. Daily Med Log
c. Check the medications you have taken

You have the flexibility to add a dose of med from your list or record a one-time dose of a med that is not on your med list

Medications (Daily Med Log) (continued)

Add a dose of med from your list:
a. Click + in the meal or time of day
b. Select a med from your list
c. Click to check that you have taken your med

Medications (Daily Med Log) (continued)

To add a one-time dose of a new med:
a. Search for the med
b. Select to add med
c. Enter the amount you have taken
d. Click OK
e. Click add to prescription to add the med to your list

Medication List

a Search for medication **b** Tylenol: oral (By mouth) tablet 325 mg   Add

Log your med

☐ Taken all meds for

☐ Morning

☑ Apidra

Medication List

Search for medication   Search Medications   Add

Log your med

☐ Taken all meds for

☐ Morning

☑ Apidra
  2 unit(s)
  (with Breakfast)

☐ Aspirin 500mg
  2 tablet(s)

⊕

☐ Metformin 500mg	☐ Metformin 1,000mg	☑ Tylenol
__ tablet(s)	__ tablet(s)	**c** 1 tablet(s)
Daily	Daily	

d Ok

☑ Metformin 1,000mg
  tablet(s)

Real-Time Guidance

BlueStar supports you with instant guidance about any of your BGs that are entered in real time.
BlueStar considers any BG that is entered
within 2 hours of actually checking it to be a "real time" BG.

These messages can help you with:
• Immediate guidance on your BG value and how to correct it
• Information on nutrition
• Education about diabetes related health issues like blood pressure and cholesterol
• Messages to motivate and inspire you, including personal stories from other people with diabetes

GREAT JOB-KEEP IT UP

Doing multiple injections and BG checks every day isn't easy, Adam, but we're here to support you. Checking in pairs, before and after meals, helps you get the most out of your insulin and avoid highs and lows.

Close

Messages

BlueStar will send you personal messages through the message center. These messages can cover a range of topics, from introducing new features in BlueStar to reminding you to share your health info with your doctor before your next office visit. It is an easy way to communicate to you without cluttering your personal email.

To view your messages:
a. Click on **MESSAGES** at the top of the screen
b. Review your list of messages and click on the message you would like to read
c. Click **X** icon to delete a message
Note: Your BlueStar™ messaging system is a read-only system. You cannot send or forward messages from it
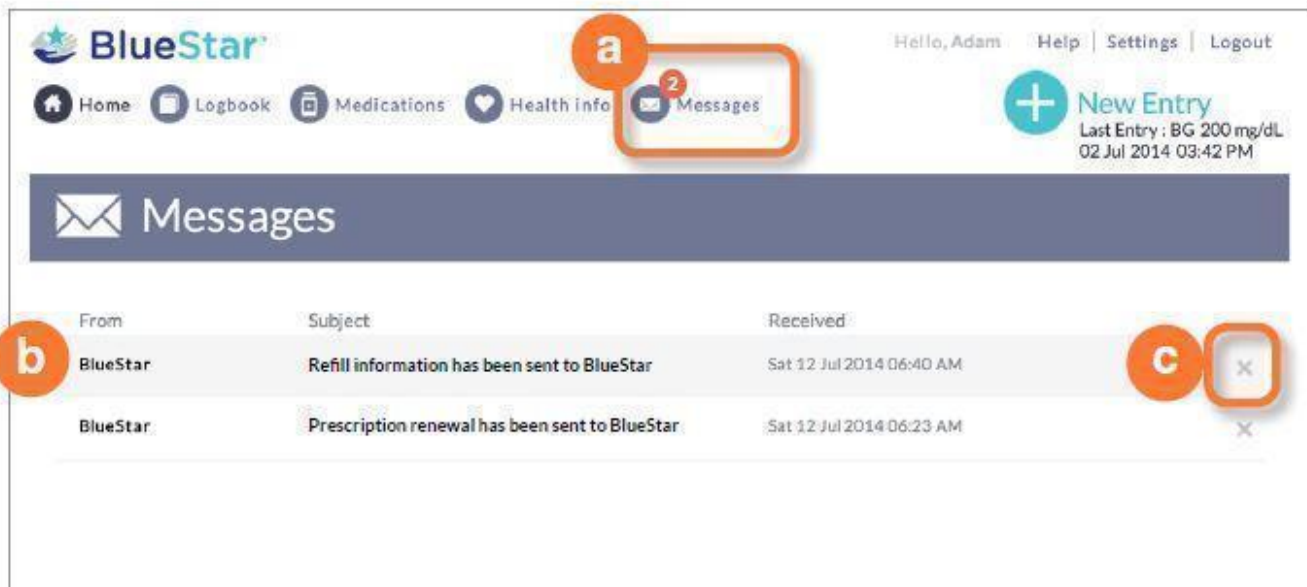
Logbook

Logbook is a record of all your BG readings and related information such as carbs, meds, and notes you have entered into BlueStar. You can view and edit your entries here.

Be sure to check your BG targets set by your healthcare provider. You will see your targets listed right below dates and Activity Type.

To view your entries:
a. Click on date ranges to set the date range you want to view
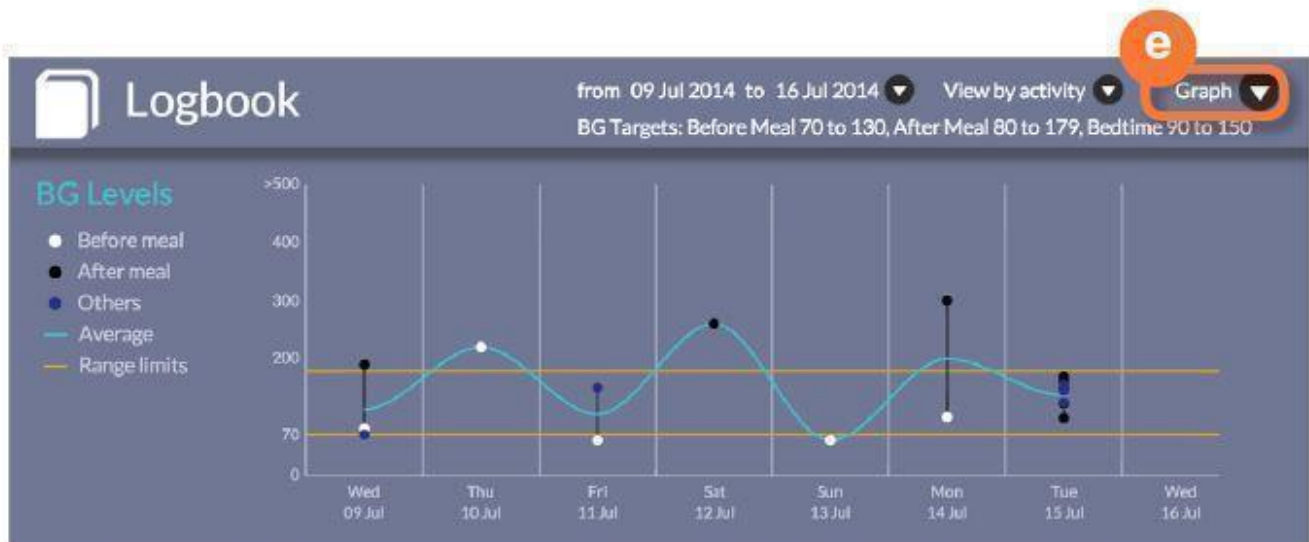b. Click on Activity Type to change the view to view by time

To make a new entry:
c. Click on any empty square on your Logbook to add an entry for that date and activity type or click on the + icon top right screen

To edit Logbook entries:
d. Click on any entry to make changes, including entries for earlier dates

To view Trending Graph:
e. Click Graph top right screen to see how your BG numbers are trending

BlueStar

Hello, Adam   Help | Settings | Logout

Home   Logbook   Medications   Health info   Messages

New Entry
Last En... BG 220 mg/dL
30 J... ...4:31 PM

a **b** **e**

Logbook   from 23 Jun 2014 to 30 Jun 2014 ▼   View by activity ▼   Graph ▶

BG Targets: Before Meal 70 to 130, After Meal 80 to 179, Bedtime 90 to 150

	Breakfast Fasting · After		Lunch Before · After		Dinner Before · After		Bedtime	Other
Mon 30 Jun	110 11:43 AM		123 11:41 AM / 145 11:21 AM	180 2:59 PM	**c**		220 4:31 PM / 160 4:30 PM	
Sun 29 Jun					300 4:34 PM	210 4:33 PM **d**		
Sat 28 Jun		130 4:31 PM	68 4:33 PM	200 2:44 PM				
Fri 27 Jun	90 4:32 PM	160 4:32 PM		250 2:43 PM		190 4:32 PM		
Thu 26 Jun				70 2:43 PM	200 4:33 PM			
Wed 25 Jun				190 2:43 PM	310 4:33 PM			

e

Logbook   from 09 Jul 2014 to 16 Jul 2014 ▼   View by activity ▼   Graph ▼

BG Targets: Before Meal 70 to 130, After Meal 80 to 179, Bedtime 90 to 150

BG Levels
● Before meal
● After meal
● Others
— Average
— Range limits

>500 400 300 200 70 0

Wed 09 Jul   Thu 10 Jul   Fri 11 Jul   Sat 12 Jul   Sun 13 Jul   Mon 14 Jul   Tue 15 Jul   Wed 16 Jul

Health Info (Medical History)

Use Health Info to record your important health information for BlueStar®, including:
• Medical History (other medical problems that can affect your diabetes management)
• Clinical Results (A1C, cholesterol, kidney function tests, etc.).
• Preventive Health (vaccinations, foot exam, eye exam, etc.).
• Lifestyle (height, weight, smoking history).

• Provider
• Prescription

IMPORTANT SAFETY INFORMATION:
For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

a. Click any of these links to learn more about these diseases and conditions

To complete your Medical History:
a. Select year diagnosed with Diabetes
b. Click Yes or No to answer each of the medical history questions
Note: If you're not sure of the answer to some of the questions, be sure to discuss it with your healthcare provider.
Be sure to update your Medical History if there are changes to any diseases or conditions you may have.

a

Year Diagnosed with Diabetes	2013 ▼

b

High Blood Pressure	Yes ▼
High Cholesterol	No ▼
Cardiovascular Disease (CVD)	No ▼
Family History of Premature CVD	Select ▼
Peripheral Arterial Disease (PAD)	Select ▼
Symptoms of Circulation Problems	Select ▼
Nephropathy (Kidney Problems)	Select ▼

Health Info (Clinical Results)

BlueStar lets you know if your numbers are in range, out of range, or you are overdue for a lab test

To enter Clinical Results:
a. Enter the numbers and dates for your current lab results and blood pressure check
Remember to update your information each time you have new results If you're not sure of the answers to some questions, be sure to discuss these with your healthcare provider

IMPORTANT SAFETY INFORMATION:
For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911.

Health Info (Preventive Health)

Preventive Health is a great tool for staying on track with exams and vaccinations that can help you manage your health. It lets you know if you are overdue for an exam or vaccination or missing an item on the list.

a. Choose the date for each exam or vaccination you have had on the list
Remember to update your list whenever you have had a new exam or vaccination

Health Info (Lifestyle)

Lifestyle displays your weight, height, calculates your BMI, and your smoking history.

a. Enter your current weight and choose date
b. Enter height in feet and inches and choose date
c. Your BMI is calculated automatically from your weight and height
d. Click Tobacco Usage to enter your smoking history

Health Info (Provider)

This is where you can review your healthcare provider information nd send a SMART Visit to your healthcare provider. To make changes to your healthcare provider information, you must call BlueStar® Customer Care at (888) 611-4794. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).

What is a SMART Visit?
SMART Visit is a summary of the information you entered into BlueStar you can send to your healthcare provider. It includes your BGs, lab results, screening tests dates, vaccinations, and medications.

Send SMART Visit 2-3 days prior to an appointment so your provider will have the information to review with you during the visit.

a. Click the Smart Visit button to send your information to your provider.

Health Info (Prescription Information)

Prescription Information lets you know when your BlueStar prescription will expire along with helpful information about refills.

Settings

Click on **SETTINGS** top right on any screen to make updates to any of your settings. Then select the tab for the screen you would like to update.

• **My Profile:** your email address
Note: No changes can be made after registration to basic profile information. If you have changed your name due to marriage, divorce or other legal means, please call Customer Care at (888) 611-4794. Available: Monday-Friday, 8:00 a.m.-7:00 p.m. (ET).

• **Security and Password:** Password, Security Questions, Username

• **Daily Schedule:** Breakfast, Lunch, Dinner, Bedtime Schedules

• **Notifications:** Lets BlueStar know which notifications you would like to receive

Help

HELP is where you can:
• Watch Virtual Training and BlueStar Welcome Video
• Download a PDF version of BlueStar User Guide
• Send a link to your phone to download BlueStar Diabetes Mobile app
• Get contact information to speak to a Customer Care representative

□BlueStar
Diabetes Mobile Prescription Therapy

INDICATION FOR USE

BlueStar™ is indicated for use by healthcare providers and their adult patients, aged 21 years and older, who have type 2 diabetes. BlueStar is not intended to replace the care provided by a licensed healthcare professional, including prescriptions, diagnosis, or treatment. BlueStar is not indicated for people with type 1 diabetes, gestational diabetes or who use an insulin pump.

PRODUCT DESCRIPTION

BlueStar is a mobile prescription therapy for adults with type 2 diabetes. BlueStar gives people living with type 2 diabetes real-time guidance to help improve the self-management of their diabetes. BlueStar also gives healthcare providers clinical decision support to help optimize patients' treatment regimens. BlueStar must be prescribed by a licensed healthcare provider.

CAUTION

Federal law restricts this device to sale, distribution and use by or on the order of any licensed healthcare provider. BlueStar is for Single Patient Use Only. Allowing other people to enter their self-management data into your BlueStar could impact the ability for your physician to accurately assess and manage your diabetes. Before using BlueStar please read all instructions on incorporating your physician's treatment plan and entering your diabetes self-management data into BlueStar. Certified BlueStar Trainers are available to help you begin using BlueStar; to speak with a trainer call 1-888-611-4794. If you experience a medical emergency while using BlueStar, please contact emergency services (dial 911).

DOSAGE AND ADMINISTRATION
The National Council for Prescription Drug Programs (NCPDP) has determined the Pack Size for BlueStar: 1 Each = 30 days.

GETTING STARTED
If your physician has prescribed BlueStar or provided you with a sample, visit **www.bluestardiabetes.com** to get started. Click **PATIENT LOGIN**. Then click, **SIGN UP** to start registering. Follow the instructions on the website to create your BlueStar account. You need an Access Code to finalize the account set-up. The Access Code will either be provided by your physician or BlueStar Customer Care. BlueStar is dispensed by a licensed pharmacist. You will need to speak with a pharmacist before accessing your BlueStar Prescription is filled.

ACCESSING BLUESTAR
BlueStar is available on smartphones, computers and tablets. On smartphones it is recommended for use on devices with an iOS 7 or greater or Android OS 4.0 or greater. On the web it is recommended for use on computers with Internet Explorer 10 and 11, Mozilla Firefox 29 and 30 and Chrome 35.

IMPORTANT SAFETY INFORMATION
For medical questions, please contact your healthcare provider. If you are experiencing an emergency, please dial 911. For complete instructions on how to use BlueStar, please refer the user guide available on the BlueStar web application under **HELP**. For more information visit **www.bluestardiabetes.com** or call **BlueStar Customer Care at 1-888-611-4794**.

OUR COMMITMENT TO YOU
Our goal is to provide you with quality health care products and dedicated customer service. If you are not fully satisfied with BlueStar, or if you have questions about the use of any WellDoc product, please call us at **1-888-611-4794**.

ABOUT BLUESTAR
Powered by WellDoc, 1501 Saint Paul Street, Suite 118, Baltimore, MD. 21202. BlueStar (product) Version 2.3 released on 10/09/2014

BlueStar User Guide, DSM-161 Version 9 published on BlueStar web application on 10/09/2014

Access to complete User Guide can be found under the **HELP** section on the web site at: **www.bluestardiabetes.com/Portal/Guest/Login.htm.**

WELLDOC BLUESTAR

accessories, pump, infusion

Product Information

Product Type	MEDICAL DEVICE	Item Code (Source)	NHRIC:89129-100

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NHRIC:89129-100-01	1 in 1 PACKAGE		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
premarket notification	K141273	10/09/2014	

Labeler - WellDoc, Inc (021217115)

Registrant - WellDoc, Inc (021217115)

Establishment

Name	Address	ID/FEI	Business Operations
WellDoc, Inc		021217115	manufacture

Revised: 10/2014

WellDoc, Inc