

# **GlucoPilot™**

## **Diabetes Management Software for the PalmPilot User's Guide 1.05US**

### ***About this guide***

This User's Guide is a detailed description of **GlucoPilot™**, how to install it, and use it on a Palm Computing platform device. You can download **GlucoPilot** and this User's Guide at the SoftCare web site <http://www.dietlog.com>

### ***Credits***

The **GlucoPilot** Reference Guide was written and designed by Scott Hanselman. It was edited by Natalie Mathews.

### ***Notices***

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**GlucoPilot™** is a diabetes management application for Palm Computing® platform devices. **GlucoPilot** increases your diabetic control by tracking your blood sugars, insulin, and carbohydrate intake. **GlucoPilot** allows you to filter and categorize your blood sugar records and compile reports, charts and graphs.

### ***The Theory Behind GlucoPilot***

The PalmPilot Organizer is truly a Personal Digital Assistant. PalmPilots are used worldwide to store personal information. Many users don't even know they can add 3<sup>rd</sup> party software to their PalmPilots!

Millions of Diabetics around the world check their blood sugar between four and six times a day and store these records in paper logbooks. A diabetic's blood sugar records are easily as important to them as their DateBook, ToDo List, or Addresses. **GlucoPilot** brings this record keeping and logbook functionality to the PalmPilot. **GlucoPilot** also adds features like:

- Pie, Line, Scatter, and Histogram Charting
- Filter by Record Type and Category
- Export of records in CSV (Comma Separated Value)

**GlucoPilot** contains many options and user interface features. Please take the time to read this User's Guide and experiment with **GlucoPilot's** rich functionality.

### **Customer Support**

**GlucoPilot shareware** has no functional limitations, and includes all charting, reporting, and export capabilities. However, if you decide to keep it, it does require registration within 30 days. It is available at <http://www.dietlog.com/> and other Internet sites.

Registered Users are entitled to free technical support by emailing [glucopilot@softclin.com](mailto:glucopilot@softclin.com)

Order **GlucoPilot** securely online with your credit card by visiting <http://www.dietlog.com> or calling the toll-free order line at +1 (800) 676-7793.

## ***Requirements and Installation***

**Glucopilot** is designed to work on all models of the Palm Computing® platform - Pilot 1000, Pilot 5000, PalmPilot Personal, PalmPilot Professional, Palm III, IBM® WorkPad™ and all other Palm Computing platform devices. Before installing **Glucopilot**, you should familiarize yourself with the basic operation of your Palm Computing platform device. This includes concepts and operations such as HotSync®, starting applications, using and choosing menus and dialogs, tapping, command strokes, and using Graffiti or the on-screen keyboard. It will be extremely helpful if you know how to install and remove applications from your Palm Computing device and your desktop computer. You should also be familiar with the basic use and terms of using your desktop computer. If you are not familiar with these concepts and operations, refer to your Palm Computing Device Handbook and your computer's user manual.

## ***System Requirements***

While **Glucopilot** will work with any Palm Computing platform device, we highly recommend the use of current versions of Palm OS and Windows or Macintosh 3Com software. You will find all current Palm Computing updates at:

<http://palm.3com.com/custsupp/downloads>

## ***Installation***

**Glucopilot** can be installed from either a Windows or Macintosh computer. While the contents of the downloaded archive contains a number of files, **Glucopilot** installation only requires one item be installed:

- **Glucopilot.prc** (the **Glucopilot** program)

**Glucopilot** is usually downloaded in a ZIP archive. Regardless of the desktop computer you are using, use your favorite tool to expand all files to your Windows desktop. If you are unsure how to expand files, refer to your expansion tool's software User's Guide.

## ***Installation Notes***

If you have previously installed an older version of **Glucopilot**, installing this version will automatically replace any existing **Glucopilot** software.

**Note:** Any existing **Glucopilot** Database from previous versions won't be affected when upgrading from any version of **Glucopilot** before Beta4.

## ***To Install Glucopilot from Windows:***

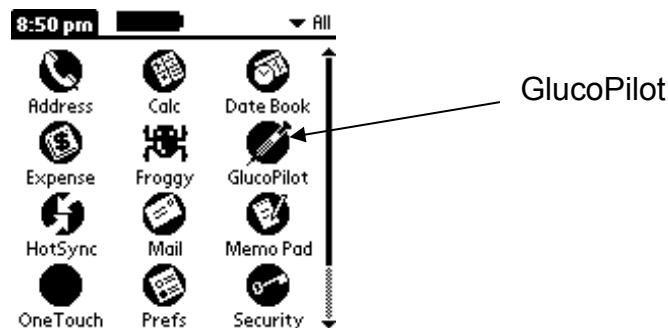
1. Open the Palm (Pilot) Desktop program group, and select the Install Tool. The Install Tool dialog appears.
2. In the User Name drop-down menu, choose the User Name that corresponds to your handheld device.

3. Click the Browse button (or Add button). If you unzipped the **Glucopilot** package to your desktop as suggested, you will click the Up One Level icon until you are at the desktop level, now locate the **Glucopilot.prc** file and double-click it.
4. When finished, click the Exit Button.
5. Perform a local HotSync operation in the usual manner. The files will be installed during the course of the HotSync operation.

**To Install Glucopilot from Macintosh:**

1. Your Palm (Pilot) Desktop software includes the InstallApp application. Locate InstallApp. Double-click its icon. The Install Tool dialog appears.
2. In the User Name pop-up menu, choose the User Name that corresponds to your handheld device.
3. Click the Select button then navigate and select the **Glucopilot.prc** application.
4. Click the Install button to install **Glucopilot.prc**. The Ready to Install dialog appears.
5. When finished, click the Exit Button.
6. Perform a local HotSync operation in the usual manner. The files will be installed during the course of the HotSync operation.

When you have installed **Glucopilot**, it will appear on the Application picker, like this:



You have 30 days to register **Glucopilot** and follow the registration instructions in the next section. Only registered users are entitled to free technical support, special discounts, other extras, and information about future updates.

**Registration**

**Glucopilot** is shareware that has no functional limitations, although it does require payment within 30 days after installation. This can be accomplished by calling a US telephone number, email, or via secure online ordering at <http://www.dietlog.com>. After ordering **Glucopilot**, SoftCare will supply you with your personal Registration Code that will unlock **Glucopilot**. Be sure to keep your Registration Code in a safe place for use in the software and when contacting Customer Support.

## How to Register

Order **Glucopilot** online at <http://www.dietlog.com> Your registration code will be emailed to you within 48 hours of your order.

1. Have your Registration Code available before starting.
2. Activate **Glucopilot** by tapping the **Glucopilot** icon on the Application picker.
3. Choose the About **Glucopilot** command from the Options Menu.

| Record               | Edit | Options |
|----------------------|------|---------|
| Preferences...       |      | /R      |
| Reporting...         |      | /Y      |
| Charting...          |      | /Z      |
| Export To MemoPad... |      | /M      |
| Purge Old Items...   |      | /O      |
| Help and Tips...     |      | /H      |
| About GlucoPilot...  |      |         |

The About **Glucopilot** screen appears:



4. Tap the Register button, and the "Not Registered" screen appears:



5. If you have ordered and received a Registration Code, tap the Register button.

The “Register **GlucoPilot** screen appears:



6. Use Graffiti to enter your Registration Code in the Enter Code area (the Registration Code **is** case sensitive). You may also bring up a keyboard by tapping underneath the “abc” arc in the Pilot’s silkscreen area.

7. Tap the Register button.

A confirmation dialog appears and you are now an officially registered user entitled to free technical support, special discounts, other extras, and information about future updates!

## Main View

### Entering Data

#### To add a new record

1. Tap the New button, or choose the New Item command from the Record menu.

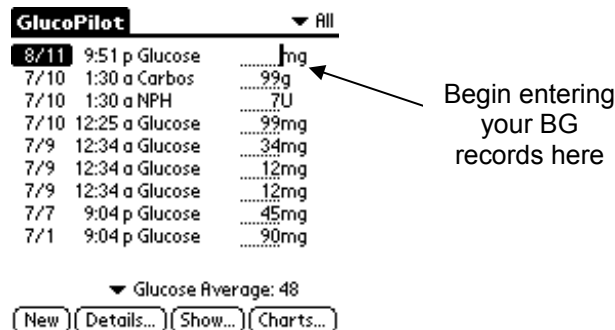


-Or-



2. The new record is added at the top of the list (if you're currently sorting by date/time) and the current date and time are entered for you. The cursor is set in the value field. You can immediately enter your Blood Glucose value (BG).

**Note:** Initially, by default, **all new** records are of type "Glucose."



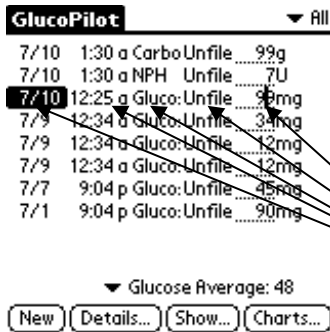
3. When a record is selected in the Main View the first column will be inverted. In the above figure, the record on 8/11 is selected.

### Modifying Data

#### To change a record from the Main View

1. Select a record by clicking anywhere in the row. The first column of the selected row will invert, indicating selection.
2. Any visible attribute that is visible in the Main View may be changed, once the record is selected, by clicking on that attribute.





Tap on any column when a row is selected to modify it.

### Changing the Date

1. The Date Picker is used throughout **GlucoPilot**. It appears when tapping on the Date Column in the Main View. It also appears when tapping on the Date in the Details Dialog.
2. Use the Year, Month, and Day selectors in the Date Picker to choose a date.



The Date Picker

### Changing the Time

The Time Picker appears when tapping on the time in the Main View or the when tapping on the Time in the Details Dialog.

1. Tap the number you wish to change. Tap the arrows  or press the hardware scroll



buttons to increase or decrease the values.

2. Click OK to accept your changes.



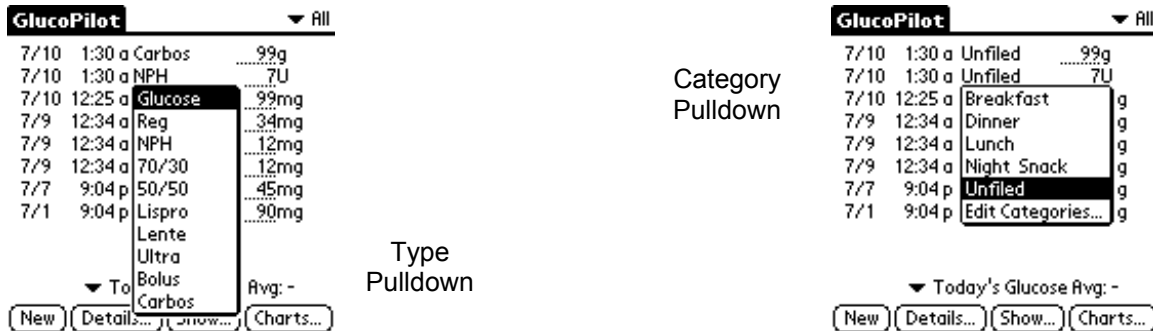
### Changing the Type or Category

Types and Categories aren't always visible from the Main View. The Columns of the Main Form are configurable to your tastes. When their columns are visible, a record's Type and/or Category are easily changed.

**Note:** See *Customizing Data Views* for more on how to effectively use Categories.

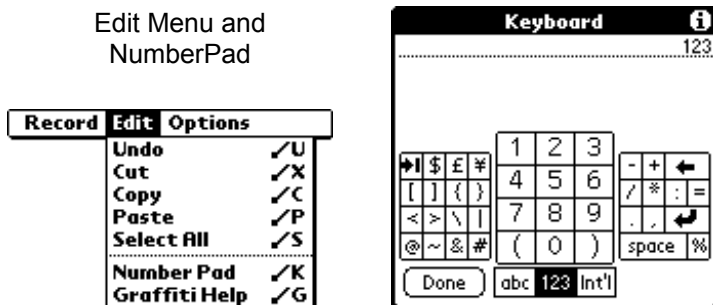
Both Types and Categories are always visible from the Details Dialog of any selected record. See *Details Dialog*.

1. Select a record by tapping anywhere in the record's row. The record changes to indicate it is selected.
2. Tap on the column you wish to change.
3. Choose from the Pulldown list by tapping on your selection.



### Changing a Records Value

1. Select a record by tapping anywhere in the record's row. The record changes to indicate it is selected.
2. The cursor is automatically flashing in the Value text box.
3. Use Graffiti to enter the value desired. The menus change to ease text entry and editing. You may also bring up the Number Pad to assist in entry.



**Quick Tip**  
Tap under the "123" arc in very lower-right corner of the Pilot Graffiti Area to quickly bring up the NumberPad.

The "Auto NumberPad" option in the Preferences Dialog displays the

### Adding or editing a Note

It's often helpful to attach descriptive Notes to your records. Add descriptions that include how you were feeling when the reading was taken. If you're recording a low (hypoglycemic insulin reaction) or a high (hyperglycemic reaction) add a note that can answer

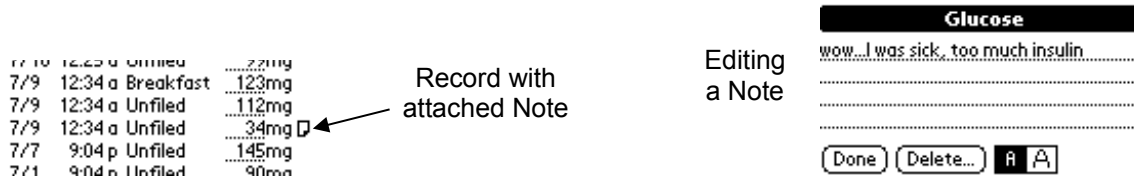
**Quick Tip**  
Tap on data points in the Line Chart to view info about that record... including its attached notes!

questions like “Why did I have that low/high?” Notes may be added for any type of record.

1. Quickly add or edit a Note by tapping just to the left of the Type Indicator. A note indicator will appear next to records that have attached notes.

*Alternately:*

1. Notes may also be added by tapping the Note button in the Detail Dialog.



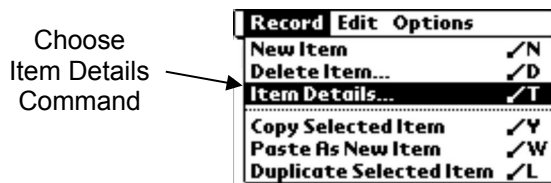
### Details Dialog

The Details Dialog displays a complete view of all item attributes.

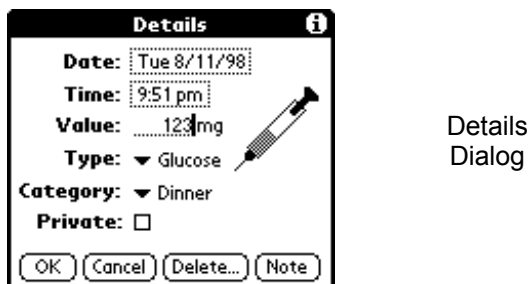
1. When a record is selected, tap the Details button or select Details from the Record Menu.



-or-



2. The Details dialog will appear. This dialog provides a complete view of a record. From this dialog all the attributes of the selected record can be modified and applied as a group, rather than one at a time from the Main View.



## Record Management

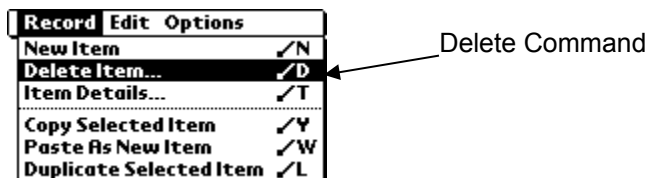
Records may be cut, copied, pasted, and deleted. Old records may also be purged before a specified date. Attached notes are deleted when their records are deleted. Delete is a one-by-one manual process where selected records are permanently removed. Purging is an automatic process that permanently removes Records.

**Note:** Use all the following commands with **extreme caution**.

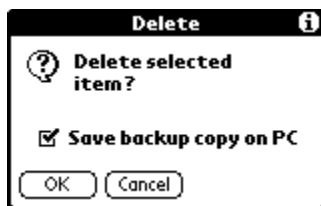
When you perform a HotSync, an automatic backup of your database is saved (see Backing Up). When you HotSync again, the changes made to your database will overwrite the existing backup. You should consider copying important data to an “archive” folder on your desktop computer, especially before doing a Purge.

### To delete a Record:

1. Tap (to select) the Record to be deleted.
2. Choose the Delete command from the Record menu.



A warning message appears:



3. Tap the Yes button to confirm the deletion, or tap the No button to cancel the deletion.

### Alternately:

1. Tap (to select) the Record to be deleted.
2. Select the value field.
3. Enter "0" for the value.
4. Tap elsewhere on the screen. The record is deleted without confirmation.

### Cut, Copy, Paste, Duplicating

The Record Menu contains commands much like the Edit Menu. Records can be cut, copied, pasted and duplicated, just like text. The record clipboard is kept separate from the Pilot System clipboard and records copied to it won't affect your System clipboard.

### To Copy and Paste a Record:

1. Tap (to select) the Record to be copied.
2. Choose the Copy command from the Record menu. The record is copied to the clipboard.
3. Choose the Paste command from the Record menu. The record from the clipboard is pasted into the Main View. You may paste as many times as you wish.

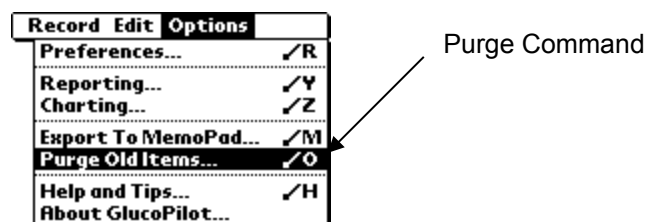
The Cut and Duplicate commands work similarly to the Copy command. The Cut command deletes the record after copying it to the clipboard. The Duplicate command performs a Copy and a Paste in rapid succession.

### Purge

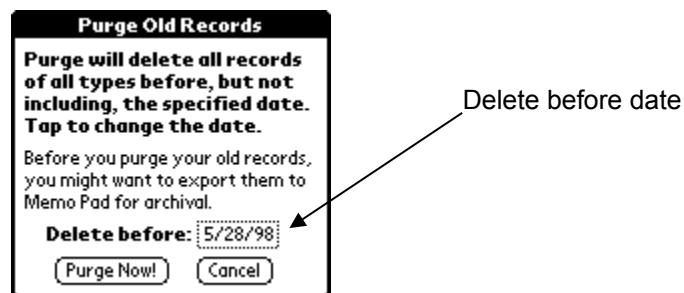
**Note:** Use all the following commands with **extreme caution**. We highly suggest that you always back up your database before you do a purge.

#### Purge all items before a specified date:

1. Choose the Purge command from the Options menu.



A warning appears:



2. Tap the Date Box to modify the "Delete before" date. Tap the "Purge Now" button to purge all specified records. An information dialog will appear when the purge is complete announcing how many records were deleted

### Customizing Data Views

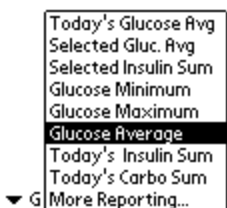
Records are entered and modified in the Main View. The columns of the Main View may be customized to display the information in which you are most interested. Your view may also be customized with the Quick Summary Popup. The data presented by the Quick Summary Popup always reflects results calculated using the filtered records in the Main View's list. You can fine-tune your results using the Category popup. See *Customizing Data Views:Categories*

### Quick Summary Popup

The Quick Summary Popup is located at the bottom of the Main View. It provides quick analysis of your data.

▼ Today's Glucose Avg: 123 ← Quick Summary Line

1. Tap on the Quick Summary line at the bottom of the Main View. The Quick Summary List appears



2. Tap the Quick Summary report that you wish to view. In this example "Glucose Average."

The report you requested, here "Glucose Average," has replaced the previous report in the Quick Summary line at the bottom of the Main View.

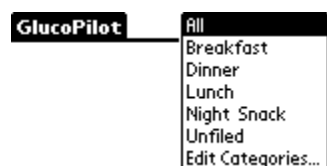
▼ Glucose Average: 103

### Categories

**Glucopilot** records may be assigned a category such as "Breakfast" or "Dinner." The Main View's list may then be filtered to show only those records in a specified category. Categories may also be used to track records for more than one person. See *Multiple Users*. The Category pulldown is always available in the upper right corner of the Main or Chart View.

#### Show records in a specific category

1. Tap to display the Category pulldown



2. Select a category by tapping on it. The Main View will only show those records that have been assigned a category.

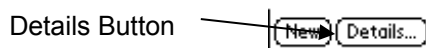
**Note:** Newly created records are automatically assigned to the current category. If the current category is “all” then the records are assigned to “Unfiled.”

The Categories pulldown is available from the Main View and Chart View. By choosing a category from the pulldown, one may filter either view.

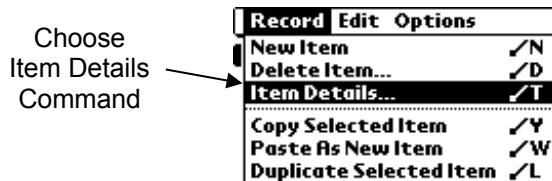
### **Change a record's category**

A record's category may be changed from the Details Dialog or from the Main View, if the View is configured to show categories. See *Customizing Main View*

1. When a record is selected, tap the Details button or select Details from the Record Menu.



-or-



2. The Details dialog will appear. This dialog provides a complete view of a record. Tap the Category pulldown. The Category list appears.
3. Tap the Desired Category. The Category is changed in the Details Dialog. Tap OK to confirm the change.

### *Alternately:*

If the Category column is visible from the Main View, a record's category may be changed “in-place.” See *Preferences Dialog:Columns*

1. Tap once to select the Record.
2. Tap the Category column in the Main View. The category list appears.
3. Tap the desired Category in the list. The record's category is changed immediately.

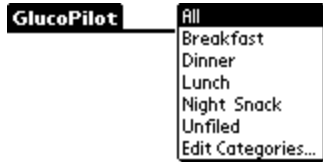
**Note:** If the Main View is set to show only one category and a record is changed to another category it may seem to disappear from the Main View. This behavior is by design. To view all records set the Category Pulldown to display “all” records.

### **Editing Categories**

**Glucopilot** initially builds a category list of meals, but categories may be tailored to your taste. Categories are typically used as “Events” that occur when you check your blood

sugar. Choose categories that will help you to manage your Blood Sugar the best. See *Multiple Users*.

1. Tap to display the Category pulldown

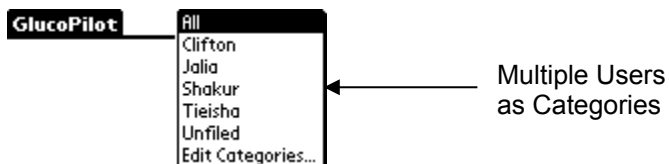


3. Tap "Edit Categories." The Edit Categories Dialog appears. From this Dialog, categories may be created, renamed, or deleted. Tap the New, Rename, and Delete buttons as to make changes. Tap OK to confirm your changes.



## Multiple Users

Some **GlucoPilot** users wish to record the Glucose and Insulin records of more than one user on a single PalmPilot. Although **GlucoPilot** and the PalmPilot are both designed primarily as single-user systems, categories may be used to support up to 15 users. Category names may be up to 15 characters long.



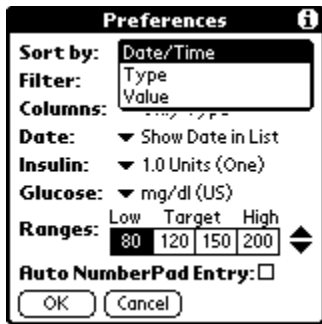
## Sorting

The records in the Main View may be sorted by date/time, type, and value. To change your preferred method of sorting:

1. Choose the "Preferences" Command from the Options menu or tap "Show" from the Main View.

The Preferences Dialog appears:





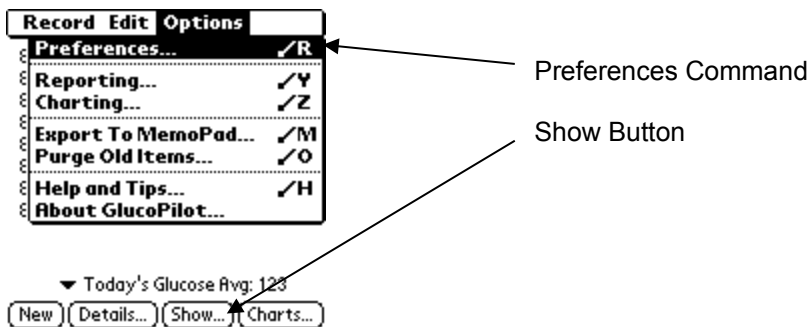
2. Tap the “Sort by” popup trigger. Tap your desired method of sorting then tap the OK button. The Main View will immediately re-sort.

### Preferences Dialog

Most of **GlucoPilot's** options may be configured from the Preferences Dialog. Using this dialog you may filter the Main View, set personal Glucose Ranges. Glucose and Insulin Formats are also set in this dialog.

The Preferences Dialog may be displayed two ways:

- Tapping “Show” from the Main View.
- Choosing “Preferences” from the “Options” menu.



### Columns

The columns in the Main View may be configured from the Preferences Dialog. The order of the columns from left to right is fixed, but which columns are displayed is flexible.

- The Date Column may be removed. The Date for the selected record is then displayed in the **GlucoPilot** title.
- The Type and Category columns may be displayed together or separately.

1. Display the Preferences Dialog by tapping the “Show” button or choosing the “Preferences” command from the “Options” menu.
2. Tap the Date or Columns popup as desired.
3. Chose your selection from the list. Tap OK to confirm your changes.

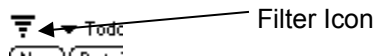
**Note:** Setting the Columns option to “Type and Category” displays the most information possible in the Main View, but it cramps the display. Play with the options and find the view that works best for you.

### Type Filter

The Main View may be filtered to display only records of a specific type, such as just Glucose, just Insulin, or just Insulin and Carbohydrates.

1. Bring up the Preferences Dialog by tapping the “Show” button.
2. Tap the Type popup. The Type list appears.
3. Tap your desired Filter selection. Tap OK to confirm your changes.

In this example, the Main View is filtered to show just Glucose records. The Filter indicator (a funnel) appears in the corner of the Main View to remind you that this is a filtered view.



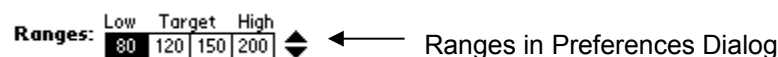
**Note:** If the Main View is filtered and a record is changed to another type, it may seem to disappear from the Main View. This behavior is by design. To view all records remove the filter by changing the Filter option to “Show All.”

### Glucose Ranges

You may set your personal Glucose Ranges in the Preferences Dialog. These ranges may be set by your doctor or by yourself, through years of experience with how your body deals with Diabetes. Typical Blood Sugar ranges are:


|          | U.S.        | Europe      |
|----------|-------------|-------------|
| Low      | <= 60 mg/dl | <= 5 mmol/L |
| Target   | 80 to 150   | 6 to 8.5    |
| High     | >= 150      | >= 8.5      |
| Critical | >= 200      | >= 11       |

Work with your Doctor to find the Glucose ranges that are right for you. These ranges will vary from diabetic to diabetic. Your Glucose Range will be different depending on whether you are Type I or Type II. See <http://www.diabetes.org> for more information on the various types of Diabetes.



1. Display the Preferences Dialog by tapping the “Show” button or choosing the “Preferences” command from the “Options” menu.
2. Tap the Glucose Range box that you wish to adjust. The box will turn black indicating that it is selected.



3. Tap the arrows  or press the hardware scroll buttons to increase or decrease the values.
4. Tap OK to confirm the change.

The Glucose Ranges set in the Preferences Dialog are used in the Chart View to present personalized charts.

### ***Glucose Format***

Blood Sugar is measured differently in different parts of the world. In the U.S., Blood Glucose is typically a measure of concentration (mass per unit volume) using milligrams per deciliter (mg/dl). In Europe and other countries, it is measured in millimoles per liter (mmol/L). **Glucopilot** considers this and allows you to set your format in the Preferences Dialog.

5. Display the Preferences Dialog by tapping the “Show” button or choosing the “Preferences” command from the “Options” menu.
6. Tap the Glucose Format popup. The list of formats appears.
7. Tap the desired Glucose Format. Your Glucose Ranges will be automatically converted to the new format. You may want to adjust them. *See Preferences Dialog:Glucose Ranges.*
8. Tap OK to confirm the change.
9. A prompt appears asking if you wish to convert your existing records to the new format. Tap “yes” to convert all existing records. Tap “no” to leave those records alone. Converting existing records is strongly recommended.

### ***Insulin Format***

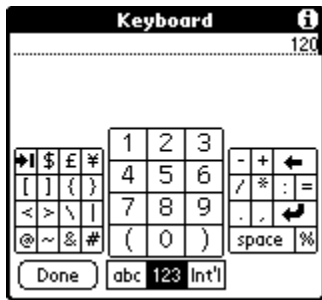
How much insulin you use depends on a number of biological factors. Most insulin-dependant diabetics measure their insulin in whole units. Many children and insulin pump users measure their insulin in tenths of a unit. **Glucopilot** considers this and allows you to set your format in the Preferences Dialog.

1. Display the Preferences Dialog by tapping the “Show” button or choosing the “Preferences” command from the “Options” menu.
2. Tap the Insulin Format popup. The list of formats appears.
3. Tap the desired Insulin Format. Tap OK to confirm the change.
4. A prompt appears asking if you wish to convert your existing records to the new format. Tap “yes” to convert all existing records. Tap “no” to leave those records alone. Converting existing records is strongly recommended.

**Note:** The decimal separator varies internationally. **Glucopilot** uses the decimal separator (either “2.0” or “2,0”) that is set in the PalmPilot’s Format panel in the Preferences Application.

### **Auto NumberPad Entry**

When you don’t want to pull out your PalmPilot’s pen, or if you just like using your fingers to enter data, turn on “Auto NumberPad Entry.” When this option is enabled, a large numeric keypad will popup when the “New” button is pressed. This will make it easier to use your fingers to enter new data.



1. Bring up the Preferences Dialog by tapping the “Show” button.

Checkbox in Preferences Dialog → **Auto NumberPad Entry:**

2. Tap to turn the Auto NumberPad Entry checkbox “on.” Tap OK to confirm your changes.

### **Exporting Data**

#### **Working with Data on the PC**

Once you’ve built up a good number of records, it’s a good idea to use the Export function. Records can be exported to the PalmPilot’s MemoPad Application. The PalmPilot System Applications are automatically synchronized to your Desktop PC each time you HotSync. See your PalmPilot Manual for more information on HotSync. From your PC or Mac you may copy and paste the memo into the Desktop Application of your choice. In the following example, exported records are pasted into Microsoft Excel and graphed.

Records are exported in Quote-Comma-Delimited format. This format is typically referred to as “CSV.” CSV can be read and imported by every major spreadsheet and database application available. Experiment with your own desktop solutions!

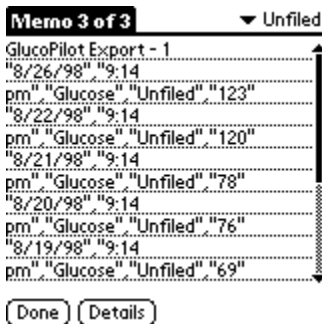
1. Choose Export to MemoPad from the **Glucopilot** Options Menu.

| Record               | Edit | Options |
|----------------------|------|---------|
| Preferences...       |      | ✓R      |
| Reporting...         |      | ✓Y      |
| Charting...          |      | ✓Z      |
| Export To MemoPad... |      | ✓M      |
| Purge Old Items...   |      | ✓O      |
| Help and Tips...     |      | ✓H      |
| About GlucoPilot...  |      |         |

2. A warning appears indicating that your records will be exported in “chunks” to the MemoPad. Records are exported until a Pilot Memo (4K) is full. A new memo is created and the process continues until all records are exported. Tap OK to begin the Export.
3. When exporting is complete, press the Memo hardware button on your Pilot to switch to the MemoPad application. The Memos will appear in the “Unfiled” category.



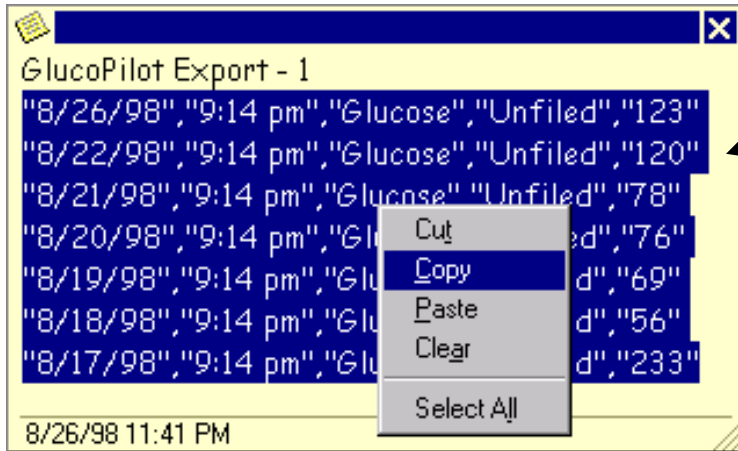
MemoPad button



Exported GlucoPilot records

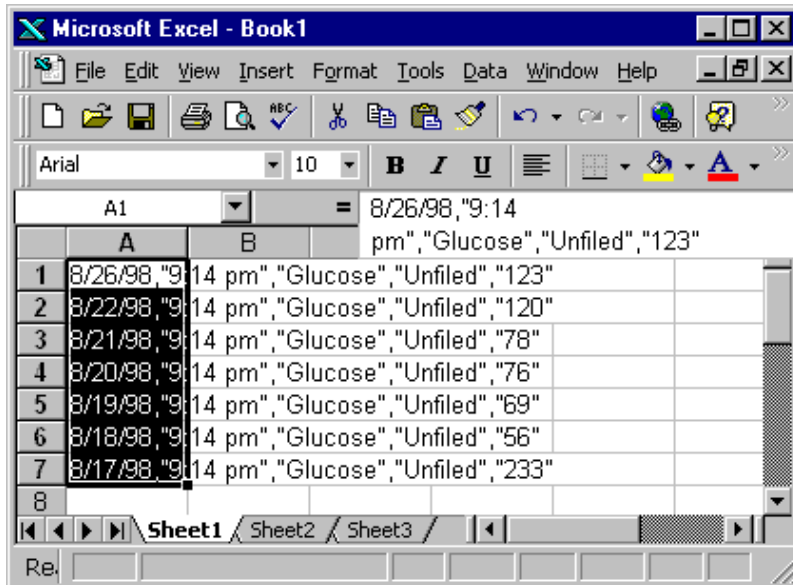
4. HotSync your Pilot to your Desktop Computer by placing it in the HotSync cradle and pressing the cradle’s HotSync button. For more info on HotSync, see your PalmPilot User Manual.

- Your HotSync'ed Memos will appear in the PalmDesktop Application. If you are using a custom conduit, such as those that synchronize to Microsoft Outlook, your memos will appear in that application. In this example, the records have been sync'ed to Outlook. Locate the records, select them and copy them to the Desktop Computer's clipboard.

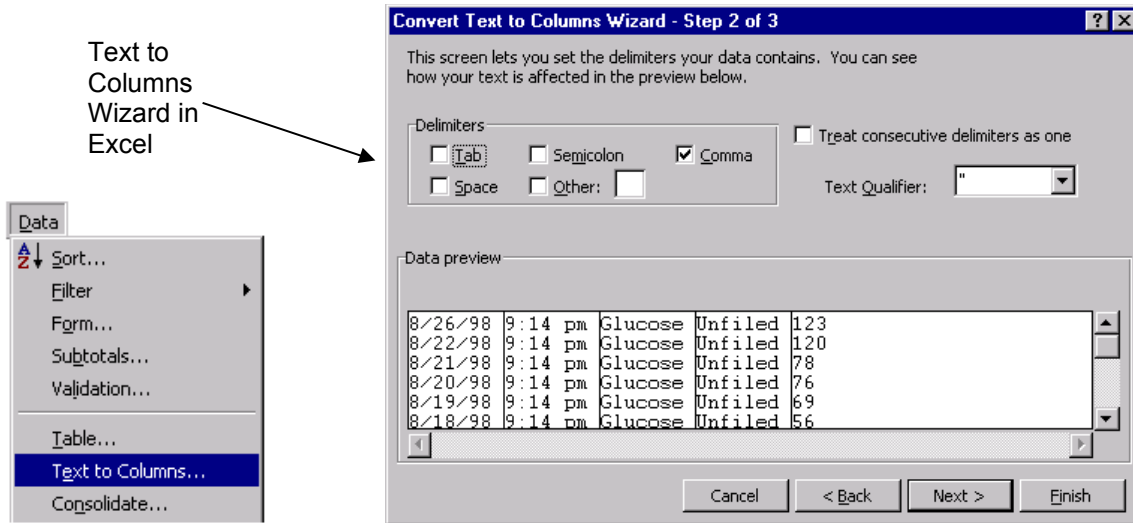


Exported Records in an Outlook Note. These may also appear in the PilotDesktop, depending on the conduit setup.

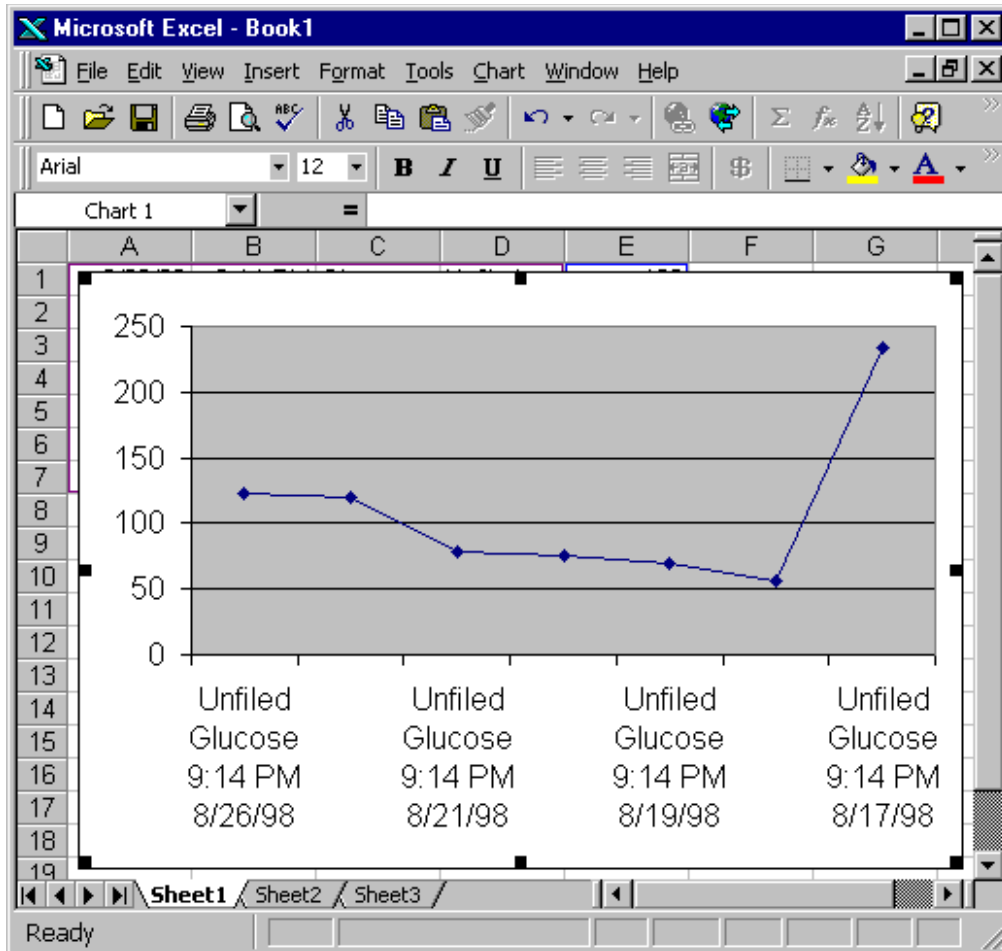
- Launch Microsoft Excel (or your favorite spreadsheet). In a new sheet, paste the data using the Paste Command in the Edit Menu.



7. Some applications require that the exported data be “split up” by delimiter for the data to appear in columns. **Glucopilot** exports data in the most generic format, delimited by quotes and commas. To separate data into columns in Microsoft Excel, select the cells the data appears in, then select “Text to Columns” from the “Data” menu.



- Once the exported data is presented in columns, the sky's the limit! Create and print colorful charts and formulas of your own with the data! Exporting data may seem like many steps, but it provides a very flexible way to view your **Glucopilot** data on your PC. Experiment with various databases and spreadsheets to find the one that works for you!



- Export data into Excel and print out charts for your doctor to analyze.
- Export data to make monthly archives
- Export data if your PalmPilot runs out of memory! (after 1000s of records!)



## Chart View

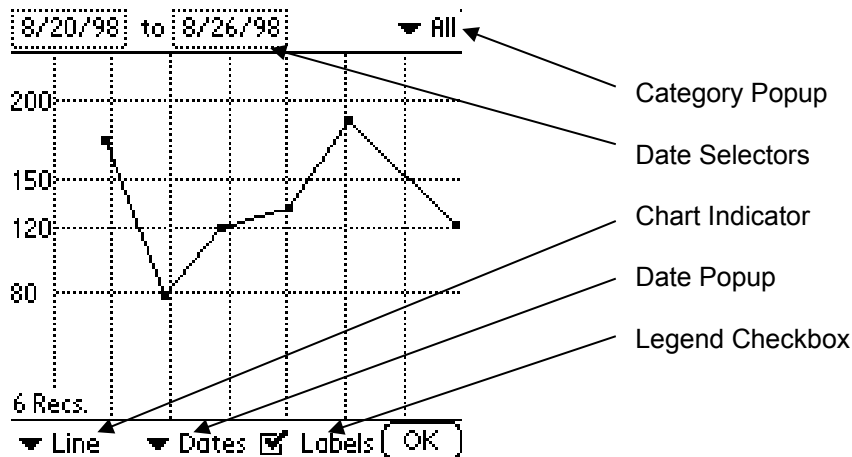
**Glucopilot's** power lies in its Chart View. With a few taps in the Chart, you can answer questions like "What were my sugars like last week during dinner?"

**Glucopilot** features a Line chart (that turns into a Scatter chart when the screen is too cramped), a Pie chart, and a Histogram vertical bar chart.

### Common Chart Features

All the Charts share a number of important features. Charts are easily configurable using:

- The hardware scroll buttons to move through time
- The Date popup to quickly select ranges of time
- The category popup to filter by meals or people
- The date selectors to refine your results
- The legend checkbox to show extra info.



### Date Selectors

The Date Selectors control the range of dates that the Chart View reports. Tap either Date Selector to display the Date Picker Dialog. Tap the desired date. The Date Selector and Chart View are updated to reflect the change.



### Date Popup

The Dates list appears when you tap the Dates Popup. Tap your desired selection and the chart will be updated relative to the current date. For example, if you tap "Last 7 days" the Date Selectors will be updated with the "From" and "To" dates set to the a week ago and current date respectively.



## Categories

The Categories Popup that is visible in the upper left corner of the Main View is also visible in the upper left corner of the Chart View. **GlucosePilot's** charts are their most powerful when the Category Popup is used to complement the Date Popup. Filtering by Category in the Chart View is accomplished as in the Main View. See *Customizing Data Views:Categories*.

**Note:** When using categories to track records for multiple users, be sure to use the Category Popup in the Chart View to view customized charts for each user!

## Hardware Scrolling moves through time



The PalmPilot's hardware scroll buttons move the chart forward and backward in time when pressed. The Date Selectors will be updated to reflect the new date range. The chart will move half as many days as it displays. For example, if the chart displays 14 days, pressing the bottom scroll button will move forward 7 days. Pressing the top scroll button will move backward in time 7 days.

## Legend checkbox

The Legend Checkbox controls whether the Chart View displays the number of records graphed, the chart's range, and other chart legends. Tapping it will update the Chart View immediately.

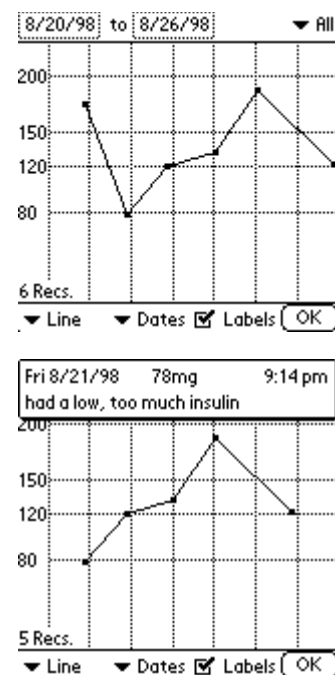
## Line Chart

### How to read it

The Line Chart presents a line or scatter plot of records. Time is plotted left-to-right on the X-axis. Glucose values are plotted on the Y-axis. Vertical gridlines are drawn representing the separation of calendar days. Horizontal gridlines and the Y-axis legend represent the Glucose Ranges from the Preferences Dialog. See *Preferences Dialog*

### Tapping records for more information

Tap on each data point in the Line Chart to display additional information about that record. A popup window will appear displaying all information about a record. If the record include an attached note, the first line of that note is also displayed.

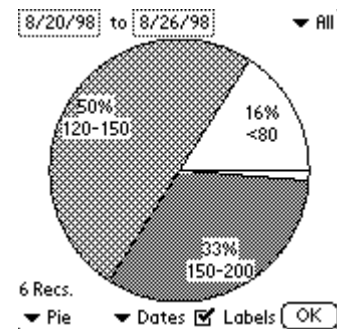


## Pie Chart

### What it shows

The Pie Chart shows the percentage of records that fall within Glucose Ranges set in the Preferences Dialog. See *Preferences Dialog: Glucose Ranges*.

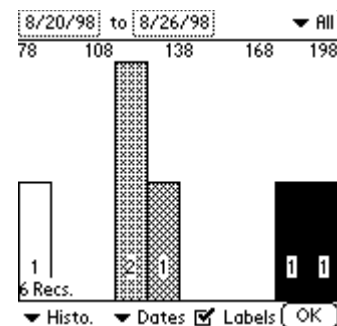
**NOTE:** Due to rounding errors, percentages may not always add up to 100%.



## Histogram Chart

### What it shows

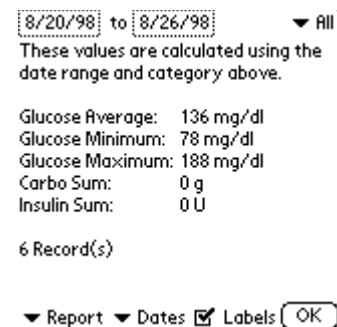
The Histogram Chart is a different and more dynamic view of records. It presents vertical bars, each representing a “bucket.” The view builds buckets that cover ranges of glucose values along the top x-axis. Each Glucose value that falls within a bucket’s range is counted.



## Report Chart

### What it shows

The Report Chart presents a simple, text view of the same reports available from the Quick Summary Popup. See *Quick Summary Popup*. However, the Report Chart can display reports with more flexibility when used alongside the Date and Category popups.



## Advanced Functionality

### Find Command

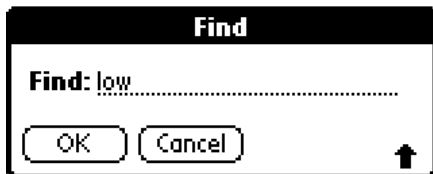
**Glucopilot** does not contain its own search command. Use your PalmPilot's Global Find function to find words or phrases within your **Glucopilot** record notes

*To search for a word or phrase in Glucopilot:*

1. Tap the Find button.

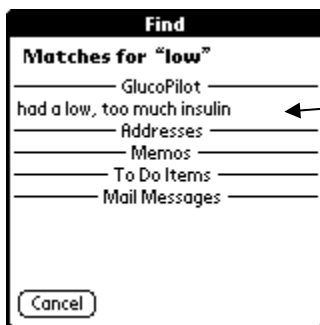


The Find dialog appears.



2. Use Graffiti to enter a word or phrase ("low" in the example):
3. Tap the OK button.

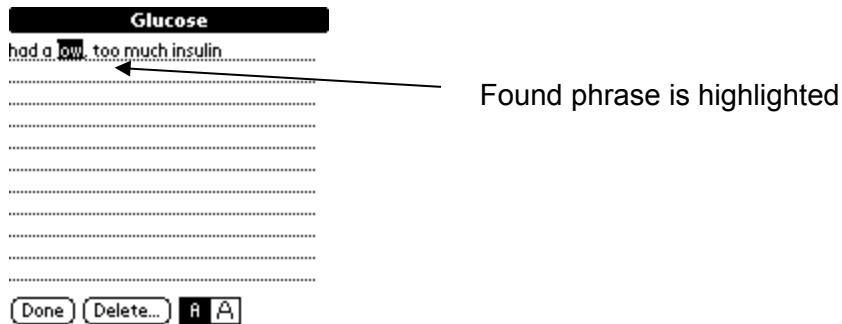
The screen changes as the Find function searches through all the applications and data on your device. In this case, "low" was found in **Glucopilot**.



Searching all applications on the PalmPilot include Glucopilot

Tap the found word or phrase.

Whether or not the specific **Glucopilot** record was opened prior to beginning the search, the note that contained the word or phrase will be opened:



**Note:** You may need to repeat the previous series of steps if there were multiple instances of the word or phrase found.

## Backup

As your data is an individual file, you can be assured that if you break or lose your PalmPilot, your most recently HotSync'ed data is ready for a quick reinstallation.

**GlucoPilot** Data may be transferred from the desktop to the Palm Computing platform device using the standard Install Tool (Windows) or InstallApp (Macintosh).

**GlucoPilot** ensures that your data is always backed up to your hard disk every time you HotSync. Data is backed up to the /username/backup/ folder located within your Palm (Pilot) folder on your desktop computer.

**Note:** Once backed up to the desktop, your **GlucoPilot** database will be named "GlucoPilot\_DATA.pdb."

## Archive

Some people like to keep multiple copies of their **GlucoPilot** Data as time goes on. This is called archiving. If you want to keep each version, be sure to move each Tree into your special "archive location" and rename the **GlucoPilot\_DATA** file on your hard disk as desired. Some people change the **GlucoPilot\_DATA** filename with the appropriate date and their name.

## Customer Support

For up-to-date information, check the SoftCare web site at <http://www.dietlog.com>. SoftCare provides free technical support to all registered users. Before contacting SoftCare, please take a few minutes to review this User's Guide and check the Online Tips in **GlucoPilot**. Your answer is most likely to be found there. Please email questions and comments to [glucolog@softclin.com](mailto:glucolog@softclin.com). We appreciate any feedback and suggestions for future enhancements.

### ***Glucose Meter Import***

In the very near future, **GlucoPilot** will interface with OneTouch® brand Glucose Meters from Lifescan! With a simple cable connection between your meter and your PalmPilot, you will be able to download historical records from your meter directly into **GlucoPilot**. From there, you may analyze and chart your imported records alongside your manually entered records.

Registered users of **GlucoPilot** will receive a **free** import module for their meters when they become available.

Bringing this exciting import functionality to you is completely dependent on the support we receive from the meter companies. Lifescan has been very helpful in providing the specifications for their OneTouch® meters. We urge other meter companies to release their meter specs to the public domain for the betterment of diabetics worldwide!

SoftCare hopes to offer import modules for the following meters in the near future:

- Lifescan OneTouch® II and Profile Brand  
<http://www.lifescan.com>
- Boeringer-Manheim (Roche Pharmaceuticals) AccuChek® Brand  
<http://www.roche.com>

If you have any information regarding the interfaces or cable connections to a particular brand of Glucose Meters, please contact us at [meters@softclin.com](mailto:meters@softclin.com) Thanks!

## Tips & Tricks

- Bringing up the Alphabetic or Numeric Keyboard by tapping in the arcs in the PalmPilot's Silkscreen.
- GlucoPilot uses the International Formats for dates and numbers that are set in the PalmPilot's Formats Panel found in the PalmPilot's System Preferences Application.
- Enter your BG as you test. Keep your meter with your Pilot! New records are entered with the current time and data automatically.
- Assign a Hardware (picture) button to GlucoPilot using the Button Panel in the PalmPilot's System Preferences Application. Personally, I use the Shareware DateBK3 to manage both my Dates and ToDos, so my Pilot's "ToDo" Hardware button is mapped to GlucoPilot.
- Set alarms on your Pilot to remind you to test and to enter data in GlucoPilot regularly!
- The Line/Scatter Chart and Histogram info is great for visits to the endocrinologist.
- When getting a quarterly Hemoglobin HbA1C test, export your records to MemoPad print out an Excel sheet for your reference, and your doctors!
- Doctor's like the histogram view!
- You can customize the Categories as you like! Some map them to meals, some to time of day, some to children, one per child.
- Use Type and Category filtering to drill down to the data that's important to you!
- Narrow down your date range and categories for custom tailored charts! "How have my readings been at dinner while I was on vacation?"
- Tap on data points in the Line Chart! Add Memos to your records, they can be seen in the Line Chart Popups! "Why did that high happen? Oh...too much cheesecake!"
- Click on the GlucoPilot title bar in the Main View for quick access to the menus!
- Use the Hardware up/down scroll buttons anywhere you see (picture of up/down) to scroll up and down without using the pen
- For quick "pen-less" entry turn on "Auto NumberPad Entry. When you touch the "New" button a numeric pad will popup. Use your fingers when the pen isn't readily available!
- Use the Hardware up/down scroll buttons (picture (from froggy?)) to move forward and backward in time in the charts!
- Don't forget you can tap on the Date selectors in the Chart View!
- Get quick charts relative to today using the Date Popup!
- When the Type column isn't available, tap the type indicator column!
- Tap just to right of the Type Indicator to quickly add a Note!

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