



Digital

# Quick Start Guide.



Connecting mylife™ App and mylife Aveo™



More freedom. More confidence. With mylife™.

**YPSOMED**  
SELFCARE SOLUTIONS

## Content

Download	3	General settings	14
Welcome and start setup	4	Personal data	15
General Terms & Conditions	5	Therapy	16
Tutorial	6	Pump therapy (CSII)	17
Setup without mylife™ Cloud account	7	Pen therapy (MDI)	18
Setup by creating a mylife™ Cloud account	8	Bolus calculator settings	19
Setup by using an existing mylife™ Cloud account	12	Finalisation of setup	20
		Bluetooth® pairing with mylife Aveo™	21



## Download

The mylife™ App lets you manage your diabetes discreetly at any time and any place and documentation becomes a matter of ease.

The mylife™ App can import the therapy data from the mylife Aveo™ blood glucose meter via Bluetooth® and the integrated bolus calculator supports you in your everyday life with diabetes.

Download the mylife™ App directly from the Apple App Store or Google Play Store and find more information on your mylife™ Diabetescare website:

**[www.mylife-diabetescare.com/digital](http://www.mylife-diabetescare.com/digital)**



## Welcome and start setup

This Quick Start Guide takes you step by step through the setup of the mylife™ App and the Bluetooth® pairing with a mylife Aveo™ blood glucose meter.

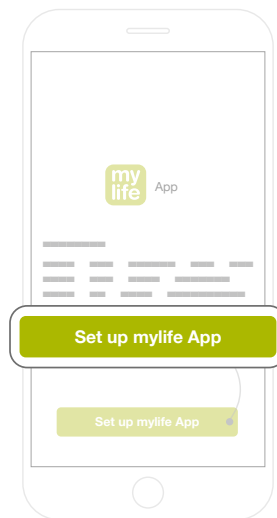
### Caption:

\* Mandatory fields

← Previous screen

→ Next screen

- Tap “Set up mylife App” to start the setup process.

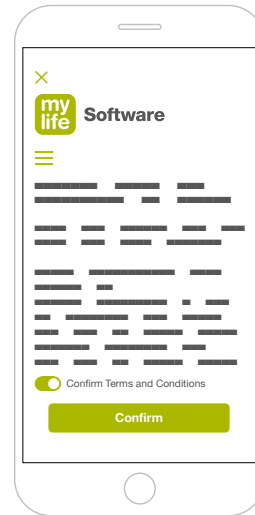




## Terms & Conditions

### Confirm General Terms and Conditions

- Toggle the respective box.
- Tap the “Confirm” button.





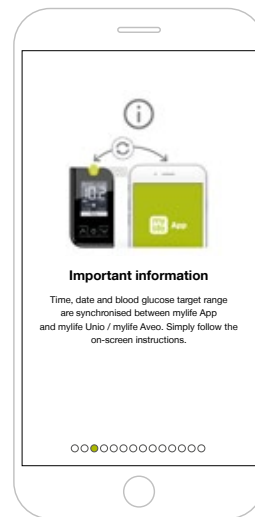
## Tutorial

The tutorial familiarises you with the most important and useful screens. It takes you through the basic operations in the mylife™ App.

- Swipe from right to left to go through the tutorial.
- Tap “Exit” at the end of the tutorial.

### The subsequent screen will offer you three options for how to set up the mylife™ App:

- Setup without mylife™ Cloud account – go to page 7
- By creating a new mylife™ Cloud account – go to page 8
- By logging in to an existing mylife™ Cloud account – go to page 12

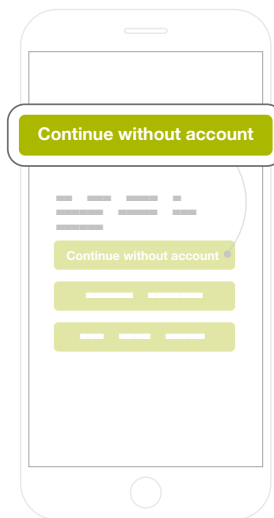




## Setup without mylife™ Cloud account

- Tap "Continue without account".

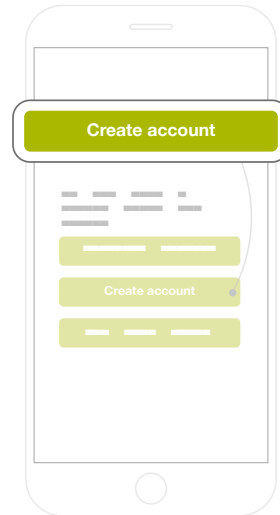
Go to page 14 to continue the setup.





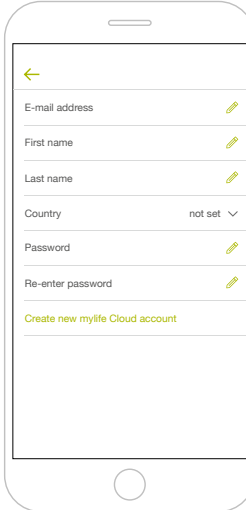
## Setup by creating a mylife™ Cloud account

- Tap "Create account".





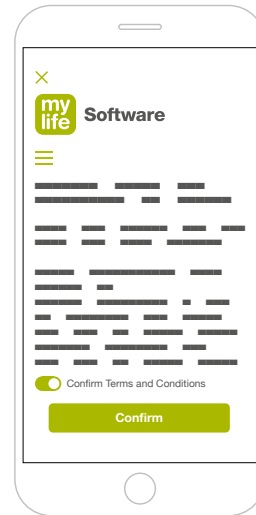
- Fill in all fields.
- When selecting your country, note that you cannot change this anymore after confirming.
- Confirm by tapping “Create new mylife Cloud account”.



The image shows a smartphone screen displaying a registration form. At the top left of the form is a back arrow. The form consists of several input fields, each with a pencil icon on the right side, indicating they are required or for editing. The fields are: E-mail address, First name, Last name, Country (with a dropdown menu showing 'not set'), Password, and Re-enter password. Below these fields is a button labeled 'Create new mylife Cloud account'.

### Confirm General Terms and Conditions

- Toggle the respective box.
- Tap the “Confirm” button.



### Confirm Privacy Policy

- Toggle the respective box.
- Tap the “Confirm” button.

An e-mail with an activation link is sent to your e-mail address\*. Confirm the notification pop-up in the mylife™ App.

Go to page 14 to continue the setup.



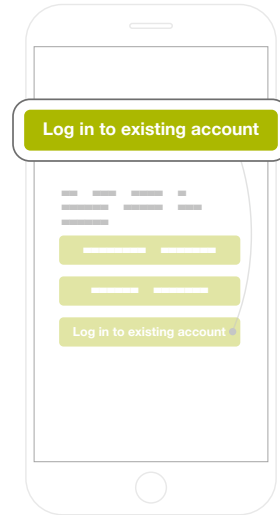
\*In a desktop web browser, please open the mentioned e-mail and click the activation link. Your web browser will open and confirm the successful activation. Log in to finish your mylife™ Cloud account registration. All of this can also be done at a later stage and after setting up the mylife™ App.





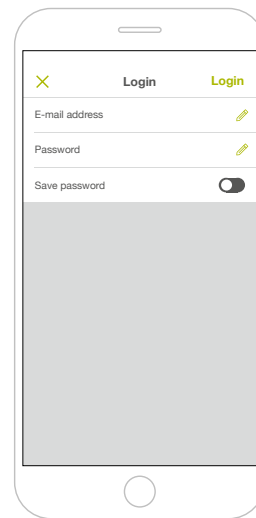
## Setup by using an existing mylife™ Cloud account

- Tap “Log in to existing account”.



- Enter the e-mail address and your password related to your existing mylife™ Cloud account.
- Toggle the respective button if you want to save your password.
- Tap “Login”.

Go to page 14 to continue the setup.



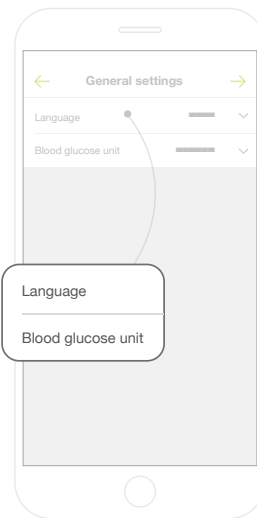


## General settings

Set up the following by choosing from the respective dropdown lists:

- Your desired language
- Your preferred blood glucose unit (mg/dL or mmol/L)

Tap → to continue.





## Personal data

- Fill in all mandatory fields marked with an asterisk (\*).
- When selecting your country, note that you cannot change this anymore after confirming.
- Please note: when having used the setup option of “logging in to an existing account”, personal data are pre-filled with the respective mylife™ Cloud data. The country cannot be changed in this case.

Tap → to continue.

A smartphone mockup displaying the 'Personal data' form. The form has a title bar with a back arrow on the left and a forward arrow on the right. Below the title bar, there are several input fields: 'First name\*' with a pencil icon, 'Last name\*' with a pencil icon, 'Avatar' with a profile picture icon and a right arrow, 'First name\*' with a pencil icon, 'Last name\*' with a dropdown arrow, 'Avatar\*' with a profile picture icon, 'E-mail address', 'Sex\*', 'Date of birth\*', and 'Country\*'. A white rounded rectangle highlights the bottom portion of the form, including the 'Avatar\*', 'E-mail address', 'Sex\*', 'Date of birth\*', and 'Country\*' fields.

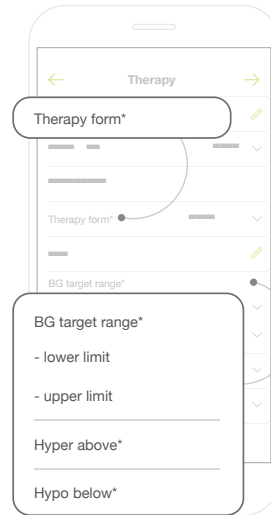
## **i** Therapy

- Fill in all mandatory fields marked with an asterisk (\*).
- Therapy form: please select acc. to your prescribed insulin therapy form. The subsequent settings will depend on this selection.
  - For pump therapy, go to page 17.
  - For pen therapy, go to page 18.
- Fill in any of the voluntary fields.

Tap → to continue.



The blood glucose (BG) target range settings are pre-filled. Consult with your health care professional if you want to change them. Those settings only relate to statistics and graphs. They are not linked to the bolus calculator.







## Pump therapy (CSII)

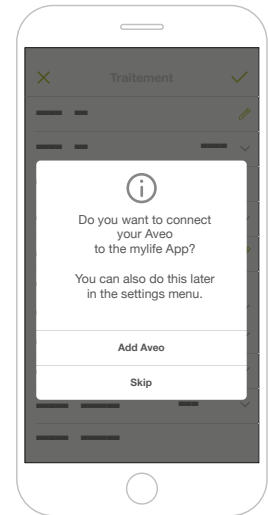
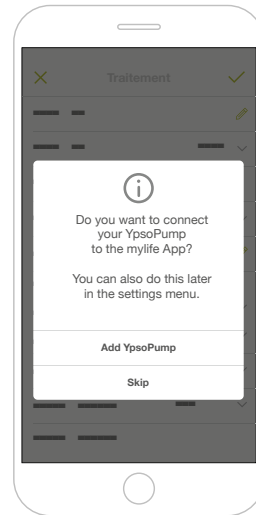
### Pairing a device

#### mylife™ YpsoPump®

- Tap “Add YpsoPump” if you wish to pair your mylife™ YpsoPump® insulin pump via Bluetooth® with the mylife™ App.
- Tap “Skip” if you wish to skip this step. You can add the pump later in the menu “Device management”.

#### mylife Aveo™

- Tap “Add Aveo” if you wish to pair your mylife Aveo™ blood glucose meter via Bluetooth® with the mylife™ App.
- Tap “Skip” if you wish to skip this step. You can add the blood glucose meter later in the menu “Device management”.



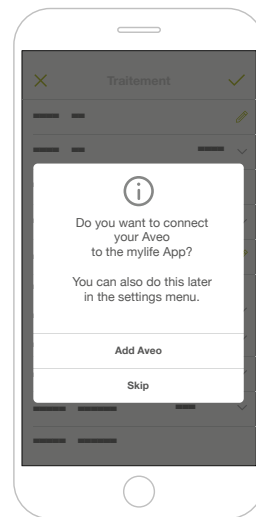


## Pen therapy (MDI)

### Pairing a device

#### mylife™ mylife Aveo™

- Tap “Add Aveo” if you wish to pair your mylife Aveo™ blood glucose meter via Bluetooth® with the mylife™ App.
- Tap “Skip” if you wish to skip this step. You can add the blood glucose meter later in the menu “Device management”.

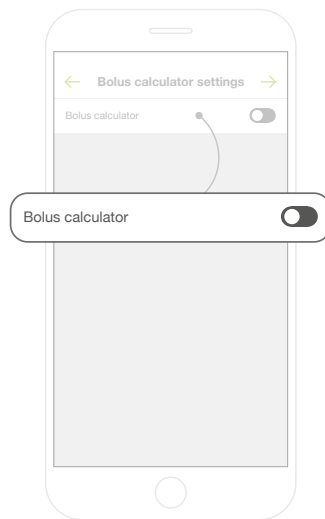




## Bolus calculator settings

In order to set up your bolus calculator please consult your health care professional. This Quick Start Guide does not provide inputs on the bolus calculator and its configuration.

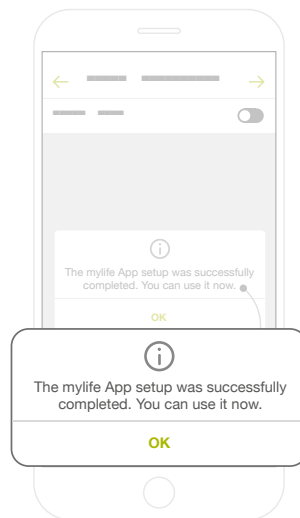
- Do not toggle the bolus calculator activation button.
- Tap → to continue.
- The mylife™ App will notify you that the bolus calculator is disabled. Confirm by tapping “OK”.





## Finalisation of setup

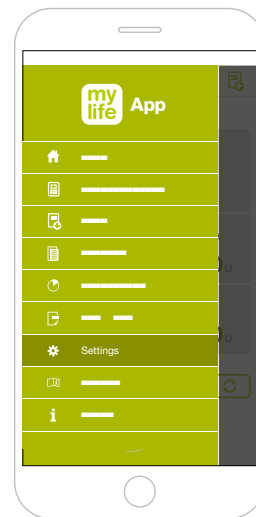
- The mylife™ App will confirm the successful setup.
- Confirm by tapping “OK”.
- The mylife™ App will now take you to its “Last values” screen.



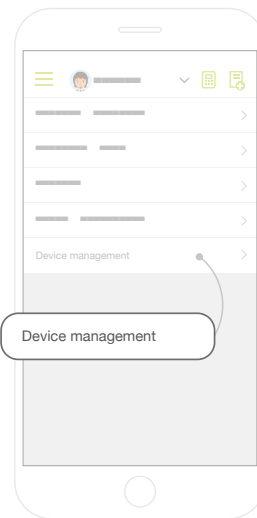


## Bluetooth® pairing mylife Aveo™

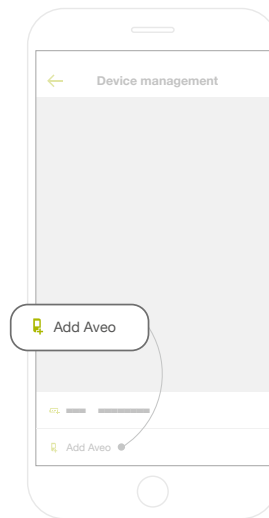
- Ensure Bluetooth® is activated on your smartphone.
- Open the menu in the mylife™ App by tapping the (☰) button in the upper left corner.
- Tap “Settings” in the menu.



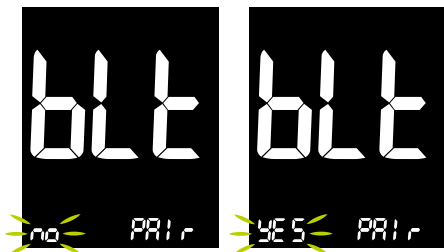
- In the submenu, tap “Device management” in order to add a device to the mylife™ App.







- Tap “Add Aveo”.
- A pairing wizard is displayed.
  - Read through the instructions.
  - Tap “Next” to continue.
- Tap “Start pairing”.
- Now, set your mylife Aveo™ meter into pairing mode (see page 24).




### Basic settings: pairing a mobile device



After entering the setting mode, “Bluetooth® Pair” is the first function displayed in the menu. In case you are already somewhere within the setting mode, press the main  button repeatedly until you see “blt PAIr” on the screen.

Scroll left  or right  to select “no” or “YES” if you want to pair the meter with a mobile device and confirm with the main  button.

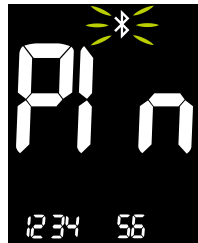


Bluetooth® will be switched on automatically and gets activated. The Bluetooth® symbol  is flashing and the meter is searching for a mobile device.





Make sure Bluetooth® is enabled on your mobile device and select “Add Aveo” on the app. Available devices will be listed. Look for “Aveo” and the last 4 characters of the meter serial number to identify your meter. Select the correct meter on the mobile device.



As soon as a connection with a mobile device is established, a 6 digit passkey code is shown in the display. Enter the code into the app on your mobile device. This code must be entered within 30 seconds.



After having entered the code into the app, the meter and mobile device are paired successfully by indicating “blt SUCCESS”. 1 mobile device can be paired with the mylife Aveo™ meter.



As soon as there is a successful pairing, the meter is transmitting data to the mobile device and vice versa. The display shows “blt SYNC” during synchronisation.



After a successful data transmission, the display shows “blt End” and goes further in the setting mode.



If the time is exceeded or a wrong identification code is entered, the screen is indicating “blt FAIL”. Repeat the procedure.

- When the connection is established successfully, the mylife Aveo™ meter shows a confirmation message on its screen.
- You can now use the mylife Aveo™ meter in connection with the mylife™ App.



**Important:** blood glucose (BG) target range, time and date are synchronised between mylife™ App and mylife Aveo™. For the BG target range, you can choose which one to keep if it differs between the app and the blood glucose meter.

**Disclaimer:**

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Ypsomed is under license. Other trademarks and trade names are those of their respective owners.

More **freedom.**  
More **confidence.**  
With **mylife™**.



Infusion systems



Blood glucose  
monitoring systems



Therapy  
management



Pen needles

With its mylife™ Diabetescare brand, Ypsomed offers a comprehensive portfolio of products and services for people with diabetes. This allows users easy, discreet and reliable self-treatment. With mylife™ Diabetescare, self-treatment becomes simpler and easier.

Ypsomed AG // Brunnmattstrasse 6 // 3401 Burgdorf // Switzerland // [info@ypsomed.com](mailto:info@ypsomed.com) //  
[www.mylife-diabetescare.com](http://www.mylife-diabetescare.com) // +41 34 424 41 11