

# At-Home Blood Glucose Monitoring

Kaiser Permanente is excited to offer a program that allows you to keep a closer eye on your blood glucose numbers with your care team, all from the comfort of home.

## How it Works

Each time you test your blood sugar, the data is sent from the glucometer to your smartphone via Bluetooth technology. The KP Health Ally app then sends the data directly into your medical chart for your care team to view.

## What You'll Need

### OneTouch Verio Flex Glucometer

This will be ordered for you by your doctor and available for pick-up at your preferred Kaiser Permanente pharmacy.

### KP Health Ally Mobile App

Download the free KP Health Ally mobile application by visiting your phone's app store.

### Kp.org Account

You may already have a **kp.org** account, but if not, you will need to create one by clicking "Register" on the sign-in page of KP Health Ally.



## Enrolling in the Program

- 1 Log In:** Log into KP Health Ally using your **kp.org** username and password.
- 2 Review Information:** Select the program shown in KP Health Ally to begin enrolling. You can read more about the program by expanding each section displayed. Within the "How it Works" section, you can review the goals you've agreed to with your care team. Once complete, you will be prompted to pair your devices.
- 3 Pair Your Device:** Ensure Bluetooth is turned on in your phone settings and follow the instructions displayed in KP Health Ally to successfully pair your glucometer. KP Health Ally will acknowledge when your glucometer is ready to use.
- 4 Success!** You are ready to test your blood sugar with your new meter. The meter must be in Bluetooth range of your phone for readings to sync. Your app must be open and active to send readings to your care team.

Need Assistance? Call 1-877-543-7779

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