Getting Started with Patterns® for POGO Automatic®

Enjoy **One-Step™** testing with POGO Automatic. Just turn on your meter, then **Press Once. GO!™**

The **free** Patterns app syncs your POGO Automatic data, so you can easily track your blood glucose results on your iOS or Android -based phone or computer via USB.

Integrates POGO Automatic meter and mHealth Biometric Data, including Apple Health, Fitbit, Garmin, iHealth, Misfit, Omron, Polar, Strava, Tomtom, Under Armour, and Withings.

1 Downloading Patterns App

The optimal way to view Patterns is by using your iOS or Android mobile device.

From your iPhone (iOS):
1. Go to the Apple App Store on your iPhone
2. Search for "Patterns for POGO Automatic"
3. Tap Get, then Install

From your Android:
1. Go to the Google Play App Store on your Android device
2. Search for "Patterns for POGO Automatic"
3. Tap Install

Or simply Scan Here:
1. Use your iPhone or Android camera to scan and download the Patterns app.

2 Creating a New Patterns Account

To register your Patterns account you will need a username and password. Your username must be a valid email address (example: user@domain.com) and your password requires a minimum of 8 characters and must contain at least 1 uppercase letter, 1 lowercase letter and 1 number. You will also need to provide a verified mobile number so that Patterns can send Push and/or text messages to your phone.

From your Computer via USB Cable
To access Patterns by using your computer web-browser, simply visit: **www.patternsforpogo.com**

3 Syncing Results with Patterns

How to Pair Your POGO Automatic with Your Patterns App
Download the Patterns app on your smartphone. You must also have Bluetooth enabled.

1. Open your Patterns app on your smartphone.
2. Tap on your 👤 **PROFILE.** Scroll down to POGO Automatic and then select "Add POGO Automatic".
3. On your POGO Automatic **PRESS AND HOLD** the ⌄ button for 4 seconds**.**
4. Enter 6-digit PIN on the pop-up on your phone.
5. Press "Pair" to confirm.
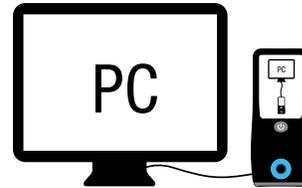6. Your meter will show a "Connected" screen to show it is now paired.

💡 **TIP:** Having trouble syncing results?
1. Be sure to set current date and time on your POGO Automatic meter.
2. Make sure Patterns is open on your phone and near the meter. Press the Ⓜ button (on the side of the meter). Within 30 seconds results should transfer.

How to Transfer Your POGO Automatic Results to Your Patterns Account Using a Computer via USB Cable
A one-time download and installation of the Patterns Transporter is required.

1. Open your Patterns account online at **www.patternsforpogo.com.**
2. Once logged in (or registered if you don't already have a Patterns account), click on your 👤 **PROFILE** displayed at the top right of your screen.
3. Click on your 👤 **PROFILE.** Scroll down to POGO Automatic and then select "Add POGO Automatic".
4. Follow the instructions to download and install the Patterns Transporter. You will only need to do this once.
5. Connect your POGO Automatic to your computer via USB cable.
6. Results will now transfer.

IMPORTANT: While the POGO Automatic meter is connected to your computer, blood glucose testing functionality is disabled. Do not attempt to perform a test with POGO Automatic during this time.

4 Sharing Data with a Healthcare Provider

- Add an HCP by tapping the blue button at the bottom of the page.
- You may select an HCP from the list provided by Patterns or enter the email address of an HCP of your choice.
- They will receive an email invitation from you and can either accept or decline your request.
- Once they accept your invitation, the HCP will be prompted to create a read-only Patterns account which is linked to yours.
- An HCP will only be able to view the 🅿 HOME (Dashboard), 💧 LOG BOOK and 📈 TRENDS pages in your Patterns account.
- Your HCP CANNOT be your Emergency Contact.

💡 **TIP:** Need an emergency contact, or want to let a caregiver view your account? Invite them in Contacts.

💡 **MORE TIPS:** Check for your latest meter readings on the 💧 LOG BOOK page.

Tap Profile, then tap to select Notifications to get personal testing reminders.

Tap the Coaching tab 🤝 for more information on live, personal coaching.

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