

CGM PROGRAM

GETTING STARTED



The Woodlands Institute
for Health & Wellness

Discover How Food Affects Your Body.

Theia tracks your
biodata in
realtime giving
you personalized
diet & exercise
insights.



You will receive a welcome letter from Theia in your e-mail inbox. It's important to use the same email address that you receive the letter at when creating your Theia account, this is how you are registered in their system.

Please follow the directions listed in this letter to start with setting up your accounts.



Hi Celeste,

Congratulations on joining The Woodlands Institute for Health and Wellness on your health journey, we have no doubt that this move will help you immensely towards bettering your health.

There are two parts to the technology, the first is biosensors that you put on which stream your body's health data. The second part is our app where you log activities such as food and exercise and then see directly how your lifestyle choices affect your health visually.

Your body's health data will also be available to The Woodlands Institute for Health and Wellness enhancing the experience and transparency between you two.

We will show you exactly how it all works after you receive your sensors, so let's get them shipped out asap.

Theia Health is an app in the Apple App Store and Google Play Store, to get started please download the Theia Health app by visiting:

<https://theiahealth.ai/app>

Theia Health is also available on the web to view on your computer by visiting



<https://theiahealth.ai/dashboard>



Remember when setting up your account to use the email cpotter@twihw.com to look up

Visit the site listed in the letter to be directed to the app to download:

Download the Theia Health App

The Theia Health app is available on the Apple App Store and Google Play Store. Either scan the QR code on your phone by opening the camera app and pointing it at the appropriate code, or click the button if you are already on your mobile device

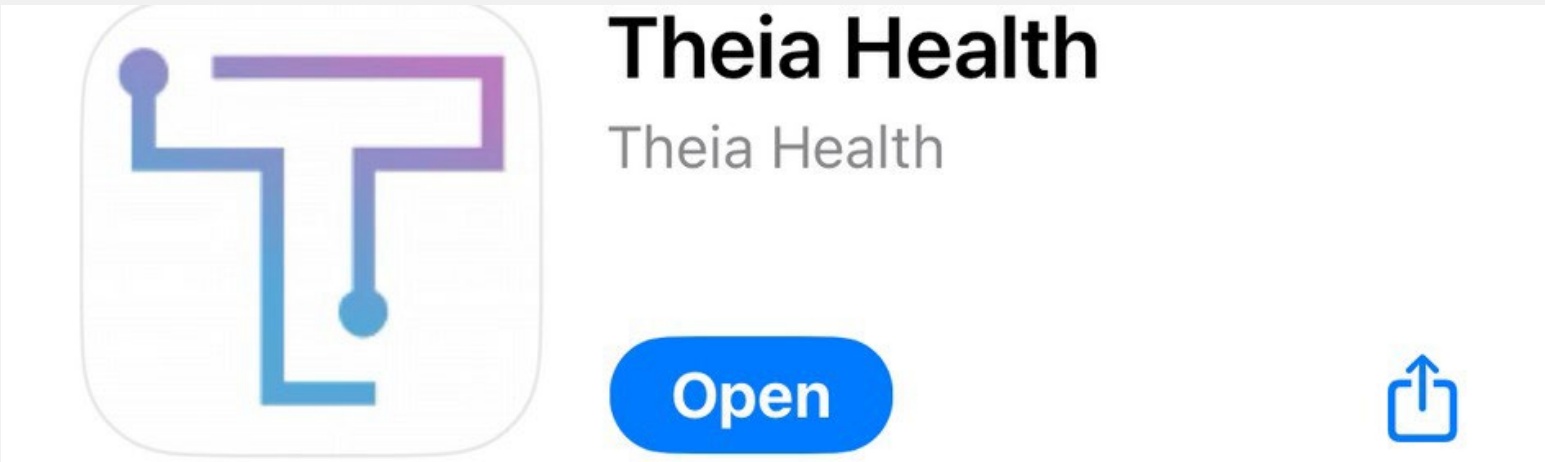




I downloaded the Theia app & logged in

Having issues? Email support@theiahealth.ai

This is what the app image looks like:



HIPAA Release Form

In order to use this app you must allow Theia Health to share your information with **The Woodlands Institute for Health and Wellness**

Section I

I, **Celeste Potter**, give my permission for Theia Health, Inc. to share the information listed in Section II with the person(s) or organization(s) specified in Section IV.

Section II – Health Information

I would like to give Theia Health, Inc. permission to disclose all data residing in Theia Health's applications including, but not limited to:

- glucose readings
- food/activity/emotion journals
- scores
- answers to questionnaires
- communication notes
- recommendation history

Form of Disclosure: Electronic copy or via a web-based portal

Section III – Reason for Disclosure

At my request

Section IV – Who Can Receive My Health Information

I give authorization for the health information detailed in section II of this document to be shared with the following individual(s) or organization(s):

- **The Woodlands Institute for Health and Wellness**

I understand that the person(s)/organization(s) listed above may not be covered by state/federal rules governing privacy and security of data and may be permitted to further share the information that is

Download the Theia Health App to proceed with setting up your Theia account.

When you launch the app, using the email you received the email in, to register. You will need to sign a HIPAA release form. This form provides authorization to Libra and Theia to share the data from your CGM sensors to The Woodlands Institute for Health and Wellness.

The next screen will be a required questionnaire to complete the setup of your Theia account.

The questions will provide a background for your Theia health app that will assist your medical team and nutrition specialist.

****IMPORTANT: Please provide real date of birth, needed for prescription.**

Gender at Birth *

A Male

B Female

Weight (in lbs) *

150




Height (ex. 5' 11") *

5'5"

Have you ever been diagnosed with the following?


- ☐ Type 1 Diabetes
- ☐ Type 2 Diabetes
- ☐ Prediabetes/Insulin Resistance
- ☐ PCOS
- ☐ Hypertension
- ☐ Cancer

Next →

 Celeste ▾

Onboarding (2/8) ▾

Download the Libre App



In order to get data from your Libre 3 sensor you will need to download the Libre 3 app from the App Store.

Once you have the app downloaded and installed the Libre 3 app, click the button below that says "I have installed Libre 3 app"

[Download Libre 3 from AppStore](#)[I have installed Libre 3 app](#)

Having issues? Email support@theiahealth.ai

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☰

Menu

☐☐

Home

📷

Quick

+

Activity

?

Help

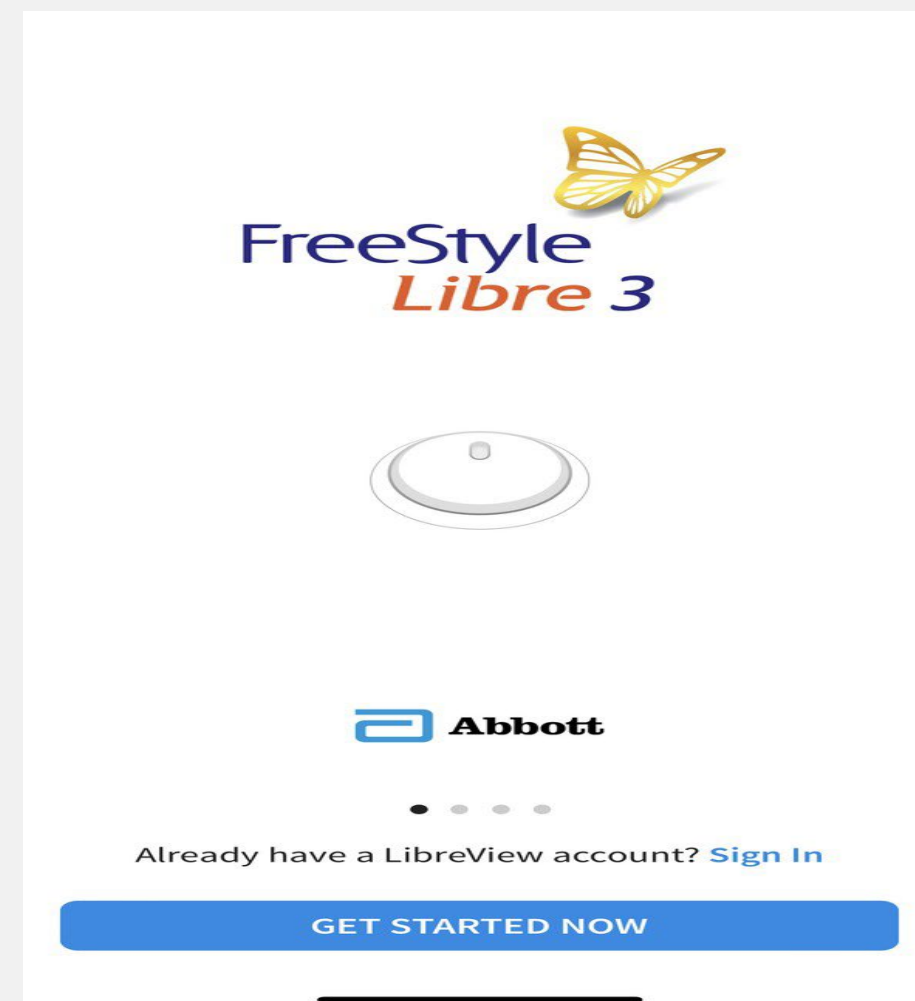
SETTING UP YOUR LIBRE ACCOUNT:




Inside of your Theia account you will be shown the screen to the left.

Click the blue link to be directed to download the Libre 3 app.

Follow the prompts to set up your Libre account.


USE THE SAME EMAIL ADDRESS THAT WAS USED TO SET UP YOUR THEIA ACCOUNT.



 Celeste ▾

Create a Libre Account

Now that you have the app installed you need to setup your Libre Account



1. Click on the icon for the Libre 3 app on your phone (see icon on left)
2. Click "Get Started Now" button and follow the prompts, your answers don't effect Theia App experience
3. Make sure you write down email and password you used during setup as you will use in the next step

The creation process will take you through a lot of questions, aside from your username and password. You can just keep the defaults for what they are asking, this app is ONLY used to get data from the CGM device to Theia.

With the Libre 3 sensors, the only time you will need to open this app is when you start a

☰

Menu

☐☐

Home

📷

Quick

+

Activity

?

Help

<

HIPAA

You must be of legal age to accept, or have your legal guardian accept on your behalf.

If you would like to receive information about products or services that may be of interest to you, please review and agree to the terms of this Authorization.

HIPAA AUTHORIZATION

I authorize Abbott Diabetes Care Inc.'s ("ADC") HIPAA Covered Entity to use and to disclose my health and demographic information to ADC's business affiliates to communicate with me about products or services that may be of interest to me.

I understand that consenting to this Authorization is voluntary and that I may refuse to sign this Authorization by checking "I Do Not Agree to the terms of the Authorization." Services provided by ADC will not be conditioned upon my signing this authorization.

I understand that I have the right to revoke (cancel) this Authorization at any time by emailing diabetescareHIPAA@abbott.com with the Subject "Revoke HIPAA Authorization." My revocation will not be effective to the extent ADC has already relied on this Authorization. If I do not revoke this Authorization, this Authorization will expire when ADC no longer offers continuous glucose monitoring products or services. I understand that if my Information is disclosed to ADC's affiliates for the purposes described above, it is no longer protected by HIPAA. I also understand that I am entitled to a copy of this Authorization.

By checking "I Agree to the terms of the Authorization" and clicking on "Next," I understand that I will be signing this Authorization.

ADC's HIPAA Notice of Privacy Practices may be viewed at: <https://www.myfreestyle.com/notice-of-privacy-practices>

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☐ I agree to the terms of the Authorization.

☐ I do NOT agree to the terms of the Authorization.

NEXT

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Phone Warnings



Important!

Please carefully review the following to understand how Operating System (OS) features may impact your ability to receive alarms.

OS Features

- If you use the **Screen Time** feature, add Libre 3 to the list of Always Allowed apps.
- If using **Scheduled Summary**:
 - Do NOT add Libre 3 to the "Apps in Summary" list.
 - Set the Libre 3 Notification Delivery to "Immediate Delivery" in your OS settings.
- If using **Focus**, add Libre 3 to the list of Apps in Allowed Notifications.
- Your app must be running in the background. If you restart your phone, open the App to make sure it's working properly.
- If using **StandBy Mode**, turn on Show Notifications in your StandBy Mode OS settings.
- Do not use **Assistive Access** mode at this time.

OS Updates

NEXT

THE APP WILL ASK YOU SEVERAL QUESTIONS, BUT FOR SIMPLICITY, STICK WITH THE DEFAULT ANSWERS AS THEY WILL NOT AFFECT THE DATA TRANSFERED.

We will be monitoring your data from Theia directly not from Libre. Setting up this account and authorizing the data to be released to Theia is vital to receiving the information that is needed.

You do not need to turn on the notifications through Libre. Just hit next and continue with the setup.

SETTING UP YOUR SENSOR inside of Libre:

- 1. INPUT THE NAME OF THE PERSON WEARING THE SENSOR.**
- 2. FOLLOW THE ON-SCREEN PROMPTS AND TAKE NOTE OF THE IMPORTANT INFORMATION ABOUT HIGH DOSES OF VITAMIN C.**
- 3. APPLY THE SENSOR AND SCAN IT THROUGH THE LIBRE APP TO SYNC IT WITH YOUR DEVICE.**
- 4. IF YOU NEED ASSISTANCE WITH HOW TO APPLY THE SENSOR, CHECK OUT THIS INFORMATIVE VIDEO:
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=SIU5X52KBAI](https://www.youtube.com/watch?v=SIU5X52KBAI).**

After you have finished applying and connecting your sensors press next to complete the setup. Once done return to Theia.

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Create New Account

Enter the information for the person who will be wearing the Sensor.

First Name


Last Name

Date of Birth

< Important

FreeStyle Libre 3

🔔 Alarms Unavailable



Apply a new Sensor




The Sensor should only be applied to the back of your upper arm.

Note: Do not take cap off Sensor Applicator until you are ready to apply the Sensor.

🔗 HOW TO APPLY A SENSOR

NEXT


Do not take high doses of vitamin C (more than 500 mg per day). This may falsely raise your Sensor readings. Supplements like Airborne® or Emergen-C® have high doses of vitamin C. Read labeling for all supplements to determine vitamin C content.

 Celeste ▾

Onboarding (4/8) ▾

Share your Libre data with Theia

Please login with the Libre account you created in the previous step








Email

Password

Share my Libre Data with Theia

[Go back, I still need to setup my Libre Account](#)

Having issues? Email support@theiahealth.ai

 Menu Home Quick Activity Help

TRANSFERRING DATA TO THEIA:

TO TRANSFER DATA TO THEIA, SIMPLY INPUT YOUR LOGIN INFORMATION FOR YOUR LIBRA ACCOUNT.

KEEP IN MIND THAT THE LIBRA APP IS SOLELY UTILIZED TO SEND DATA FROM THE CGM DEVICE TO THEIA.

IT'S ESSENTIAL TO RECORD YOUR ACTIVITIES TO MAXIMIZE THE PROGRAM'S BENEFITS FOR YOUR HEALTH. CHECK OUT THE LIST OF CATEGORIES ON THE RIGHT FOR GUIDANCE. THE MORE DATA YOU INPUT, THE MORE YOU'LL HAVE TO ANALYZE.

KEEP IN MIND THAT THE LIBRA APP IS SOLELY UTILIZED TO SEND DATA FROM THE CGM SENSOR TO THEIA.

The information is only as good as the information you provide. It's essential to record your activities to maximize the programs benefits.

Review the image listed “Activity” and “Feeing” for guidance for what you can input.

Remember more is best!

Email us at medical@twihw.com if you have any questions or need additional assistance.

