

SENTINEL ONE

USER GUIDE V1.0



SENTINEL ONE WORKS ON THESE WATCHES:

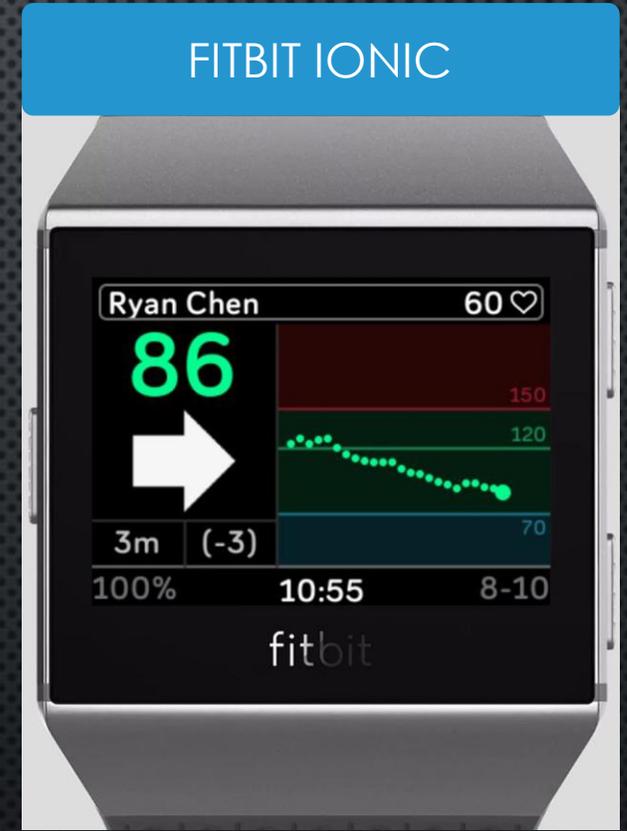
FITBIT VERSA



FITBIT VERSA LITE



FITBIT IONIC



SENTINEL ONE IS DESIGNED FOR KIDS



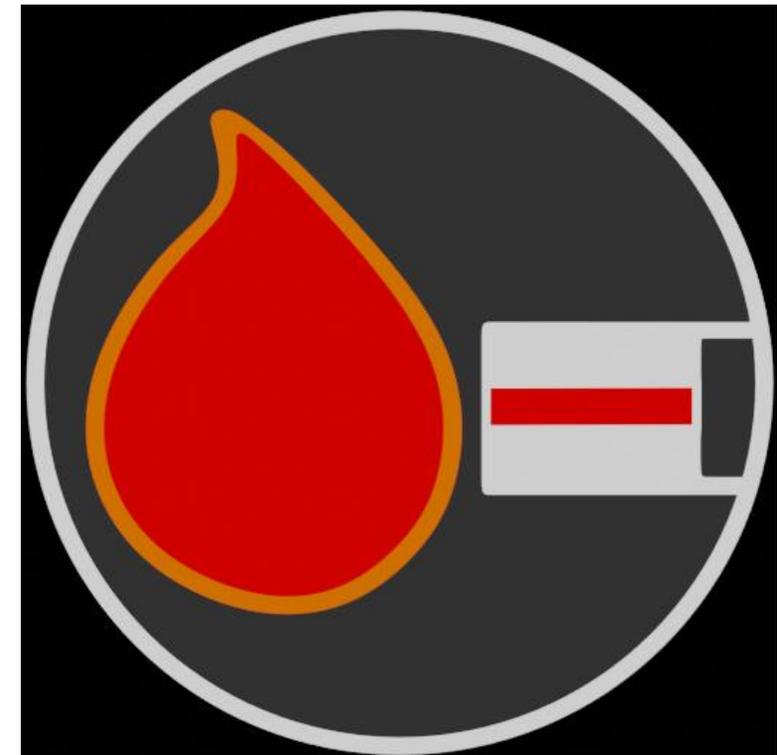
CLEAN LAYOUT



NIGHTSCOUT
CAREPORTAL SUPPORT



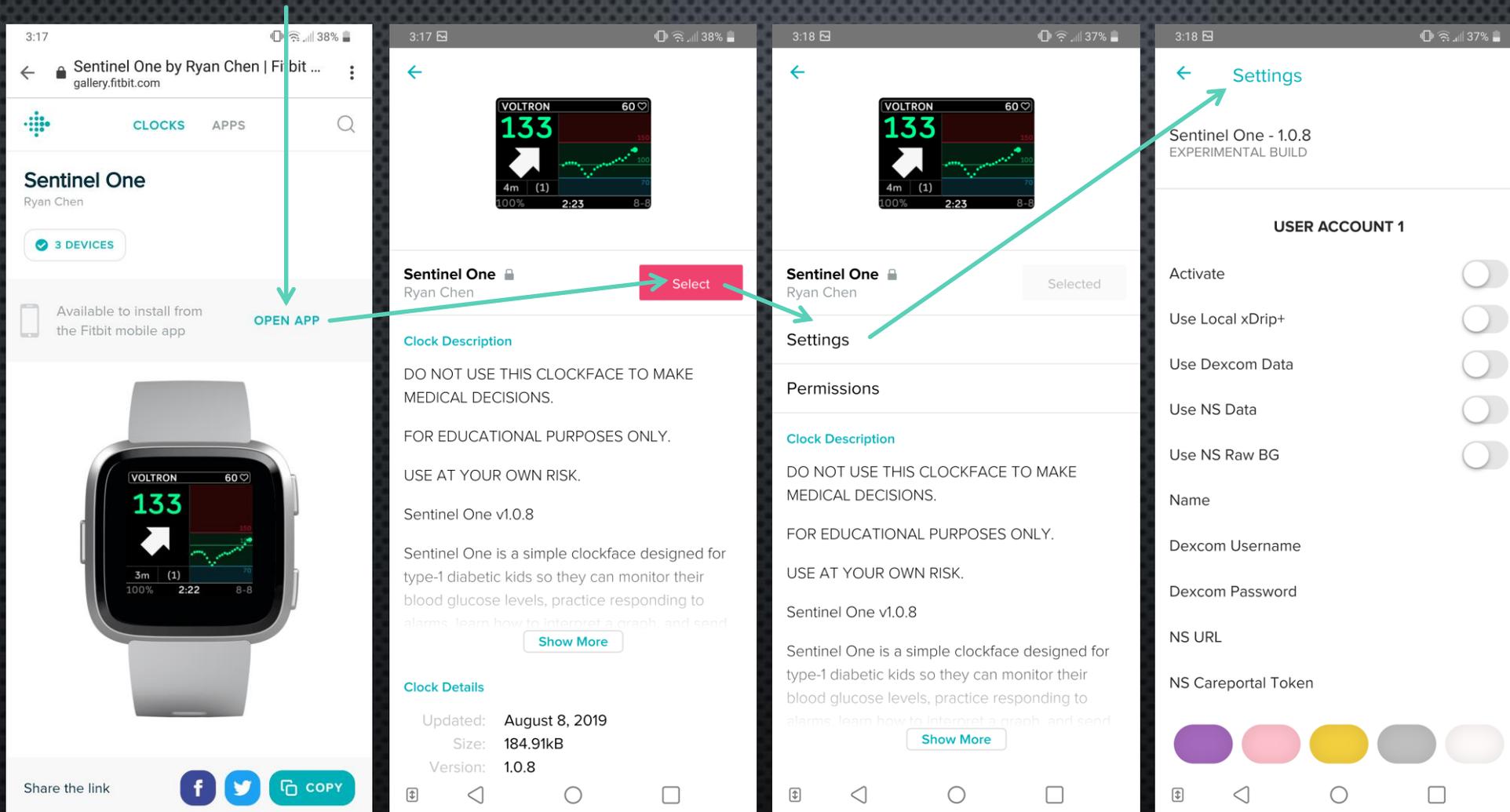
KID FRIENDLY ICONS



INSTALLATION

Using the phone that is paired to the Fitbit watch go here:

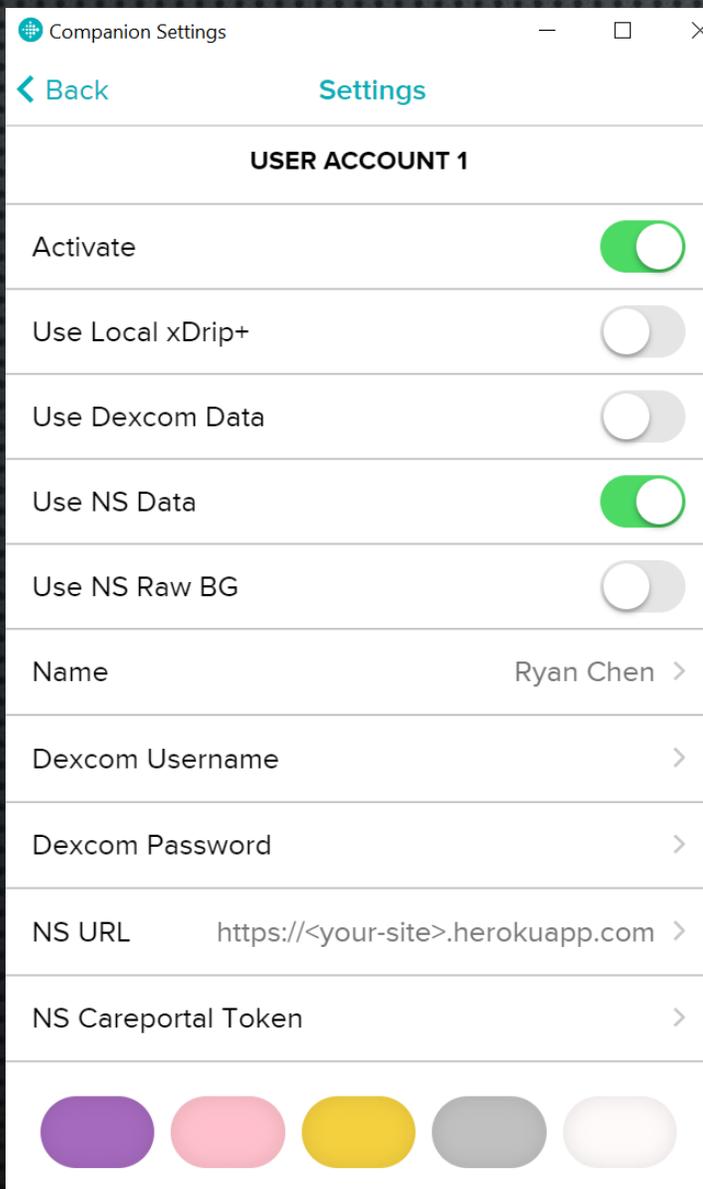
<https://gallery.fitbit.com/details/db05a7d8-e9b8-4ead-bd7a-36146642aebe>



The following slides cover the Settings for different data source options.

SETTINGS

SENTINEL ONE DATA SOURCE: NIGHTSCOUT



→ 4. Switch on

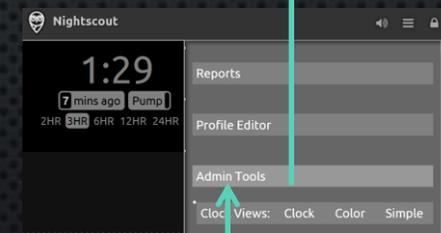
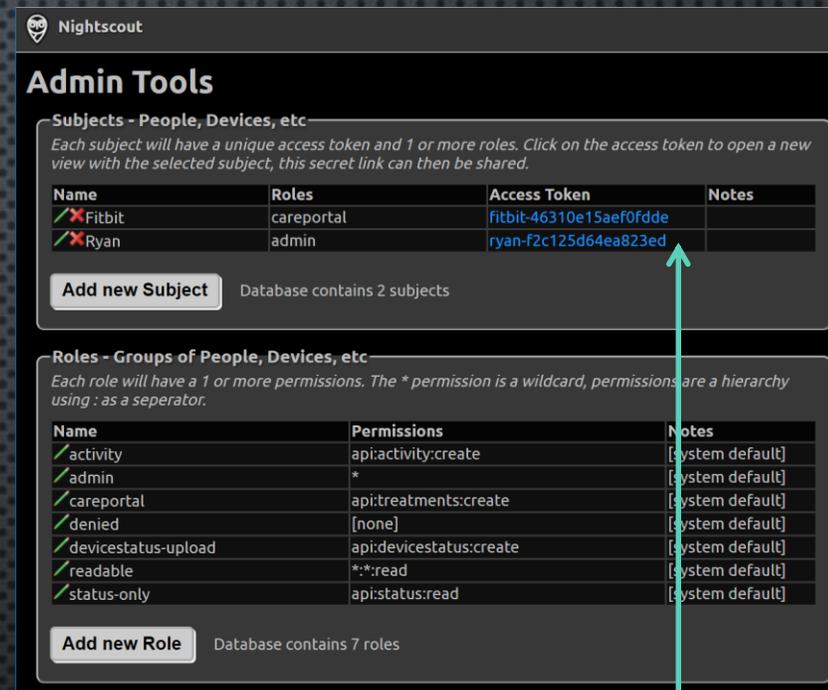
→ 3. Switch on

→ 1. Enter name to be displayed on watch face

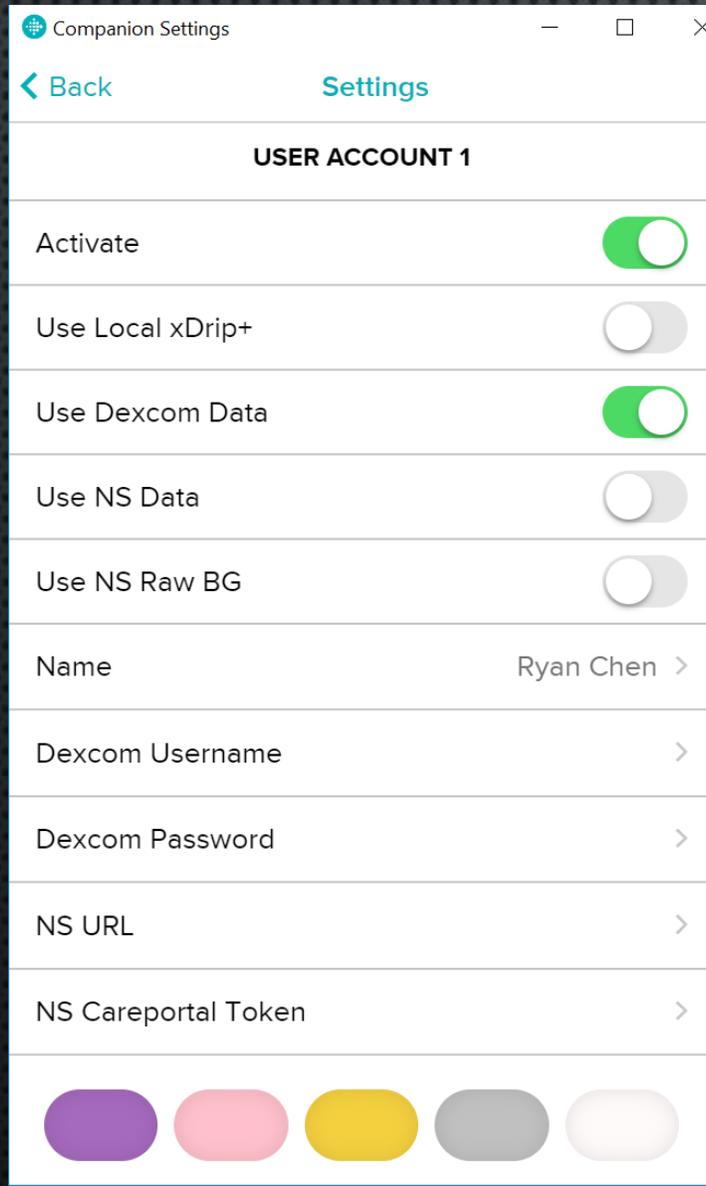
→ 2. Enter NIGHTSCOUT URL starting with https://

→ 5. (Optional) Enter Nightscout Careportal access token

Create token: Go to NS > Select Admin Tools > Add new Subject > Enter Name and Role (admin) > Copy [access token](#) to Settings.



SENTINEL ONE DATA SOURCE: DEXCOM SHARE



→ 4. Switch on

→ 3. Switch on

→ 1. Enter name to be displayed on watch face

→ 2. Enter Dexcom Share username and password

SENTINEL ONE DATA SOURCE: NS + DEX

Companion Settings

Settings

USER ACCOUNT 1

Activate

Use Local xDrip+

Use Dexcom Data

Use NS Data

Use NS Raw BG

Name Ryan Chen >

Dexcom Username >

Dexcom Password >

NS URL https://<your-site>.herokuapp.com >

NS Careportal Token >

Color selection buttons: Purple, Pink, Yellow, Grey, White

→ 7. Switch on

→ 6. Switch on

→ 5. Switch on

→ 1. Enter name to be displayed on watch face

→ 2. Enter Dexcom Share username & password

→ Must have share active on receiver phone running Dexcom app and sharing with at least one person. Troubleshooting: verify login at www.clarity.dexcom.com

→ 4. Enter NIGHTSCOUT URL starting with https://

→ 8. (Optional) Enter Nightscout Careportal access token

Create token: Go to NS > Select Admin Tools > Add new Subject > Enter Name and Role (admin) > Copy [access token](#) to Settings.

SENTINEL ONE

DATA SOURCE: XDRIP+
Local Web Server

Companion Settings

Settings

USER ACCOUNT 1

Activate

Use Local xDrip+

Use Dexcom Data

Use NS Data

Use NS Raw BG

Name Ryan Chen >

Dexcom Username >

Dexcom Password >

NS URL >

NS Careportal Token >

Color selection: Purple, Pink, Yellow, Grey, White

→ 3. Switch on

→ 2. Switch on

→ 1. Enter name to be displayed on watch face

SENTINEL ONE

DATA SOURCE: XDRIP+ & NS
Uploader to NS

The screenshot shows the 'Companion Settings' app interface. At the top, there's a title bar with 'Companion Settings' and window control icons. Below that, a navigation bar has a back arrow and the word 'Settings'. The main content area is titled 'USER ACCOUNT 1' and contains several settings rows. Each row has a label on the left and a control on the right. The 'Activate' row has a green toggle switch. 'Use Local xDrip+' and 'Use Dexcom Data' have grey toggle switches. 'Use NS Data' and 'Use NS Raw BG' have green toggle switches. The 'Name' row shows 'Ryan Chen' with a chevron. 'Dexcom Username' and 'Dexcom Password' have chevrons. 'NS URL' shows 'https://<your-site>.herokuapp.com' with a chevron. 'NS Careportal Token' has a chevron. At the bottom, there are five color swatches: purple, pink, yellow, grey, and white.

→ 3. Switch on

→ 2. Switch on

→ 4. (Optional) Only if xDrip+ is the data uploader, & raw available

→ 1. Enter name to be displayed on watch face

SENTINEL ONE ACTIVATE / DISABLE ALARMS

← Back	Settings
ACTIVATE / DISABLE ALARMS	
Alarms OFF when CHARGING	<input type="checkbox"/>
Rising/Falling Delta Alarm	<input type="checkbox"/>
Single Arrow UP/DN Alarm	<input type="checkbox"/>
Active Alarm Display	<input type="checkbox"/>
Active Alarm Haptics	<input type="checkbox"/>

→ If watch is charging, alarms will be disabled

→ Alarm if delta surpasses user define threshold

→ Alarm if trend arrow is Single Arrow UP or DOWN

→ Display will blink once per second during alarms

→ Vibrations will activate during alarms

SENTINEL ONE SET ALARM THRESHOLDS

← Back	Settings
SET BG ALARM THRESHOLDS	
Target (BG)	>
High Alarm (BG)	>
Low Alarm (BG)	>
Rising Delta Alarm (+ mgdl / mmol)	>
Falling Delta Alarm (- mgdl / mmol)	>
Missing Data Alarm (Minutes)	>

→ Enter a negative number.
Example (mg/dL): -8, -10, -12
Example (mmol/L): -0.2, -0.4, -0.6

SENTINEL ONE SET ALARM THRESHOLDS & SNOOZE TIMES

← Back	Settings
SET BG ALARM THRESHOLDS	
Target (BG)	>
High Alarm (BG)	>
Low Alarm (BG)	>
Rising Delta Alarm (+ mgdl / mmol)	>
Falling Delta Alarm (- mgdl / mmol)	>
Missing Data Alarm (Minutes)	>

← Back	Settings
SET ALARM SNOOZE INTERVALS	
High Alarm Interval (Minutes)	>
Low Alarm Interval (Minutes)	>
Rising Delta Alarm Interval (Minutes)	>
Falling Delta Alarm Interval (Minutes)	>
Missed Data Interval (Minutes)	>

→ Enter a negative number.
Example (mg/dL): -8, -10, -12
Example (mmol/L): -0.2, -0.4, -0.6

SENTINEL ONE

SET ALARM THRESHOLDS & SNOOZE TIMES

Settings	
MISC SETTINGS	
First Name >	
Use Careportal <input type="checkbox"/>	
Use NS Messages <input type="checkbox"/>	
Use NS Heart Rate <input type="checkbox"/>	
Heart Rate Interval (Minutes) >	
Heart Rate Threshold (BPM) >	
Dexcom Share outside USA <input type="checkbox"/>	
mmol (thresholds & display) <input type="checkbox"/>	
24hr Clock Display <input type="checkbox"/>	

→ Name to be displayed in Careportal entries

→ Activate/Disable NS Careportal entry feature

→ Activate/Disable NS Careportal "notes" feature

→ Activate/Disable NS Careportal "heart rate" feature

→ How often a heart rate data point gets added to NS
- Uses the bg entry note so heart rate will be listed as BG.

→ Minimum heart rate needed to trigger upload
- Set between 130-150 to indicate exercise in progress.

→ Changes display of BG and delta to mmol/L.

NAVIGATION



REPORTING OPTIONS
Message Alerts & Treatments:

Message

Careportal

Messages
Send to Nightscout:

Confirm

Status

**VERSA/
VERSA LITE**
SEND NOTES
TO NIGHTSCOUT

CONFIRM FINISHED:

SNACK

GLUCOSE

MEAL

JUICE

Cancel

MY STATUS IS:

EATING

PLAYING

IN CLASS

FEEL LOW

Cancel





REPORTING OPTIONS
Message Alerts & Treatments:

Message

Careportal

BOLUS 0u - 0 CAREPORTAL CARBS 0g - 0

BG CHECK CARBS

MEAL BOLUS

Cancel

CAREPORTAL
BG for Ryan Chen:

-10 +10

-1 +1

89

Cancel Send

CAREPORTAL
CARBS for Ryan Chen:

-10 +10

-1 +1

0

Cancel Next

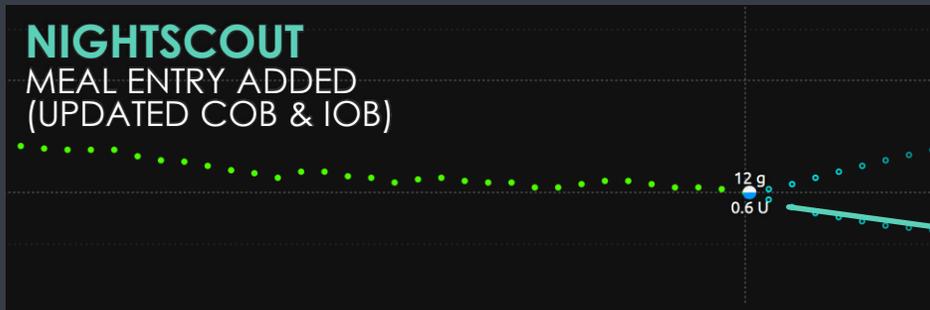
CAREPORTAL
BOLUS for Ryan Chen:

-Lg +Lg

-Sm +Sm

0.025

Cancel Send



80 →

-2mg/dl IOB 0.60U

COB 12g

**VERSA/
VERSA LITE**
SEND TREATMENT
ENTRIES
TO NIGHTSCOUT

Ryan Chen 60 ❤️

93

4m (-1)

100% 10:38 8-10

REPORTING OPTIONS
Message Alerts & Treatments:

Message

Careportal

Messages
Send to Nightscout:

Confirm

Status

CONFIRM FINISHED:

SNACK MEAL GLUCOSE JUICE

Cancel

MY STATUS:

EATING IN CLASS PLAYING FEEL LOW

Cancel

BOLUS 0u - 0 CARBS 0g - 0

CAREPORTAL

BG CHECK MEAL CARBS BOLUS

Cancel

CAREPORTAL
BG for Ryan Chen:

-10 +10
-1 +1

90

Cancel Send

CAREPORTAL
CARBS for Ryan Chen:

-10 +10
-1 +1

0

Cancel Next

CAREPORTAL
BOLUS for Ryan Chen:

-Lg +Lg
-Sm +Sm

0.025

Cancel Send

IONIC

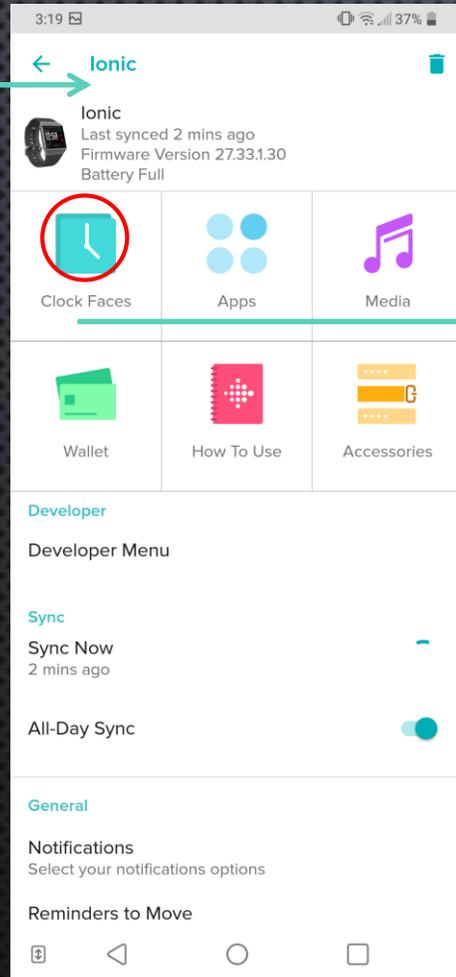
SEND NOTES & TREATMENT ENTRIES TO NIGHTSCOUT

Same functionality,
Slightly different layout

If you installed the clockface but need help getting back to the Settings page:



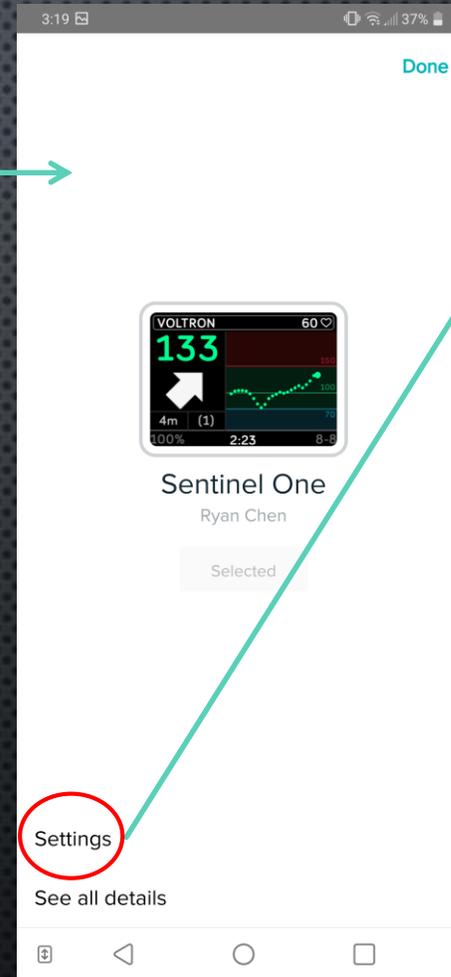
1. Open Fitbit App, click small watch icon.



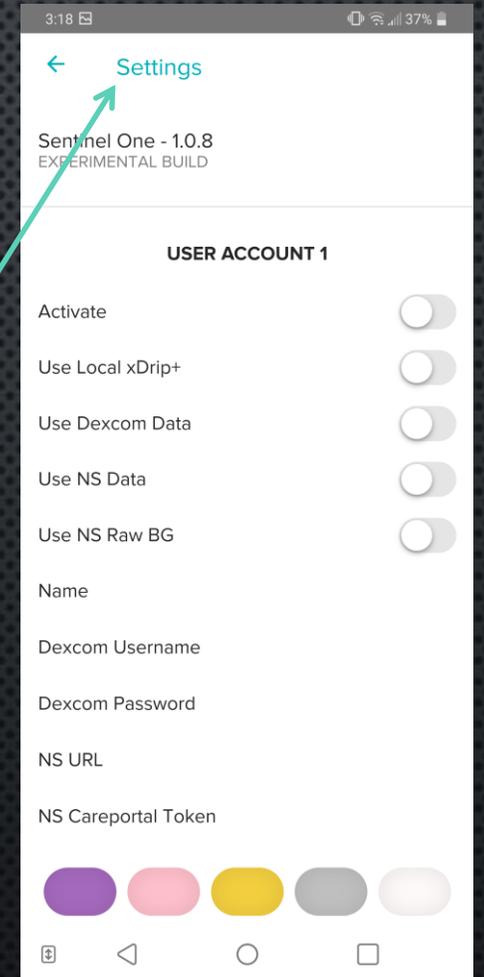
2. Click clock faces button.

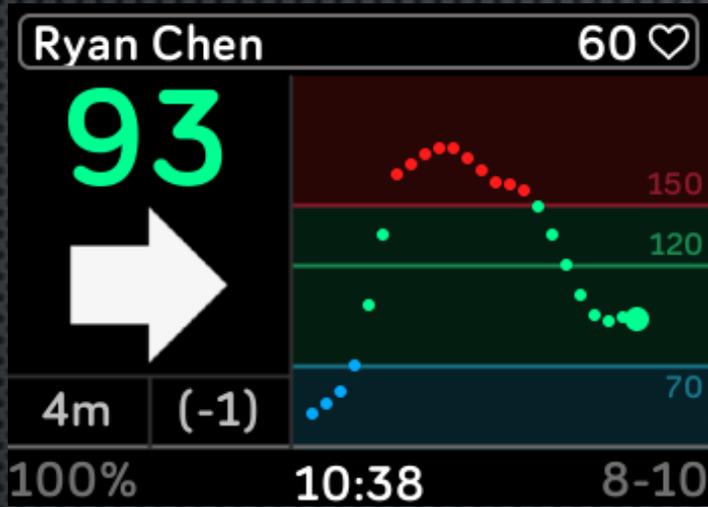


3. Click '...' (three dots in upper right corner).



4. Click Settings





DISCLAIMER:

SENTINEL ONE IS FOR EDUCATIONAL PURPOSES ONLY. DO NOT USE TO MAKE MEDICAL DECISIONS. USE AT YOUR OWN RISK.

THIS CLOCKFACE IS A WORK IN PROGRESS. FOR UPDATES AND SUPPORT JOIN THE SENTINEL FACEBOOK GROUP:

[HTTPS://WWW.FACEBOOK.COM/GROUPS/3185325128159614](https://www.facebook.com/groups/3185325128159614)



ABOUT:

“SENTINEL ONE” WAS CREATED BY RYAN CHEN AND IS A BRANCH OF “SENTINEL”, WHICH IS A CLOCKFACE FOR MONITORING THE BLOOD GLUCOSE LEVELS OF 1-3 PEOPLE.