

# Getting Started



CareLink™ Personal software goes beyond meter software or logbooks to give you and your healthcare provider clearer insight into your personal glucose patterns for improved therapy management.

## CareLink™ PERSONAL

THE THERAPY MANAGEMENT SOFTWARE FOR DIABETES



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**Medtronic Diabetes** is the world leader in insulin pump therapy and continuous glucose monitoring systems. Every day, our products and services help hundreds of thousands of people living with diabetes lead healthier and more normal lives.

CareLink™ Personal Therapy Management Software for Diabetes is a Web-based program that is provided free\* by Medtronic Diabetes. It supports the following devices†:

### Insulin Pumps:

- MiniMed Paradigm® 515/715, 522/722, and newer Insulin Pumps

#### Information gathered:

- Insulin delivery (Bolus Wizard® calculator, basal rates, priming, etc.)
- Insulin pump events (carbohydrates, blood glucose, etc.)
- REAL-Time continuous glucose readings

### Blood Glucose Meters:

Medtronic Diabetes strives to make CareLink™ Personal software compatible with blood glucose meters from top meter companies. For the latest list of compatible blood glucose meters, go to <http://carelink.medtronicdiabetes.com>

**NOTE:** Incorrect dates or times affect the accuracy of the system reports. **Always** make sure your computer, your insulin pump, your blood glucose meter and CGM system (if you have one) are all displaying the current date and time. They should also be within one minute of one another.

\*While software is provided for free, separate purchase of CareLink™ USB or other connectivity device may be required.

†Some devices supported by this system may not be available in all countries where this system is approved for use.

### Continuous Glucose Monitoring (CGM) System:

- Guardian® REAL-Time Continuous Glucose Monitoring System

#### Information gathered:

- REAL-Time continuous glucose readings
- Guardian events (alerts, event markers, etc.)

## CareLink Personal Software Vital Insights Lead to Better Therapy Management

CareLink Personal software is a free online tool that allows the discovery of patterns and problems that meter software and logbooks would not uncover. It allows you to:

- Have greater control by understanding the effects of insulin, carbohydrates, and exercise on your glucose levels
- Effectively maximize your therapy by easily identifying patterns and problems
- Work more productively with your healthcare provider by sharing detailed reports in order to make therapy and lifestyle changes
- Get the full picture with continuous glucose monitoring data by revealing more low or high glucose patterns than fingerstick data

As an added benefit, CareLink Personal software is designed so it can integrate with CareLink™ Pro Therapy Management software for Diabetes for healthcare providers. You can easily and quickly upload your latest device data to our secure site, and if your provider has CareLink™ Pro software, he/she can download your device data in advance of your office visit. You and your provider both save time, enabling you to focus fully on getting the best therapy results.

*With CareLink Personal software, you are empowered to effectively maximize your therapy while working with your healthcare professional to reach your individual goals.*



**REMEMBER**, if at any time you need help with CareLink™ Personal software, click on the **Help** link at the top of any CareLink™ Personal screen. In addition to a full-length user guide, there is a glossary to help you with unfamiliar terms. In the United States, you also have the option of contacting the Medtronic Diabetes 24-Hour HelpLine at **1-800-646-4633, Option 1.**

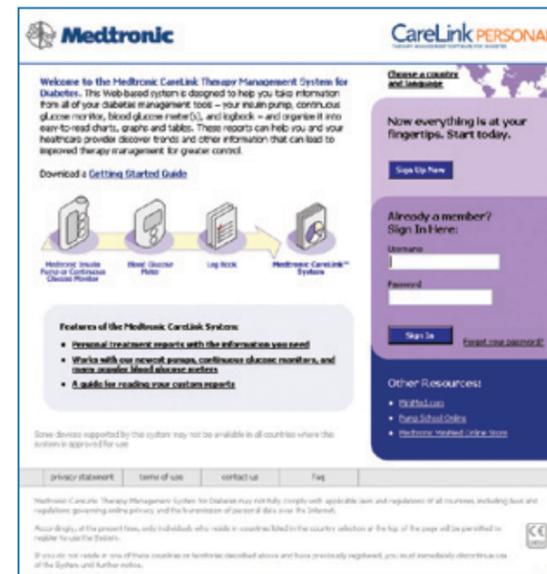
## Protecting Your Privacy with the Highest Security Measures

At Medtronic Diabetes, we care about the security of your personal information. CareLink™ Personal software complies with the strictest privacy regulations in the world, including HIPAA guidelines. The system also uses Secure Sockets Layer (SSL), a data encryption technology, which ensures that data is secure during the transfer.

Storing data in CareLink Personal software is often safer than storing it on a home computer system that is connected to the Internet. We use a three-tier architecture that puts the data behind three separate firewalls, and we separate each user's medical data from the identity data.

## Enrolling and Logging in

When you are ready to use CareLink Personal software, go to <http://carelink.medtronicdiabetes.com>. This will take you to the CareLink Personal Software **Welcome** screen.



## Enrolling

Before you can use CareLink Personal software for the first time, you must provide information about yourself through a registration form. Registering is as easy as 1, 2, 3:

1. From the *Welcome* screen, click the **Sign Up Now** button.
2. After you have accepted the terms of agreement, you'll be asked to create a username and password. The password can be any combination of letters or numbers from 6 to 20 characters. Be sure to save your user name and password in a safe place, and don't share them with anyone else.
3. Enter your personal information in all the required fields, and click the **Submit** button at the bottom of the form.

Once you have registered to use CareLink Personal software, you can login from the *Welcome* screen using the username and password.

Now everything is at your fingertips. Start today.

**Sign Up Now**

Already a member?  
Sign In Here:

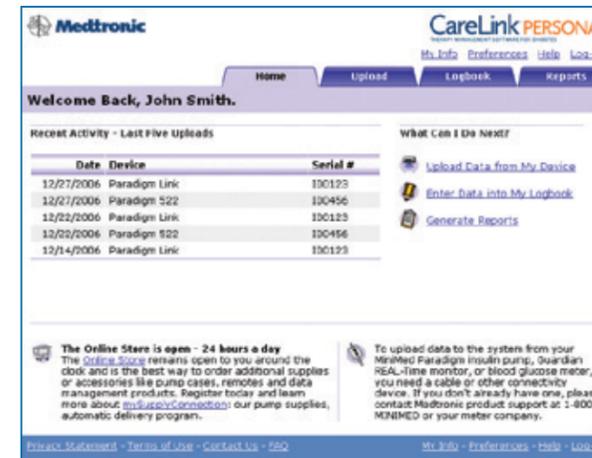
Username

Password

**Sign In** [Forgot your password?](#)

## Home: The Home Screen

The **Home** screen is the first screen you see after you login. It is a personalized screen, welcoming you and displaying the following information:



## Recent Activity – Last 5 Uploads

This area provides information about your most recent device uploads.

**NOTE:** When you first enroll, before any device uploads, the *Recent Activity – Last 5 Uploads* section is empty. Once you begin uploading information to CareLink Personal software, this section will contain data.

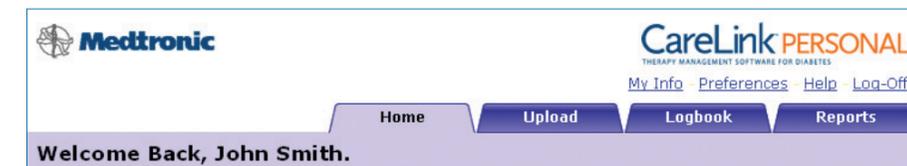
## What Can I Do Next?

These links can take you to the other screens where you can use the system's features:

- Upload Data from My Device
- Enter Data into My Logbook
- Generate Reports

## Tabs

To navigate through CareLink™ Personal software, you can either use the links found under *What Can I Do Next?* or you can click on the tabs near the top of the screen:

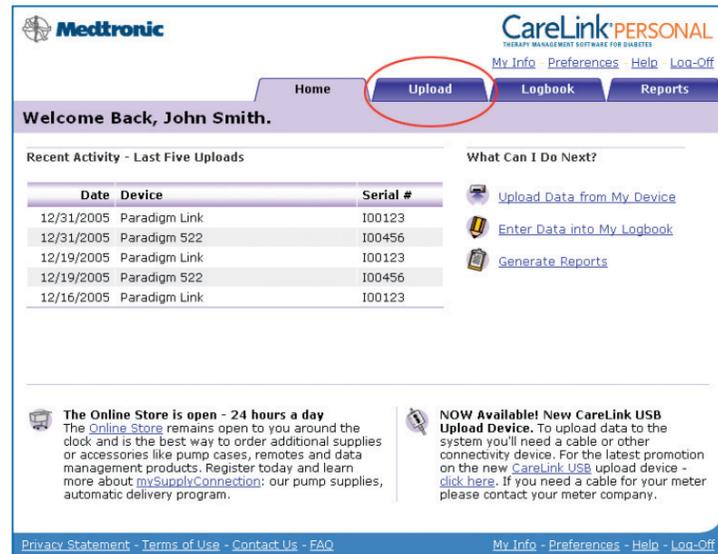


These sections will be explained in more detail on the following pages. In the meantime, be sure to go to the links at the top of the page to confirm that your personal information *My Info* is correct and to set your *Preferences*. For example, check the default values for meal times and make any changes necessary so that the information reflects your actual meal times. It is important to customize the glucose targets and meal times to make the treatment reports more relevant. Preferences are saved by clicking **Update**.

## Upload: Connecting Your Device to the Computer

- 1 From the Home screen, select the "Upload" tab. Make sure your computer and your device(s) are all displaying the current date and time. They should be within one minute of one another.

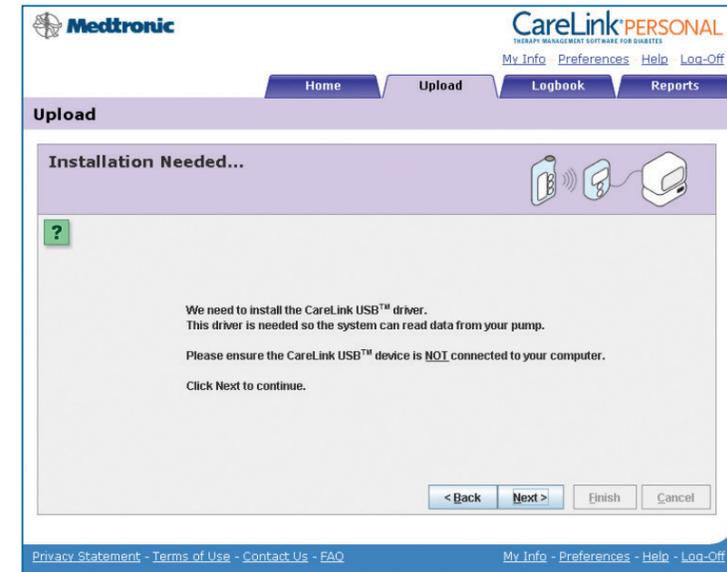
**DO NOT** plug in your CareLink™ USB device until prompted to do so in a later step.



- 2 Follow the on-screen directions until you reach the "Select the Link Device" screen. Select CareLink USB and click "Next".



- 3 You will be prompted to download the software driver for your new CareLink USB device. Follow the on-screen directions until the driver download is complete.



- 4 When prompted, plug in your CareLink USB device into an available USB port on your computer and click "Next". You are now ready to upload data from your Medtronic device to CareLink Personal software. Simply follow the on-screen directions and CareLink Personal software will walk you through the upload process.



If you have a third-party standard blood glucose meter, use the cable provided by that meter company to connect to your computer. Be aware that you will have to upload your blood glucose meter and your insulin pump in two separate upload sessions.

## Logbook: An Electronic Resource

The **Logbook** screen is where you can record events related to your diabetes therapy. Rather than using a physical logbook, in which you write in entries with a pencil or pen, with CareLink™ Personal software, you can record information electronically. In fact, your CareLink Personal logbook information is included in many of the CareLink Personal reports.

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My Info - Preferences - Help - Log-Off

Home Upload Logbook Reports

Logbook for May 4, 2007

05/04/2007 Change

Time	Entry	Comment	Edit	Delete
1:25 AM	Exercise: 30 minutes at Low intensity	Went jogging		
7:25 AM	Carbohydrate: 25 grams	Small carbs		

--Select-- Add

Carbs  
Exercise  
HbA1c  
Infusion Set Change  
Urine Ketones

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Here are the types of logbook entries you can make:

- **Carbohydrates:** Date, time and number of grams/exchanges of carbohydrates you consumed for a meal or snack
- **Exercise:** Date, time, duration and intensity level of your exercise
- **A1C results:** Date, time and results of your A1C test
- **Infusion set change:** Date and time you changed your infusion set (if you have an insulin pump)
- **Urine ketones:** Date, time and results of your urine ketone test

### Adding Entries

To add an entry in any of the CareLink™ Personal Logbook sections, simply follow the on-screen instructions.

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Home Upload Logbook Reports

Add Exercise Entries

Logbook Date: May 4, 2007

Time	Minutes	Intensity	Comment
8:05 AM		Low	
8:05 AM		Low	
8:05 AM		Low	

Cancel Add

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Home Upload Logbook Reports

Add HbA1c test result Entry

Logbook Date: May 4, 2007

Time: 8:05 AM

HbA1c test result: %

Comment:

Cancel Add

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# Reports: Uncovering Your Personal Patterns

CareLink Personal software makes it easier to track your blood glucose and sensor glucose levels, and to compare any changes in those levels with your daily activities, such as meals and exercise routines. Charts and graphs allow you to see the changes graphically, while tables provide the actual numeric values.

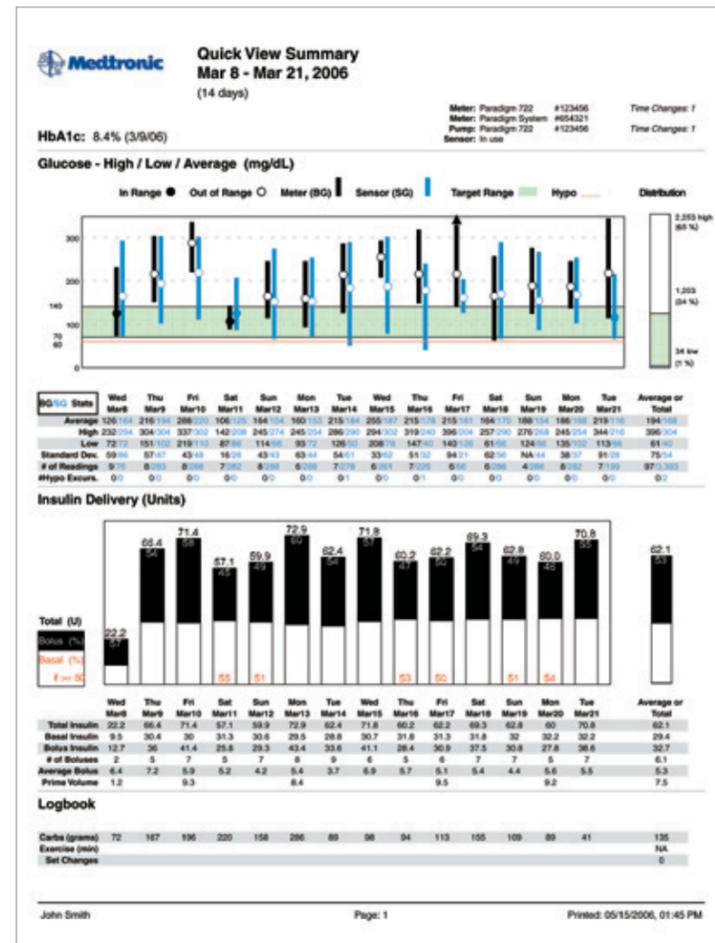
Therapy management software reports help you and your healthcare provider discover patterns and problems easier than meter software and logbooks alone. While only your healthcare provider can alter your insulin therapy, by becoming familiar with CareLink Personal reports, you too can take steps to better control your glucose levels.

The following are the most commonly used reports:

## Quick View Summary Report

This report shows how your insulin delivery, your diet and your exercise patterns affect how well you are controlling your blood glucose and sensor glucose levels over a two-week period. The chart reveals your glucose ranges in a given day and shows how often you are either above or below your target range (i.e., outside the green zone). The report also provides a "snapshot" of how you are delivering your insulin, which may be helpful in uncovering problems.

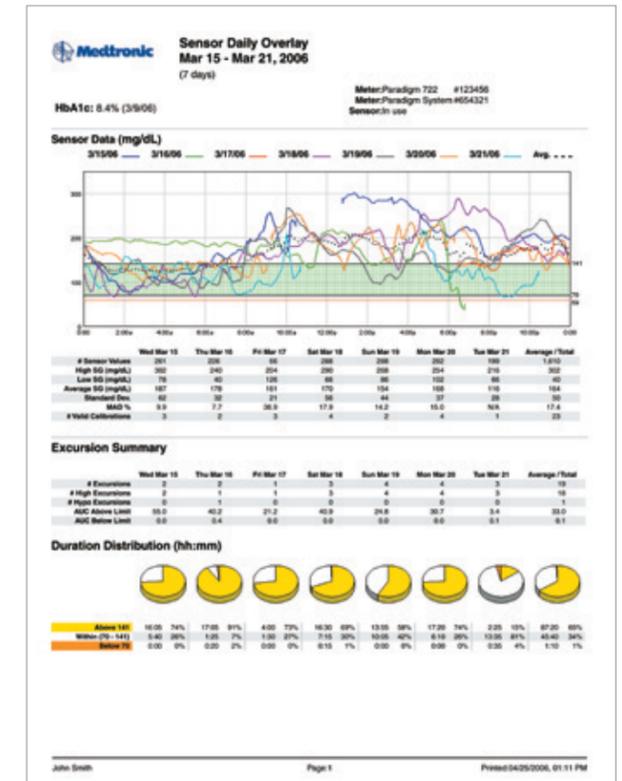
\*Try to determine what might be going on during the days you are out of range. Be sure to bring this report to the attention of your healthcare provider.



## Sensor Daily Overlay

This report is based on continuous glucose monitoring for up to seven days. You choose the seven days of glucose sensor tracings you want to see, and this report layers them on top of each other for comparison. Each day has a different color tracing so you can easily tell them apart, making it easy to recognize similar patterns from day to day and even hour to hour. The Sensor Daily Overlay report also helps you identify specific days that you may want to look at in more detail using a Daily Summary report.

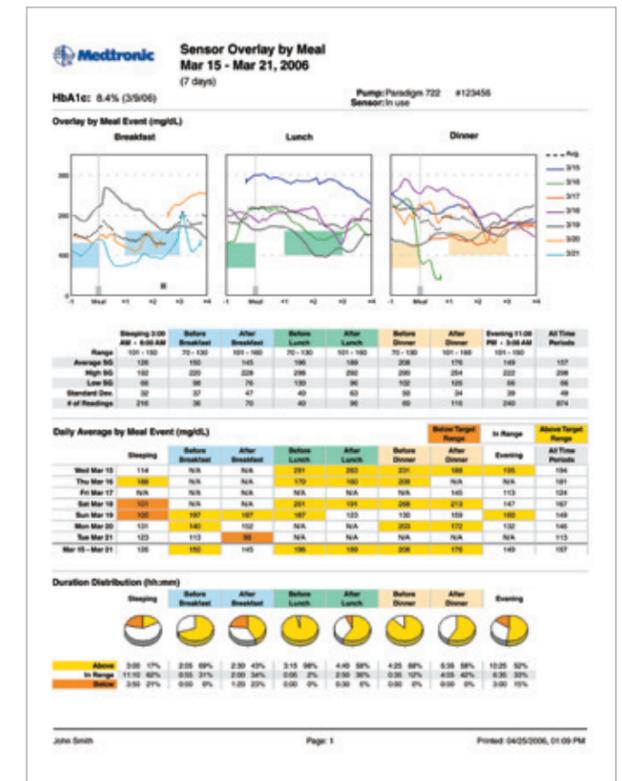
\*Share any regularly repeating patterns with your healthcare provider. Talk to him or her about what you might be doing at those times.



## Sensor Overlay by Meal

This report is based on continuous glucose monitoring, includes data from the Bolus Wizard® calculator. It shows the effects of your food intake on your blood glucose levels for up to seven days, and reveals repeating patterns and differences during meal periods from day to day. (Be sure to click on the Preferences link at the top of the screen to set your meal times.)

\*If you find that your sensor glucose levels are regularly out of your target ranges before and/or a period after you eat, talk to your healthcare provider about the possibility of adjusting your insulin therapy or your insulin to carbohydrate ratio.



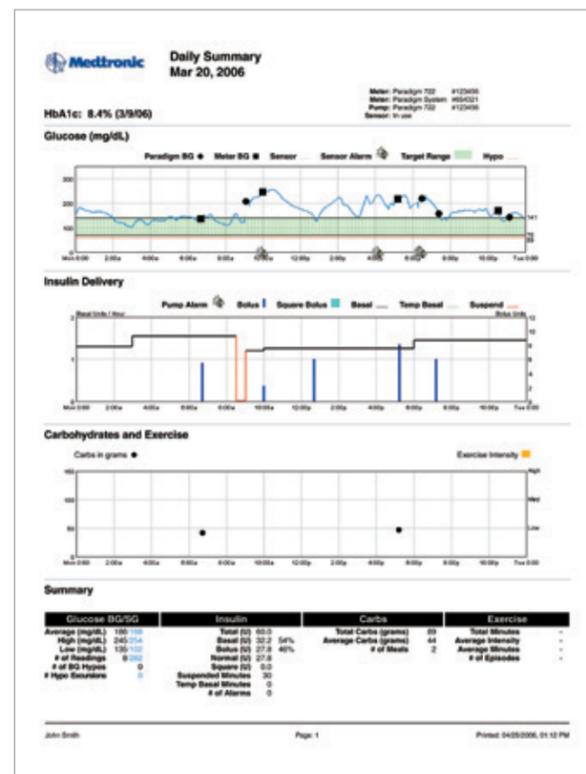
## Daily Summary

This report centers on one day—whatever day you have selected — and provides three graphs:

- Meter and sensor glucose readings
- Insulin usage
- The carbohydrates you have eaten (taken from your entries into the Bolus Wizard calculator) and your exercise routines, if you recorded these

If you look down the page, you will see that on all three graphs, the time of day is aligned. So, looking from graph to graph, you see exactly what was happening at the same time for all the elements.

\*Once you and your healthcare provider have detected a repeating pattern, the Daily Summary report can help pinpoint what is causing the problem.



## Understanding Reports

There is a link near the top right of the Reports screen, called Understanding My Reports. When you click this link, help text displays with information describing the report you generated. Also, where appropriate, it explains what you should be looking for in the results.

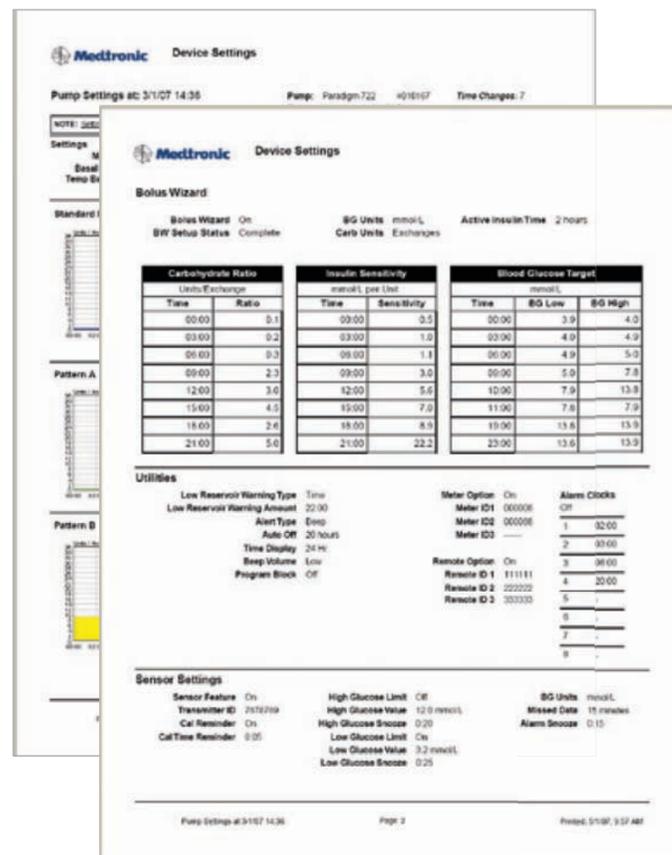


## Device Settings

This report shows the settings in your device as of the date and time selected. This is helpful for:

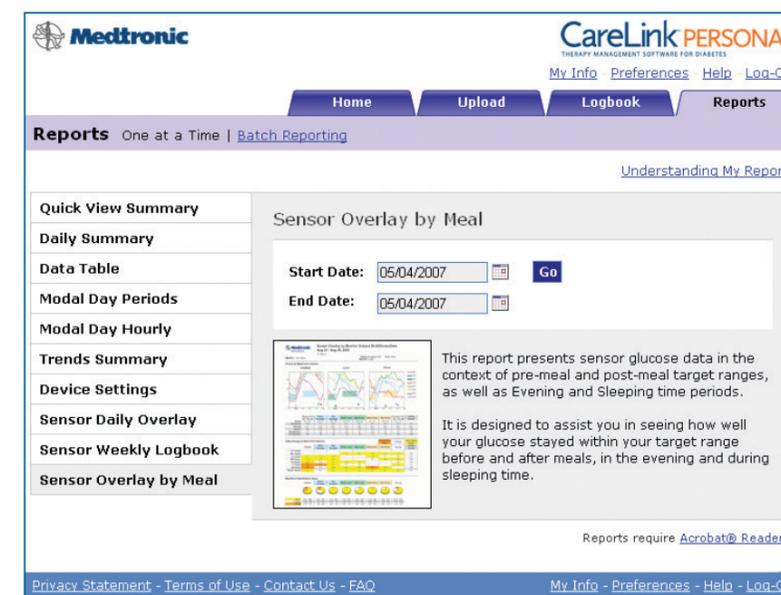
- Documenting insulin pump settings in case your device settings are lost or deleted
- Verifying all settings are correct and working properly

\*Bring this Device Settings report with you whenever you visit your healthcare provider.



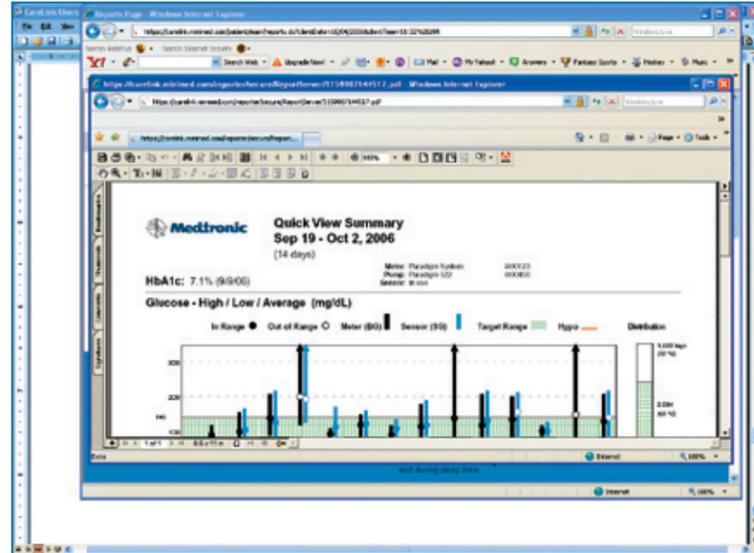
## Generating Reports

Reports are displayed in PDF format. They can be viewed online, saved, printed and/or e-mailed. **NOTE:** If your healthcare provider has CareLink Pro software, he/she can access your uploaded device data remotely within seconds. Speak with your healthcare provider to determine the best way to share your device(s) data.



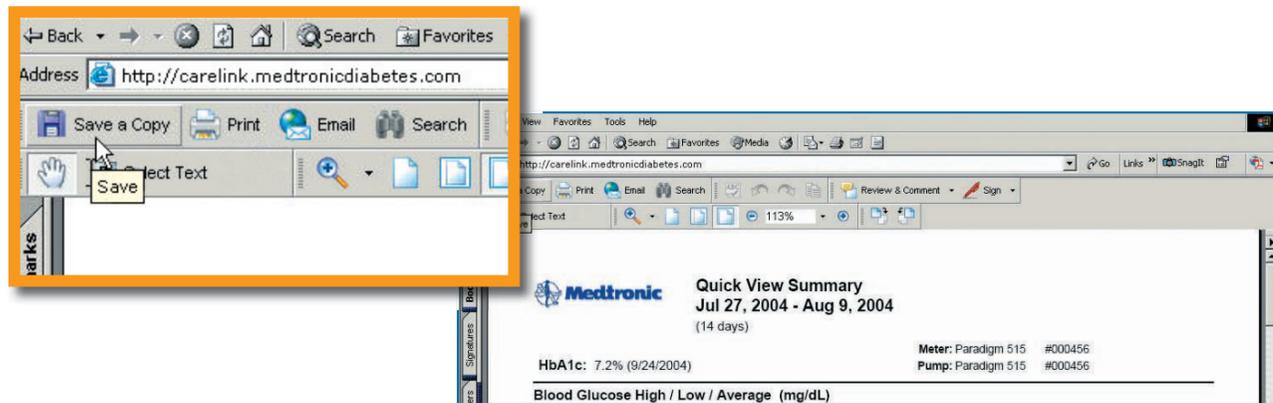
## Viewing Reports

Select a report from the menu on the left-hand side of the screen. Select the date or date range for the report and click the **Go** button. Your report is displayed as a PDF file in a separate window.



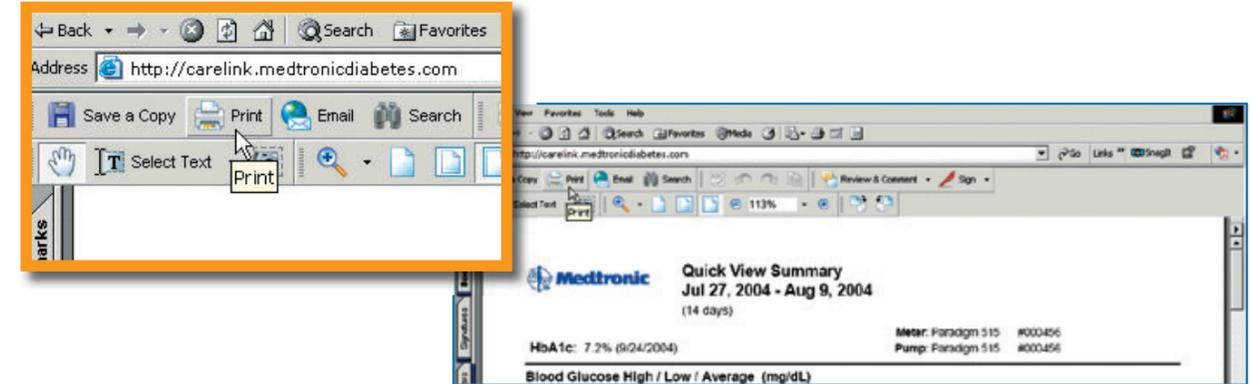
## Saving Reports

To save your report, click **Save a Copy** on the Adobe Acrobat toolbar, as shown below. Type a name for the report in the *file name* field and click **Save**.



## Printing Reports

Once the report you generated is displayed, click **Print** on the Adobe Acrobat toolbar to open the print dialog box.

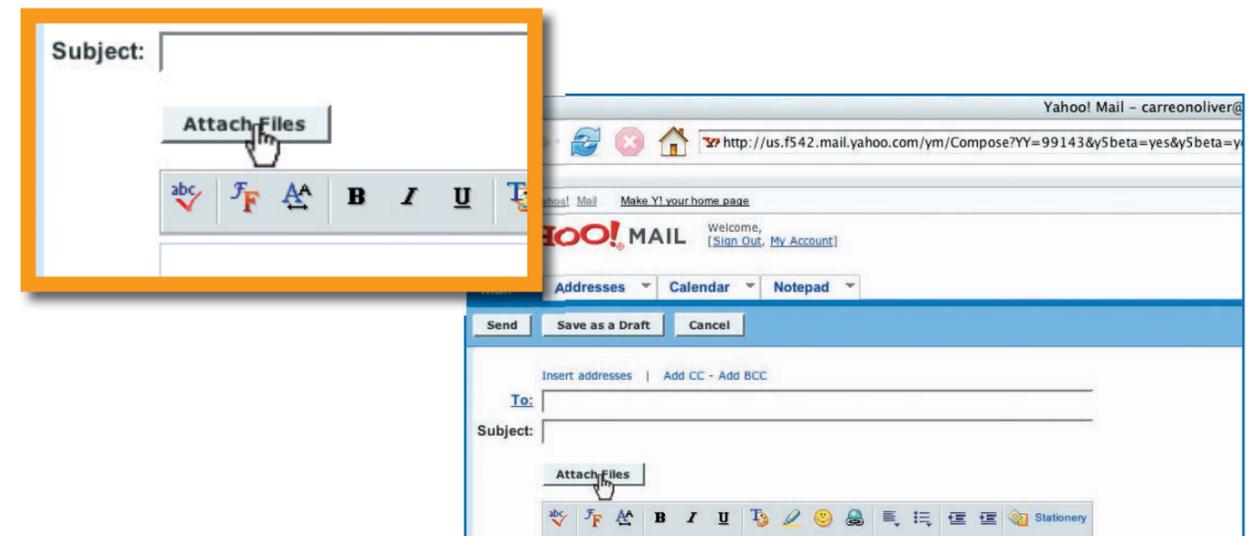


## E-mailing Reports

To e-mail a report to your healthcare provider, Microsoft Outlook® users can simply click **E-mail** on the Adobe Acrobat toolbar. An e-mail form will automatically open with the report already attached. Simply type in your healthcare provider's e-mail address and click **Send**.

If you have a different e-mail program, be sure your report is saved where you can easily find it. Start a new e-mail message to your healthcare provider and use the **Attach** function to embed the report in the message.

**NOTE:** Be sure to get your healthcare provider's permission before e-mailing reports to him or her. Also, be aware that e-mail may not be a secure communication medium. Your medical information contained within an e-mailed report is no longer protected under the security of the CareLink Personal system.



## CareLink Personal software can only do its job when you:

- Log on at <http://carelink.medtronicdiabetes.com> to take advantage of this powerful free resource brought to you by Medtronic Diabetes.
- Make sure the date and time on your device(s) and computer are properly synchronized.
- Upload data from your device(s) regularly, as recommended by your healthcare provider.
- Become familiar with and review the CareLink Personal reports in order to detect specific patterns.
- Upload your device(s) data and speak to your healthcare provider to determine the best way to share your data, so that together you can continue to improve your diabetes management.

**REMEMBER**, if at any time you need help with CareLink Personal software, click on the **Help** link at the top of any CareLink Personal screen. In addition to a full-length users guide, there is a glossary to help you with unfamiliar terms. In the United States, you also have the option of contacting the Medtronic Diabetes 24-Hour HelpLine at **1-800-646-4633**, Option 1.

The reports produced by CareLink Personal Therapy Management Software for Diabetes are intended to be used together with the consultation of a healthcare provider familiar with the diagnosis and treatment of diabetes. Please review the report data with your healthcare provider; he or she is the only person who should adjust your therapy or recommend lifestyle changes.

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