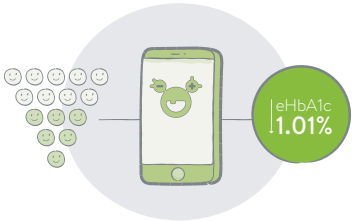
# The mySugr App

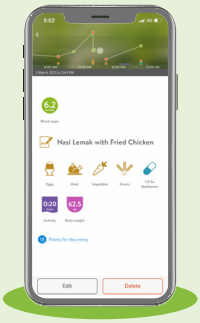
## mySugr is made by people with diabetes, for people with diabetes




Positive impact on blood glucose control in mySugr app users with **estimated HbA1c reduction of 1.01%** over 12 months use of app.[2] (Baseline eHbA1c ≥8%)

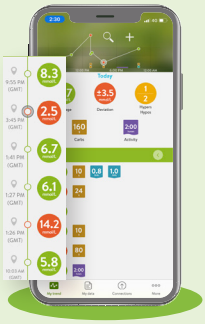
**Lower Risk of Hypos Thanks to the Logbook.** The occurrence of low blood glucose significantly decreased for people at risk of hypoglycemia after 6 months of using the app.[1, 3]

more than 3 million registered users
**4.6 star user experience rating**[4]



### Goodbye paper logbook, hello app!

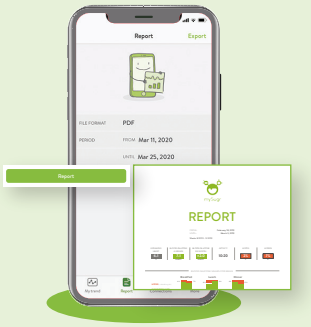
Log your diabetes diary (meal, exercise, etc) **easily and seamlessly* IT IS FREE!***



### Individual reading color code

It **tells you if your blood glucose readings are in normal range** (in green).

**Recognise the glucose pattern** (e.g. high reading after meal) **and make necessary lifestyle adjustment.**




### Report sharing# with Doctor

Whether in-person or online, **share your blood glucose report with your doctor conveniently!**

### Estimated HbA1c (eHbA1c)^

**No more surprises at doctor's clinic!** Get an estimation of your HbA1c before your lab results arrive.

*Seamless connectivity is available for Accu-Chek Guide & Accu-Chek Instant users for FREE.
#PDF report is available in mySugr PRO version - FREE for Accu-Chek Guide & Accu-Chek Instant users.
^The estimated HbA1c is based on your imported measurements and does not replace actual HbA1c measurements. To get your eHb1Ac you have to log or import your blood sugar levels 3 times a day for 7 days.

### Scan to download mySugr app

App Store | Google Play

### Useful links

Create mySugr account

Meter connectivity (Accu-Chek Guide)

**Reference:**
1. Debong, F., et al., Real-World Assessments of mySugrMobile Health App: Emerging Digital Health Technologies in Diabetes. Diabetes Technology & Therapeutics. Vol. 21, 2019, No. S2-35-S2-40.
2. Eichinger, V., et al., Mobile health application usage shows long-term improvement onblood glucose control. Virtual EASD 56th Annual Meeting 2020.
3. Hompesch, M., et al., High risk population using mobile logging application shows significant reduction in LBGI. Presented at the American Diabetes Association 77th Scientific Sessions, 2017, San Diego, California, USA.
4. https://www.mysugr.com/en/diabetes-app. Average app rating in App Store and Google Play.

**If you have any questions or need help, please reach out to our mySugr Support at support@mysugr.com**

**Disclaimer: mySugr does not provide medical therapy recommendations or medical advice of any kind. For questions on your medical conditions, we recommend contacting a healthcare professional.**

ACCU-CHEK, ACCU-CHEK GUIDE, ACCU-CHEK INSTANT and MYSUGR are trademarks of Roche. All other trademarks are the property of their respective owners. © 2021 Roche Diabetes Care.

Roche Diabetes Care Asia Pacific Pte. Ltd.
**www.accu-chek.com.sg**