



CareSens™ Air

Continuous Glucose Monitoring System

User Guide



CareSens™ Air

Is a user-friendly Continuous Glucose Monitoring (CGM) system designed to simplify diabetes management.

Key Benefits of CareSens Air



All-in-One Continuous Glucose Monitoring System

With an integrated sensor-applicator structure, you don't need to assemble parts. Put it against your arm and press the button to attach it.



Compact and Light Sensor

The sensor is comfortable to wear and is ideal for active daily use.



Ease of Movement With the Waterproof Feature*

Showers, baths, and even swimming are possible with the sensor attached.

* IP48: Protected from ingress of dust; Protected from submersion in water up to depth of 1 meter for 24 hours



Glucose Graph with Ease in Readability

The CareSens Air app intuitively displays your current glucose level and the glucose change arrow on the graph.



Real-Time Measurement of Glucose Level for 15 Days

Glucose levels are continuously measured for 15 days, 24 hours a day, and every five minutes.



Reliable Glucose Alerts Function

You can manage your glucose by customizing alerts for very low, low, high, and rapidly changing glucose levels.





Smart device is not included. The CareSens Air app is medical software.



Hold the wide white side of the applicator and remove the clear safety cap.



Each sensor comes with an applicator.

The app becomes even more convenient when it is used together with the i-SENS blood glucose meter.

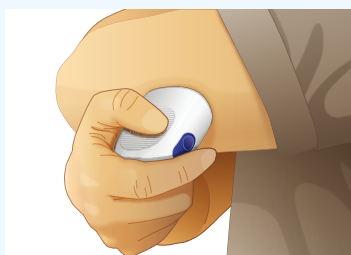
Specifications

Shelf life	12 months from the manufacturing date
Useful life	Up to 15 days
Warmup period	2 hours
Measurement range	2.2-27.7 mmol/L
Data transfer interval	Once every 5 minutes
Memory	12 hours of glucose data
Calibration	Two calibrations immediately after sensor warmup (2 hours) The initial two calibrations are made at 12-hour intervals, and beginning with the third, calibrations are made at 24-hour intervals.
Operating conditions	Temperature: 10-42 °C (50-107.6 °F) Humidity: 10-95 %RH
IP rating	IP48

CareSens Air

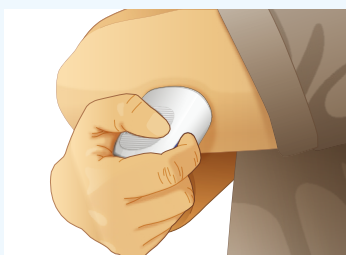
How to Attach the Sensor in Three Simple Steps

1 Pick sensor site



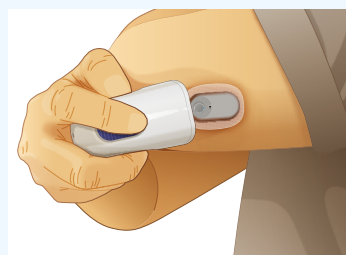
Place the applicator horizontally on the back of the upper arm to attach the sensor.¹⁻²

2 Press the button



Press the blue button to attach the sensor.

3 Remove the applicator



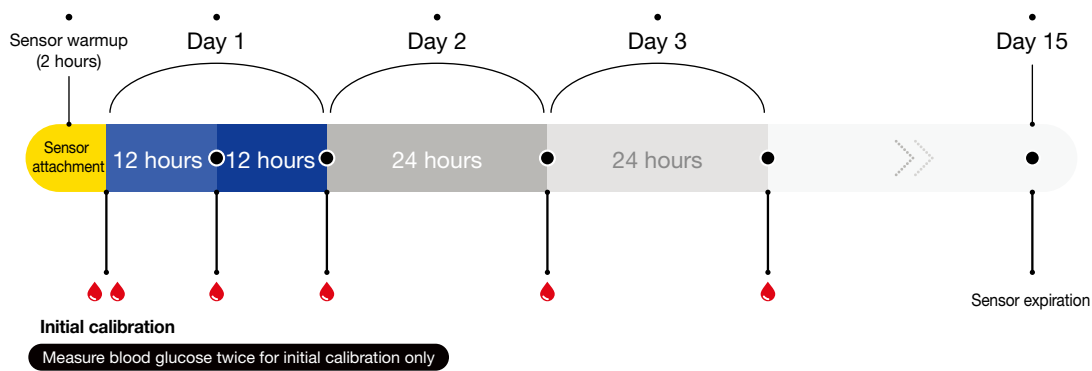
Remove the applicator and make sure that the sensor has been properly attached.³

¹ Do not leave any space between the area and the applicator.

² Do not tilt the applicator onto the area.

³ If the adhesive on the sensor has weakened during usage, you can use sensor tape to keep the sensor in place more securely.

Tip How to Calibrate CareSens Air*



- 1 After the two-hour sensor warmup period, the initial calibration process involves measuring glucose twice.
- 2 Following the initial calibration, on the first day of sensor use, calibrate every 12 hours. Starting from the second day, calibrate once daily.
- 3 For optimal calibration, use the calibration alert feature on the CareSens Air app.
- 4 Select a time when glucose levels are stable and easy to measure daily.
- 5 Use the i-SENS' Bluetooth blood glucose meter to sync with the sensor and to make calibration easy.

* Adhering to the calibration intervals ensures optimal accuracy when using CareSens Air. Remember to calibrate using the alerts.

CareSens Air

How to Set Up the App



Download the **CareSens Air** app and **log in** on your smart device.



Prepare the sensor package and read the **precautions** in the app to follow the steps.

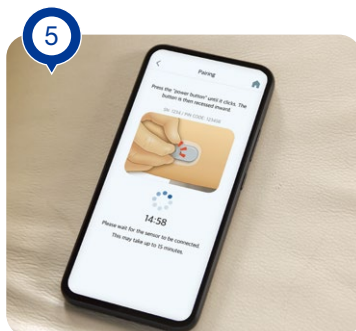


Attach the sensor to the back of the upper arm as instructed.*

* Be sure to read the details on how to attach the sensor before proceeding.



Press the **power button** on the sensor to **connect the app and sensor**.



Set an alert and stand by during the **sensor warmup**.



After the sensor warmup is completed **initial calibration**[†] will begin.

[†] Enter a glucose reading obtained with a blood glucose meter for calibration.



The **home screen**[†] will appear, and the **sensor** will be activated.

[†] The glucose level will display on the screen within 5-10 minutes.

App Download



Google Play

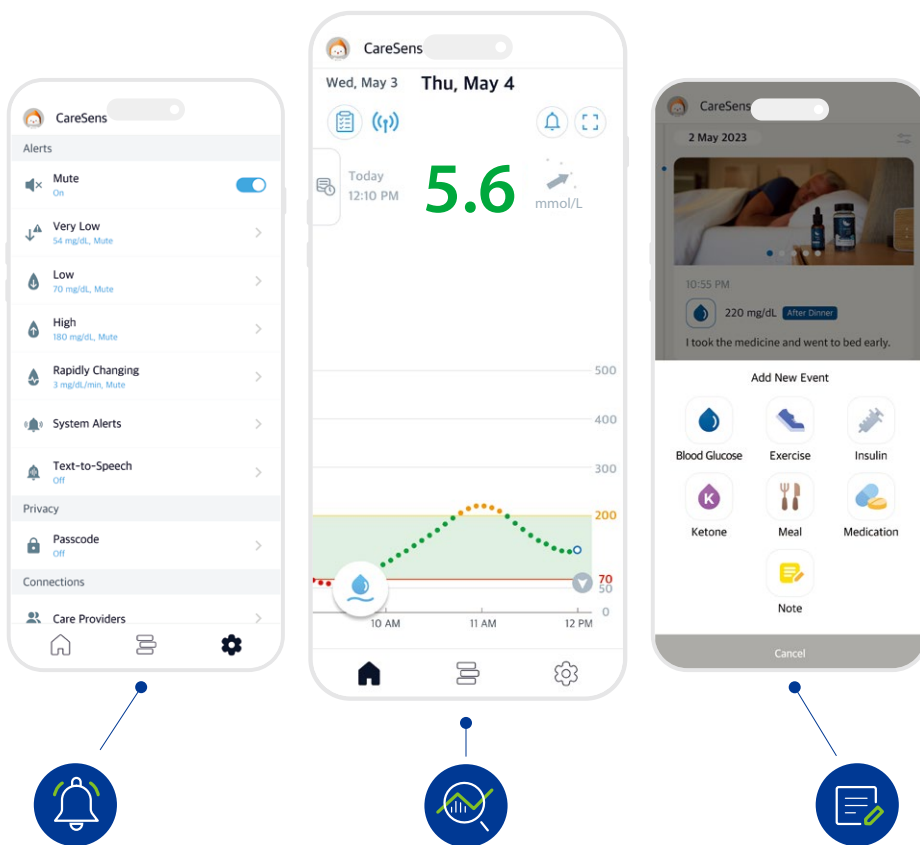


App Store

CareSens Air

How to Use the App

The CareSens Air app receives **glucose readings** from the sensor **every five minutes** in real time. Monitor your glucose using the app.



Glucose Alerts

Customize very low, low, high, and rapidly changing alerts

- Set your glucose thresholds for each alert type based on your personal goals of diabetes management
- Turn on mute mode* if needed

* Alerts that are excluded from mute mode: Signal Loss, Sensor Error, Remaining Sensor Life, and Sensor Warmup.

Glucose Graph

Monitor how the glucose level changes over time

- Select a point on the graph to view the glucose level
- Switch to landscape mode to simultaneously see the glucose trends and events throughout entire sensor period

Event Entries

Enter events that may affect glucose values

- Record glucose, exercise, insulin, meal, medication, etc.
- Review glucose trends and changes before and after events are entered

Trend Arrows and Glucose Change Status



Stable

The glucose level has been increasing or decreasing below 1.6 mmol/L in the past 30 minutes.



Increasing slowly



Decreasing slowly

The glucose level has been increasing or decreasing by 1.6–3.3 mmol/L in the past 30 minutes.



Increasing



Decreasing

The glucose level has been increasing or decreasing by 3.4–5.0 mmol/L in the past 30 minutes.



Increasing rapidly

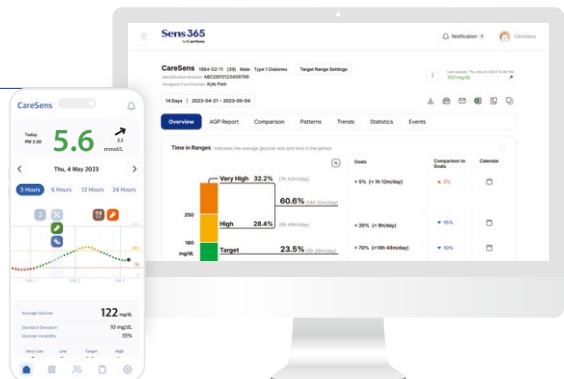


Decreasing rapidly

The glucose level has been increasing or decreasing by more than 5.1 mmol/L in the past 30 minutes.

Sens365

Use CareSens Air app with the integrated data management platform, **Sens365 (App & Web)**.



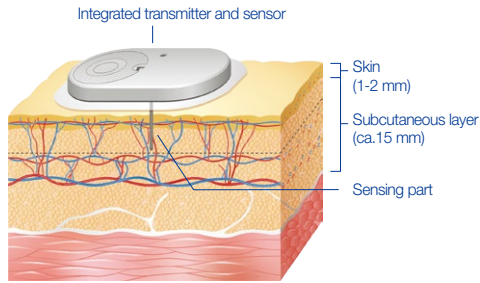
- The AGP* report and various statistical indicators are displayed.
- Glucose data can be shared with other CareSens Air users and care providers.
- Creating patient groups and waiting lists can assist care providers with offering treatment to their patients.
- Syncing with the patient data makes it easier to monitor the data in real time.

* About AGP report

A standardised glucose report that includes various key metrics, including the average glucose level, the estimated glycated hemoglobin, and percentage of time spent within the target glucose range. This report helps users with understanding their glucose status and enhance diabetes management. Healthcare professionals can use it as a valuable tool for effective treatment.

CareSens Air Continuous Glucose Monitoring System

What Is Continuous Glucose Monitoring System?



* Interstitial fluid: The fluid that fills the space between cells

A continuous glucose monitoring system (CGMS) continuously measures the level of glucose in the interstitial fluid. Unlike a blood glucose meter that only shows glucose at the time of measurement, a continuous glucose monitor tracks glucose levels every five minutes. This helps with understanding glucose trends and predicting changes to help diabetes management.

Continuous Glucose Monitoring is Beneficial for:



Large fluctuations in blood glucose



Severe or frequent hypoglycemia



Active insulin therapy or insulin pump use

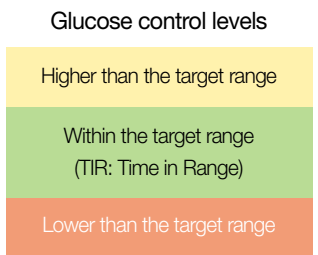
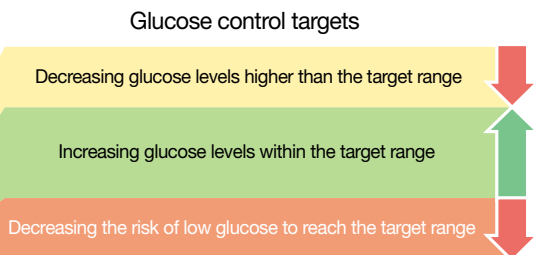
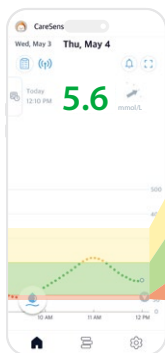


Unexplained elevation in glycated hemoglobin (HbA1c)



Changes in insulin therapy



Targets of Glucose Control Using CGMS



CareSens Air

Differences Between CGM and BGM

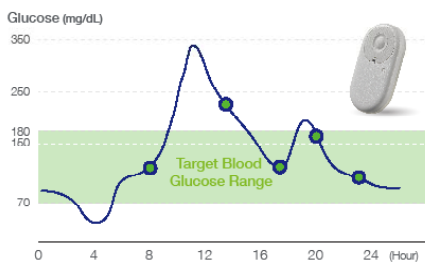


Continuous Glucose Monitoring (CGM)	Category	Blood Glucose Monitoring (BGM)
Interstitial fluid	Sample type	Blood
 <p>Measures glucose levels automatically using a sensor attached to the back of the upper arm</p>	Glucose measurement	 <p>Measures blood glucose by drawing blood from the tip of a finger and applying it to a test strip</p>
Continuously measures glucose levels for up to 15 days	Number of measurement	2-10 times per day (depends on individual differences)
<ul style="list-style-type: none"> CGM offers an easy way to manage diabetes by showing the user trends and patterns in their glucose levels. Users do not need to take painful blood samples. Users can easily share glucose data with healthcare professionals and care providers. 	Features	<ul style="list-style-type: none"> BGM doesn't offer an easy way to analyze the trends and patterns of blood glucose changes since the results can be checked only at the moment of blood glucose measurement. Users may experience pain when drawing blood samples.

Difference in Glucose Readings Graph

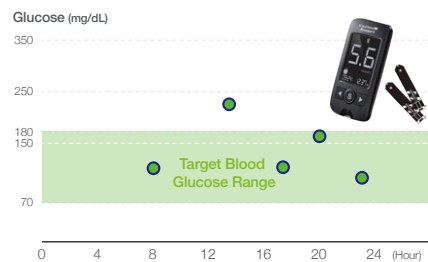
Continuous Glucose Monitoring (CGM)

Shows continuous glucose readings and glucose trends



Blood Glucose Monitoring (BGM)

Only displays the blood glucose level at the time of testing





Frequently Asked Questions (FAQ)

1. Can I attach the sensor somewhere other than my arm?

A The CareSens Air is the most effective when it is attached to the arm. We recommend attaching it to the softest part of the arm to minimize pain and bleeding. If the sensor is attached to other areas, such as the abdomen, accuracy and stability cannot be guaranteed.

2. Is it painful to measure glucose with the sensor?

A The sensing part of the sensor features a thin needle (0.3 mm thick), which is inserted into the skin to measure glucose levels. So this will involve less pain than using the blood glucose meter.

3. What should I do if bleeding does not stop after attaching the sensor?

A If bleeding does not stop, detach the sensor and attach a new one to a different area. Contact Spirit health Customer Support Team (0800 881 5423) for enquiries in the case of additional issues.

4. The glucose values from the continuous glucose monitoring system do not match the fingerstick blood glucose values.

A While the blood glucose meter measures the glucose level in the blood from the fingertip, and the sensor measures the glucose concentration in the interstitial fluid. It may take some time for glucose in the blood to reach the interstitial fluid, resulting in different glucose levels.

5. Does the sensor become more accurate when I calibrate more?

A In general, frequent calibration improves the accuracy of measurement values. If the calibration value appears inaccurate or significantly differs from the blood glucose meter reading, it's advisable to recalibrate your sensor.

6. How should I respond to alerts (very low, low, high, and rapidly changing glucose levels)?

A Making treatment decisions based on the CareSens Air information is not recommended. However, if you feel that the sensor readings do not align with your symptoms, verify your glucose level with a blood glucose meter and compare it against your symptoms. Seek medical advice if necessary. Check for potential factors that might have caused rapid glucose changes and use them to understand your glucose patterns.

7. What should I do if I have entered the wrong calibration value?

- A We recommend you to enter the correct calibration value immediately if you have entered the wrong one. Once a calibration value is entered, it cannot be modified or canceled.

8. Is it okay to touch water with the sensor attached?

- A CareSens Air has undergone waterproof testing and can be used in water up to 24 hours at a depth of 1 meter (3 feet). You can attach the sensor and enjoy your daily activities, including swimming, bathing, showering. However, the waterproof performance may vary depending on the surrounding environment. If you are exposed to water for a long time, it is recommended to attach waterproof tape for sensor protection and safe use.

9. Are there any medications that can affect the sensor readings?

- A Taking or injecting vitamin C supplements may temporarily result in higher glucose readings than actual glucose.

Spirit Health Customer Support

0800 881 5423

24/7 Freephone support line

 Website www.spirit-health.com/CSAir

 [Learn more about CareSens Air](#)



How to use



App downloads



CareSens™ Air
Confidence Every Moment