

## Uploading Data from Your Blood Glucose Meter

**\*To save time, PLEASE UPLOAD YOUR DATA BEFORE YOUR APPOINTMENT \***

Email [bloodsugars@charleshbest.com](mailto:bloodsugars@charleshbest.com) or your Diabetes Educator once you have uploaded if you would like the data to be reviewed.

- **One Touch Verio Flex and Reflect Meters**

- Download OneTouch Reveal app on your phone. (Go to App Store or Google Play and search “One Touch Reveal”. The app is a green icon with white circle).
- Ensure Bluetooth is turned on in your phone. Go to your phone settings, select Bluetooth and check that it is set to “On”.
- Open app and follow instructions to set up an account.
- Go to “Pair my Meter” and follow instructions to connect your meter to the app.
- Tap the share icon (top left corner) and under Share a Report, select “PDF”.
- Select “Mail” to send to your Diabetes Educator or [bloodsugars@charleshbest.com](mailto:bloodsugars@charleshbest.com) .

- **Contour Meters**

- Download Contour app on your phone. (Go to App Store or Google Play and search “Contour”. The app is blue with a green, yellow and red dot graph).
- Ensure Bluetooth is turned on in your phone. Go to your phone settings, select Bluetooth and check that it is set to “On”.
- Open app and follow instructions to set up an account.
- Go to Menu (top left) and select “Pair a meter”. Follow instructions to connect meter.
- Go to the Menu (top left) and select “My Care”. Select “Reports”. Select the **second** option “**Blood Sugar Diary PDF**”.
- Tap underneath “Full Name of Patient” to enter your name. Select time frame (i.e. two weeks). Select View Diary.
- Tap the share icon (lower left corner). Select “Mail” to send to your educator or [bloodsugars@charleshbest.com](mailto:bloodsugars@charleshbest.com) .

- **Other Meters (with USB cord):**

- Go to Glooko [https://my.glooko.com/users/sign\\_in](https://my.glooko.com/users/sign_in)
- Scroll to the bottom of the page: “Don't have an account? Sign up for Glooko here”
- For a full list of all devices that can be uploaded to Glooko® in Canada, please see the following articles on support.glooko.com:

Devices compatible with the Glooko Uploader

Devices compatible with the Glooko Mobile App

- Follow instructions on the website to upload

Once you set up your account in Glooko, **YOU MUST LINK TO THE BEST CENTRE ACCOUNT** to allow the Diabetes Educators to view your data.

1. Click on Profile.
2. Under Account, enter the ProConnect code: **cbd \*you must do this for The Best Centre to see your upload\***

**PLEASE NOTE:** If you previously uploaded to Diasend, it has been replaced by **Glooko**. Current Diasend users will be prompted to update to Glooko. There are a series of online resources to help you navigate this process.

How do I upload diabetes data on the web using the Glooko Uploader (Personal)?:

**<https://support.glooko.com/hc/en-us/articles/115003857229-How-do-I-upload-diabetes-data-on-the-web-using-the-Glooko-Uploader-Personal->**

**GLOOKO SUPPORT CENTRE:**

<https://support.glooko.com/hc/en-us/categories/360000203598-Personal-Use>

<https://support.glooko.com/hc/en-us/sections/360000447097-Getting-Started>

**GLOOKO FOR PERSONAL USE:**

<https://www.youtube.com/playlist?list=PLnOC3G8Fr5ZA29ib13DvpM95Bc4CcFZBy>

**GETTING ACQUAINTED WITH GLOOKO:** <https://www.youtube.com/watch?v=gKjeCc3iOnw>

**DIASEND TO GLOOKO UPGRADE PROCESS:** <https://www.youtube.com/watch?v=-wpvjH0RCRk>

For technical support, please contact: [support@glooko.com](mailto:support@glooko.com)