How to pair your
CareSens Air CGM
with Apple Health

1. Open the CareSens Air app, select settings and then select **Manage Data & Connections**

2. Select Apple Health, so its shows **'Sharing'**. The data is now sharing with Apple Health.

3. Open the **Apple Health** App.

4. In the summary there is an option to edit pins. Select the **blood glucose** category to add to your pinned list.

5. In the **blood glucose** category, data can be viewed in various ways- via averages, day, week, month, year.