

TempoSmart™ User Guide: United States



Introducing TempoSmart™

Your Diabetes Self-Management Tool.

TempoSmart™ is for adults with type 1 or type 2 diabetes. It gives you real-time guidance to support diabetes¹ self-management between office visits. To gain access to the TempoSmart app, you will receive an email invitation from a licensed health care provider.

Is TempoSmart right for you?

If you need help tracking your diabetes data, understanding everyday diabetes decisions, communicating your progress to your health care team, and keeping your information in one place between office visits, TempoSmart may help.

TempoSmart is accessible from your mobile phone. It supports your health care team's treatment plan.

Share your results with your health care team before your next visit or at their request

Before your next diabetes check-up, you can send your health care team a report about the diabetes information that TempoSmart has gathered, and that you have entered. This may help your health care provider understand the challenges that you may face between appointments. That way, during your office visit, you can discuss your treatment plan and experiences managing diabetes.

TempoSmart provides you coaching messages based on the glucose values that you enter or automatically sync with your blood glucose meter and Dexcom Continuous Glucose Monitor. These messages are meant to provide support and education that supplement the diabetes education and management plan given by your health care provider and team. While the educational statements may include information on the effect of your treatment plan on your glucose data, these statements are not meant to replace instruction from your health care provider. For your safety, only make treatment changes based on the instructions from your health care provider and team.

TempoSmart Description

TempoSmart is diabetes management software for use by adults with type 1 or type 2 diabetes and their health care providers (HCPs). Patients use the software on mobile devices (iOS or Android). HCPs may use a web-based application to access their patients' TempoSmart data. Patients can record health data manually or by connected devices; receive coaching and educational messages and medication reminders; and share data with their HCP via the SMART Visit Report®. HCPs can authorize the Insulin Calculator² for bolus insulin or initiate an Insulin Adjustment Program for basal insulin (Prescription only).

Key Features

- Tracking of synced health data (glucose levels, medications, activity, sleep)
- Tracking of manually entered health data (glucose, blood pressure, weight, food, medications, activity, sleep)
- Connection to blood glucose meters, Dexcom Continuous Glucose Monitor (CGM), Tempo Smart Button™³, activity trackers
- Customized coaching messages (glucose, blood pressure, weight, food, medications, activity, sleep)
- Medication and blood glucose (BG) reminders
- Education and resources (lessons, articles, videos, meal planner)
- Reports for the care team (SMART Visit Report)

¹ The diabetes management functions are also known as BlueStar (FDA Cleared 510(k) K230813)

² Insulin Calculator may also be referred to as Insulin Dose Calculator

³ Tempo Smart Button (module), manufactured by Eli Lilly and Company, is a reusable data transmitter that detects and stores insulin dose-related data when attached to a disposable Tempo Pen, and then transfers this information to a compatible mobile application via Bluetooth® Low Energy (Bluetooth) wireless technology. The insulin dose-related data is used by the app to display the brand of insulin, dose amount, date, and time.



- Insulin management features include:
 - Insulin Calculator for bolus insulin – Requires health care provider authorization (Prescription only)
 - Insulin Adjustment Program for basal insulin titration – Requires health care provider authorization (Prescription only)

Intended use

TempoSmart™ is a Software as a Medical Device (SaMD) intended to be used by healthcare providers (HCPs) and their patients – aged 18 years and older - who have type 1 or type 2 diabetes. TempoSmart is intended to assist patients in managing their diabetes with guidance from their providers.

Indication for Use

TempoSmart™ is indicated for use by healthcare providers (HCPs) and their patients – aged 18 years and older - who have type 1 or type 2 diabetes. TempoSmart is intended to provide secure capture, storage, and transmission of glucose data as well as information to aid in diabetes self-management. TempoSmart automatically receives insulin dose-related data when connected to a compatible Tempo Smart Button™ device via wireless Bluetooth® technology and has the ability to detect and mark which doses are prime and which are injected insulin. TempoSmart analyzes and reports glucose test results and supports medication adherence. In addition, TempoSmart provides coaching messages (motivational, behavioral, and educational) based on real-time glucose values and trends. It includes software intended for patient use on mobile phones and software intended for healthcare provider use through computer web browsers. The software also allows for entry of other diabetes-related healthcare information and provides educational information.

The following TempoSmart features require a prescription:

For bolus insulin users with type 1 and type 2 diabetes, TempoSmart includes an insulin dose calculator to allow patients to use their prescribed regimen to calculate a dose of bolus insulin for a given amount of carbohydrates and/or glucose value from a blood glucose meter (BGM).

When connected to a compatible FDA-cleared integrated continuous glucose monitor (iCGM) and if an insulin-to-carb ratio plus correction factor insulin regimen is prescribed, TempoSmart includes a CGM insulin dose calculator. The TempoSmart CGM insulin dose calculator is software intended for the management of type 1 or type 2 diabetes in persons aged 18 years and older requiring fast-acting insulin. The TempoSmart CGM insulin dose calculator allows patients to calculate a dose of bolus insulin for a given amount of carbohydrates, the most recent CGM glucose reading and rate of change, activity, and insulin on board (IOB).

For basal insulin users with type 2 diabetes, TempoSmart includes a basal titration feature which calculates appropriate long-acting basal insulin doses for titrating insulin levels based on configuration by a healthcare provider. The healthcare provider must activate the basal titration feature and configure it for patient-specific parameters.

TempoSmart is not intended to replace the care provided by a licensed healthcare provider, including prescriptions, diagnosis, or treatment.

Tempo Insights™ is the healthcare provider-facing component of TempoSmart. Neither Tempo Insights nor TempoSmart is intended to replace the research, expertise, judgment, or treatment provided to patients by healthcare providers.

**WARNINGS**

- For medical questions, please contact your health care provider.
- If you are experiencing an emergency, please dial 911.

**CAUTIONS**

Federal law restricts the TempoSmart Insulin Dose Calculator and Insulin Adjustment Program (IAP) to sale by or on the order of a licensed health care provider.

TempoSmart is designed to work with glucose results reported in mg/dL and cannot safely be used with mmol/L values. To avoid harm please ensure that any glucose meter used with TempoSmart is set for blood glucose values in mg/dL.

To help prevent others from accessing your data or settings, always use a passcode or the biometrics (fingerprint or image of your face) to unlock your mobile device. Do not leave your mobile device in an area that can be accessed by others.

Contraindications

TempoSmart is not indicated for people with gestational diabetes or who use an insulin pump. For more information, call Lilly Tempo Support at 1-855-LillyTempo (1-855-545-5983).

Considerations for Use

TempoSmart is designed for individual use and should not be shared with other individuals.

TempoSmart is designed for individuals who are able and willing to maintain sufficient diabetes self-care skills and visit a health care provider regularly.

IMPORTANT: Your mobile device must be set up correctly to work properly and safely with TempoSmart™. Your device's internal settings override any TempoSmart setting. If the settings on your device are incorrect, TempoSmart may not function properly. Your mobile device must be set to the current time to ensure accurate data tracking and reminders.



Platform	Catalog #
Mobile App for iOS	202171OTC, 202172RX
Mobile App for Android	202173OTC, 202174RX



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[Customer Care: Ready to Answer Your Questions](#)

Need help using TempoSmart? Call Lilly Tempo Support at 1-855-LillyTempo (1-855-545-5983)

Available Monday – Friday 8:00 am – 8:00 pm EST and Saturday 9:00 am – 5:00 pm EST.

Contents

Welcome to TempoSmart™	8
Log In	8
SMART Visit Report.....	9
Sending a SMART Visit Report	9
Add Additional SMART Visit Report Recipients	10
Schedule a SMART Visit Report	10
Getting Started	11
Setting Up Your Medication List	11
Add Medication	11
Import Medications	11
Edit Medication	13
Change Your Medication Schedule.....	13
Set Medication Reminders	13
Managing Connections & Devices	14
Considerations for Bluetooth® Enabled Devices	14
Connect Your Health & Fitness Trackers and Devices	15
Pair Your Meter	16
Connect your Dexcom CGM.....	18
Pair Your Tempo Smart Button™	19
Settings	21
Preferences	21
Data Sharing	22
Manage Consent.....	22
Siri Shortcuts.....	23
Making Entries	24
Home Screen	24
Home Screen: Make Entries	24
Record Insulin	25
Record Medications	25
Add Blood Glucose.....	26
Add Food.....	26
Add Activity.....	27
Add Blood Pressure	27
Add Weight.....	28
Add Sleep	28
Home Screen: Overview with real-time CGM.....	29

Glucose Reading	29
Trend Arrows	29
Real-Time Feedback with Information Icons	30
Graphs and Entries	30
Logbook	31
Make Entries	31
Change Entries	31
Delete Entries	31
Editing Synced Insulin Doses	32
Priming an Insulin Pen	32
Health Information	34
Getting Feedback	35
Real-Time Guidance	35
Messages	35
View Your Messages	35
Pattern Reports	36
Weekly Reports	36
Logbook: Overview and Trends	37
Safety Alerts	38
Hypoglycemia	38
Hyperglycemia	38
Warnings	38
Resources	39
Meal Planner	40
Restaurant Helper	40
Learn	41
Outside of App Communication	42
Help	43
Account Deletion	43
Security & Technology	44
Appendix A: TempoSmart™ Insulin Management Features (Prescription only)	45
Insulin Calculator for BG meter and CGM users (Prescription only)	45
Insulin on Board	46
Calculate a Dose (with BG meter)	47
Insulin Calculator with CGM data	48
Calculate a Dose (with CGM connected)	50
Insulin Adjustment Program for Basal Insulin (Prescription only)	52
Getting Started	53



Blood Glucose Entry.....	55
Insulin Entry	55
Insulin Dose Adjustments	56
Reminders.....	57
View Adjustment History.....	57
Safety Notifications.....	58
Bolus Insulin Use.....	59
Insulin Adjustment Program Completion	59
Appendix B: Icons and Symbols Glossary	60

Welcome to TempoSmart™

When you receive an email invitation to start using TempoSmart, simply tap the **Launch TempoSmart** button to download the app.⁴ Follow the instructions within the app to register.

During registration, you can enter the access code provided in your email to start sharing your data or complete this in Settings at a later time.

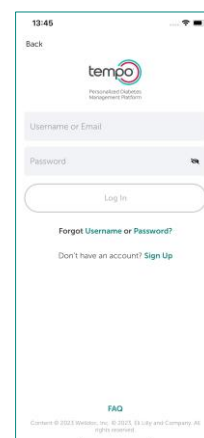
You will then be prompted to connect a Tempo™ Blood Glucose Meter or Dexcom CGM and a Tempo Smart Button™ and with TempoSmart. Review the [Pair Your Meter](#) or [Connect your CGM](#) and [Pair Your Tempo Smart Button](#) sections to learn how to connect your devices. You must pair a Tempo Smart Button within 180 days of registration to maintain access to TempoSmart.

Log In

1. Enter your Username/Email and Password
2. Tap **Log In**

Most of the time you will only need to enter your PIN, or use Touch ID, Face ID, or Fingerprint (if enabled), to access the app⁵. There are special times when you will be asked to log in by entering your Username/Email and Password:

1. Accessing the app on more than one device like your iPhone® and iPad®
2. Re-installing the app if you accidentally delete it
3. If you forget your PIN and need to create a new one



⁴ Alternatively, you may download TempoSmart from Google Play or the App Store without an invitation from a health care provider. Access to the app will be removed after 180 days unless a Tempo Smart Button is paired.

⁵ Ensure you are logged in to TempoSmart before turning on the phone's Airplane mode.

SMART Visit Report

The SMART Visit Report helps you and your health care team keep track of and discuss your progress at office visits or between visits. All the information you enter, including your medication list, blood glucose values for the last 30 days, your notes, and other health information can help you and your health care team manage your diabetes.

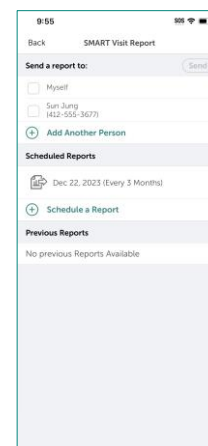
When you know the date of your next office visit, schedule the SMART Visit Report to be sent before your appointment. You can also send a SMART Visit Report to yourself.

IMPORTANT: The SMART Visit Report is intended to supplement, not replace, medical expertise, research, judgment, or diabetes treatment provided by the health care providers. The report provides information that can be used by health care providers to identify trends to help inform treatment decisions. Decisions regarding diagnosis or treatment of patients will be made solely by the health care providers.

Sending a SMART Visit Report

You can send a SMART Visit Report at any time, but most health care providers would like to receive the report a day or two before your office visit.

1. From the home screen, tap the **More** menu and then tap **Health Information**
2. Tap **SMART Visit Report**
3. Select one or more people and/or yourself to send the report to
4. Tap **Send**
5. Select the type of report you would like to send:
 - Just the Summary – A brief summary of your recent data
 - Summary and Logbook – A brief summary of your recent data including all your blood glucose values for the past 30 days
 - Full Report – Includes a brief summary of your recent data, your full medication list, health information, and Logbook
 - Food Diary – Includes a detailed record of your food entries and related notes for a 7-day period
6. Tap **Send**



You will receive an email when your report has been sent. If you send a SMART Visit Report to yourself, a copy is sent to your Messages.

The SMART Visit Reports that you have sent can be viewed under **Previous Reports**. Simply tap on the report date to view the report.

Add Additional SMART Visit Report Recipients

1. Tap **Add Another Person**
2. Enter the name and fax number for the new person

Schedule a SMART Visit Report

1. Tap **Schedule a Report**
2. Select a person to send the report to
3. Tap how often to send the report
4. Select the Start Date
5. Tap **Save**
6. Select the type of report to send
7. Tap **Send**

Getting Started

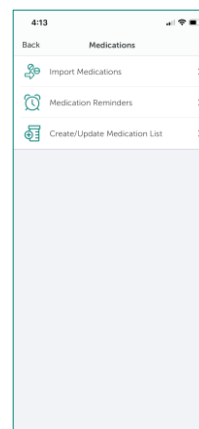
Setting Up Your Medication List

Your Medication List gives you a view of your medications and how many times you take them daily. It is important to record all medications you are taking—prescription, over-the-counter, supplements, and vitamins. TempoSmart™ will give you feedback based on your diabetes medications.

Note: Always continue to take your medications as prescribed and confirm your prescription information with your health care provider at your earliest convenience.

Add Medication

1. From the home screen, tap the **More** menu and then tap **Medications**
2. Tap **Create/Update Medication List** and then tap the **Add Medication** button
3. Enter at least the first 3 letters of the medication name and tap **Search**
4. Choose the medication name and strength you want to add
5. Select how often you take the medication
6. Enter when and the amount you take and tap **Save**



Import Medications

You can also import your medications from your pharmacy or patient portal.

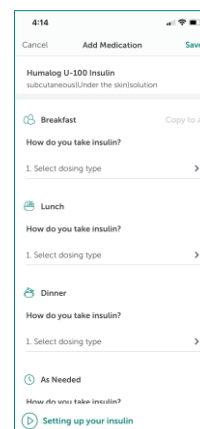
1. From the home screen, tap the **More** menu and then tap **Medications** and select **Import Medications**
2. Select a source and log in using your account credentials

Setting Up a Bolus Insulin Regimen

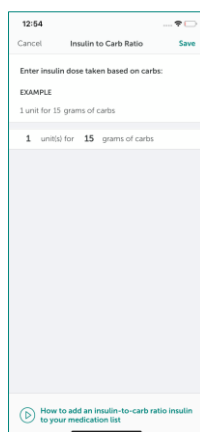
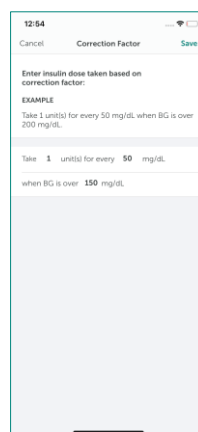
People take bolus (short-acting) insulin in different ways. If you add a bolus insulin to your medication list, you will be prompted to select how you take your bolus insulin. The options include:

- **Fixed Amount:** Bolus insulin dose is the same at each meal.
For example: 5 units at each meal
- **Fixed and Correction Factor:**
 - Fixed amount at each meal plus
 - Additional insulin based on the amount the BG is lowered by one unit of bolus insulin*For example: 5 units plus 1 unit for every 50 mg/dL when BG is over 150 mg/dL*
- **Insulin-to-Carb Ratio and Correction Factor:**
 - Bolus insulin dose is based on the amount of carbohydrate being eaten plus
 - Additional insulin based on the amount the BG is lowered by one unit of bolus insulin*For example, you may take 1 unit for every 15 g of carb plus 1 unit for every 50 mg/dL when BG is over 150 mg/dL*

You may only add one type of bolus insulin to your medication list. If you use the same dosing type at each meal, tap **Copy to all**.



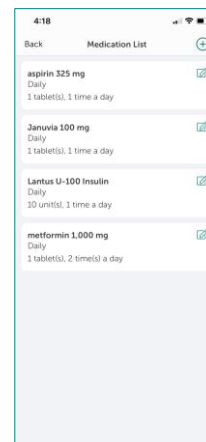
Example of bolus insulin regimen with an insulin-to-carb ratio and correction factor:


Edit Medication

You can change your dose, how often you take your medication, or delete the medication from your list.

- Tap the pencil icon next to the medication name
- Change how often you take your medication, the amount you take, or the medication strength
- To remove the medication from your list, tap **Delete this medication**



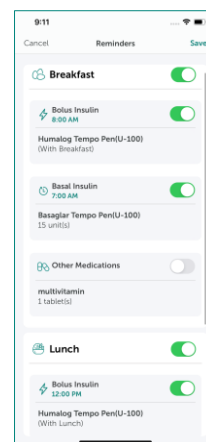
Your medications are scheduled for Breakfast, Lunch, Dinner, Bedtime, or As Needed based on how many times a day you take them.

Change Your Medication Schedule

1. Select **Medication Reminders** from the Medications menu
2. Tap on the medication you would like to change
3. Select when you take your medication

Set Medication Reminders⁶

1. Select **Medication Reminders** from the Medications menu
2. Tap the slider next to the meal to turn on a reminder
 - a. Set separate reminders for Bolus Insulin, Basal insulin and Other Medications
3. Select the time to adjust your reminder time and tap **Done**
4. Tap **Save**

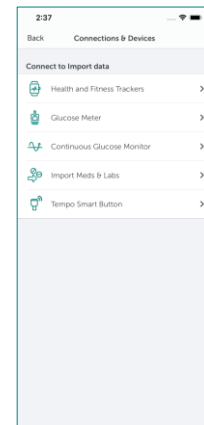


⁶ If you are using an Android device and are not receiving your medication reminders, ensure the battery saver or power saving mode is not enabled on your phone settings.

Managing Connections & Devices

In Connections & Devices, you can customize your TempoSmart™ experience. Tap the **More** menu on the home screen and then tap **Connections & Devices** to do the following:

- Connect your activity tracker
- Pair your glucose meter
- Connect your continuous glucose monitor
- Import medications and labs results
- Pair your Tempo Smart Button™



Please visit your device manufacturer's user guide for troubleshooting help.

Considerations for Bluetooth® Enabled Devices



CAUTION: Make sure you know which Bluetooth device you are pairing with your smart device.



CAUTION: To ensure that data from your devices (e.g. blood glucose meter, Tempo Smart Button) are sent wirelessly to the TempoSmart app, you must first pair your device to the TempoSmart app.

IMPORTANT: Bluetooth connected devices such as BG meters and Smart Buttons send data to your smart device. To prevent other people's data from being sent to your smart device, do not let anyone else use your connected devices.

IMPORTANT: Bluetooth performance varies due to differences in phone hardware and operating systems. TempoSmart is not recommended on Jailbroken or Rooted devices.

IMPORTANT: To ensure a secure connection, pair your Bluetooth enabled device with your smart device in a secure area with limited Bluetooth devices in range.

IMPORTANT: For Android device users, if you have challenges with pairing and syncing any Bluetooth devices to your phone, ensure TempoSmart is set up under the Personal profile.

Device pairing may be impaired if "Do Not Disturb" is turned on in your phone settings.

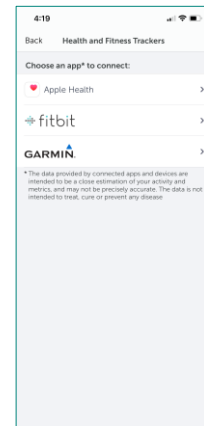
Connect Your Health & Fitness Trackers and Devices

If you have an activity tracker such as Fitbit® or Garmin®; or the Apple Health app (iOS devices) or Google Fit™ app (Android™ devices); you can connect it to sync your data.

Connect Your Activity Tracker

1. Go to **Connections & Devices** and tap **Health and Fitness Trackers**
2. Select the activity tracker* to connect
3. Log in using your Fitbit or Garmin username and password

The first time you connect an activity tracker, TempoSmart™ syncs the last 30 days of lifestyle data including exercise, steps, sleep, height and weight. After connecting, each time you use or add information to your activity tracker, the information is automatically updated in TempoSmart.



Connect to Apple Health or Google Fit

1. Go to **Connections & Devices** and tap **Health and Fitness Trackers**
2. Select Apple Health or Google Fit *

If you connect to Apple Health, TempoSmart syncs the last 30 days of blood glucose, blood pressure, and lifestyle data including exercise, steps, sleep, and weight and the last 5 years of lab results. If you connect to Google Fit, TempoSmart syncs the last 30 days of lifestyle data including exercise, steps, sleep, and weight. After connecting, data will be synced from Apple Health or Google Fit each time you launch the TempoSmart mobile app.

**The data provided by these monitors are intended to be a close estimation of your activity and metrics but may not be precisely accurate. The data are not intended to treat, cure, or prevent any disease.*

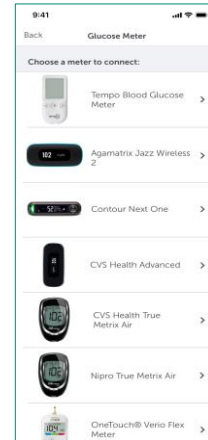
View Your Lifestyle Data

1. Go to the Logbook to view all your synced data. The source of your synced data will be indicated with your activity tracker's icon.
2. Data synced from your activity tracker is shared with your health care provider in your SMART Visit Report.
3. You cannot change your activity tracker information displayed in TempoSmart. If you want to change or delete your data, go to your activity tracker application.
4. If you would like to disconnect your activity tracker, simply select **Disconnect**.

Pair Your Meter

Pairing your glucose meter from your mobile device will allow you to wirelessly send your blood glucose values to TempoSmart™ via Bluetooth wireless technology instead of entering them manually. To pair your meter, turn on Bluetooth on your device, go to **Connections & Devices** and **Glucose Meter**, select one of the following meters, and follow the prompts. Ensure your Bluetooth enabled device is set to the correct date and time. If your glucose meter is not syncing to the app, ensure the timestamp on the glucose meter and your mobile device match.

- Tempo™ Blood Glucose Meter⁷
 - This blood glucose (BG) meter will not sync data that is 5 minutes or more in the future. The current date and time will be updated on the BG meter to match your phone's system date and time.
 - Be sure to remove the test strip after each reading to send your BG readings to the Logbook.
- AgaMatrix Jazz™ Wireless 2
- Contour® NEXT ONE
- CVS Health™ Advanced Glucose Meter
- CVS Health™ True Metrix® Air
- OneTouch Verio Flex®
- OneTouch Verio Reflect®
- Relion Premier BLU
- Rite Aid® True METRIX® Air
- Roche Accu-Chek® Guide
- Roche Accu-Chek® Guide Me
- Walgreens True Metrix® Air



⁷ If you are using a Pixel device (OS version 12+) and paired a Tempo BGM successfully, but you are no longer able to sync BG readings, please follow these steps: Go into your phone's Bluetooth settings, tap on Connection preferences and then Bluetooth, and put the BGM into pairing mode.

Sync Your Data

There are three ways to sync your data. You must have Bluetooth turned on to sync.

Automatic Sync

1. Turn on your meter
2. Open TempoSmart
3. View data being synced automatically⁸ from the Home Screen, Logbook, and Blood Glucose entry screen
4. View your synced data in the Logbook
 - a. If you wish to delete a synced Blood Glucose entry, select the one you want to delete. Swipe left and tap **Delete**
Note: For Android, press on the Logbook entry until you see a message confirming you want to delete the entry.



Manual Sync

1. Turn on your meter
 2. Open TempoSmart
 3. Go to the Blood Glucose new entry screen
 4. Tap on **Sync with meter** link
- OR
1. Turn on your meter
 2. Within the app, go to the home screen or Blood Glucose entry screen
 3. Pull down to sync your data
 4. View your synced data in the Logbook

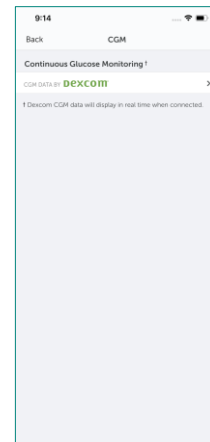
⁸ TempoSmart™ will sync any new BG data from Tempo BG Meter whether it is opened or running in the background. If the synced data is taken within the last 2 hours, you shall receive a feedback message. If the synced data is outside of the 2 hour window, you will see a notification for this data. These notifications can be within the app or through a push notification.

Connect your Dexcom CGM

To see the Dexcom CGM data within TempoSmart™, you will need your Dexcom account information to connect and import CGM data.

1. Go to **Connections & Devices** and tap **Continuous Glucose Monitor**
2. Select **CGM data by Dexcom** to connect
3. Log in using your Dexcom username and password

The first time you connect your Dexcom account, TempoSmart syncs the last 30 days of glucose data. You will have access to your real-time CGM data. Note that TempoSmart will not send alerts for high or low glucose. Connecting a Dexcom CGM will reconfigure TempoSmart for a more customized experience.



Enable Share on Dexcom App

Follow the instructions below:

- If you use the Dexcom G6 app, go to Settings, click on Share, and then follow the on-screen prompts.
- If you use the Dexcom G7 app, go to Connections, click on Share, and then follow the on-screen prompts.

Note: For G6 or G7, you do not need to add a Follower.

View Your CGM Data

- View the current and historical glucose data on the **Home** screen or **Logbook**

CGM data synced from your Dexcom is shared with your health care provider in your SMART Visit Report.

You cannot change your synced data. If you would like to disconnect your Dexcom CGM, go to **Continuous Glucose Monitor** and select **Disconnect**.




CAUTION: DO NOT connect TempoSmart to your Dexcom CGM if you are taking hydroxyurea or taking more than the maximum dose of acetaminophen (e.g. > 1 gram every 6 hours in adults). Your CGM data may be falsely elevated and result in inaccurate dosing recommendations.

Pair Your Tempo Smart Button™

Pairing a Tempo Smart Button from your mobile device will allow you to transfer your insulin dose-related data to TempoSmart™ via Bluetooth wireless technology. To pair your Smart Button, turn on Bluetooth on your device, go to **Connections & Devices** and **Smart Button**. Tap on **Add Smart Button**, and follow the prompts.

If the Smart Button flashes amber 3 times while pairing, it means there was a problem in pairing. If this occurs, repeat the pairing process. To unpair a Smart Button, tap **Delete** on the Smart Button screen.

 **CAUTION:** Smart Button is a single patient device and may only be paired to one account. You may not share a Smart Button with another Tempo Pen user.

Sync Your Data


Automatic Sync


1. Place your mobile device within 9 feet of your Smart Button
2. Open TempoSmart with Bluetooth turned on
3. Prime your Tempo Pen prior to dose
4. Take your dose of insulin. After your insulin dose, the Smart Button will flash green 3 times when it stores your insulin dose-related data
5. View notification of data being synced
6. View your data of insulin doses in the Home Screen and Logbook

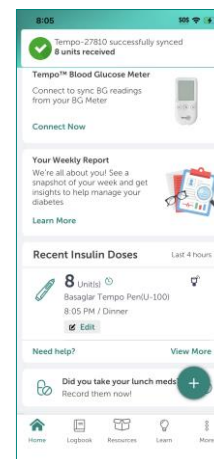
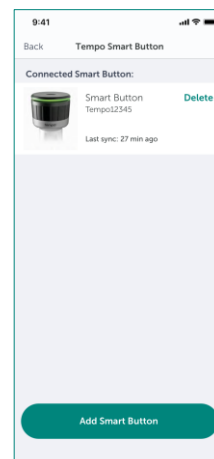
Manual Sync

Your Smart Button can store insulin dose-related data if your phone is not close or your TempoSmart app is not opened on your phone while you are giving your insulin dose. Follow these steps to transfer your insulin dose-related data:

1. Place your mobile device within 9 feet of your Smart Button
2. Open TempoSmart with Bluetooth turned on
3. Be sure your Tempo Pen dose indicator is dialed to "0"
4. Press and hold the Smart Button down for 5 seconds. Release the Smart Button.
5. View notification of data being synced
6. View your insulin dose data in the Home Screen and Logbook
7. If your insulin dose data does not appear, wait 30 seconds and try again
8. If your insulin dose data still does not appear, contact Lilly Tempo Support at 1-855-LillyTempo (1-855-545-5983) or call your health care provider for help.

 **WARNING:** If you are not sure if you injected your insulin or if any data are inaccurate or missing, DO NOT start over or repeat your injection. This may result in severe low or high blood glucose. Monitor your blood glucose and consult with your health care provider. If you have any concerns about TempoSmart, call Lilly Tempo Support at 1-855-LillyTempo (1-855-545-5983).

 **WARNING:** DO NOT use the Tempo Smart Button while charging your mobile device. The charger may interfere with communication between the Tempo Smart Button and your TempoSmart™. Even while not charging, keep the Tempo Smart Button at least 6 inches / 15 cm away from Apple's MagSafe charging accessories. MagSafe accessories contain magnets that may interfere with the Tempo Smart Button. For more information about potential interference from MagSafe accessories, please see <https://support.apple.com/en-us/HT211900>.





Reminders:

- To ensure your data transfers, have TempoSmart opened or running in the background.
- Your Smart Button must be attached to a Tempo Pen to record or transfer insulin dose-related data.
- Be sure to push the Smart Button straight down when taking the dose.
- Your Smart Button must be connected (paired) to TempoSmart before it transfers your insulin dose-related data.
- TempoSmart must be running within 9 feet (3 meters) of your Tempo Smart Button, with Bluetooth turned on to transfer insulin dose-related data.
- Only press the Smart Button while in use, such as dosing or transferring insulin dose-related data. Repeated pressing of the Smart Button can reduce the battery life.
- Ensure you are logged in to TempoSmart before turning on the phone's Airplane mode.

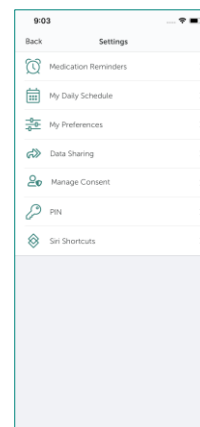
Wireless Quality of Service and Coexistence:

When automatically or manually syncing, the Tempo Smart Button will attempt to transfer the insulin dose data to TempoSmart for 30 seconds. Ensure the Bluetooth wireless quality of service between your mobile device and Smart Button are sufficient to complete the transfer within this time. Portable radio frequency communications equipment should be used no closer than 3 feet to the Smart Button and your mobile device; otherwise, degradation of the wireless performance of the TempoSmart system could result. If you are having communication issues, face the top of the button toward the mobile device and move the smart button and mobile device closer together and farther away from other devices operating in the 2.4 GHz wireless band (e.g. other WiFi or Bluetooth connected devices and mobile phones).

Settings

To access the Settings menu, tap the **More** menu from the home screen and then tap **Settings**. You can do the following from the Settings menu:

- Create or edit medication reminders
- Update your daily schedule
- Manage your preferences
- Data Sharing
- Manage Consent
- Change your PIN
- Create Siri Shortcuts



Preferences

To manage your preferences, select **Settings** from the More menu and then select **My Preferences**.

You can customize your experience for the following:

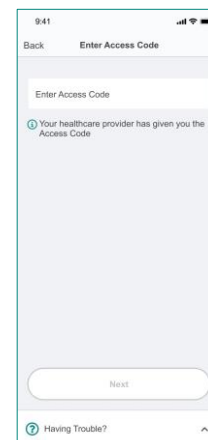
- A1C Target – Set to the target recommended by your health care provider (less than 7% or 8%)
- Blood Pressure Target – Set to the target recommended by your health care provider (less than 130/80 mmHg, 140/90 mmHg, or 150/90 mmHg)
- Weekly Challenge – Turn on or off
- Insulin on Board – View if this feature is turned on
- CGM Messaging – Turn on or off home screen messages (info icon) for those who have a CGM connected
- Trend Adjustment – Choose “Conservative” or “Standard” for those who have a CGM connected
 - The conservative setting is automatically used if the system detects that you have been experiencing frequent low glucose. You should only change back to the standard setting under the direction of your care team if the frequent low glucose has resolved.

It is important to set your A1C and blood pressure targets based on your health care provider’s recommendation, since coaching messages are based on this information. Blood glucose targets are also based on your A1C target.

Data Sharing

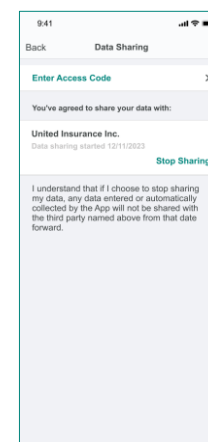
To share data with your health care team:

1. Tap the **More** menu on the home screen
2. Tap **Settings**
3. Tap **Data Sharing**
4. Tap **Enter Access Code**
5. Enter and confirm the access code in your invite email and/or text from your provider
6. Tap **Next**
7. Review the confirmation and tap **Agree and Consent**
8. Once successful, tap **OK**



To see whom your data is being shared with:

1. Tap the **More** menu on the home screen
2. Tap **Settings**
3. Tap **Data Sharing**
4. Tap the **Stop Sharing** link next to whoever you want to stop sharing your data with⁹

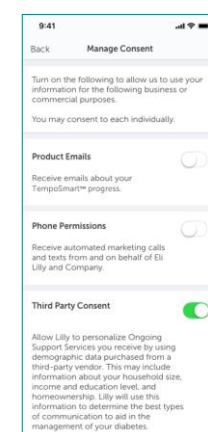


Manage Consent

To manage the consents you give, select **Manage Consent** from the Settings menu.

From there, turn on or off the following:

- Product Emails
- Phone Permissions
- Third Party Consent
- Connect with Health Partners
- Marketing Emails
- Other Customer Support
- Other Product Improvement
- Proactive Outreach

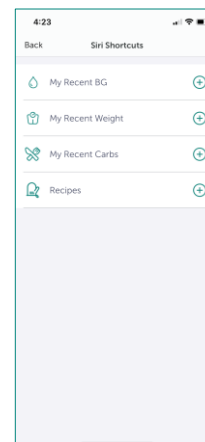


⁹ To start sharing data again, your provider will need to send you an email invite with a new access code

Siri Shortcuts

For iOS users, shortcuts can be created to view your most recent BG, weight, and carb entries or to view recipes. There are 2 ways to create shortcuts:

1. From the Settings menu, tap **Siri Shortcuts**
- or
2. Use the Shortcuts app on your iOS device



Making Entries

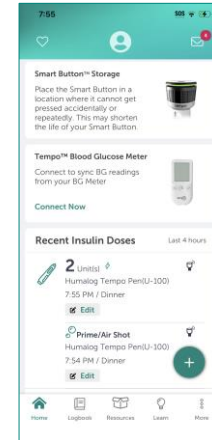
Home Screen

The home screen is personalized based on the information you enter. It helps you know what to do and when.

- Quickly add your data through specific prompts per your treatment plan.
- View your recent insulin doses recorded from dose-related data synced by your Tempo Smart Button™ in the last 4 hours.
- Receive reminders and record medications.
- Calculate a dose in the Insulin Calculator (if enabled).
- Get rewarded for your progress in TempoSmart™ (if enabled).

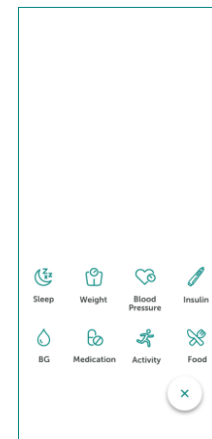
At the top of the home screen, you can access favorites, profile information and messages.

Use the menu along the bottom of the home screen to navigate to other parts of the app by tapping on **Logbook**, **Resources**, **Learn**, and **More**.



Home Screen: Make Entries

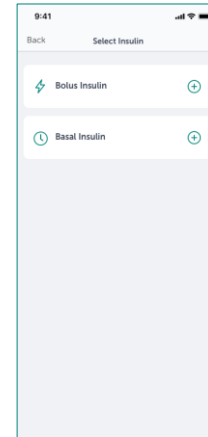
Quickly make entries from the home screen using the + icon. You can view the information you entered in your Logbook.



Record Insulin

To record a dose of bolus (fast-acting/mealtime) or basal (long-acting) insulin:

- Tap the “Insulin” icon to select between Bolus or Basal Insulin
- For the Bolus Insulin, follow the prompts to record a current or previous dose
- For the Basal Insulin, record the insulin as seen in the Record Medications screen

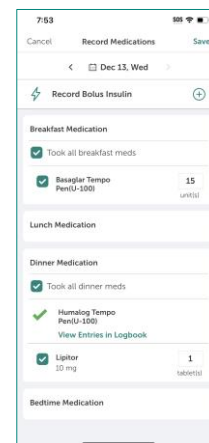


Record Medications

Your medications are displayed for a day according to your schedule (by Meal or Time of the Day). Insulin amounts are displayed for Before Meal (Breakfast, Lunch, Dinner) and/or Bedtime.

- Tap the **Medication** icon to record your medications
- You can record one or all of your medications by meal or time of day
- Tap the medication you have taken

If you use a Tempo Pen™ with a connected Tempo Smart Button™, your data from the Tempo Smart Button that is related to insulin doses will be synced automatically. You may also record a current or previous bolus insulin dose manually. To record a bolus insulin dose, tap **Record Bolus Insulin** to launch the bolus insulin entry screen.



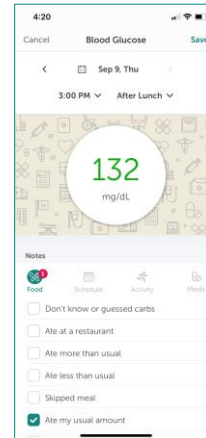
You can record medications for an earlier day.

- Tap the date
- Change the day to a previous day

Add Blood Glucose

In addition to syncing with a blood glucose meter, you can manually add blood glucose results. Blood glucose results displayed in green are within your target range. Blood glucose results above your target are displayed in red and those below your target are in blue. Blood glucose targets vary depending on the type of entry, such as whether you are entering a before meal or after meal blood glucose. TempoSmart™ assigns a value to meter results of “HI” and “LO” based on the meter's LO and HI values set by the manufacturer.

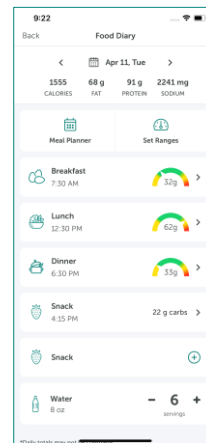
- Tap the **BG** icon to record your blood glucose
- Enter your blood glucose
- Adjust the date, time, and type of blood glucose, if needed
- Add notes related to your blood glucose



Add Food

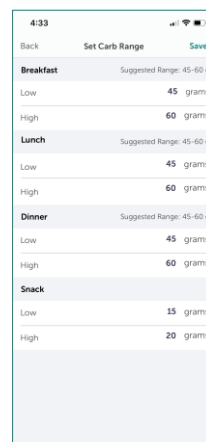
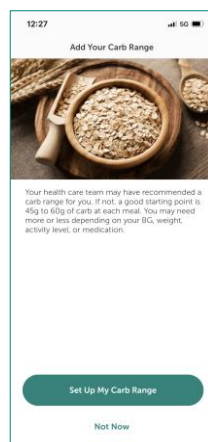
The Food Diary provides an easy way to track your food.

- Tap the **Food** icon to open the Food Diary
- Tap **+** next to the appropriate meal (Breakfast, Lunch, Dinner, or Snack)



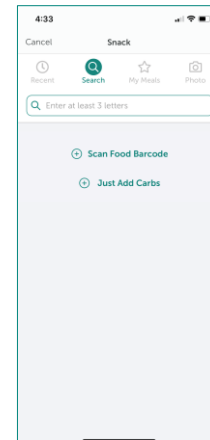
The first time you use the Food Diary, you will be prompted to set a carb range.

You can add in a carbohydrate range for each of your meals, then select **Done**. As you add meals, the Food Diary will display if your meal was in your carb range.



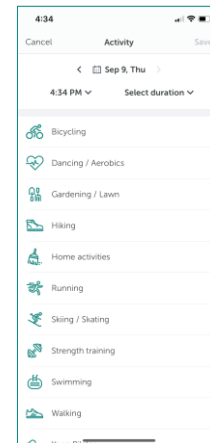
There are multiple ways to record food.

- To add a food item, you can search, take a photo, scan a food barcode, or add a custom food.
 - After choosing a food item, select the serving size and then **Add Food** to your meal
 - After entering all foods for your meal, select **Done**
 - To save multiple food items as a meal, tap the star icon
- To just add a photo of your food, select **Photo**, take photo, and then **Save Photo Only**
- If you just want to record carbohydrate grams, tap the **Search** icon and tap **Just Add Carbs**
- Edit the time of your meal or snack, as needed



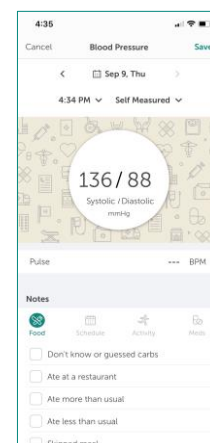
Add Activity

- Tap the **Activity** icon to log your exercise
- Select an activity, such as walking or gardening
- Enter the amount of time you exercised (duration)



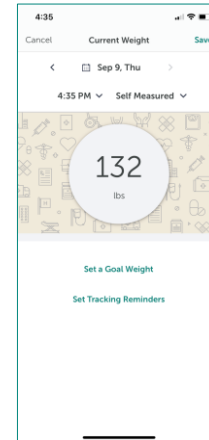
Add Blood Pressure

- Tap the **Blood Pressure** icon to log your blood pressure
- Enter your systolic and diastolic blood pressure readings and your pulse
- Add notes related to your blood pressure reading



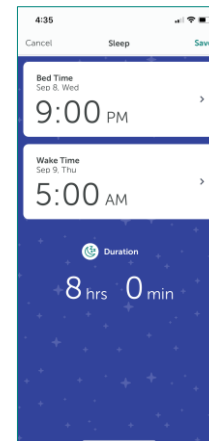
Add Weight

- Tap the **Weight** icon to log your weight
- Enter your current weight
- Set a goal weight and/or tracking reminders



Add Sleep

- Tap the **Sleep** icon to log your sleep
- Enter your bedtime and wake time to calculate sleep duration



Home Screen: Overview with real-time CGM

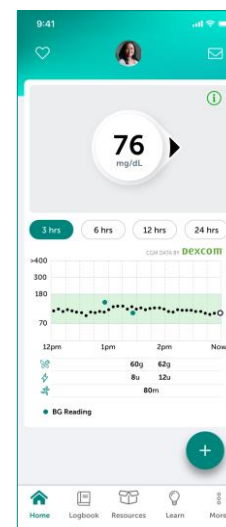
Once you log into your Dexcom account within TempoSmart™, your sensor glucose information will show after reviewing a short tutorial. In addition, you can add entries such as food, activity and access resources by using the menu at the bottom of your screen. This section shows you how to review your CGM reading, trend arrow, and graph. You may also encounter real-time feedback messages and notifications.

Glucose Reading

Starting at the top, the number shows where your sensor glucose is now in milligrams per deciliter (mg/dL). The number may display a trend arrow to show the direction your sensor glucose is going, updating every 5 minutes.






Please note, it may take up to 2 minutes to receive data from the server.

When your most recent CGM reading is above 400 mg/dL or below 40 mg/dL, you won't get a number. Instead, your mobile device will say HIGH or LOW. Please refer to your Dexcom user guide for more information.



Trend Arrows

Trend arrows show the speed and direction of your glucose trends based on your recent CGM readings. Use the arrows to know when to take action before you're too high or too low.

Trend Arrows	Where Your Glucose is Going
	Rapidly Rising and Falling (two arrows) Changing: ≥ 3 mg/dL each minute
	Rising and Falling Changing: ≥ 2 and < 3 mg/dL each minute
	Slowly Rising or Falling Changing: ≥ 1 and < 2 mg/dL each minute
	Steady Changing: < 1 mg/dL each minute
	No arrow No trend. Use blood glucose meter for treatment decisions.

Real-Time Feedback with Information Icons

Once your CGM data is showing in the app, you will receive real-time feedback to help you know when to take action. You will see an icon with more information about your glucose level and the recommended action appear in the top right-hand corner of your CGM reading screen.



Green means you are in a glucose range with no cause for concern.






Orange means your glucose might require some action soon.

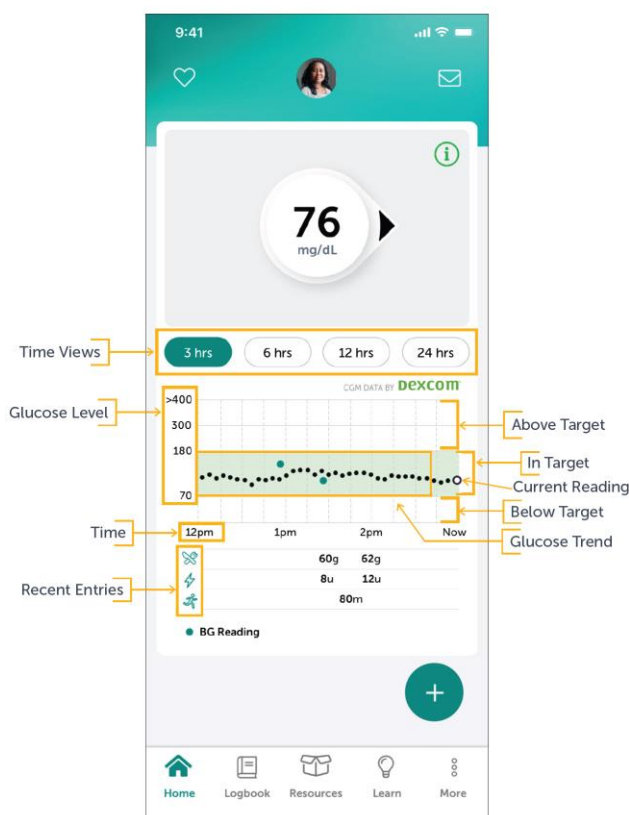


Red means you should take some action.

Graphs and Entries

The graph under your current CGM reading show where your readings have been for the past 3, 6, 12 or 24 hours. It plots your CGM readings every 5 minutes.

- **Time Views:** To see your graph over 3, 6, 12, or 24 hours, select the time view above the graph
- **Glucose Level:** The numbers on the left show glucose level in mg/dL
- **Time:** The numbers on the bottom of graph show the last 3, 6, 12, or 24 hours
- **Current Reading:** The most recent CGM reading is the white dot on the right
- **BG Reading:** Large green dots are fingerstick BG readings
- **Glucose Trend:** Small black dots form the CGM trend graph. Tap on a dot to see a time and value for a past CGM reading. Note that on the 24-hour view, you cannot see the individual small black dots.
- **Target Range:** Your glucose is in your target range when in the green area. Levels above the green area are above target and levels below the green area are below target.
- **Recent Entries:** The icons under the graph show any recent entries
 - Carbs 
 - Bolus insulin 
 - Activity 



Note: When there's a disruption of data from your Dexcom account, up to 3 hours of missed CGM readings can fill in on the graph

Logbook

The Logbook displays all of your entries. The Logbook is customized based on whether you take bolus insulin or have a CGM connected. To view your Logbook, select **Logbook** on the home screen. You can add, change, or delete entries¹⁰ from the Logbook.

Make Entries

1. Tap an entry type
 - Blood Glucose
 - Food
 - Bolus Insulin (manual and synced entries)
 - Medication
 - Activity
 - Sleep
 - Blood Pressure
 - Weight
2. Tap the entry date to change from current date and time

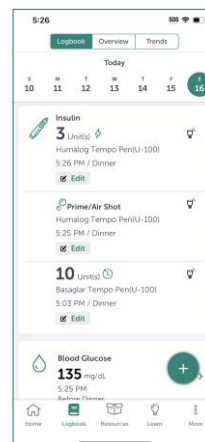
Change Entries

1. Select the day you made the entry
2. Tap on the entry you want to change
3. Edit the information
4. Tap **Save**

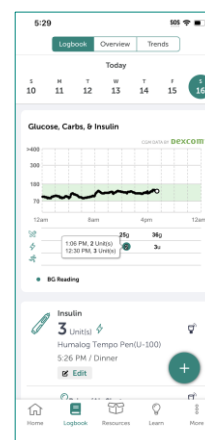
Delete Entries

1. Select the day you made the entry
2. Select the entry you want to delete
3. Swipe left and tap **Delete**

Note: For Android, press on the Logbook entry until you see a message confirming you want to delete the entry.



Standard Logbook



Logbook with CGM

¹⁰ With the exception of CGM entries, these cannot be changed.

Editing Synced Insulin Doses

You can edit your synced insulin dose-related data from the Tempo Smart Button in the Logbook. If TempoSmart™ receives partial dose-related data from your Tempo Smart Button, you will see a caution symbol on the Home screen and in the Logbook. This can happen when TempoSmart does not receive dose-related data for it to display:

- The number of units in an insulin dose,
- The brand of insulin in a dose, or
- The date/time of an insulin dose



CAUTION: Do not repeat your insulin dose. Monitor your blood glucose.

Follow these steps to update your Logbook entry:

1. Tap in the entry with the caution symbol
2. Add the number of insulin units, brand of insulin, or date/time of the insulin dose
3. Tap **It's Correct Now** when you are done editing

The insulin entry can only be edited once. If an additional correction is required, the entry should be deleted and entered manually.



CAUTION: Your synced insulin dose may be different from the dose you intended to take with your Tempo Pen. Do not repeat your insulin dose. Monitor your blood glucose.

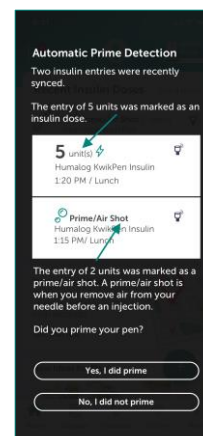
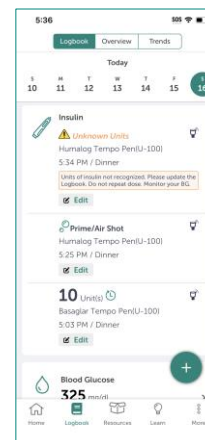
Priming an Insulin Pen

If you use an insulin pen, you need to prime your insulin pen prior to giving yourself a dose of insulin. Priming is when you push a small amount of insulin through your pen to remove air bubbles from the pen needle and cartridge, and to make sure that the pen is working correctly. Use the instructions that come with your pen to learn how to prime your pen or ask your pharmacist or health care provider for help.

If you have a Smart Button paired with TempoSmart, prime will automatically be detected if:

- A bolus insulin amount of less than or equal to 2 units is followed by another bolus insulin amount within 5 minutes. The first amount will be marked as prime.
- A basal insulin amount of less than or equal to 6 units is followed by another basal insulin amount within 5 minutes. The first amount will be marked as prime.

Each time a prime is detected, you will be prompted to confirm whether you primed or not. If you did not prime, the insulin entry will automatically be marked as an insulin dose.

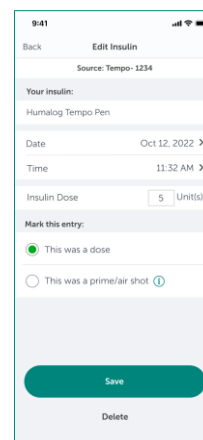


If you need to make a correction later, you may edit your insulin entry in the Logbook to mark as prime, or to remove the marking of prime.

To edit an entry, complete the steps below.

1. Select the insulin or prime entry you wish to edit.
2. Under “Mark this entry”, select the appropriate entry type.
3. Tap **Save** at the bottom of the screen.
4. Tap **It’s Correct Now** when you are done editing.
5. Your entry is now updated.

IMPORTANT: Therapy doses and prime must be correctly identified, because only therapeutic doses are included in Insulin on Board calculations in the Insulin Calculator.



9:41 Edit Insulin

Back Source: Tempo- 1234

Your insulin:
Humalog Tempo Pen

Date Oct 12, 2022 >

Time 11:32 AM >

Insulin Dose 5 Units

Mark this entry:

☒ This was a dose

☐ This was a prime/air shot ⓘ

Save

Delete

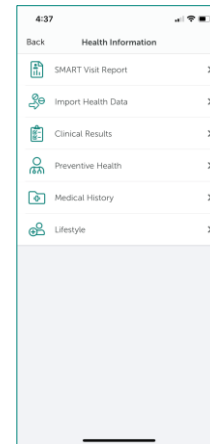
Health Information

Health Information is where you can view and/or update your Medical History, Clinical Results, Preventive Health, and Lifestyle information. You can also send or schedule a SMART Visit Report to yourself and/or your health care provider.

From the home screen, tap the **More** menu and then tap **Health Information**. You need to be connected to the Internet to access Health Information and to add new entries to it.

The Health Information menu includes:

- SMART Visit Report — Send or schedule a report to send to yourself and/or your provider
- Import Health Data — Sync your lab, pharmacy, or patient portal directly with TempoSmart™ to pull in lab results and medications
- Clinical Results — Enter your blood pressure readings and lab values and learn if your results are in target, out of target, or overdue
- Preventive Health — Enter the date of your exams (eye and foot), immunizations, and screenings
- Medical History — Enter the year you were diagnosed with diabetes, your history of cardiovascular disease and other medical conditions
- Lifestyle — Add your height and weight. Your body mass index (BMI) will be automatically calculated. You can also enter information about your tobacco usage



Getting Feedback

Real-Time Guidance

TempoSmart™ supports you with instant guidance about any of your blood glucose entries that are entered in real time. Any blood glucose that is entered within 2 hours of actually checking it is considered to be a “real-time” blood glucose.

These messages provide:

- Immediate guidance on your blood glucose value and how to treat it
- Medication-specific coaching
- Information on nutrition and activity
- Education about diabetes-related health issues like blood pressure and cholesterol

Note: Real-time blood glucose feedback is not available when a CGM is connected.

TempoSmart also provides feedback in real-time for blood pressure entries and weight entries for users who have set a weight loss goal. These messages are for educational purposes.

Real-time feedback messages in TempoSmart are based on guidance from the American Diabetes Association and the American Heart Association.

Messages

TempoSmart™ will send personalized messages about your data. The type of messages includes:

- Pattern Reports
- Weekly Reports
- SMART Visit Reports

View Your Messages

Tap the messages icon from the home screen.

The number displayed shows you how many unread messages are in your inbox.

Your Unread messages are displayed first. To see all your messages and choose an individual category, tap **Show** in the top right corner.

Note: This messaging system is a read-only system. You cannot send or forward messages from it.

Pattern Reports

Pattern Reports appear in your Messages when a pattern in your blood glucose or CGM data is detected. For example, TempoSmart™ may see a pattern of high blood glucose at the same time of day for 2 or more days. Pattern Reports can help you identify the cause and possible solutions for a blood glucose pattern.

Weekly Reports

Weekly Reports show you how you are doing in a 1-week period. They help you understand your health data and provide insights into diabetes management.

The Weekly Report has two parts:

- Weekly Summary
- Insights*

You will receive a message each week to let you know your Weekly Report is ready for you.

**Insights are available for those with type 2 diabetes who do not have a CGM connected.*

Weekly Summary

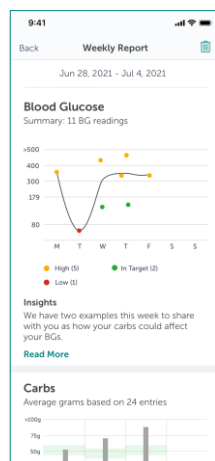
The Weekly Summary shows all the entries you have made in a week for:

- Blood Glucose
- Carbs
- Medications
- Activity
- Sleep

Insights

Insights are displayed for Blood Glucose, Carbs, Activity, and Sleep.

Tap **Read More** to review insights about your blood glucose, carbs, activity, and sleep.

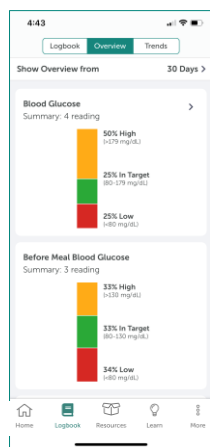


Logbook: Overview and Trends

The Logbook displays all of your data. You can also view summary information about your blood glucose, blood pressure, and weight entries.

To view your Logbook, tap **Logbook** on the home screen.

- To view an overview of your blood glucose or CGM data and blood pressure readings, tap **Overview** in the header.
- To see your blood glucose or CGM data, blood pressure, or weight trends, tap **Trends** in the header.



Standard Overview



Overview with CGM

Safety Alerts



Hypoglycemia

If you enter a low blood glucose (less than 70 mg/dL), TempoSmart™ will provide in-the-moment coaching to treat your low blood glucose. TempoSmart will also set a 15-minute timer to remind you to recheck your blood glucose after treating the low.



Hyperglycemia

If you enter a very high blood glucose (over 300 mg/dL), TempoSmart will provide in-the-moment coaching to treat your high blood glucose. TempoSmart will also ask you to set a 3-hour timer to remind you to check your blood glucose again.

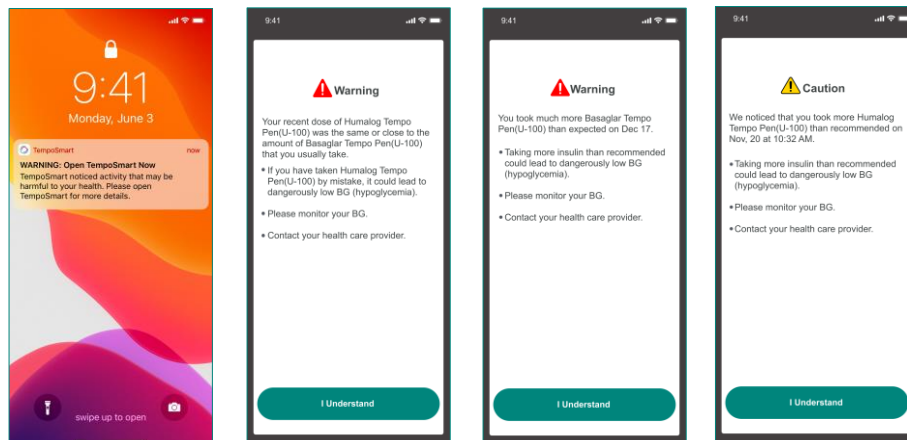


Warnings

There are three situations where you will receive a warning as a mobile notification after your insulin doses are synced:

- When your dose of bolus insulin is the same or close to the amount of your basal insulin dose, in case you have taken the wrong insulin.
- When you have taken at least two times your usual basal insulin dose.
- When you have taken significantly more bolus insulin than recommended by the Insulin Calculator.

When you open TempoSmart, you will receive more information about the warning, and you will be required to acknowledge the warning.

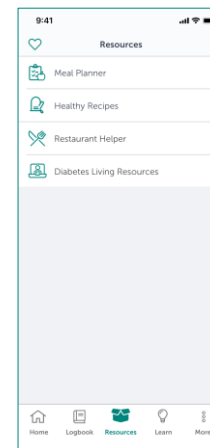


Resources

TempoSmart™ offers several resources to assist you in learning more about diabetes. To access Resources, tap **Resources** on the home screen.

Resources include the following:

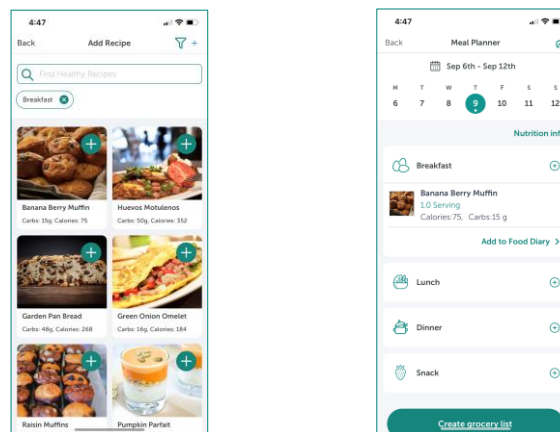
- Meal Planner – Choose recipes, plan meals, create a grocery list, and even shop online
- Healthy Recipes — View breakfast, lunch, dinner, and snack/dessert recipes. Each recipe has nutrition facts to help you make healthy meal choices
- Restaurant Helper — Find nearby restaurants based on your location or by zip code
- Diabetes Living Resources — Learn when to receive diabetes self-management education and how to find education services



Meal Planner

TempoSmart™ makes it easier to eat healthy. You can choose recipes based on your preferences, plan meals, create a grocery list, and even shop online.

- To get started, select a week to create your meal plan
- Then, select a date and tap on the meal you would like to plan
- Build your meal by choosing a recipe, searching the database, or adding your own food
- Once you select all your meals, you can view your Grocery List, edit the ingredients, or add new ingredients to the list
- Share your Grocery list and/or order the ingredients online by tapping on the **Shop Online** button. When you shop online, you will leave TempoSmart and go to an external website

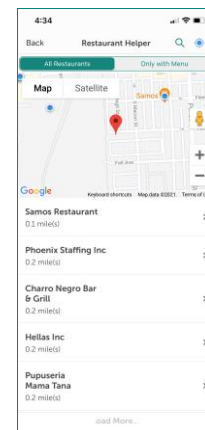


Restaurant Helper

Restaurant Helper helps you find nearby restaurants based on your location or by zip code.

- From the home screen, tap **Restaurant Helper**
- A list of restaurants will be displayed based on your current location. Tap **Only with Menu** to view restaurants with menus
- Select a restaurant
- Every restaurant on the list will have a phone number, website, and ability for you to get directions

Restaurants that have a menu icon display a list of the menu items with a carbohydrate range of 45 to 60 grams. You can add menu items directly to your Food Diary. You also have the option of changing the range to match your mealtime carbohydrate goals.



Learn

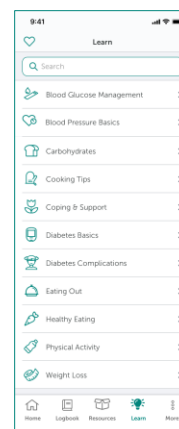
TempoSmart* offers tailored diabetes education to help you become more informed about your own diabetes.

To access the Learn section, tap **Learn** on the home screen and select the category that you want to explore, or search for a specific topic by entering at least the first 3 letters in the search bar. Tap the **heart** icon to add lessons, videos, and articles that you like to My Favorites.

Find resources, such as:

- Tailored diabetes courses and lessons*
- Educational videos
- Articles

**Learn courses and lessons are available to those who do not have a CGM connected. They are unavailable for those with type 1 diabetes and taking premixed insulin.*



Outside of App Communication

When you are not using TempoSmart™, you can stay connected on your mobile device in the following ways:

Notifications

- Receive notifications when you have a message from TempoSmart, a scheduled reminder for medication or weight tracking, and to introduce TempoSmart features
- Enable or disable notifications in your device's settings
- If you are using an insulin pen with a synced Smart Button, you may receive notifications about doses or Smart Button use

Text Messages

- Receive text messages from TempoSmart when you request forgetting your username or password
- Reply "STOP" to discontinue the text messages

Widget

- View your daily entries
- Tap to make entries
- Enable or disable the widgets in your device's settings

Help

TempoSmart™ offers several help topics to assist you.

To access Help Topics:

- Tap the **More** menu on the home screen
- Tap **Help**

Help Topics include:

- Videos – Learn about SMART Visit Reports, adding medications, and connecting a Smart Button.
- Frequently Asked Questions – Support for troubleshooting
- User Guide
- Contact Us — Customer Care information
- Insulin Calculator Guide*

**Only appears for users with the Insulin Calculator activated*

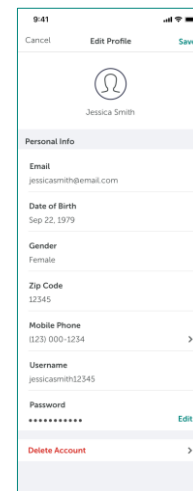
Account Deletion

You may delete your account at any time. To do so:

1. Tap the profile icon at the top of the home screen
2. Tap **Delete Account**
3. Tap **Delete** to confirm as this action cannot be reversed

Deleting your account will immediately and permanently delete data connected to TempoSmart. This data cannot be recovered and you will not be able to log in. Your data will no longer be visible to your care team within 7 business days.

If you have a Tempo Smart Button connected to the account, once deleted, you will not be able to re-use the Smart Button to connect it to a new account.



Security & Technology

To ensure security, it is recommended to keep the OS (Operating System) up to date and not install the app on jailbroken devices.

Supported OS Versions:

- iOS operating system: 14.x and above
- Android operating system: 9.x and above

Devices that do not meet the above criteria are not compatible with TempoSmart™.

The TempoSmart mobile application requires internet connectivity to sync data with the TempoSmart application (database). The mode of connectivity can be Wi-Fi or cellular. If you attempt to use a feature that requires internet connectivity while offline, you will be informed that internet connectivity is required. Some functions are still available while offline, such as:

- Access app via PIN or face recognition
- Connect/sync Bluetooth enabled devices
- Manually enter data and receive real-time feedback
- Access Help

IMPORTANT: Your smart device must have enough memory storage or the TempoSmart app will not be able to be installed. You may need to delete files or apps from your smart device.

Note: *TempoSmart does not currently support accessibility. Updates to increase accessibility and usability are ongoing.*

Appendix A: TempoSmart™ Insulin Management Features (Prescription only)

Insulin Calculator for BG meter and CGM users (Prescription only)

Your health care provider may prescribe the Insulin Calculator (Prescription only) for bolus insulin. The Insulin Calculator uses the regimen your health care provider authorized to calculate the corresponding dose of bolus insulin to take based on your carbs and glucose value.

If you have not connected a Smart Button, you must pair your button, enter your access code, and complete in-app training to start the Insulin Calculator.

The Insulin Calculator is only available for use with the following products*:

- Humalog® U-100 (insulin lispro injection) Tempo Pen™ and Tempo Smart Button™
- Lyumjev® U-100 (insulin lispro – aabc) injection Tempo Pen and Tempo Smart Button

**Each product requires an individual prescription from your health care provider.*

The Insulin Calculator works for the following insulin regimens:

- Insulin-to-carb ratio plus correction factor
- Fixed dose plus correction factor

You have the ability to adjust the parameters within your authorized dosing regimen. For example, you may adjust your authorized insulin-to-carb ratio or correction factor. However, if you change your insulin dosing regimen, you will need a new authorization to continue using the Insulin Calculator. For example, if you change from insulin-to-carb ratio to fixed dose, you will need a new authorization. In addition, if you start taking a different bolus insulin, you will need a new authorization.



CAUTION: Changing the parameters of your approved insulin dosing regimen will affect your dose calculation. Confirm changes with your health care provider prior to updating your dosing parameters.

Note: *The Insulin Calculator is not available for users in the Insulin Adjustment Program.*

Note: *Long-acting insulin is not considered part of Insulin on Board.*

Note: *Ensure you are logged in to TempoSmart before turning on the phone's Airplane mode.*



WARNING: Using the Insulin Calculator with incorrect dosing regimen or without all of your recent insulin logged may result in unsafe recommendations, which could lead to severe hyperglycemia, hypoglycemia, or injury.

Insulin on Board

The Insulin on Board feature is an optional feature that your health care provider may include when authorizing the Insulin Calculator.

Insulin on Board is a term used to describe the amount of fast-acting insulin that is still active from an earlier dose. The Insulin Calculator will subtract Insulin on Board, when applicable, to help lower the chance of taking too much insulin in a short period of time (also known as insulin stacking) which can lead to low glucose (hypoglycemia).

The amount of Insulin on Board is based on correction factor doses and/or insulin doses that aren't based on Insulin Calculator recommendations. For calculating the amount of Insulin on Board, the duration of insulin action (DIA) for fast-acting insulin is defaulted to 5 hours (4 hours for Lyumjev), though your health care provider may change the DIA to better match your needs.

To view your Insulin on Board settings, go to **Settings** and tap **My Preferences**.

Note: *Basal (long-acting) insulin is not considered part of Insulin on Board.*

IMPORTANT: Your mobile device must be set to the current time to ensure that doses are logged correctly, and your Insulin on Board is correct. Incorrect time settings could result in unsafe recommendations, which could lead to severe hyperglycemia, hypoglycemia, or injury. For accurate IOB calculations while traveling across time zones, do not change your device's time zone prior to arrival in the new time zone.

Calculate a Dose (with BG meter)

To calculate a dose of bolus insulin, tap **Calculate Now** at the top of the home screen.

Step 1: View your insulin and last recorded dose*. Then, tap **Calculate a current dose** and select what the bolus insulin dose is for: Breakfast, Lunch, Dinner, or As Needed

Step 2: View your total Insulin on Board, if this feature is turned on with your prescription

Step 3: Enter or verify your blood glucose¹¹ and/or the amount of carbs, if needed

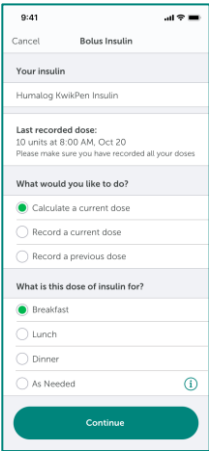
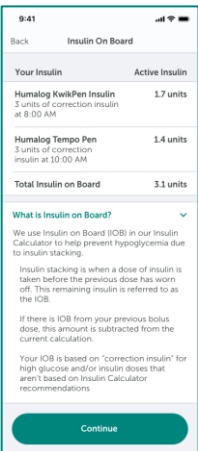

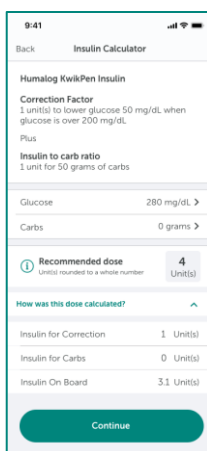
- Tap **Calculate Dose** to see your recommended dose

Step 4: Review the calculation for your recommended dose and tap **Continue**

- Tap the **i** info icon to learn more about the calculation

Step 5: Sync your dose with the Tempo Smart Button

Note: You can also **Record a current dose** or **Record a previous dose** without using the Insulin Calculator.

Step 1	Step 2	Step 3	Step 4
			

*The dose calculator cannot account for other factors like illness, alcohol use, etc. For those who do not have a CGM connected, the dose calculator cannot account for activity.

¹¹ The BG reading's timestamp must be within 10 minutes before or up to 5 minutes after the current time in order to be used in the dose calculation.

Insulin Calculator with CGM data

To ensure therapy recommendations and calculations are accurate, use the following compatible glucose input devices:

- Any FDA-cleared blood glucose meter
- Dexcom G6 or G7 Continuous Glucose Monitor



CAUTION: DO NOT connect TempoSmart™ to your Dexcom CGM if you are taking hydroxyurea or taking more than the maximum dose of acetaminophen (e.g. > 1 gram every 6 hours in adults). Your CGM data may be falsely elevated and result in inaccurate dosing recommendations.

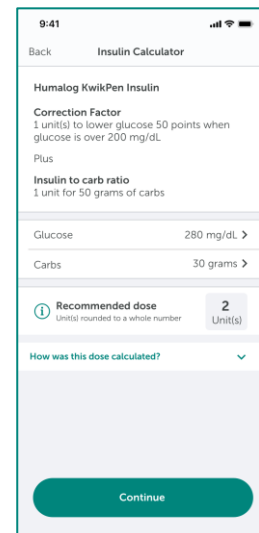


CAUTION: When CGM data does not display in the Insulin Calculator, enter a fingerstick blood glucose from a glucose meter.

If you have connected a Dexcom CGM with TempoSmart, the Insulin Calculator will be customized to use your CGM data. This CGM insulin dose calculator is available for the insulin regimen: insulin-to-carb ratio plus correction factor.

TempoSmart recommends an insulin dose based on the following factors. Tap “How was this dose calculated?” on the screen to see how the recommended dose was calculated.

- **Insulin for Correction:** adjusts your insulin dose when your glucose value is above range
- **Insulin for Carbs:** accounts for how much insulin to take based on how many carbs you are eating
- **Trend Adjustment:** raises or lowers your dose when a large upward or downward trend is found in your recent glucose data while using CGM
 - The trend adjustment defaults to the standard setting and will change to conservative setting automatically if the system detects that you have been experiencing frequent low glucose. Your trend adjustment will be reduced but you may still continue with your insulin dose calculation.
 - Ask your health care team if you should change the Trend Adjustment back to the standard setting. To change the setting, go to **More**. Select **Settings** and then **My Preferences**.
- **Insulin on Board:** helps to prevent hypoglycemia due to insulin stacking
- **Exercise Adjustment:** lowers your recommended insulin dose for trend adjustment when you have exercised in the past hour or will exercise in the next hour
 - If you will be involved in moderate or vigorous exercise, you should indicate “Yes” when answering this question. Since exercise can affect individuals with diabetes differently, you may want to discuss these options with your health care team.
 - *Examples of moderate exercise:*
 - brisk walking (at least 2.5 miles per hour)
 - water aerobics
 - dancing (ballroom or social)
 - gardening
 - tennis (doubles)
 - biking slower than 10 miles per hour
 - *Examples of vigorous exercise:*
 - hiking uphill or with a heavy backpack
 - running
 - swimming laps
 - aerobic dancing
 - heavy yardwork like continuous digging or hoeing
 - tennis (singles)
 - cycling 10 miles per hour or faster
 - jumping rope



Note: *There are situations when the Insulin Calculator will not use the CGM data. These situations include times that the CGM data or trend arrow are changing rapidly or not available. You can wait till your CGM data stabilizes or you can enter a fingerstick blood glucose for the calculator.*



WARNING: If your CGM data do not match your symptoms or expectations, enter a fingerstick blood glucose from a glucose meter to make diabetes treatment decisions.

At any time, you can review the Insulin Calculator tutorial through the Help section.

Calculate a Dose (with CGM connected)

To calculate a dose of bolus insulin, tap **Calculate Now** at the top of the home screen.

Step 1: View your insulin and last recorded dose*. Then, tap **Calculate a current dose** and select what the bolus insulin dose is for: Breakfast, Lunch, Dinner, or As Needed

Step 2: View your total Insulin on Board, if this feature is turned on with your prescription

Step 3: Verify your Glucose from CGM or enter a fingerstick BG¹², enter the amount of carbs, and answer the Activity question

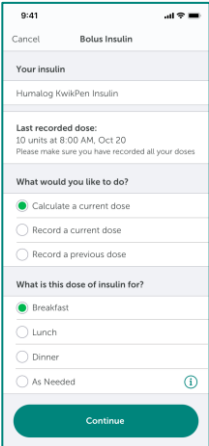
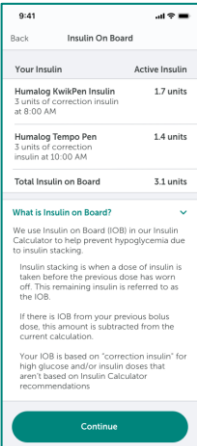
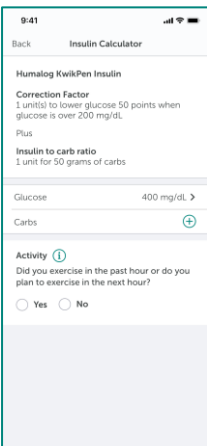
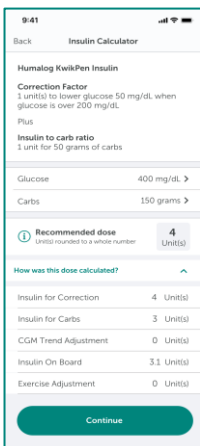
- Tap **Calculate Dose** to see your recommended dose

Step 4: Review the calculation for your recommended dose and tap **Continue**

- Tap **How was this dose calculated?** To see how the recommended dose was calculated.
- Tap the **i** info icon to learn more about the factors that go into the calculation

Step 5: Sync your dose with the Tempo Smart Button


Note: You can also **Record a current dose** or **Record a previous dose** without using the Insulin Calculator.


Step 1	Step 2	Step 3	Step 4
			


*The dose calculator cannot account for other factors like illness, alcohol use, etc.

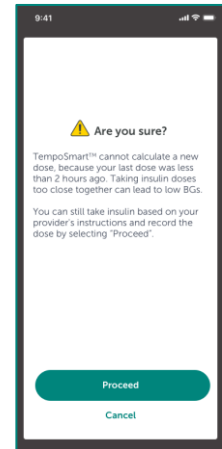
¹² The BG reading's timestamp must be within 10 minutes before or up to 5 minutes after the current time in order to be used in the dose calculation.


IMPORTANT: If your recommended insulin dose is significantly different than expected, do not take the dose. Contact your health care provider for instructions.


 The Insulin Calculator will not provide dose recommendations when a fingerstick BG is less than 70 mg/dL.


 **CAUTION:** When using a fingerstick BG, TempoSmart™ cannot calculate a dose within 2 hours of a previous dose, because it is difficult to know how much insulin is still active within this time frame. You can still take and record insulin based on your provider's instructions.

 For those who have a CGM connected, a dose may still be calculated within 2 hours of a previous dose, but it will only be based on the amount of carbs.



 **WARNING:** Log all insulin from all sources into the Logbook. The Insulin Calculator does not account for doses that you do not enter and could recommend more insulin than needed. Too much insulin may cause hypoglycemia.

 **CAUTION:** All bolus insulin that you have recently taken must be synced or manually entered to ensure that Insulin on Board (IOB) calculations are correct. If IOB calculations are incorrect, your recommended dose may be higher and could result in hypoglycemia.

 **CAUTION:** If your insulin pen with a Smart Button is out of range of the smart device, the Insulin Calculator may not have all of your recent insulin logged and may result in unsafe recommendations, which could lead to severe hyperglycemia, hypoglycemia, or injury.

Insulin Adjustment Program for Basal Insulin (Prescription only)

The TempoSmart Insulin Adjustment Program is designed to help health care providers and their patients with type 2 diabetes to adjust their long-acting (basal) insulin to improve diabetes management. The program works by collecting and analyzing blood glucose values to adjust basal insulin doses according to the health care provider's instructions.

To be eligible for the program, patients must be prescribed a Basaglar® (insulin glargine) injection Tempo Pen™ with Tempo Smart Button™.

The Insulin Adjustment Program is not intended for people with type 1 diabetes.

Health care providers can view and adjust their patient's treatment plan at any time, and they receive safety notifications such as if a patient experiences hypoglycemia or takes insulin doses that significantly differ from the recommended amount.

While taking part in the Insulin Adjustment Program, some TempoSmart features are turned off such as Weekly Insights, Pattern Reports, Weekly Challenge, Rewards, and CGM integration. In addition, insulin dosing regimens are set up by the health care provider and cannot be edited during the Insulin Adjustment Program.

Note: *Ensure you are logged in to TempoSmart before turning on the phone's Airplane mode.*

Getting Started

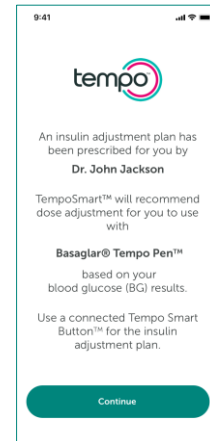
If the Insulin Adjustment Program for basal insulin has been prescribed by your health care provider, you will receive an email invitation to download TempoSmart™.

If you are already using TempoSmart and have connected a Smart Button, you see these screens upon opening the app. If you have not connected a Smart Button, you must pair your button and enter your access code from the home screen to start the Insulin Adjustment Program.

You will be introduced to your TempoSmart™ Insulin Adjustment Program.

View:

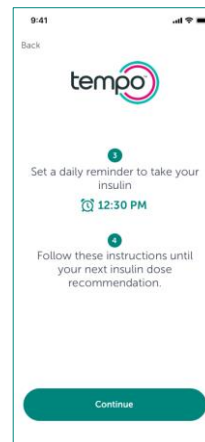
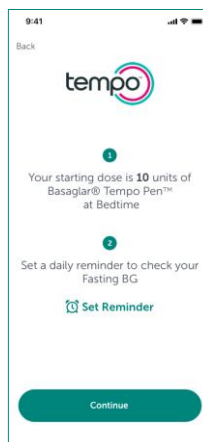
- The name of your health care provider
- The name of your basal insulin
- Your starting dose



Set reminders for:

- When to check your fasting blood glucose
- When to take your basal insulin

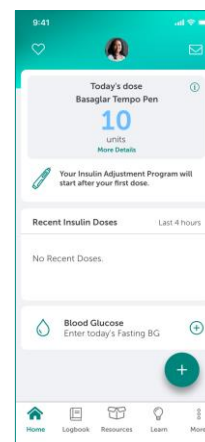
After setting your reminders, tap **Continue**.



View your Insulin Adjustment Program on your home screen including:

- Today's basal insulin dose
- Dates for entering Fasting BGs

Note: *Your Insulin Adjustment Program will start after your first dose is recorded.*

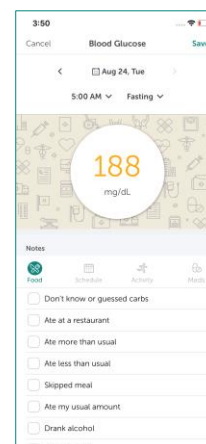


Blood Glucose Entry

From the home screen:

- Tap the **+** button
- Enter your blood glucose
- Adjust the date, time, and type of blood glucose, if needed
- Add notes related to your blood glucose, if needed
- Tap **Save**

You will receive a real-time feedback message, which may include information about your insulin doses or general education about managing diabetes.

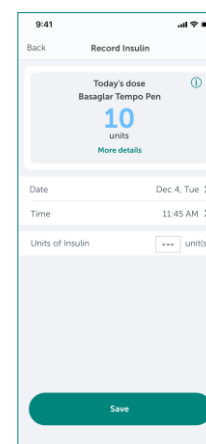


Insulin Entry

Your basal insulin dose-related data will automatically sync from a paired Tempo Smart Button™. Or, to record your insulin dose manually:

- Tap the **+** button
- Tap the **Insulin** icon
- Enter the date, time, and total units taken
- Tap **Save** to return to the home screen

If you try to enter a dose manually, when a dose has already been synced, you will be prompted to make sure you are not entering a duplicate dose.



Insulin Dose Adjustments

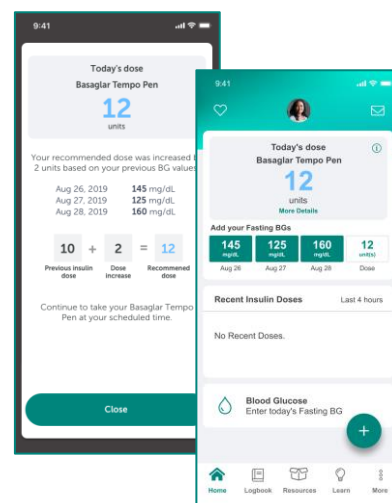
After a first dose of basal insulin is recorded or insulin dose-related data is synced, TempoSmart™ will analyze your blood glucose entries and determine if you need basal insulin dose adjustments based on your health care provider's instructions.

If a dose adjustment is needed, you will receive a real-time feedback message with your new recommended dose.

In addition, your new dose will appear on the home screen.

To view details about the insulin dose adjustment, tap **More Details** from your home screen to see:

- The blood glucose entries that the adjustment was based on
- How many units were added or subtracted from your dose
- Your new recommended dose

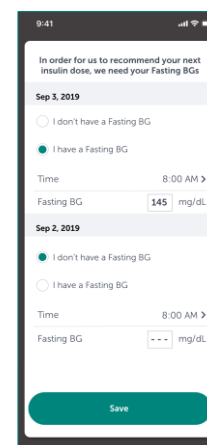


Incomplete Blood Glucose Information

If you have not entered all of your fasting blood glucose results, TempoSmart will prompt you to enter them.

- For the date(s) shown, tap **I have a Fasting BG** and enter time and blood glucose.
- If you do not have fasting blood glucoses, tap **I don't have a Fasting BG**

Tap **Save** to return the home screen.



Reminders

Fasting Blood Glucose Reminder

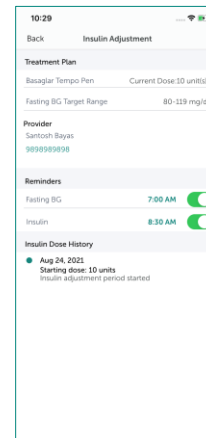
To change your blood glucose reminders:

- On the home screen, tap the **i** icon in the top right corner
- Under Reminders, adjust the reminder time of your Fasting BG or turn the reminder on or off

Insulin Reminder

To change your insulin reminders:

- On the home screen, tap the **i** icon in the top right corner
- Under Reminders, adjust the reminder time of your insulin or turn the reminder on or off



View Adjustment History

To view your adjustment history, tap the **i** icon at the top right corner of your home screen.

You will be taken to the Insulin Adjustment screen, which displays the following:

- Your brand of basal insulin and dose
- Fasting BG Target Range
- Provider name and number
- Reminders for Fasting BG and insulin
- Your basal insulin dose adjustment history

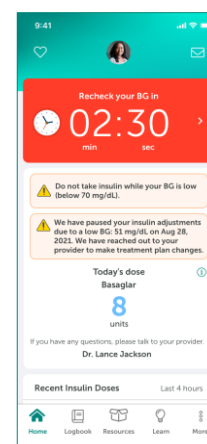
Safety Notifications

Low Blood Glucose

If you enter a low blood glucose, TempoSmart™ will provide immediate coaching to treat your low.

If your blood glucose is ever less than 70 mg/dL, your dose may be decreased to help reduce the risk of hypoglycemia and your Insulin Adjustment Program will be paused.

If your Insulin Adjustment Program is paused, your health care provider will be notified. Your provider may choose to edit, resume, or discontinue your program. You may also reach out to your health care provider directly.

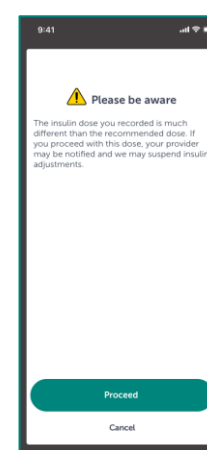


Non-Recommended Dose Taken

If you manually record an insulin dose that is much higher or lower than your recommended dose, TempoSmart will ask you to confirm the dose.

Your health care provider will be notified if you often take doses that are different than your recommended dose, or if you take more than the amount your provider recommended as a "max" dose.

In this case, the Insulin Adjustment Program for basal insulin will be paused. If your Insulin Adjustment Program is paused, your health care provider will be notified. Your provider may choose to edit, resume, or discontinue your program. You may also reach out to your health care provider directly.



Health Care Provider Updates

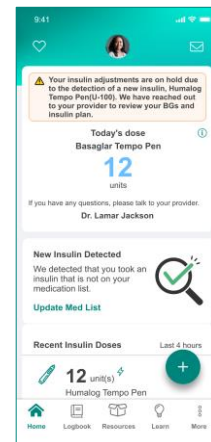
At any time, your health care provider could update your Insulin Adjustment Program for basal insulin. If this happens, you will be notified in two ways:

- Upon opening TempoSmart, your Insulin Adjustment Program will be displayed to you.
- Upon viewing your home screen, you'll see a message informing you of updates to your program.

Bolus Insulin Use

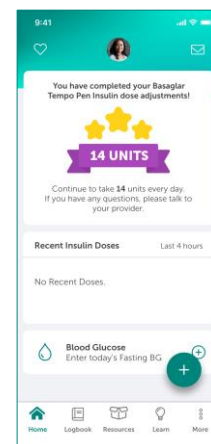
If TempoSmart™ detects a synced bolus insulin dose, the Insulin Adjustment Program will be paused.

Because the program is not intended for people who use bolus insulin, your health care provider will be notified to review your insulin plan. You may also reach out to your health care provider directly.


















Insulin Adjustment Program Completion

When your fasting blood glucose is consistently in your target range, the Insulin Adjustment Program for basal insulin will be complete. At that time, TempoSmart™ will no longer offer dose adjustments, but you can continue to track your blood glucose results and insulin doses.



Appendix B: Icons and Symbols Glossary

Symbol/Icon	Title	Definition/Action
A		
	Activity	Record physical activity
	Additional information	Feature availability
B		
	Blood Glucose (BG)	Record BG
	Blood Pressure (BP)	Record BP
C		
	Caution	Important safety information
D		
	Dose entered manually	Dose entered manually
F		
	Food/Carbs	Record food/carbs
I		
	Insulin	Record insulin
	Insulin (basal, long-acting)	Record basal insulin
	Insulin (bolus, mealtime)	Record bolus insulin
M		
	Medication(s)	Record medication(s)
P		
	Prime/Air Shot	Indicates prime/air shot

Symbol/Icon	Title	Definition/Action
S		
	Sleep	Record sleep
T		
	Tempo Smart Button	Indicates synced insulin dose-related data
W		
	Warning	Important safety information
	Weight	Record weight

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