

## Start Monitoring Your Blood Glucose

Your healthcare provider has recommended that you **monitor your blood glucose (sugar) at home**. Blood glucose monitoring is simple using your maternity support app. It is offered through your OB clinic and powered by Wildflower. From the app, your Wildflower Health Advocate can share your blood glucose readings with your OB clinic.

### About the device

The blood glucose meter you were given keeps track of your blood glucose. It also tracks the date and time of your measurement. Please review the instruction manual included in your package. This will have details on how to use this device and included supplies. **Always follow your provider's advice when using this device.**

### About the maternity support app's Glucose Tracker

The **Glucose Tracker** in your maternity support app gives you a place to store your blood glucose readings. It also tells you what to do if you have a high or low reading. And it allows your Wildflower Health Advocate to monitor readings between appointments to support your care.

**Confirm that you are using the app shared with you by your provider.** Your app will be named for the clinic where you go for your prenatal care. [Click here to find your maternity app.](#)

### Instructions if using ARKRAY GLUCOCARD SHINE CONNEX Blood Glucose Meter

Follow the steps below to sync your blood glucose measurements via Bluetooth to the Glucose Tracker:

1. Make sure your phone has **Bluetooth turned on** in your Settings.
  - Place your phone next to your device.
  - Make sure the Wildflower app has permission to use Bluetooth and the device location.
    - For iPhone and iPad: Settings > Privacy > Bluetooth > Toggle on for the app
    - For Android: Settings > Apps > Select app > Permissions > Allow
2. In the **app recommended by your provider**,
  - Tap **Track**.
  - Open the **Blood Glucose Tracker**.
  - If it's your first time opening the app's tracker, tap **Start tracking**.
3. **Pair the glucose meter** with your app by pressing the right arrow ">" symbol on the glucose meter.
  - Press until you see the Bluetooth symbol "**bT**" and "**send**" flashing on your screen.
  - Then, in your app's Glucose Tracker, tap **Sync measurement** and then **Pair** in the pop-up.
  - On your device, press the center button to select "**Yes**" to finish pairing.
  - Once connected, the device name "Connex XXXX" will appear on your list of paired devices.
4. **To test and add a new measurement** to the Glucose Tracker:
  - Wash your hands. Then perform a blood glucose test using the glucose meter and provided supplies (lancing device, lancets, and test strips). Check the instruction manual that came with your device for step-by-step instructions.
  - Once you've applied blood to the test strip and the countdown is completed, the measurement should appear on the screen.
  - Then remove the test strip from the device. Now you should see the Bluetooth symbol "**bT**" blinking on the device.
  - Then tap **Sync measurement**. The measurement will be synced to the tracker.
  - Select whether the measurement was taken while **fasting**, **2 hours after breakfast**, **2 hours after lunch**, or **2 hours after dinner**.
  - If you took your measurement after a meal, add the **Time of meal**. You can also add details on what you ate for meals and any physical activity or exercise you did.
  - Tap **Save entry** and the measurement will automatically appear in the log history.
5. **Important Notes:**
  - Only your most recent measurement will be added to your app's tracker once you sync your device.
  - You'll need to update the date and time of the measurement if it's from the past.
  - **It's best to sync your device right away each time you check your blood sugar.**

### About Wildflower Health

The app and a Wildflower Health Advocate will be available to provide general education and answer questions throughout your pregnancy. The app and Wildflower Health Advocates do not provide medical advice. If you are seeking medical advice, please contact your provider's office, or after-hours triage line. In the event of a true medical emergency, please contact your Emergency Medical Services (911), or call your nearest hospital or medical practice. Please refer to the app's Terms of Use and Privacy Policy in the app for more information on remote monitoring devices. Always follow the advice of your provider when using devices. If you have any out of range measurements or concerns, always call your provider as directed.

**Instructions for Manually Adding Blood Glucose Measurements:**

Follow the steps below to manually add your blood glucose measurements to the Glucose Tracker (cannot sync via Bluetooth):

- Wash your hands. Then perform a blood glucose test using the glucose meter and provided supplies (lancing device, lancets, and test strips). Check the instruction manual that came with your device for step-by-step instructions.
- In the **app recommended by your provider**
  - Tap **Track**.
  - Open the **Blood Glucose Tracker**.
- Tap **Add entry** at the bottom of the Glucose Tracker screen.
  - Make sure the **Date** and **Time** the reading was taken are correct. Change the date and time if different.
  - Enter the measurement in the **Blood Glucose (mg/dl)** field.
  - Select whether the measurement was taken while **Fasting, 2 hours after breakfast, 2 hours after lunch, or 2 hours after dinner**.
  - If you took your measurement after a meal, add the **Time of meal**. You can also add details on what you ate for meals and any physical activity or exercise you did.
- Tap **Save entry** and the measurement will automatically appear in the log history.

**Important things to know:****Test Strips:**

- Only use test strips that are meant for your specific glucose meter.
- Throw out damaged or expired test strips.
- Store strips in their sealed container.
- Keep strips away from moisture and humidity.

**Lancets** are sharps and should be disposed of safely. Go to [safeneedledisposal.org](https://safeneedledisposal.org) to learn how to dispose of sharps in your local area.

If you are still having issues, contact your Health Advocate. You can ask them any questions you may have about your device. Contact them through the app's **Messages** or by calling (650) 864-4320.

**About Wildflower Health**

The app and a Wildflower Health Advocate will be available to provide general education and answer questions throughout your pregnancy. The app and Wildflower Health Advocates do not provide medical advice. If you are seeking medical advice, please contact your provider's office, or after-hours triage line. In the event of a true medical emergency, please contact your Emergency Medical Services (911), or call your nearest hospital or medical practice. Please refer to the app's Terms of Use and Privacy Policy in the app for more information on remote monitoring devices. Always follow the advice of your provider when using devices. If you have any out of range measurements or concerns, always call your provider as directed.