



# myLoop

powered by CamAPS | FX

## Step by Step to myLoop

Starting the CamAPS FX app for automated  
insulin delivery with myLoop.



DiabetesCare

Combine the YpsoPump insulin pump, the CamAPS FX mobile application and the Dexcom G7 or FreeStyle Libre 3 / FreeStyle Libre 3 Plus Continuous Glucose Monitoring (CGM) sensor for an automated insulin delivery (AID) system managed directly from your smartphone.

Your myLoop AID system of three separate components, each from one of the manufacturers listed below. Each individual component is CE certified. The respective user manuals and instructions for use are provided with the product or available in the CamAPS FX app. These materials can also be found online.

**CamAPS FX app**

Manufacturer:  
CamDiab Ltd  
Level 4, Institute of Metabolic Science  
Box 289, Addenbrooke's Hospital, Hills Rd · UK  
[www.camdiab.com](http://www.camdiab.com)



User Manual online:  
[www.camdiab.com/support](http://www.camdiab.com/support)



**YpsoPump**

Manufacturer:  
mylife Diabetes Care AG  
Lyssachstrasse 40 · 3400 Burgdorf  
Switzerland  
[www.mylife-diabetescare.com](http://www.mylife-diabetescare.com)



User Manual online:  
[www.mylife-diabetescare.com/en-GB/get-started/downloads.html](http://www.mylife-diabetescare.com/en-GB/get-started/downloads.html)



**FreeStyle Libre 3 / FreeStyle Libre 3 Plus**

Manufacturer:  
Abbott Diabetes Care Ltd.  
Range Road · Witney, Oxon  
OX29 0YL · UK  
[www.FreeStyleLibre.com](http://www.FreeStyleLibre.com)



User Manual online:  
<https://www.diabetescare.abbott/support/manuals.html>



**Dexcom G7**

Manufacturer:  
Dexcom, Inc.  
6340 Sequence Drive  
San Diego · CA 92121 USA  
[www.dexcom.com](http://www.dexcom.com)



User Manual online:  
[www.dexcom.com/en-GB/downloadsandguides/search](http://www.dexcom.com/en-GB/downloadsandguides/search)



**i** Some of the illustrations in this guide show screenshots of the Android version of the CamAPS FX app. The app has the same functionality on Android and iOS. The user selects the appropriate app version downloading the app from Google Play Store or Apple App Store. If the screens differ significantly, both the iOS screens and the Android screens are shown.

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# 01 How to download and set up the CamAPS FX app

Download the CamAPS FX app from the Google Play Store or Apple App Store. Use the QR code to download the app. It is recommended to disable automatic updates in the Google Play Store or in the Apple App Store to ensure that the CamAPS FX app works smoothly at all times.



CamAPS FX app mmol/L

## **i** Check if your smartphone and operating system is compatible with myLoop:

For minimum operating system requirements of the CamAPS FX app please see <https://camdiab.com/faq>

Smartphones compatible with Dexcom G7:  
<https://www.dexcom.com/en-GB/compatibility/g7>

Smartphones compatible with FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor:  
[www.diabetescare.abbott/support/manuals](http://www.diabetescare.abbott/support/manuals)  
(see document "Mobile Device & OS Compatibility").

- If using a FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor, please ensure you have a smartphone with NFC (near field communication).



Have the following information ready when installing the CamAPS FX app:

- **Current body weight in kilograms (kg)**
- **5–7 day average total daily insulin dose (TDD)**
- **Bolus calculator settings**
- **Personal glucose target settings**
- **A new Dexcom G7, FreeStyle Libre 3 or FreeStyle Libre 3 Plus sensor**
- **Personal Glooko® account sign in details**
- **Basalrates A and B to put into the YpsoPump**

## When using the CamAPS FX app for the first time, you will need to create a CamAPS FX account.

### 1 step

Open the CamAPS FX app on your smartphone.

### 2 step

Choose your country of residence. Tap on "United Kingdom" and press "Next". Then select "YpsoPump".

### 3 step

Allow the CamAPS FX app to send notifications.

### 4 step

You will need to create a CamAPS FX account. To do so:

- Enter an email address. Please ensure you use an email address to which you have continuous access, as it will be required for troubleshooting, future logins or re-installations.
- Set up a password. The password needs to be at least 12 characters long with at least one uppercase and one lowercase letter, one number and one special character.
- Enter your name, nickname and year of birth.
- Agree to the Terms & Conditions and Privacy Policy and confirm that your personal data is correct.
- Confirm your registration by tapping "Sign up".

### 5 step

You will receive a verification code by email. Enter the verification code and tap "Confirm".

### 6 step

The welcome screen appears. Successful sign-up is confirmed. Tap on the "X" to close the window and then on "Start" to proceed with the in-app training.

**i** When you use the app for the first time, you will be guided through the in-app training if you select the YpsoPump for pairing. The in-app training will take about 60 minutes. You must watch a series of animations and complete practical tasks while linked to a virtual pump and sensor. If you select "Companion" or a virtual pump, you do not need to complete in-app training.

## If you already have an existing CamAPS FX account you can use it to log in.

### 1 step

Enter your email address and your password.

### 2 step

Choose your country of residence. Tap on "United Kingdom" and press "Next". Then select "YpsoPump".

### 3 step

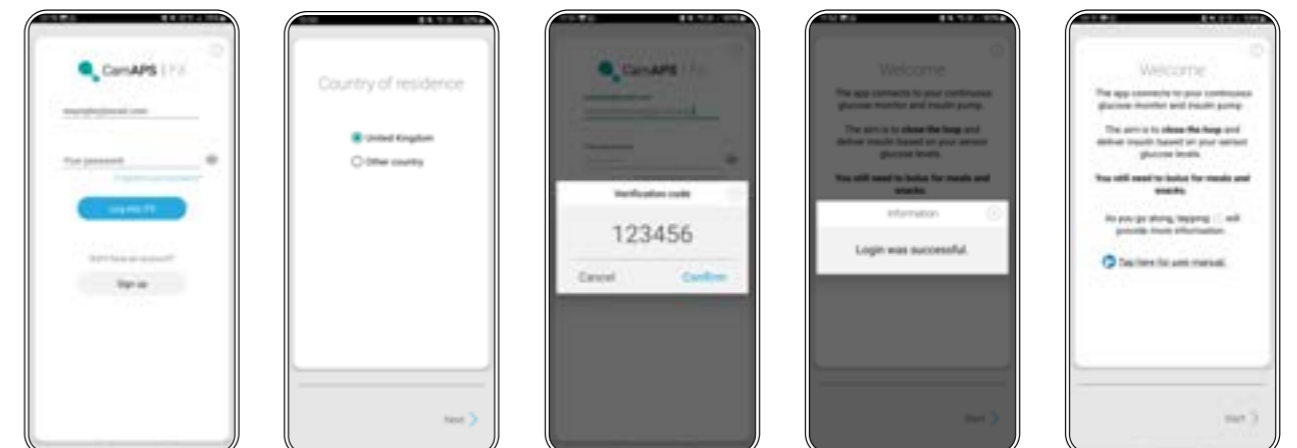
Tap on "Log into FX".

### 4 step

You will receive a verification code by email. Enter the verification code and tap "Confirm".

### 5 step

The welcome screen appears. Successful login is confirmed. Tap on "X" to close the window and then "Start" to proceed with the pump pairing.



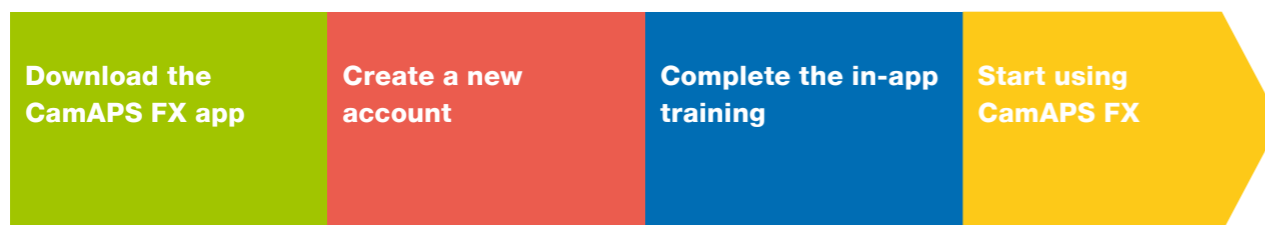
## 02 In-app training

The in-app training on the CamAPS FX app is required to be completed before the user can start using the app with a Ypsopump. The in-app training is designed to be completed by the users at home, before the official pump and CamAPS FX app start with their diabetes team. The goal is that the user understands the set-up process, the handling of the app and gains additional information about the different features of the

CamAPS FX app. The training consists of different modules. For every module, the user needs to watch animations and complete practical tasks (such as give an insulin bolus while in virtual mode) to apply the gained knowledge. The user must successfully complete all essential modules to finish the training. Once the in-app training has been completed, the user will be able to pair a pump with the app.

- i** **The pump and app start together with the diabetes team can only be done when the training has been completed. The diabetes team can also go through the in-app training together with the user, if they need extra support.**

### Training process



Existing users who have already completed the online training, and entered the training code into the CamAPS FX app, do not need to complete the in-app training. The app automatically recognizes users that have already been trained. The in-app training information and animations can be accessed in the "Help" menu of the app, should one wish to review it.

**Note: Internet connection is required during the download and sign-up process. The in-app training itself can be done without internet connection. Should a user receive the error message "training material not downloaded", please connect with the internet and try accessing the training again.**

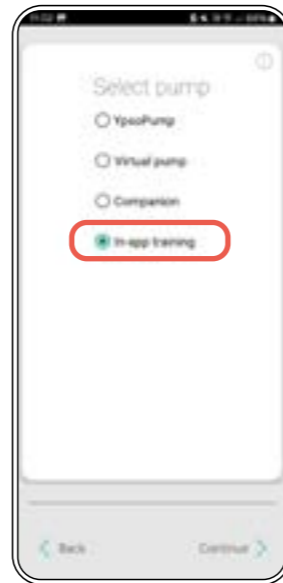


### Choose "In-app training"

When setting up the app, choose "In-app training" to start the in-app training. A pop-up will appear to inform the user that the in-app training needs to be done. When setting up the CamAPS FX app with virtual devices or as a Companion, it is not necessary to complete the in-app training.

### Complete the essential in-app training modules

To successfully complete the in-app training, all 3 essential modules (starting the app, home screen features and main menu features) need to be undertaken. The additional modules can be reviewed in the "Help" tab of the main menu of the CamAPS FX app.



### Start pairing the YpsoPump together with your diabetes team

Now, the user has two options:

- Press "Back" to remain in virtual mode.
- Press "Next" to pair the YpsoPump and the sensor.

After pressing "Next", the pump pairing process starts and the CamAPS FX app will guide you through the set-up process.



### Rate the in-app training

After finishing the training, the user can rate the training experience. A 1 (for very poor) to 5 (for very good) star rating is possible. You can also download training factsheets with all the formation contained in the in-app training, should you wish. The factsheets will be saved in your phone's download folder.

**i** Companions, who have completed the in-app training, should log out of the app via the Account menu and sign back in again to access the Select Pump screen with the Companion option.






The YpsoPump and sensor must be paired with the support and approval of the diabetes team. When doing the pump start together with the diabetes team, it is important to review bolus calculator, personal glucose target, and alert settings. Please don't forget to link the app to Glooko® as well as invite Companions, if appropriate, in the "Share menu".

# 03 How to pair the YpsoPump insulin pump with the CamAPS FX app

## Go to the settings menu on the YpsoPump:

- Activate Bluetooth®: Check on your YpsoPump that Bluetooth® is turned on (a Bluetooth® symbol will appear on the status screen when turned on).

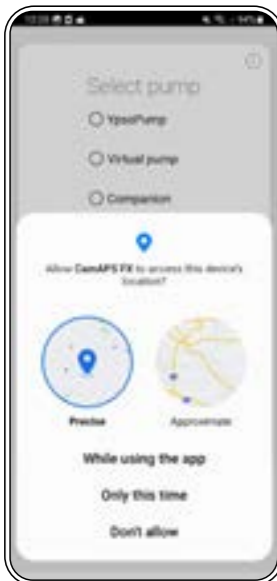


-  Bluetooth® active
-  Bluetooth® inactive
-  Bluetooth® pairing

- Swipe left and select pairing mode by pressing the icon with two Bluetooth® symbols. Your pump is now ready to be paired.



- Pairing must happen within two minutes otherwise the pairing mode on the pump will time out. If this occurs, just restart the process as above.



### Allow the following features:

Tap "While using the app" or "Allow" (depending on the smartphone you are using).

- Location of the device
- Photos, videos, music/audio files
- Detect nearby devices
- Stop optimising battery usage

Step by step instructions will guide you through the set-up.

**i** Make sure that Bluetooth® on the YpsoPump and on your smartphone is on and that your smartphone is connected to the internet when pairing. If the YpsoPump has already been paired with your smartphone, remove the YpsoPump from your smartphone's Bluetooth® menu before starting a new pairing process. You will need to be connected to the internet at least once every 28 days to maintain the pump pairing with the CamAPS FX app. This is for cybersecurity reasons.



1. Select "YpsoPump". You can also choose between a virtual pump (for demo mode only) or Companion (for remote monitoring only). Tap on "Continue".



2. Select your country of residence and the serial number of your pump. You can find your pump's serial number next to the battery compartment of the pump. The pump pairing will then start.



3. Enter the code that appears on your YpsoPump and tap on "Pair". A good internet connection is needed to successfully pair the pump.



- If you wish to practice using the CamAPS FX app, please select the "Virtual pump" to allow you to use the app in demo mode.
- For HCPs, the demo mode can be helpful to practice or showcase the use of the CamAPS FX app.

## 04 How to connect the CamAPS FX app to your CGM

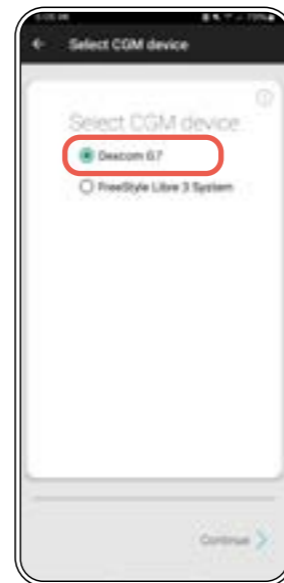
Follow the instructions on the CamAPS FX app to connect your CGM. You can choose between the Dexcom G7 sensor or the FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor.

### 4.1 Connecting your Dexcom G7 CGM sensor

#### Select "Dexcom G7".

- During the setup of the CamAPS FX app, you will need to sign into your Dexcom account as part of the pairing process. If you do not have a Dexcom account, you will be asked to create one.
- You can transfer a working Dexcom G7 sensor that was started with the Dexcom G7 app to your CamAPS FX app.

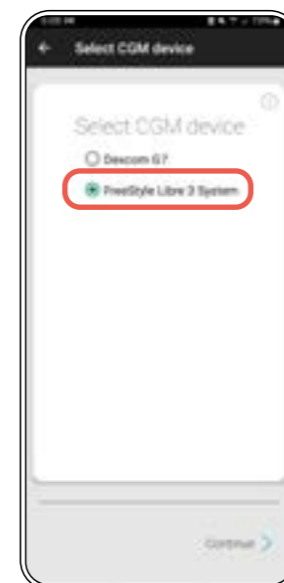
**i** To pair the sensor with the CamAPS FX app, it must not be paired with the Dexcom G7 app. If your sensor is paired with the Dexcom G7 app, remove the YpsoPump from your smartphone's Bluetooth® menu and uninstall the Dexcom G7 app before pairing with the CamAPS FX app.



### 4.2 Connecting your FreeStyle Libre 3 / FreeStyle Libre 3 Plus CGM sensor

#### Select "FreeStyle Libre 3 System".

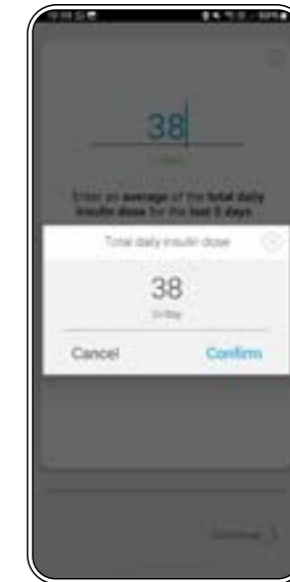
- You can not transfer a FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor that has already been started by another app to work with the CamAPS FX app. You need to start a new sensor with the CamAPS FX app.
- You can, however, transfer a working FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor from one phone to another, if started by your CamAPS FX app, if you download the CamAPS FX app on to the new phone and sign in with the same user details.



## 05 Entering body weight and total daily insulin dose



1. Enter your body weight in kg and "Confirm". This needs to be entered in whole units, so please round up or down to the nearest kilogram as appropriate. You are able to update your body weight via the "Settings" tab of the main menu. The body weight can be set between 10 and 300 kg.



2. Enter the average total daily insulin dose (TDD) for the last 5–7 days, "confirm" and continue. This is the only time you will enter your total daily dose into the CamAPS FX app. It is very important that this dose is calculated correctly. Please check with your diabetes team if you are unsure how to accurately calculate your TDD. Please seek support from mylife Diabetes Care if you have entered this information incorrectly.



- **The total daily insulin dose includes basal insulin, mealtime insulin and correction boluses.**
- **The total daily dose of insulin can not be changed later. However, the algorithm learns the user's insulin needs, so updates are not required. If needs are changing after onboarding, the algorithm will adapt.**

# 06 How to start your CGM sensor

## 6.1 Starting the Dexcom G7 CGM sensor

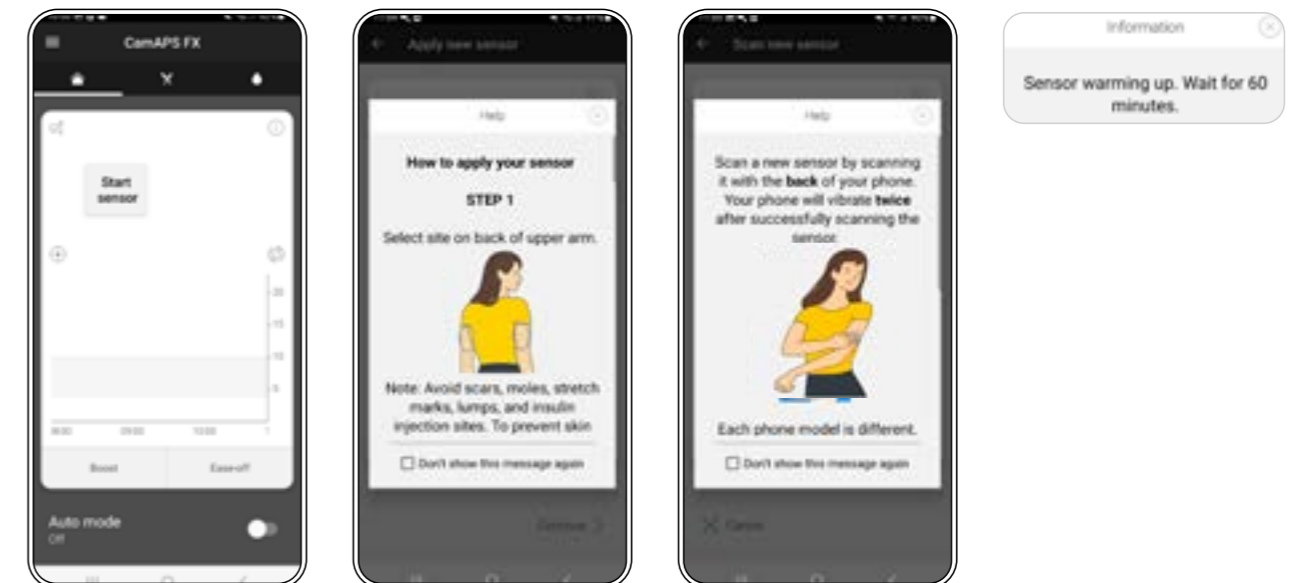


1. Tap on "Start sensor".
2. You will be asked to login to your Dexcom account and accept data sharing to Dexcom. By tapping on "Sign-in" you will be redirected to the Dexcom website to complete sign-in. This step is only required the first time you are linking a Dexcom G7 sensor or if reinstalling the app.
3. Enter sensor code and confirm. Confirm the Bluetooth® pairing request when the app suggests it. The Dexcom G7 sensor needs 30 minutes to warm up after which the glucose values will appear.



- By signing in with your Dexcom account details, you consent to the transfer of your data to Dexcom, in line with the consent settings in your Dexcom account, and to Dexcom processing your data in accordance with the Dexcom Privacy Policy.
- All users can use their abdomen and back of upper arm. Patients 2 to 6 years old can also choose their upper buttocks.

## 6.2 Starting the FreeStyle Libre 3 / FreeStyle Libre 3 Plus CGM sensor



1. Tap on "Start sensor".
2. Follow the instructions on the screen to apply your FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor.
3. Scan the new sensor with the back of your phone. The FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor needs 60 minutes to warm up after which the glucose values will appear.

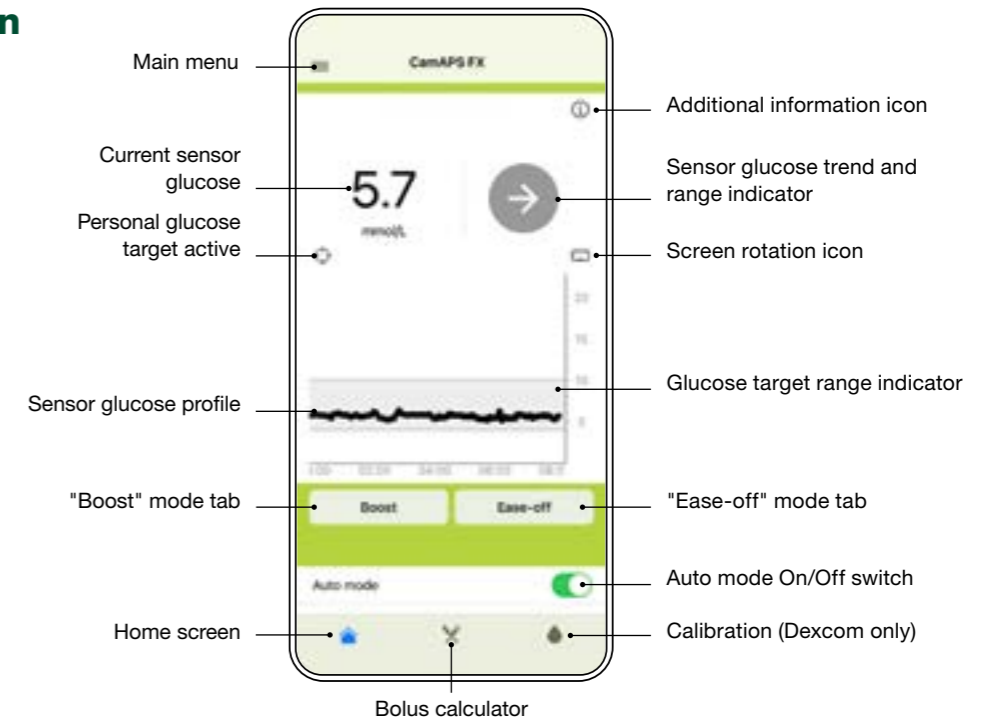
# 07 Home screen and detailed graph

Before activating Auto mode, familiarise yourself with the elements of the home screen and how to navigate between the different screens.

## Home screen Android smartphone



## Home screen iPhone



- **The default glucose range is set to the international Time in Range (TIR) standard of 3.9–10.0 mmol/L. This range does not influence CamAPS FX's functionality. It is used for statistical reasons to calculate your percentage time spent in target (TIR).**
- **The glucose range indicator can be modified in the "Statistics" section in the settings menu.**

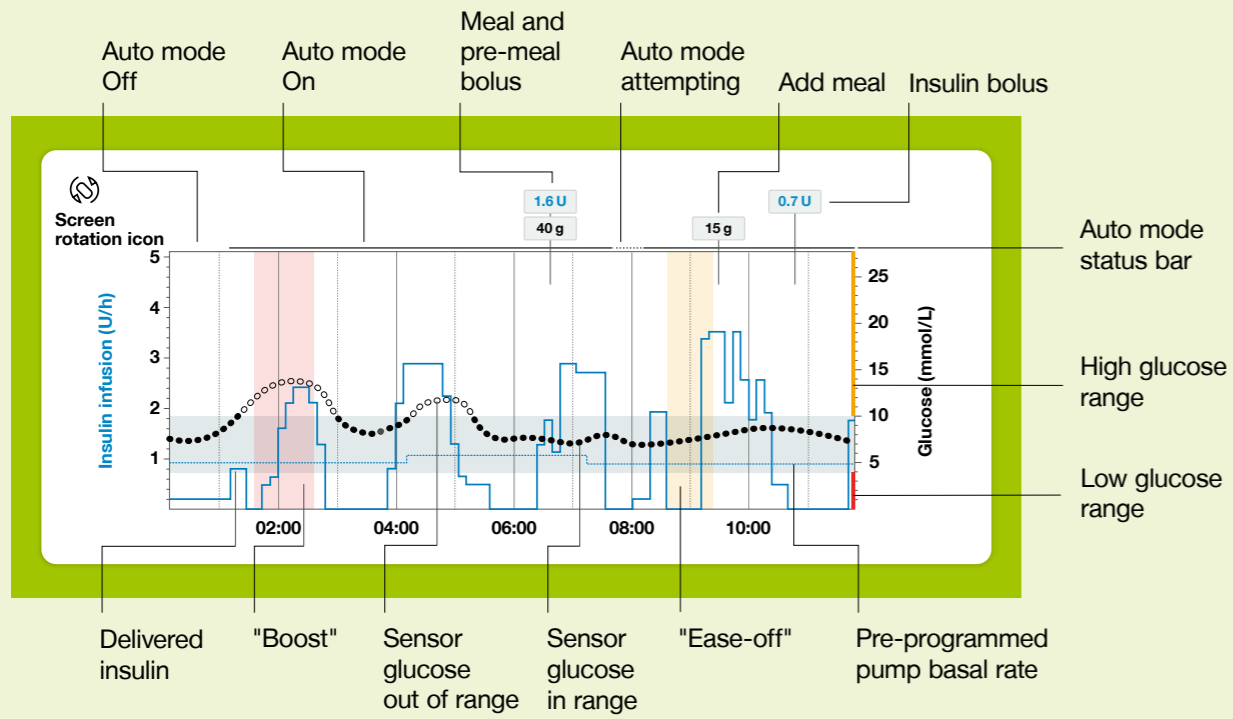
If clicking on the "Additional information icon", you can see the following information:

- Active insulin from bolus calculator (excludes algorithm-driven insulin)
- Current insulin infusion rate
- Amount of insulin remaining in the pump reservoir
- Pump battery level
- Last time connected to pump
- Last time sensor glucose received
- Average glucose today
- Average glucose yesterday
- Insulin today
- Insulin yesterday

- Glucose within target range and steady
- ↓ Glucose within target range and falling
- ↑ Glucose within target range and rising
- ⇓ Glucose within target range and falling fast
- ⇑ Glucose within target range and rising fast
- ↘ Glucose below low glucose alert range and falling slowly
- ↗ Glucose above high glucose alert range and steady

**Detailed graph**

To view the detailed graph rotate the home screen into landscape configuration or tap the "screen rotation" icon.



**i** The correct reading and understanding of this graph is key for users to understand how the CamAPS FX app is delivering insulin.

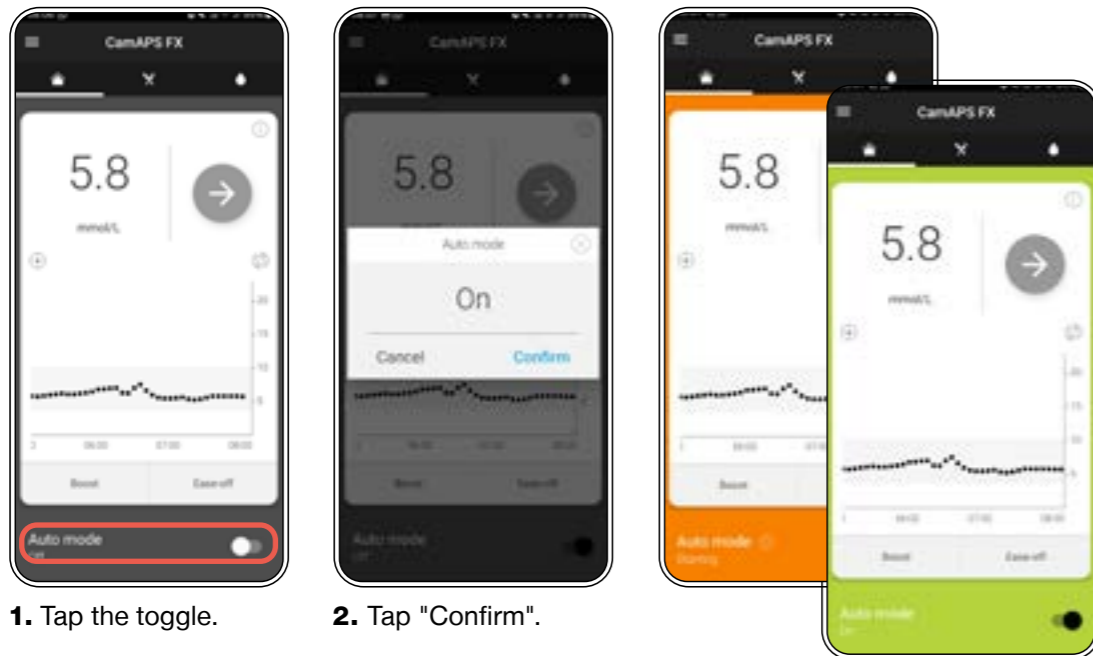


## 08 Starting Auto mode

Auto mode is the mode of operation when insulin delivery is directed by the CamAPS FX app replacing the pre-programmed basal insulin delivery from the YpsoPump. For automated insulin delivery with the YpsoPump, you need the CamAPS FX app and the Dexcom G7 or FreeStyle Libre 3 / FreeStyle Libre 3 Plus CGM sensor. Connect the CamAPS FX app to the

insulin pump and sensor. The sensor sends glucose data every minute (FreeStyle Libre 3 / FreeStyle Libre 3 Plus) or every five minutes (Dexcom G7) to the CamAPS FX app. Based on those readings, the app adjusts insulin delivery on the insulin pump every eight to twelve minutes to prevent low and high glucose levels.

If using the myLoop in Auto mode, the screen of the YpsoPump will continuously show a running extended bolus or a temporary basal rate of 0.0 units per hour.



1. Tap the toggle.

2. Tap "Confirm".



Extended bolus on the YpsoPump when in Auto mode



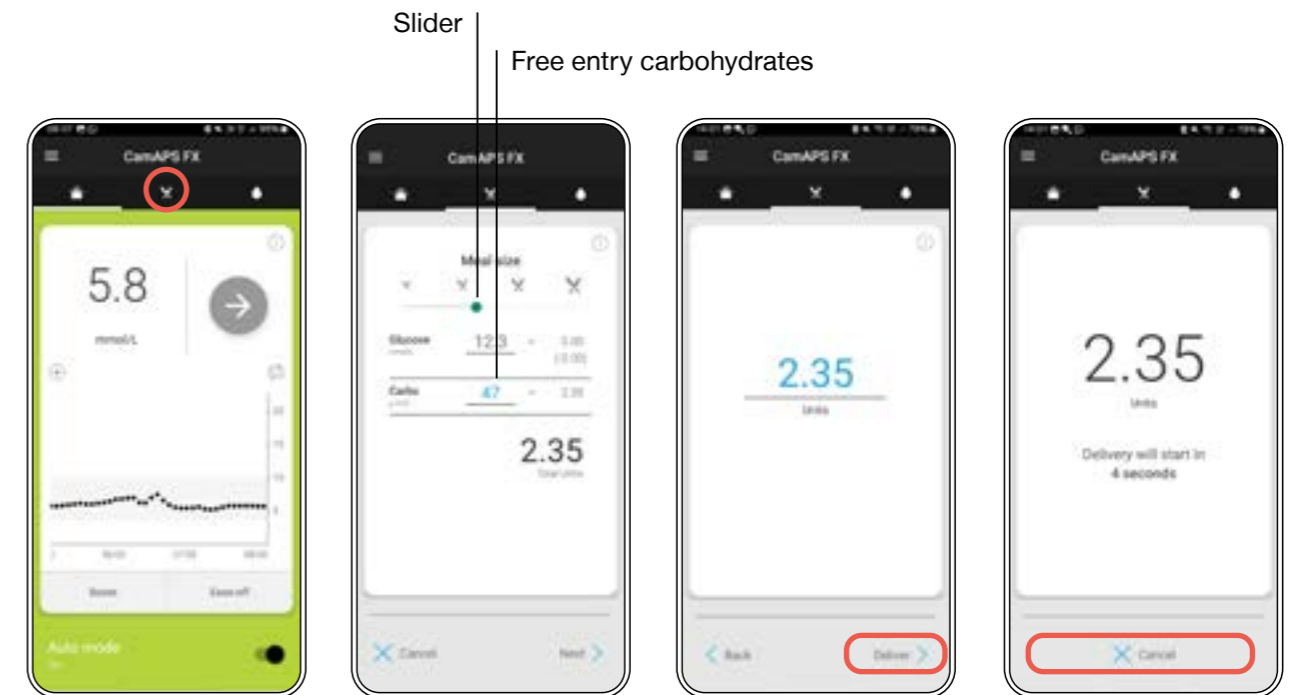
Temporary basal rate on the YpsoPump when in Auto mode

- i** In the event of an unrecoverable error or your smartphone depowering, your insulin pump will revert to the pre-programmed basal profile within 30 minutes if Auto mode is toggled on. Auto mode is automatically restarted as soon as the connection is available again.



- During startup, the screen temporarily turns orange. It will remain orange in the "attempting mode" for a short period of time while the app starts working for the first time. You can tap on the "i" next to Auto mode for more information when the app is in "attempting mode".
- As soon as Auto mode is activated, the background colour turns green.

## 09 Using the bolus calculator



**1.** Tap the knife and fork icon in the middle of the home screen (top on Android, bottom on iPhone).

**2.** Enter the carbohydrates. Check the suggested bolus and tap "Next".

**3.** Tap "Deliver" to send the bolus to the pump. By tapping on this blue dose suggestion, you can adjust the dose, if appropriate (e.g. for an exercise dose reduction).

**4.** A 5 second countdown occurs before the bolus is delivered. You can cancel it by tapping "Cancel".

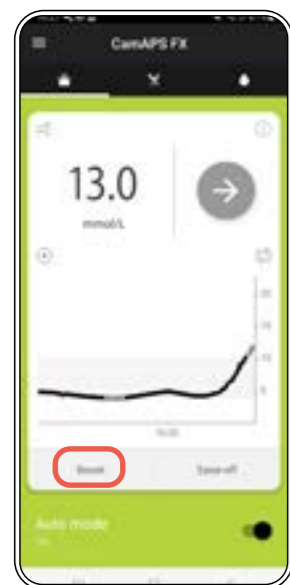
### 9.1 Giving a manual correction

- You can change the bolus amount by tapping on the suggested bolus and using the scroll wheel to increase / decrease the dose as appropriate.
- It is recommended that the glucose value in the bolus calculator is left grey and not included in the dose calculation for the carbohydrates about to be consumed. The algorithm is working hard in the background to keep the glucose value within your target range. Additional manual corrections should be given with caution and not too often, as they may increase the risk of low glucose levels.

# 10 Using "Boost"

"Boost" makes the algorithm more responsive and increases insulin delivery if glucose levels are high. This can come in handy if you experience an infusion set failure, are unwell, forgotten your meal bolus, miscounted your carbohydrates or your period is due. Once glucose levels are predicted to reach your target, the algorithm will

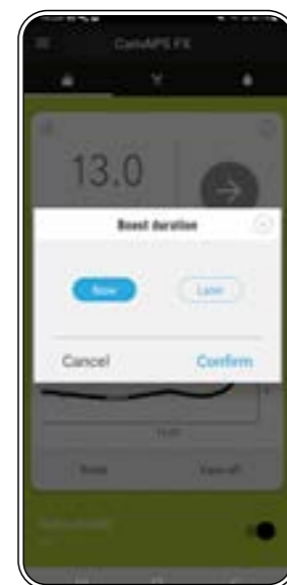
stop being more responsive, and may even stop insulin delivery completely, to reduce the risk of your glucose levels going too low, even if "Boost" is still programmed. If "Boost" is needed, it is recommended to set it for a significant period of time e.g. 2-4 hours and re-assess regularly.



1. Tap the "Boost" button.



2. Enter the duration of "Boost".



3. "Boost" can be started for a period of 10min–12h 59min, immediately or later. If you wish to start "Boost" now, tap "Confirm".

**i** You should consider changing the infusion set, cannula and reservoir if "Boost" is not working to bring glucose levels down.

**Overusing "Boost" can hamper the algorithm's ability to learn. It is important to proactively use "Boost" for valid reasons, but do not use it to "drive the algorithm" to become more aggressive.**



4. If you wish to start "Boost" later, tap "Later", enter the planned starting time and tap "Confirm".



- A blue banner appears on the home screen to show that "Boost" is activated.
- You can see the remaining time of "Boost".
- Tap the cross on the right of the banner to cancel "Boost".
- "Boost" can be programmed up to 24 hours in advance.



Seek support from your diabetes team, if glucose levels are consistently running high.

Insulin pumps and Automated Insulin Delivery (AID) systems can greatly improve glucose management but do not eliminate the risk of diabetic ketoacidosis (DKA). Because these systems use only rapid-acting insulin, any interruption in insulin delivery (e.g. infusion set failure, pump occlusion, empty reservoir, or device malfunction) can rapidly lead to ketosis and DKA – even if glucose readings are not very high. DKA is a serious and potentially life-threatening condition.

If you feel unwell, have persistent high glucose levels or detect positive ketones, please immediately contact your diabetes team and follow their advice. Do not rely solely on the AID system to correct high glucose or clear the ketones. Always check that insulin is being delivered and use your backup insulin method (e.g. insulin injections or insulin pens), if needed.

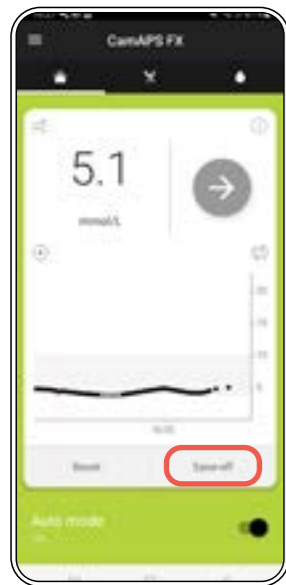
Medical advice can only be provided by healthcare professionals. The information contained in this material is intended for general educational purposes and should not be interpreted as medical advice or used as a substitute for consultation with a qualified healthcare professional.

# 11 Using "Ease-off"

"Ease-off" reduces insulin delivery depending on glucose levels, raises the glucose target temporarily and stops insulin delivery if your glucose level is predicted to fall below target.

Use "Ease-off" if you are planning to exercise, generally being more active than normal, after drinking alcohol or if it's hot outside.

**Set "Ease-off" for your evening gym session while packing your kit in the morning and take the hassle out of having to remember later!**



1. Tap the "Ease-off" button.



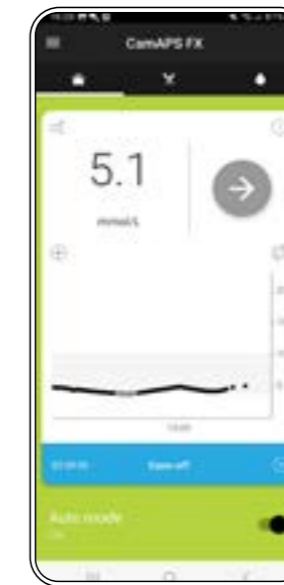
2. Enter the duration of "Ease-off".



3. "Ease-off" can be started for a period of 10 min–23 h 59 min, immediately or later. If you wish to start "Ease-off" now, tap "Confirm".



4. If you wish to start "Ease-off" later, tap "Later", enter the planned starting time and tap "Confirm".



- A blue banner appears on the home screen to show that "Ease-off" is activated.
- You can see the remaining time of "Ease-off".
- Press the cross on the right of the banner to cancel "Ease-off".
- "Ease-off" can be programmed up to 24 hours in advance.



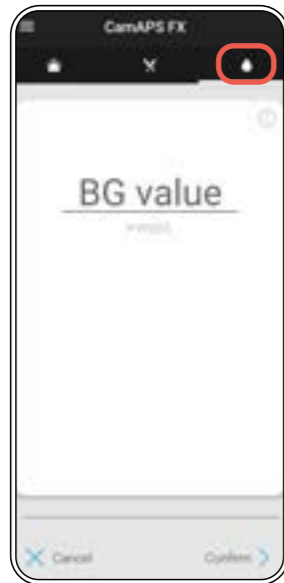
"Ease-off" will not prevent a hypo if the active insulin on board is too high. Turn the phone to landscape to view how much insulin the algorithm is delivering. If it has already stopped delivering insulin and glucose levels are dropping, you may like to eat or drink some carbohydrates. Please put these carbohydrates in the "Add meal" and "Hypoglycaemia treatment".



Seek support from your diabetes team, if glucose levels are consistently running low.

## 12 Calibration (Dexcom G7 only)

- If a Dexcom G7 sensor is inaccurate, it is possible to do a calibration. If it continues to be inaccurate after calibration, you might also like to consider replacing it or contacting Dexcom for further guidance.
- It is not possible to calibrate a FreeStyle Libre 3 / FreeStyle Libre 3 Plus sensor. If a FreeStyle Libre 3 / FreeStyle Libre 3 Plus is inaccurate, please replace the sensor.



1. To do a calibration, tap on the blood drop icon on the home screen.



2. Enter an accurate blood glucose fingerprick value that has been taken with a calibrated blood glucose testing meter. Press "Confirm" to calibrate.



**A sensor is generally classified as being inaccurate if it is over- or under-reading by more than 3mmol/L at a time that the glucose trend arrow is stable. If the sensor is reading inaccurately, it is recommended that Auto mode is switched off until such time that the sensor is reading accurately again. If the sensor continues to read inaccurately or calibration is not possible, please replace the sensor and seek support from your sensor distributor.**

**FreeStyle Libre 3 / FreeStyle Libre 3 Plus users can enter a BG reading in the calibration menu of the CamAPS FX app, should they wish to document a BG reading as a communication tool with their HCP. This, however, will have no impact on the sensor accuracy. If sensor readings appear inconsistent with BG measurements or clinical symptoms, the sensor should be replaced.**

## 13 Main menu

**Via the main menu icon on the top left of the screen, or swiping from left to right, the following sub-menus can be accessed:**

- Add meal
- Alerts
- Share
- Statistics
- Pump and sensor information
- Settings
- About
- Account
- Contact
- Help
- Stop sensor when using Dexcom G7 sensor or start sensor when using FreeStyle Libre 3 or FreeStyle Libre 3 Plus sensor

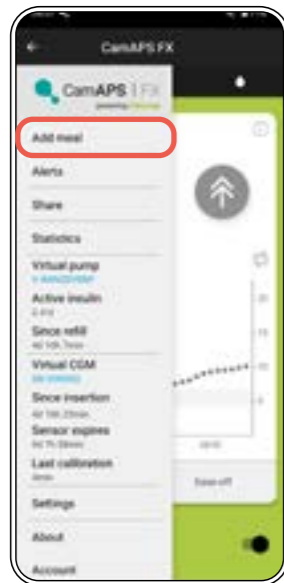
**Those menus are described in detail in the next chapters.**



# 14 Using "Add meal"

The CamAPS FX app has a bolus calculator that people can use to deliver a dose of insulin for meals and snacks. However, there may be times that you eat or drink something containing carbohydrates but not want to bolus a dose of insulin for them such as when you are hypo or being active. When someone enters carbohydrates into the "Add meal" function, no

insulin bolus is immediately given. "Add meal" gives the algorithm information about the amount of carbohydrates-on-board which it uses as one of the factors when deciding how much insulin to deliver every 8–12 minutes. The algorithm will only give extra insulin based on the current glucose trends and what it predicts will happen to glucose levels over the next few hours.



1. Go to the "Add meal" tab of the main menu of the CamAPS FX app.



2. Enter the amount of carbohydrates and choose between meal or snack, hypoglycaemia treatment or slowly absorbed meal. Tap "Continue" and confirm.

When carbohydrates are entered with any of the "Add meal" options, no extra insulin is automatically delivered.

**"Meal or snack"** notifies the algorithm that there are extra carbohydrates that have not been covered with a meal bolus and that it should adjust for these carbohydrates as part of its normal automated insulin delivery calculations if glucose levels rise.

When **"Hypoglycaemia treatment"** is selected, the carbohydrates are shown on the detailed graph (landscape view). The algorithm's calculations will be slightly more gentle following the entry of carbohydrates in "Add meal" and "Hypoglycaemia treatment" for a period of time. This reduces the risk of further hypoglycaemia.

When **"Slowly absorbed meal"** is selected, the algorithm is notified that it may need to be more aggressive than usual over the next 3–4 hours if glucose levels rise due to the higher fat, higher protein and/or low glycaemic index content of the carbohydrates consumed.

**i** Due to the speed of insulin action, the algorithm may not be able to prevent high glucose levels if large amounts of carbohydrates (more than 20 grams of carbohydrates) are entered in "Add meal". Users should consider giving a meal bolus, via the bolus calculator, for large amounts of carbohydrates.

# 15 Alerts

With the CamAPS FX app you have the possibility to set different alerts and thresholds. When your glucose level exceeds the set alert threshold a message accompanied by an audio sound or vibration is displayed on the screen. The alert threshold, repeat time and the type of sound can be personalised. Alerts are specific to the CGM device you are using, however, it is possible that not all CGM-specific alerts have been implemented in the CamAPS FX app.

There may be times when you don't want to have any alerts, such as when you are in a meeting, watching a movie or writing an exam. You are able to "snooze the alerts" for up to 2 hours. The urgent low alert will still sound even when the "snooze" function is set or phone is muted. For iOS users, critical alerts can be muted in the phone settings.

## Set up your alerts settings:



**1.** Go to the "Alerts" tab of the main menu of the CamAPS FX app.



**2.** Tap on the alert name to change the settings of the alert such as the threshold, repeat time and the type of sound, or to turn the individual alert on or off.



**3.** Now you can adjust a setting by tapping on it. The "Urgent low" glucose alert can not be turned off.

**i** If the YpsoPump vibrates or sounds, check the alarm or alert directly on the pump, not just in the CamAPS FX app.

## Set up an alert schedule:

The alert schedule lets you pick how your alerts notify you at different times and on different days.



**1.** Enter the name of the alert schedule.



**2.** Enter the start time of the schedule.



**3.** Enter the end time of the schedule. When you turn on the alert schedule for the first time, your glucose alert settings are copied into your schedule. Then change glucose alert settings as described above and select days of the week when alert schedule should be used.

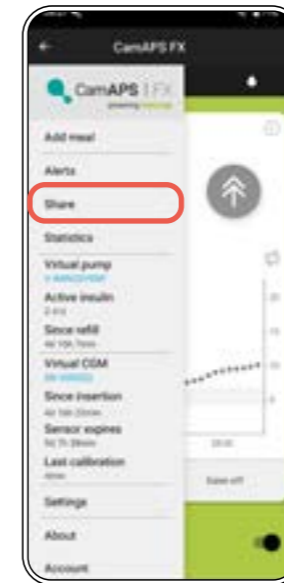
**i** Some phone's "do not disturb" may override the app's alert settings and could prevent them from being triggered.

It is recommended that if people make use of the "do not disturb" feature on their phone that they exclude the CamAPS FX app.



## 16 Share menu

**In the "Share" menu you can add your Glooko® account to share data with your healthcare professional and add "Companions" and SMS "Follower".**

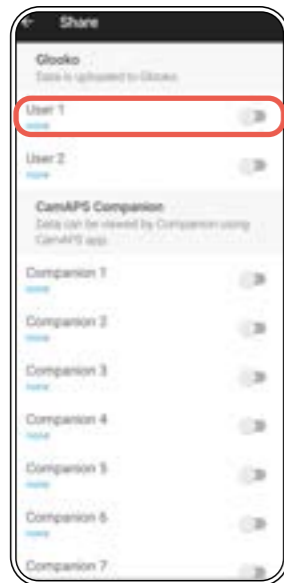


## 16.1 Connecting to Glooko®



### In order to share your data on Glooko®:

- Create a Glooko® account on the website: <https://join.glooko.com>
- An automated data upload from the CamAPS FX app to the Glooko® platform can be established to share data with your healthcare professionals.
- Your personal Glooko® account needs to be linked with your clinic's Glooko® account to automatically share your data. Please ask your clinic for their pro-connect code. You need to enter this code into your Glooko® account; this can be done from the "Account" screen within Glooko®.
- Internet connectivity is required to share data with Glooko®.
- Once your Glooko® account is set up and sharing data with your healthcare professionals, return to the CamAPS FX app and follow the instructions below to upload data automatically to Glooko®.
- You need to consent to share data via the CamAPS FX app. This consent is requested when you created your account. Should you wish to change your consent, you may do so in the "Account" tab in the main menu of the CamAPS FX app.



1. Go to the "Share" tab of the main menu of the CamAPS FX app. Press "User 1" in the Glooko® section.

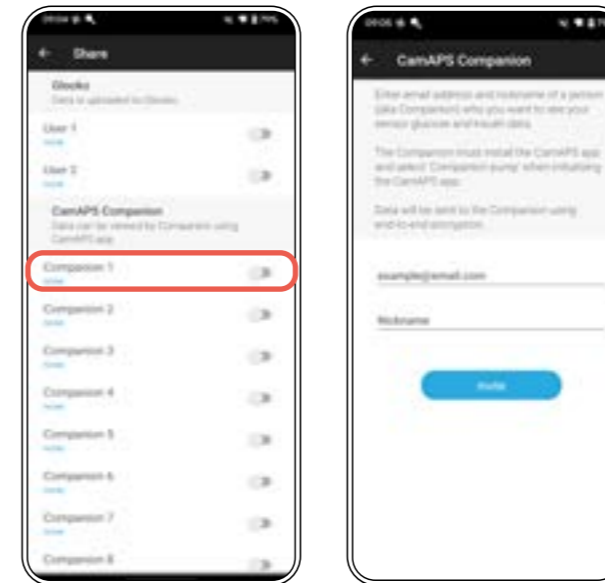


2. Enter your Glooko® account username and password and press "Link". A confirmation window appears. Tap on the "X" to close the window.

## 16.2 Companion remote monitoring

### Send an invitation for Companion remote monitoring:

The CamAPS FX app allows user's data to be shared with up to 10 "companions". Remote monitoring is integrated into the app and therefore both, user and "companion", use the CamAPS FX app. Companion remote monitoring mirrors data from the user's CamAPS FX app. CGM, insulin and other data as well as alerts are mirrored in the "companion's" CamAPS FX app. Internet connectivity is required to share data with "companions".

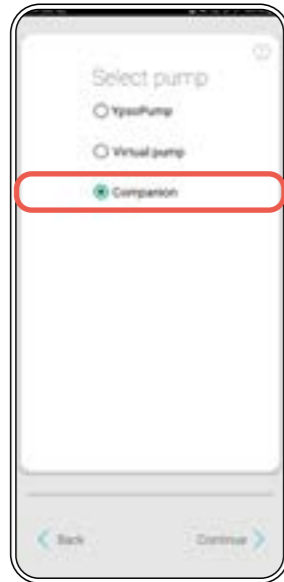


1. On the CamAPS FX app of the person with type 1 diabetes, access the "Share" tab of the main menu.
2. Tap "Companion 1" in the CamAPS Companion section.
3. Enter the companion's email address and nickname and tap "Invite".



**CamAPS FX allows to share glucose levels, insulin administration and other data with companions/caregivers.**

### Receive an invitation for Companion remote monitoring:



1. The "companion" receives an invitation by email to follow the person with type 1 diabetes on the CamAPS FX app.
2. The "companion" should download the CamAPS FX app on their smartphone.



CamAPS FX app mmol/L

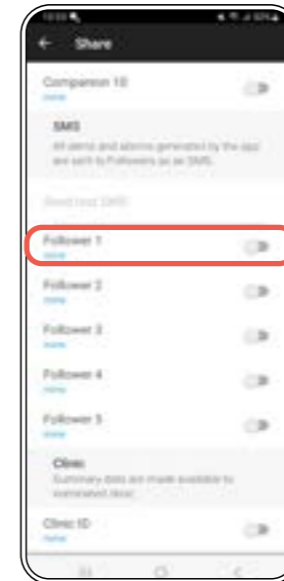
3. The "companion" should create a personal CamAPS FX account using the invitation email address. This email needs to be different from the email address used by the person with type 1 diabetes for their CamAPS FX app.
4. The "companion" selects "Companion" when setting up the CamAPS FX app.



Companions who have completed the in-app training should log out of the app via the Account menu and sign back in again to access the Select Pump screen with the Companion option.

## 16.3 SMS-based remote monitoring (Android only)

The CamAPS FX app supports SMS based remote monitoring. All app-generated alerts will be sent via SMS message to up to 5 "followers". A SIM card and mobile data plan is required to send SMS messages to "followers".



1. On the CamAPS FX app, access the "Share" tab of the main menu.



2. Allow CamAPS FX to send and view SMS messages. Choose "Allow".



3. Enter the Follower's phone number and nickname and tap "Verify". The "follower" receives a verification code by SMS to confirm that they agree to receive SMS notifications.



4. Enter the verification code on the CamAPS FX app. From now on all alerts will be sent to the Follower.

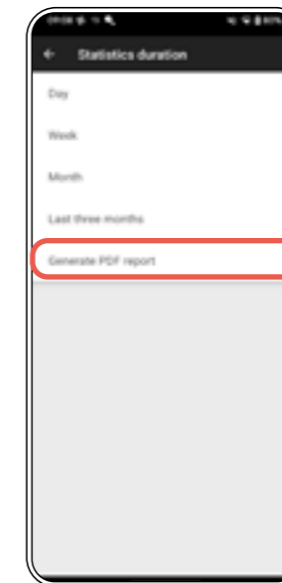


For safety reasons, SMS alert notifications will be repeatedly sent to followers until the alert is cleared on the CamAPS FX app.

# 17 Statistics

In the "Statistics" tab of the main menu you can review your statistics from the last day, week, month or the last three months and you can generate a PDF report.

## 17.1 How to generate a PDF report



1. On the CamAPS FX app, access the "Statistics" tab of the main menu. Choose "Generate PDF report". A PDF reader is required to generate the report.



- The first PDF report can be generated the day after CamAPS FX was started.
- A PDF reader is required to generate the report.
- You can share up to 14 days of data via PDF report.

# 18 Settings

Go to the "Settings" tab of the main menu of the CamAPS FX app. You have the option to set different settings.



## 18.2 Block

To prevent accidental use of the CamAPS FX app, there is a "Block" function. When "Block" is enabled, you will not be able to use "Boost" or "Ease-off" or give a bolus. You will also not be able to calibrate the sensor or switch "Auto mode" on or off.

Slide the toggle to the right to turn "Block" on.



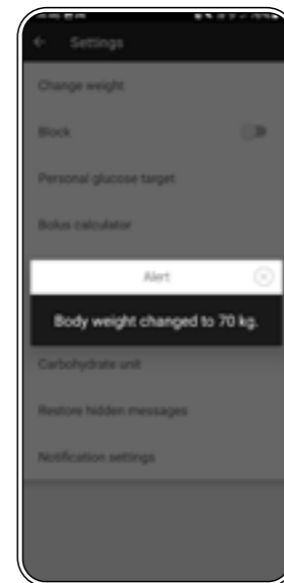
## 18.1 Change weight



**1.** To adjust body weight, tap on "Change weight". Tap on the screen and enter your weight in kilograms. Press "Continue".



**2.** Tap on "Confirm".

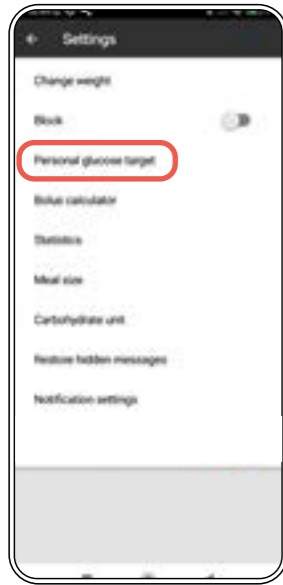


**3.** A pop-up appears that body weight has been changed.

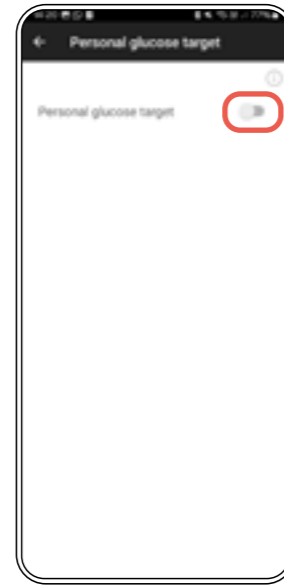


## 18.3 Personal glucose target

- Set the personal glucose target (PGT) in the CamAPS FX app that it is aiming to achieve when Auto mode is running.
- The default target is 5.8 mmol/L.<sup>1</sup>
- The PGT can be set between 4.4 and 11 mmol/L in 30-minute segments across 24 hours of the day.
- Please programme the PGT with support of the diabetes team.



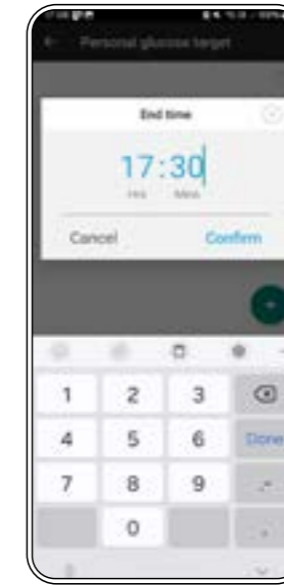
**1.** To set the PGT open the CamAPS FX app's main menu. Go to "Settings" and "Personal Glucose Target".



**2.** Slide the toggle to the right to turn on this feature.



**3.** Tap on the green + icon.



**4.** Enter your desired start time and end time as well as the glucose value. If more than one PGT needs to be programmed, please tap on the + to enter the next time block.



The CamAPS FX app uses either the 24-hour clock or AM/PM for programming settings, depending on the chosen time format on the smartphone.

<sup>1</sup> Fattah M, Boughton CK, Ware J, et al. Evaluating the Impact of Applying Personal Glucose Targets in a Closed-Loop System for People With Type 1 Diabetes. J Diabetes Sci Technol. 2024;18(3):695-700. doi:10.1177/19322968221145184

## 18.4 Bolus calculator settings

**i** Please seek advice from your diabetes team regarding your bolus calculator settings.



**1.** If you set up the CamAPS FX app for the first time, the setup wizard will automatically open the bolus calculator settings. Once setup is complete, you can open the bolus calculator settings via the "Settings" tab of the main menu.



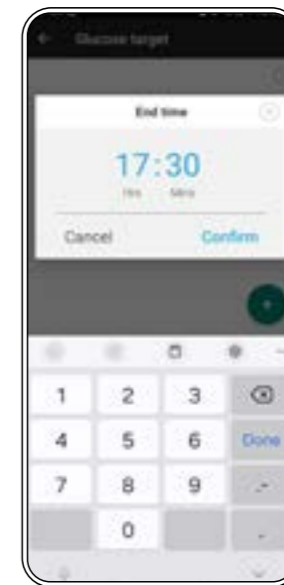
**2.** Tap "Minimum glucose for calculation" and enter the minimum glucose value. Tap "Confirm".



**3.** Tap "Maximum bolus suggestion" and enter the maximum bolus amount. Tap "Confirm".



**4.** Choose "Glucose target" in the bolus calculator, press **+** to add a time segment in 30-minute increments.



**5.** Enter the start and end time and value of the glucose target for this segment. Tap "Confirm".

- In the same way define
- The correction factor
  - The insulin-to-carb ratio
  - The duration of insulin action



- **Bolus calculator settings must be set up on the CamAPS FX app and are not stored on the YpsoPump insulin pump.**
- **The phone needs to have a security pin or another security method (fingerprint or facial recognition) to unlock it to allow the bolus calculator to work.**

- **The default value of the personal glucose target is 5.8 mmol/L.**
- **The glucose target, correction factor and duration of insulin action in the bolus calculator is used when a manual correction is requested via the bolus calculator and does not influence the CamAPS FX algorithm's functionality.**
- **The bolus calculator can be used in both Auto mode and manual mode.**

## 18.5 Statistics (in the Settings menu)

You can change the threshold values used to calculate the time when glucose was in, above and below target. Changing this setting will not impact on how the algorithm works or the targets it is aiming to achieve. It simply presents the glucose "Time in Range" data using different high and low levels to the standard 3.9–10 mmol/L.

### When pregnant, it is recommended to:

- Change your app's Time in Range (TIR) setting to the pregnancy TIR targets of 3.5–7.8 mmol/L.
- Add your estimated due date.
- Watch the "Using CamAPS FX when pregnant" training animation.

If you wish to change the algorithm's target glucose levels, please go to the "Settings" menu and "Personal Glucose Target".



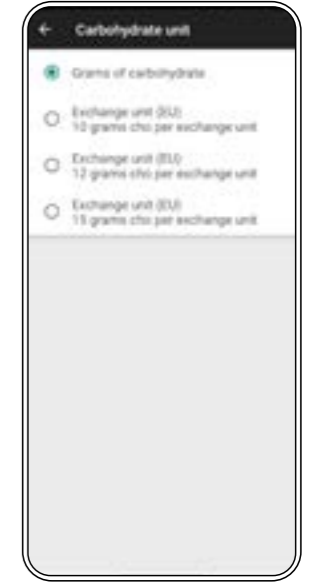
## 18.6 Meal sizes

The bolus calculator's preset meal sizes can be personalised in the "Settings" and "Meal size" section. Use the scroll wheel to change the amount of carbohydrate in each meal size and press "Confirm" to save. These preset meal sizes can be used as a shortcut to entering carbohydrates into the bolus calculator. You can personalise your own small, medium, large and very large carbohydrate amount. The carbohydrate range is between 0–300 grams or 0.0–30.0 exchanges of carbohydrate for each of the four meal sizes.

## 18.7 Carbohydrate unit

If using CamAPS FX, insulin for the carbohydrates of meals and drinks needs to be given via the bolus calculator. The insulin dose is based on someone's preset insulin-to-carbohydrate ratio. This ratio can be expressed in the number of insulin units needed per: Gram of carbohydrate or Carbohydrate exchange.

Entering carbohydrate in grams is the default setting in the CamAPS FX app. If you prefer to use carbohydrate exchanges in the bolus calculator, you can change this setting in the "Settings" and "Carbohydrate unit" section. Tap on your preferred selection to change the carbohydrate unit. Exit the menu to save your selection.



## 18.8 Restore hidden messages and notification settings

In the "Restore hidden messages" section you can restore all in-app pop-ups.

The "Notification settings" options vary for each smartphone and operating system. You have different permissions that can be set.

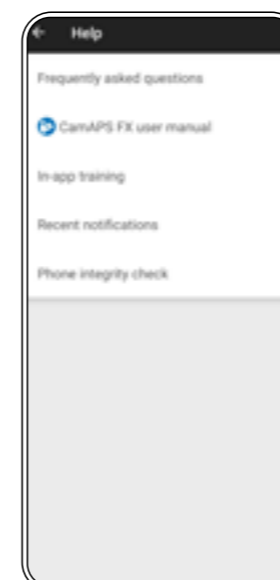
# 19 About, Account, Contact and Help menu



In the "About" tab of the main menu you can find important information about the CamAPS FX app version that you have installed.

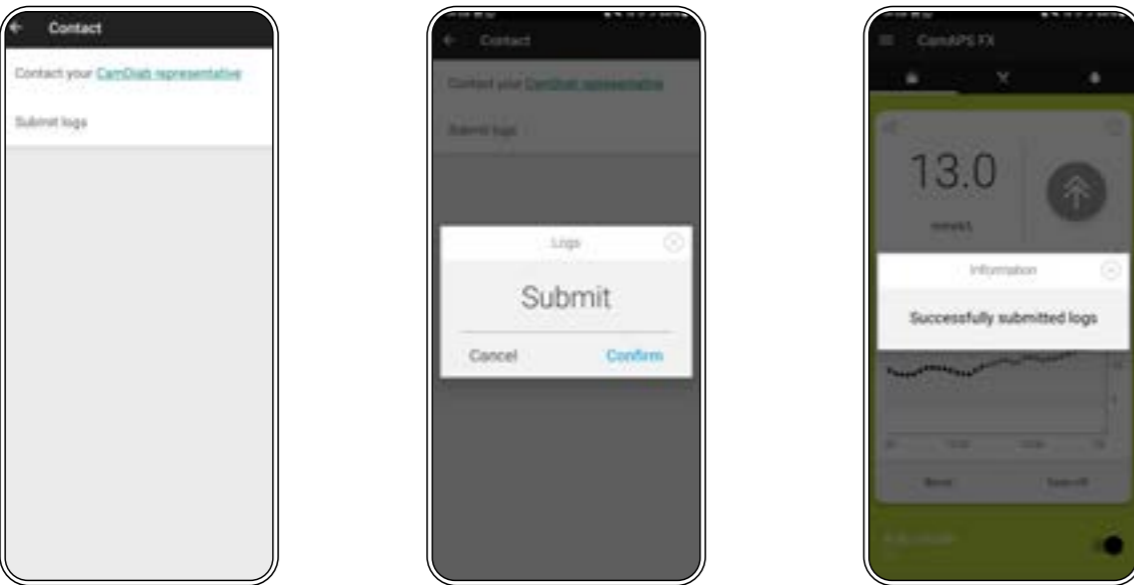


In the "Account" tab of the main menu you can find your account details. You can change your password, log out of the app and adjust your consent to data sharing options.



In the "Help" tab of the main menu you can find frequently asked questions and the link to the user manual. You can access the animations and factsheets from the in-app training. You can check the most recent information on the CamDiab website and do a phone integrity check (Android only).

## 20 Cartridge and infusion set change in combination with CamAPS FX



In the "Contact" tab of the main menu you can get in touch with the CamDiab representative and you can submit logs. Logs can be used to investigate any issues on the CamAPS FX app. To submit logs, tap on "Submit logs" and "Confirm". A pop up appears confirming that the logs have been submitted.

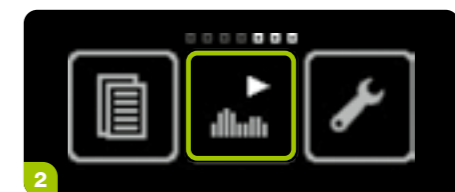
### General information regarding the cartridge and infusion set change in combination with CamAPS FX

- Auto mode should be left ON during an infusion set and/or cartridge change. The more time spent in Auto mode, the better the learning of the algorithm will be.
- When taking off the YpsosPump for more than 15 minutes, for example if you take a bath while changing the infusion set, please put the YpsosPump into stop mode.
- If you put your YpsosPump into stop mode (especially if Auto mode is running), remember to switch the YpsosPump back into run mode. Otherwise, the YpsosPump will alert you if the insulin pump has been in stop mode for more than one hour. The CamAPS FX app will alert every 30 minutes when the pump is suspended.
- The screen background turns orange (attempting) when you put the YpsosPump into stop mode. If you switch back to run mode, the app's screen background turns green (Auto mode on).

### Put the YpsosPump into stop mode



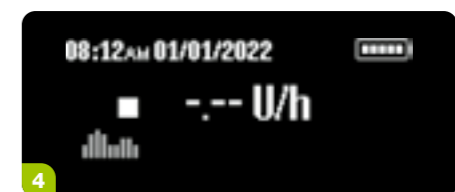
1. Swipe left to open the main menu and unlock the YpsosPump. If there is a running extended bolus or a temporary basal rate running on the home screen, you can still swipe to the left or tap on the "X".



2. Swipe to the left and tap the "Run mode/Switch to stop mode" icon.



3. Confirm by tapping .



4. The status screen appears. Insulin delivery is stopped immediately. This is indicated on the screen.

### Changing the infusion set and cartridge

Now perform the cartridge and/or infusion set change as described in the YpsoPump Instructions for Use.

#### You can download the Instructions for Use here:



[www.mylife-diabetescare.com/en-GB/get-started/downloads.html](http://www.mylife-diabetescare.com/en-GB/get-started/downloads.html)

#### Or you can watch the YpsoPump handling videos:



[www.mylife-diabetescare.com/en-GB/get-started/handling-videos.html](http://www.mylife-diabetescare.com/en-GB/get-started/handling-videos.html)

### Set the YpsoPump and the CamAPS FX app into operation again

Put the pump back into run mode as described in the YpsoPump Instructions for Use.

Auto mode will resume automatically within a few minutes and the app's screen background will change from orange to green.

## 21 Good practices

### General guidance

- Follow your healthcare provider's recommendations for good diabetes management.
- Consult a doctor before changing application settings or insulin type.
- Communicate regularly with your healthcare professional to discuss your progress and any problems encountered.

### Meal management

- Deliver a bolus 10 to 15 minutes before meals (5–10 minutes if using ultra-rapid insulin).
- Aim to count carbohydrates as accurately as possible.
- Avoid entering "fake" carbohydrates in the CamAPS FX app.

### Infusion set & insulin management

- Change your infusion set and cannula regularly (every 2–3 days depending on the cannula type) and rotate your infusion site each time. You can use the pump refill reminder in the alerts menu to help you remember.
- Clean your skin thoroughly before each infusion set change.
- Check your insulin's expiry date and replace it if it has expired.  
For information about correct insulin storage and operating conditions, refer to the Instructions for Use of your insulin.

### Device & connectivity

- Check the battery level of your insulin pump regularly.
- Recharge your smartphone every day.
- Turn your smartphone off and on at least once a week to clear the Bluetooth® cache and maintain good connectivity.
- Connect your smartphone to the internet at least once every 28 days to enable data exchange.
- Please always update your CamAPS FX app to the latest app version for the best user experience. There is a risk that the app might close when it is updated, stopping automated insulin delivery. You can control when the app updates by switching off automatically app updates in your phone settings.
- If you are spending less than 90% of time in closed-loop, please reach out to customer care for expert troubleshooting advice.

### Safety & emergencies

- Check with your diabetes team how to manage emergency situations such as severe hypoglycaemia, hyperglycaemia, or ketones.
- Confirm with your diabetes team which alert settings you should program in the CamAPS FX app ("Alerts" tab in the main menu).
- If your CGM glucose reading does not match your symptoms, please do a finger prick blood glucose reading to check. If your sensor is inaccurate (more than 3 mmol/L above or below your finger prick reading, when the glucose trend arrow is flat), please calibrate or replace the sensor.

## 22 Support

**In case of technical problems with myLoop, please contact our technical support line. For any medical questions, please contact your healthcare team.**


**If you have any questions, feedback or suggestions regarding our services, please do not hesitate to contact our customer support team who will be happy to help.**

**Mail:** [info@mylife-diabetescare.co.uk](mailto:info@mylife-diabetescare.co.uk)

**Technical support line:**  
**0344 856 7820 (UK)**  
**1800 911 522 (ROI)**



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 For safety information on mentioned products, see Instructions for Use or [www.mylife-diabetescare.com/safety](http://www.mylife-diabetescare.com/safety)





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