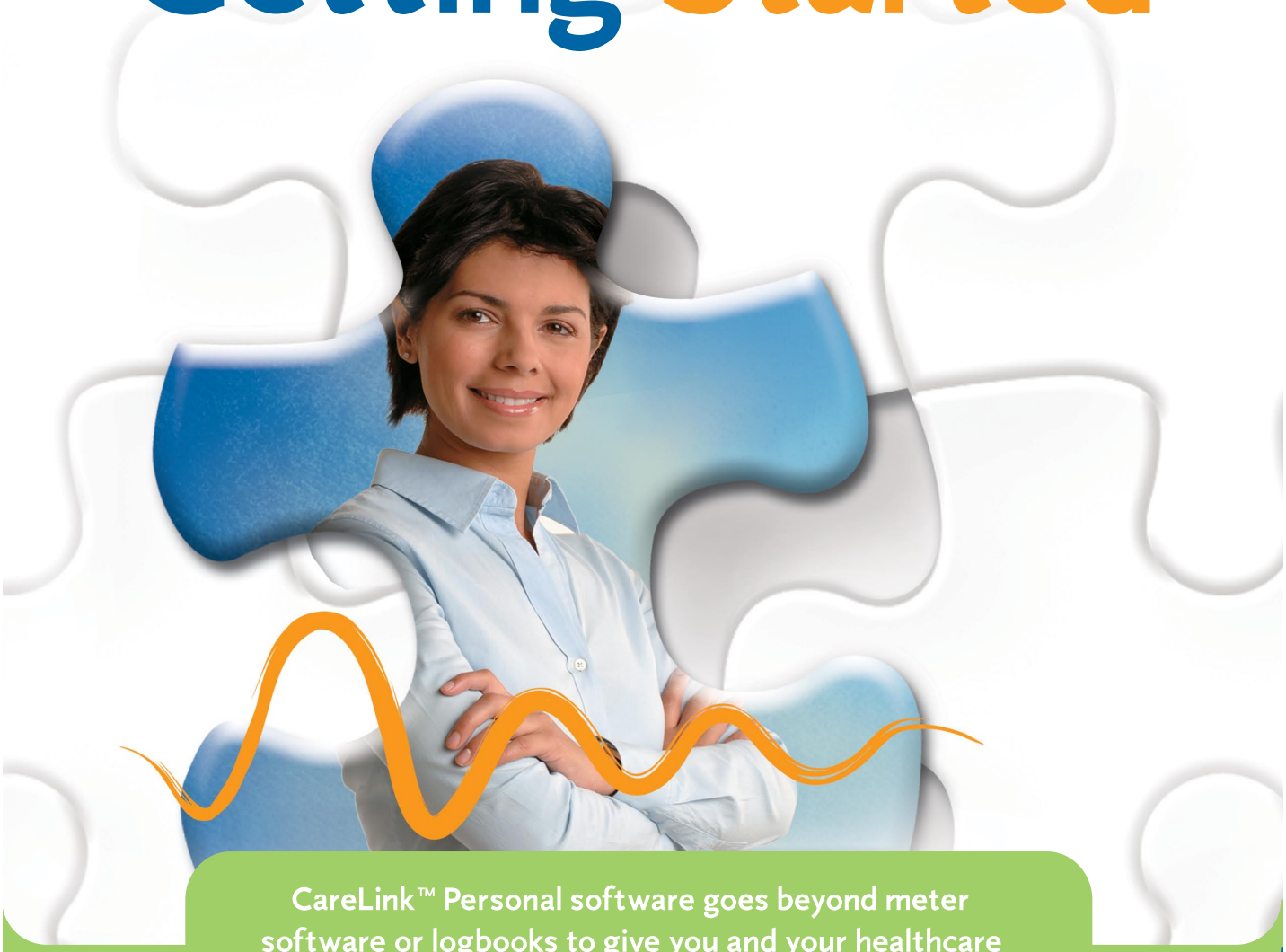
Getting Started



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

THERAPY MANAGEMENT SOFTWARE FOR DIABETES

Medtronic

Medtronic

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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 and MiniMed Paradigm® 522/722 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

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.)

Blood Glucose Meters:

- Paradigm Link® Blood Glucose Monitor
- Bayer Ascensia® BREEZE™ and CONTOUR™
- Bayer Ascensia® DEX® family
- Bayer Ascensia ELITE™ family
- BD Logic® Blood Glucose Monitor
- LifeScan OneTouch® series
- Precision Xtra™
- Abbott FreeStyle® and FreeStyle Flash™

Information gathered:

- Blood glucose readings

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 cable 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.

To access CareLink Personal software, go to *http://carelink.minimed.com*

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 software 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.

What You Need to Get Started

In order to use CareLink Personal software, you need:

- Access to a personal computer (not a Macintosh) running Windows® 98SE, ME, 2000, XP, or Vista
- A reliable Internet connection
- Microsoft® Internet Explorer version 5.5 (SP2) or higher
- Adobe® Reader™ version 5.0 or higher
- A connectivity device, such as a Paradigm Link® Blood Glucose Monitor or ComLink™ device, with an appropriate cable

The following table provides an overview of which connectivity devices can be used with the various upload devices.

Device to Upload	Customer Locations	Connectivity Device and Cable Needed
MiniMed Paradigm® 515/715 or 522/722 Insulin Pump	North America	Paradigm Link Blood Glucose Monitor and BD USB Cable
MiniMed Paradigm® 515/715 or 522/722 Insulin Pump	Worldwide	ComLink device with serial cable and USB-to-serial converter (if applicable)
Guardian® REAL-Time CGM System	Worldwide	ComLink device with serial cable and USB-to-serial converter (if applicable)
Third-party standard blood glucose meter	Worldwide	Contact that meter company

In the United States, if you need to order the BD USB Cable ($29.99), visit http://store.minimed.com and for any other devices above, simply call **1-800-646-4633** and select Option 2 to reach the Supply Order Services Department. If you are ordering a ComLink device, please advise the representative if you need a USB-to-serial converter. In Canada, simply call 1-800-284-4416 to order any one of the devices above.

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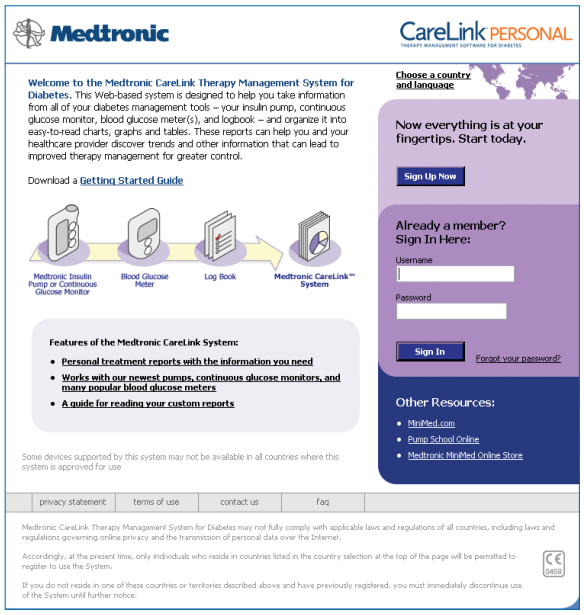
Protecting Your Privacy with the Highest Security Measures

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

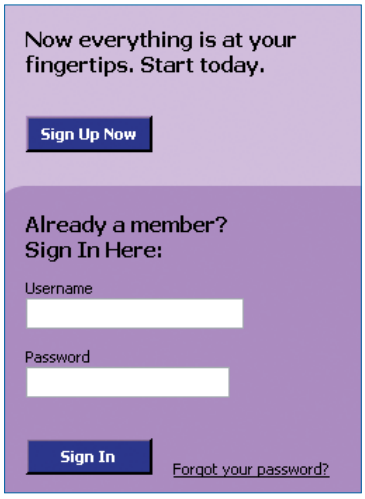
When you are ready to use CareLink Personal software, go to http://carelink.minimed.com. This will take you to the CareLink Personal software **Welcome** screen.



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 4 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.

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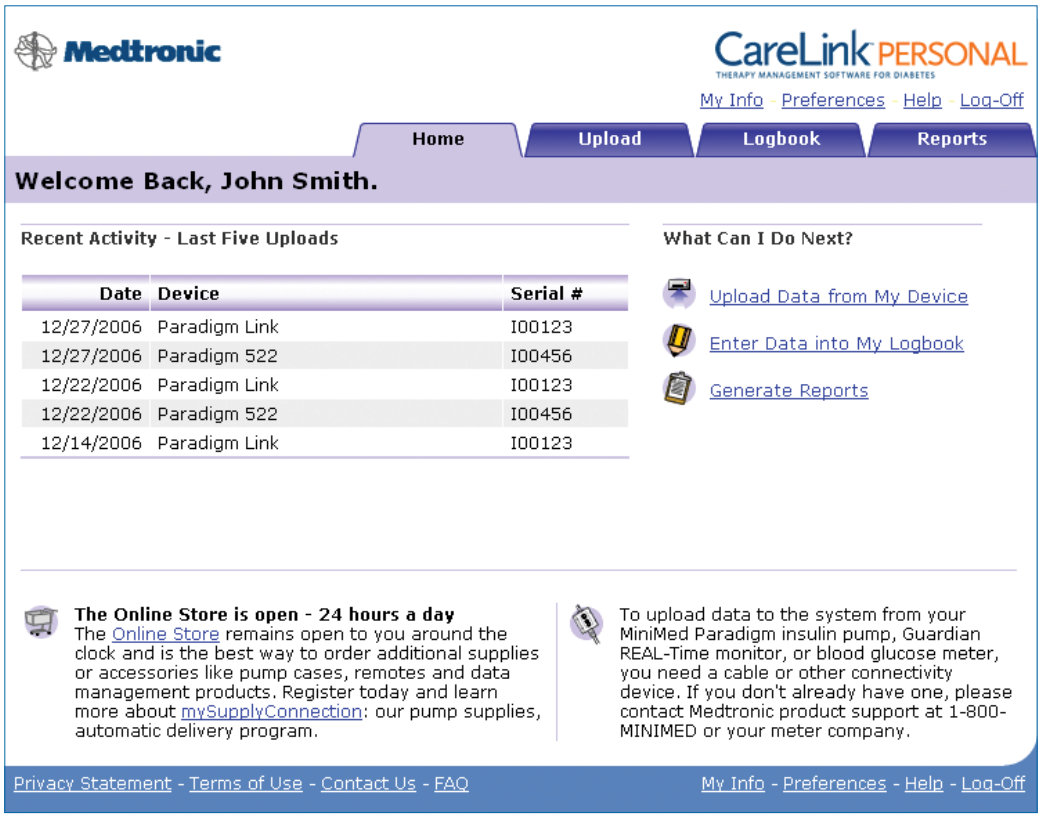
Home: The Home Screen

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

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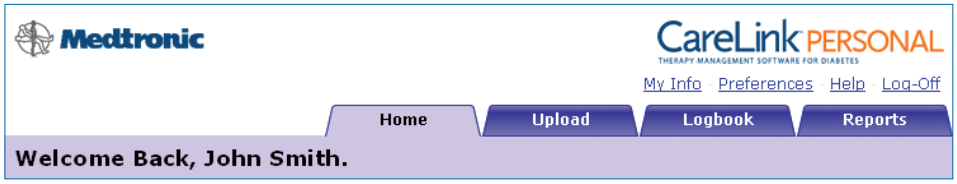
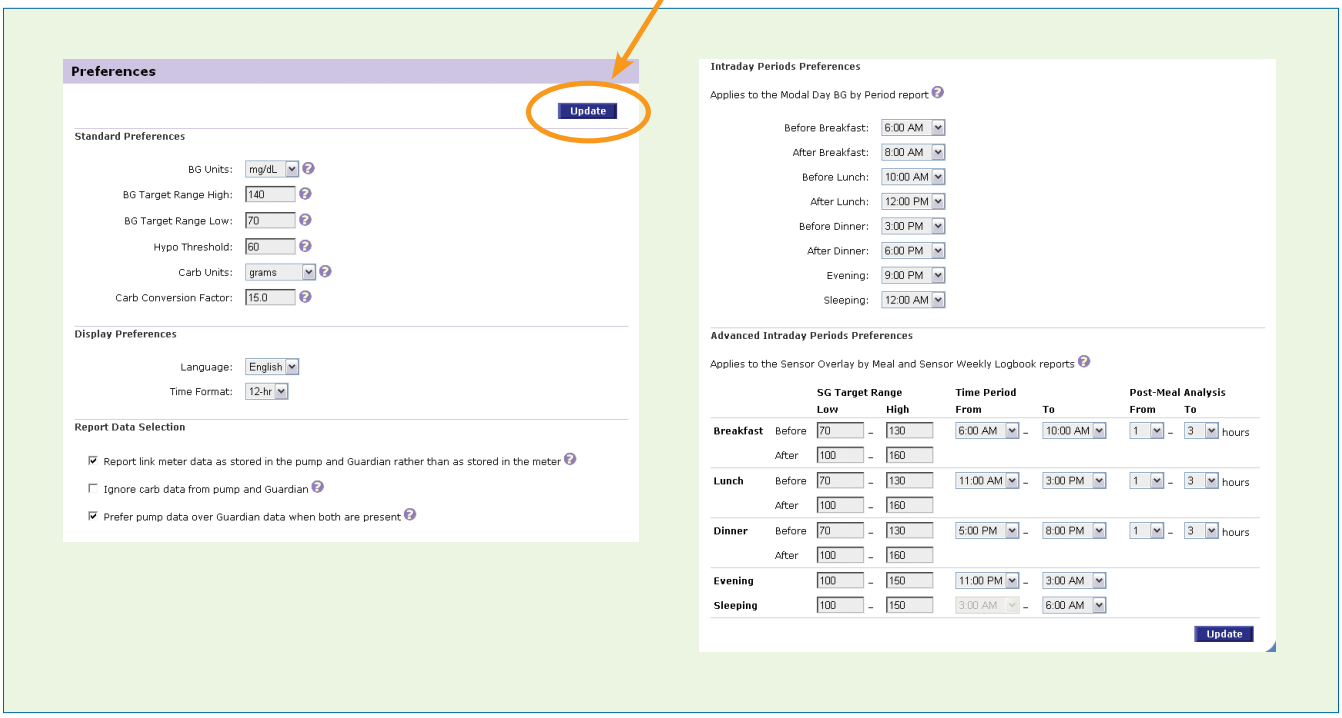
Tabs

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.

Preferences



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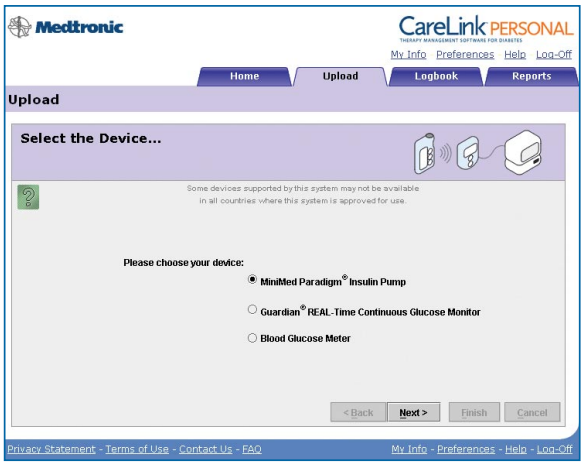
Upload: Transmitting Data from Your Device(s)

Upload refers to connecting your device(s) to the computer so that the information gathered can be transmitted to the CareLink Personal database. Once uploaded, this information can be converted into CareLink Personal reports. It is these reports that reveal the patterns in your blood glucose levels and help you and your healthcare provider better manage your diabetes.



MiniMed Paradigm® Insulin Pump

Paradigm Link® Blood Glucose Monitor

Guardian® REAL-Time Continuous Glucose Monitor

NOTE: Check with your healthcare provider to find out how often you should upload and which reports you should bring to your appointments.

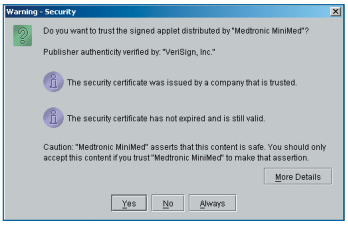
Installing Plug-ins and Drivers

When you attempt to upload for the **first** time, your computer may ask you to install certain Plug-ins and drivers. Simply follow the directions on the screens to install the following:

- Sun Microsystems Java™ Plug-in
- Serial Port package file driver
- BD USB interface cable driver
  NOTE: BD USB cable must be unplugged from the computer during the driver installation process.

Security Warning

Before the first *Upload* screen is displayed, the following security warning displays:



By selecting **Always**, you can proceed with the upload and never see this warning again.

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.

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Connecting Your Device to the Computer

During the system upload process, detailed connection instructions are displayed, such as whether the device should be on or off. The diagrams below illustrate how different devices are connected. However, be sure to follow the on-screen directions provided by CareLink™ Personal software as you go through the upload process.

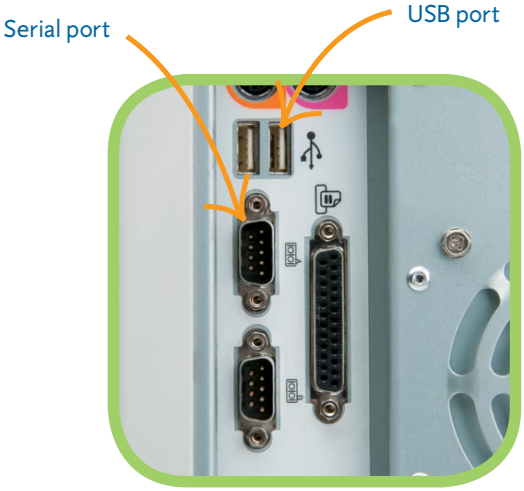
- a If you have a MiniMed Paradigm® 515/715 or 522/722 Insulin Pump, connect your Paradigm Link® Blood Glucose Monitor to your computer using a BD USB Cable.
- b If you don't have a Paradigm Link Blood Glucose Monitor, connect your ComLink™ device to your computer with a serial cable or a USB-to-serial converter.
- b If you have a Guardian® REAL-Time Continuous Glucose Monitoring System, connect the ComLink device to your computer using a serial cable or a USB-to-serial converter.

a

Uploading data with the Paradigm Link Blood Glucose Monitor

b

Uploading data with the ComLink device



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.

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Uploading Data from Your Device

Once you connect your device to your computer, you are ready to transmit data from your device to the CareLink Personal software.

NOTE: The data uploaded from your device(s) are stored on the CareLink Personal server, not on your computer. Remember, CareLink Personal software meets the highest standards for security. It's actually safer than storing data on your own computer.

Synchronize Dates and Times

Make sure your computer and your device(s) are all displaying the current date and time. They should also be within one minute of one another.

Which Device to Upload and When

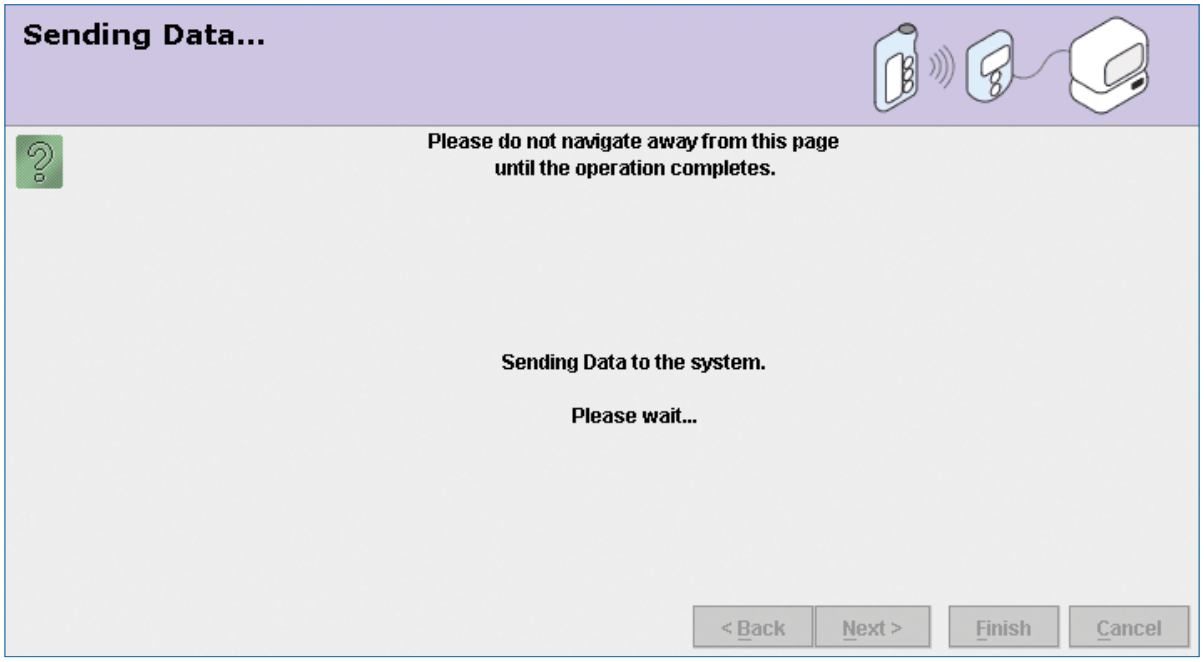
If you have a MiniMed Paradigm REAL-Time System with a Paradigm Link Blood Glucose Monitor, you only need to upload data from the insulin pump. This is because the meter data and/or the glucose sensor data stored in the insulin pump will be uploaded at the same time as the insulin pump data.

Otherwise, if you have multiple devices, such as a MiniMed Paradigm Insulin Pump or a Guardian REAL-Time System with a third-party meter, each device must be uploaded separately, *starting with the insulin pump or Guardian REAL-Time System*.

Follow On-screen Directions

CareLink Personal software will walk you through the upload process, telling you which device to upload and when to connect it. Simply follow the instructions on each window, making sure to click **Next >** when you are ready to move on.

NOTE: It is normal for your insulin pump to momentarily stop dispensing insulin during the upload process. The software will automatically return it to the normal operation when the process is complete.



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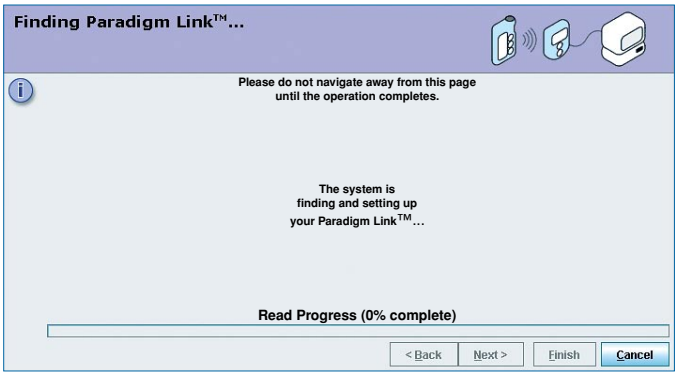
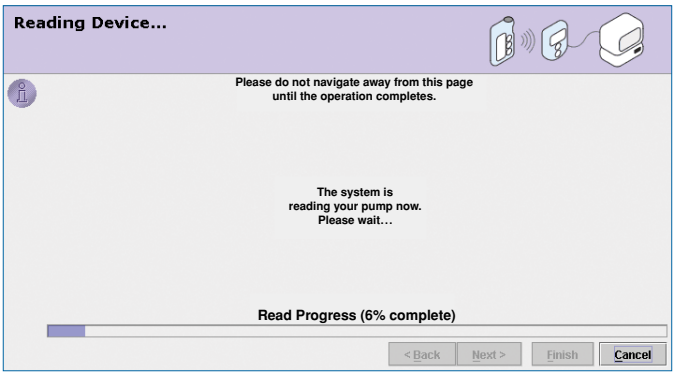
When you see the *Verify Connections* window, read the steps. This is to ensure you have properly set up communication between your computer and the device.

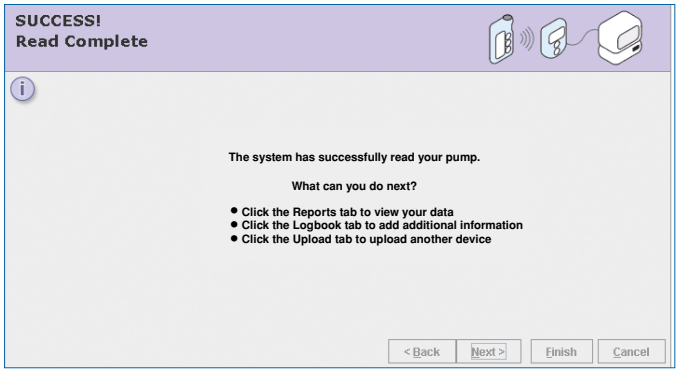


When you are ready to complete the upload, click **Finish**. A progress window similar to the following displays:



The amount of time it takes to upload your data will depend on how much data needs to be uploaded. Please be patient until the progress window shows completion.

When the upload completes successfully, the following message displays:



NOTE: If you click on another tab or link during an upload, the upload will be cancelled. You can also stop the upload by clicking **Cancel**.

If you have additional devices to upload, follow these same directions.

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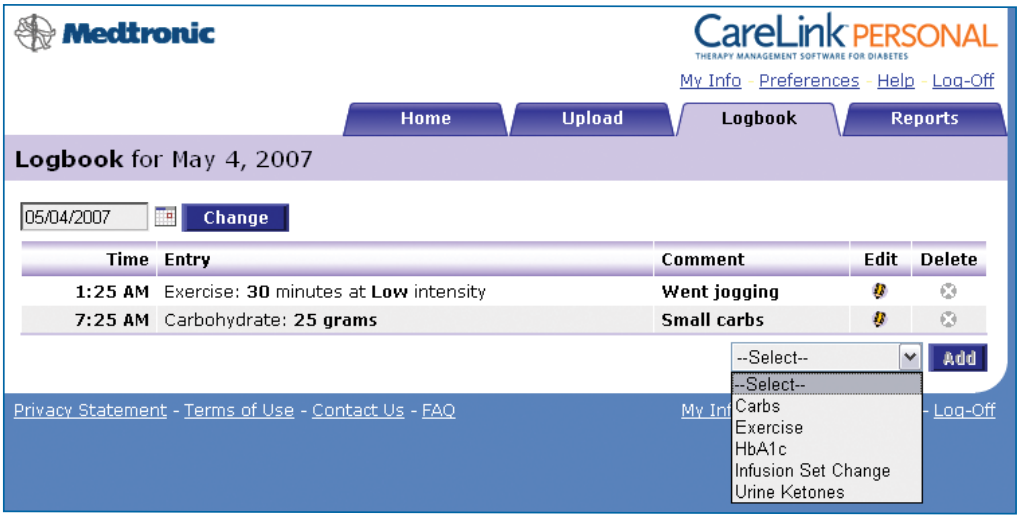
Logbook: An Electronic Resource

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.



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

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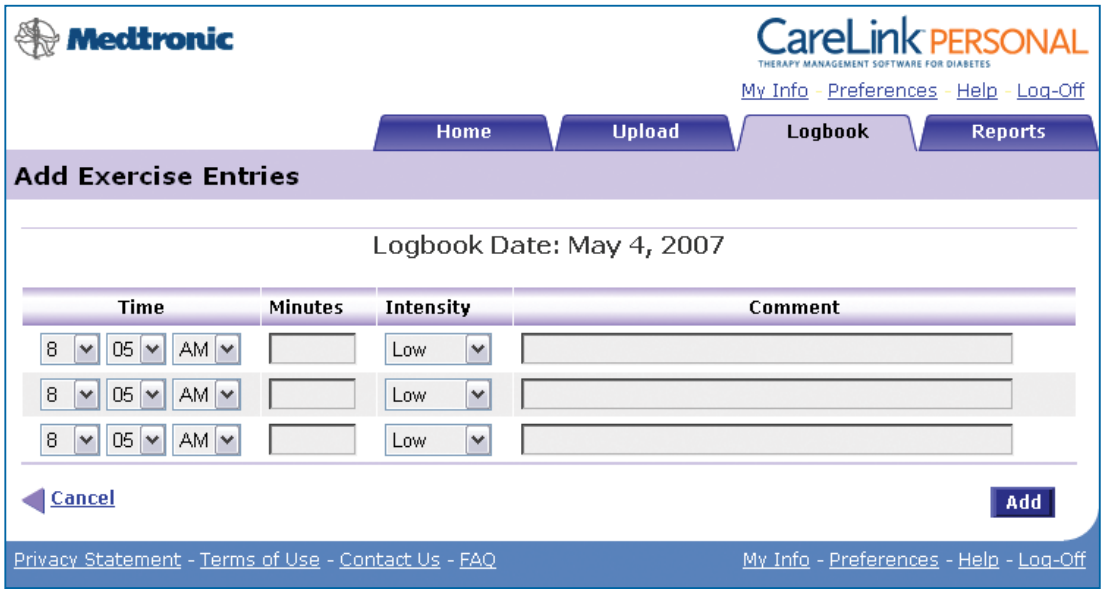
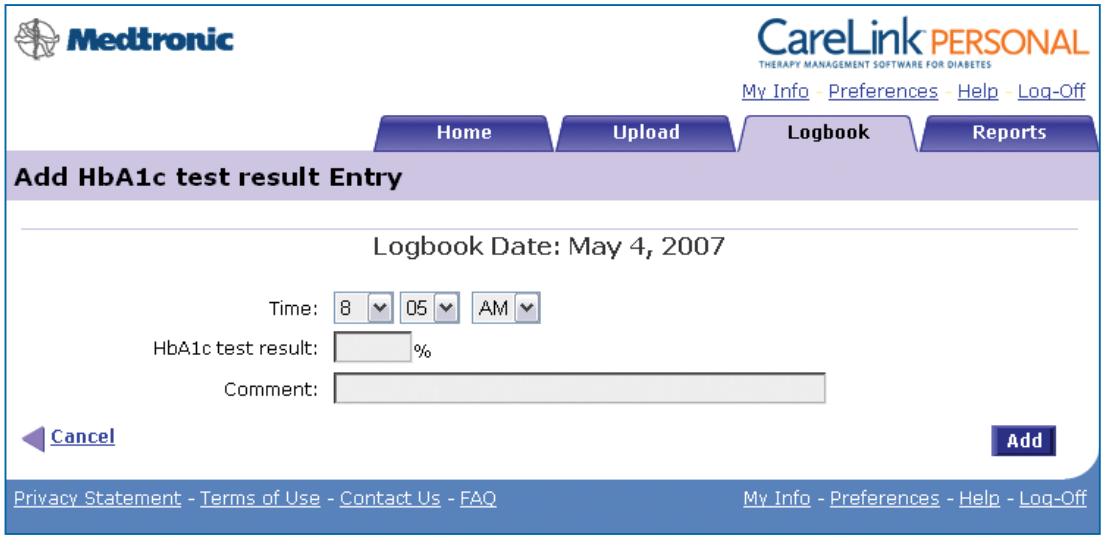
Adding Entries

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





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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.

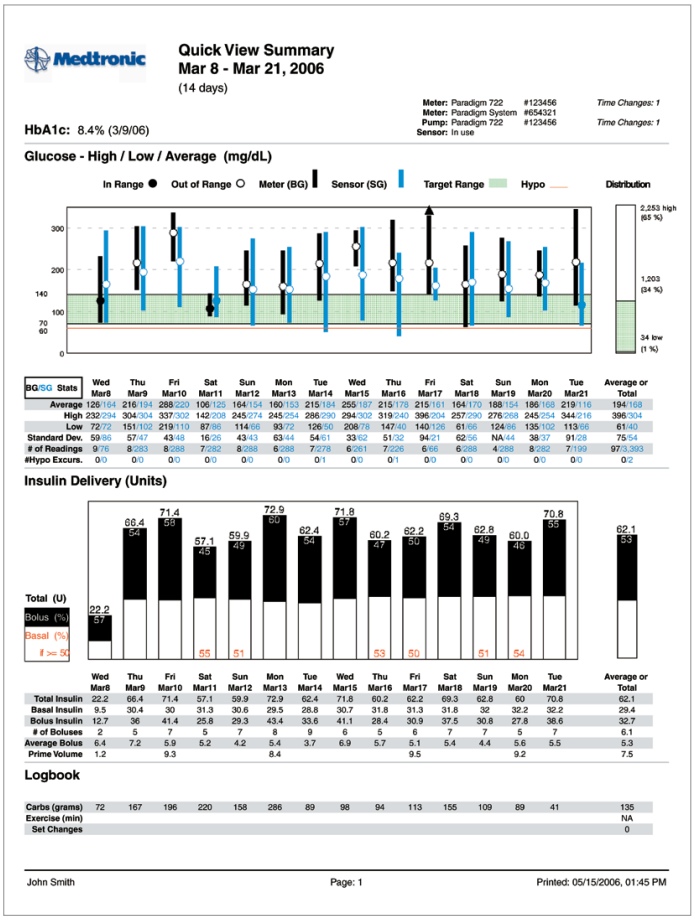
Therapy management sofware reports help you and your healthcare provider discover patterns and problems easier than meter software and logbooks alone. While only your healthcare provider can alter your insulin therapy, by becoming familiar with CareLink Personal reports, you too can take steps to better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



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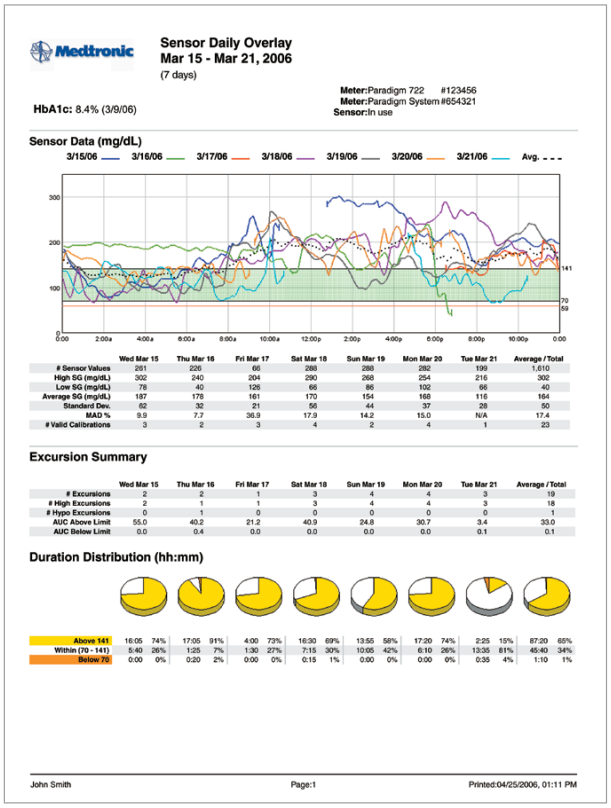
Sensor Daily Overlay

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.

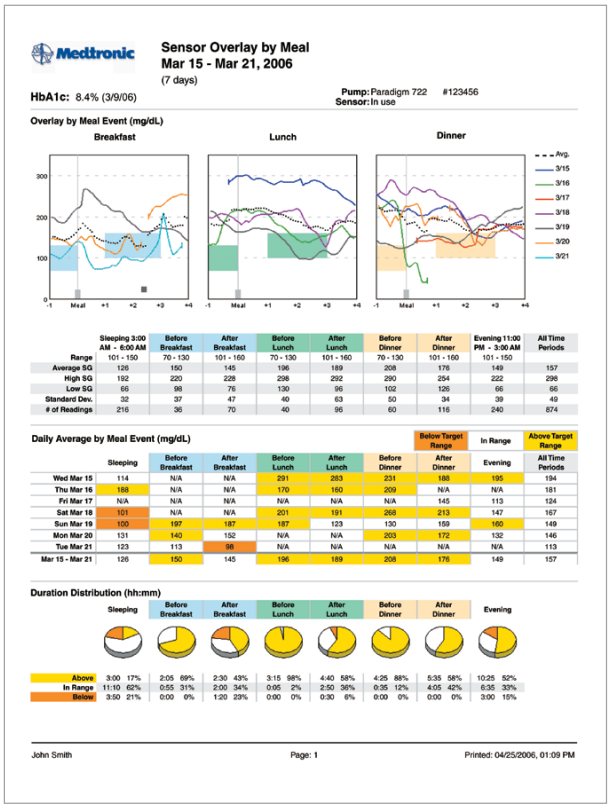
*Share any regularly repeating patterns with your healthcare provider. Talk to him or her about what you might be doing at those times.



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.



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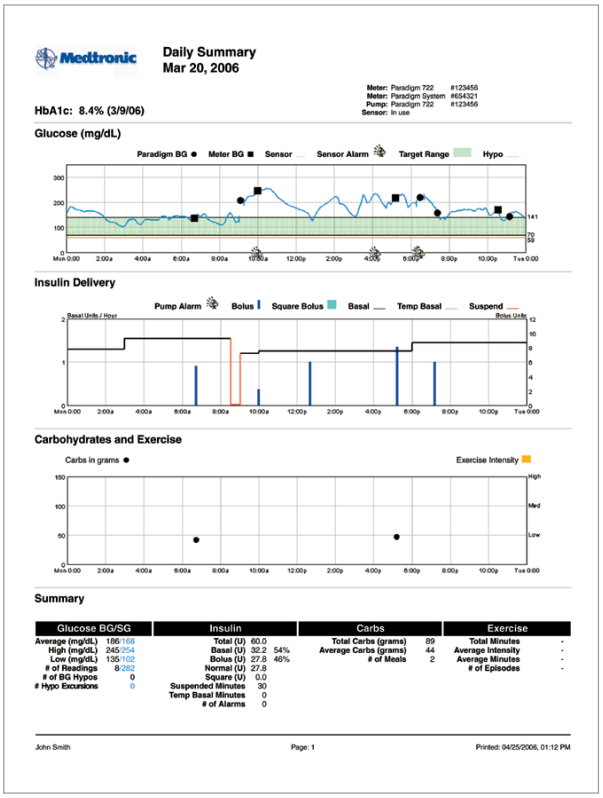
Daily Summary

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.

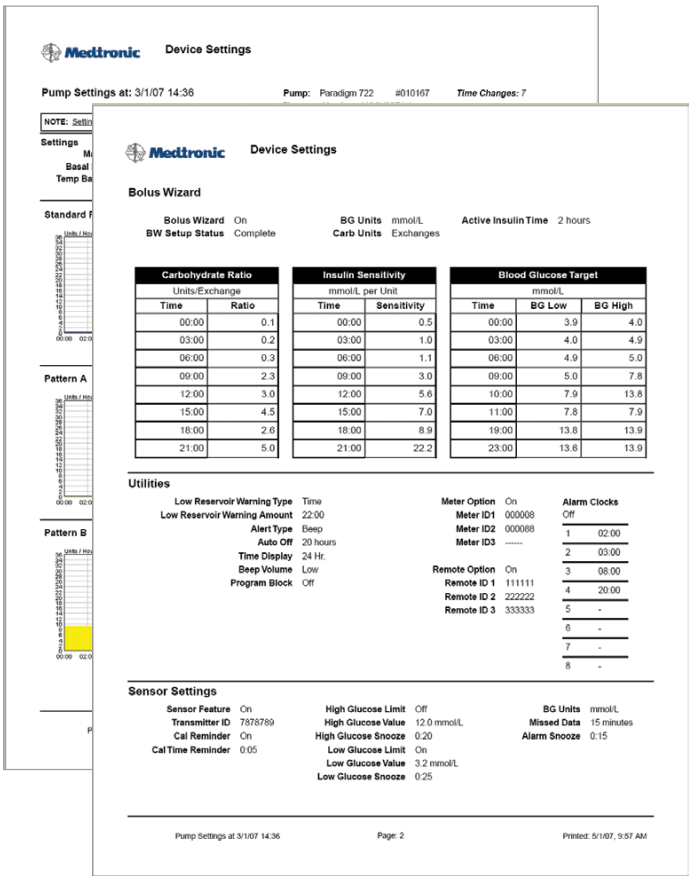


Device Settings

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.



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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.

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.

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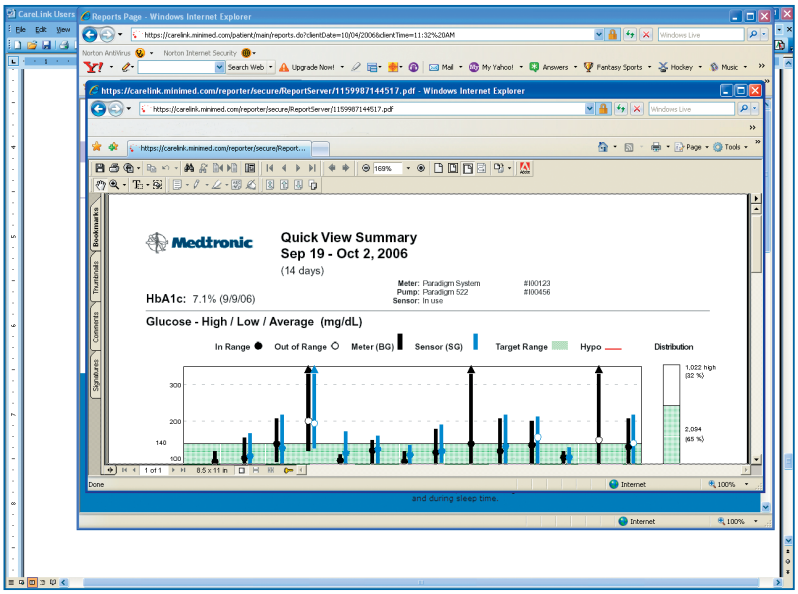
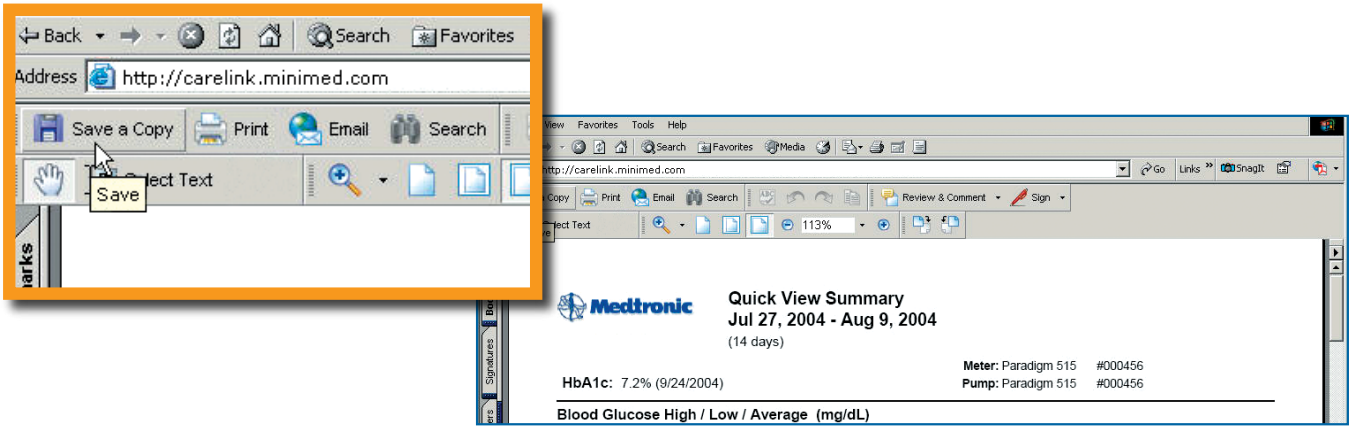
Viewing Reports

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**.



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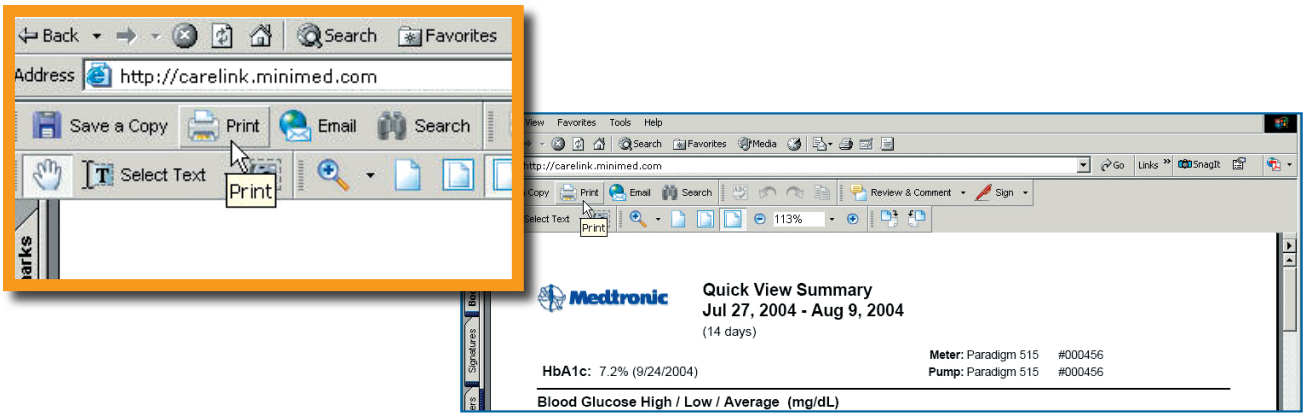
Printing Reports

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

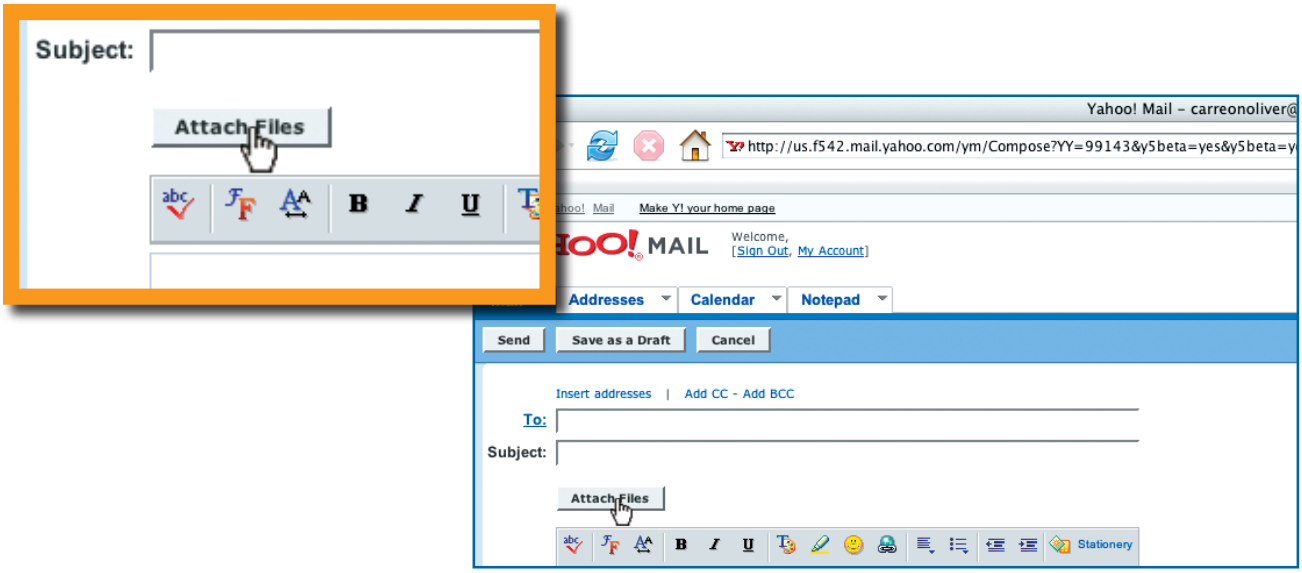


E-mailing Reports

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.



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CareLink™ Personal software was designed to give you and your healthcare provider better insight into your personal patterns. This is something that meter software and logbooks simply cannot do. Better insight can lead to better therapy management, more control over your blood glucose levels, and improved quality of life for you.

CareLink Personal software can only do its job when you:

- Log on at http://carelink.minimed.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.

CareLink™ PERSONAL
THERAPY MANAGEMENT SOFTWARE FOR DIABETES

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CareLink™ Personal Therapy Management Software for Diabetes

CareLink Personal reports make it easier for you to discuss your therapy with your healthcare provider and identify potential problems. Information from these reports is far more comprehensive than meter software and logbooks. The list of report types you can select from varies depending on the device(s) you have uploaded, as shown below

Reports	MiniMed Paradigm® 515/715/522/722 Insulin Pump	MiniMed Paradigm REAL-Time System	Blood Glucose Meter	Guardian® REAL-Time System
Quick View Summary	√	√	√	√
Daily Summary	√	√	√	√
Modal Day Periods	√	√	√	
Modal Day Hourly	√	√	√	
Trends Summary	√	√	√	√
Data Table	√	√	√	√
Device Settings	√	√		√
Sensor Daily Overlay	*	√		√
Sensor Weekly Logbook	*	√		√
Sensor Overlay by Meal	*	√		√

*NOTE: Although these reports will be available for the MiniMed Paradigm 522/722 Insulin Pump Users, they will not contain any glucose sensor information

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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