

BETA USER MANUAL · VERSION 1.0 · OCTOBER 2026

MSRX GlucoNexa

Your sugar log stays with you.

A free, private diabetes logbook that lives on your own phone. Log in seconds, see what your numbers are doing, and take a clear report to your doctor.

Beta version, for testing and feedback. Not production ready and not a medical device. Please keep your usual records alongside it and make backups.

Open the app: <https://gluconexa.msrx.co.in> · From MSRX: www.msrx.co.in

Contents

Part A introduces the app and what we hope you will do as a tester. Part B walks through every screen with pictures. Part C is for looking things up. You do not need to read it in order.

Part A. Introduction

1. Welcome
2. About MSRX GlucoNexa
3. What is in the app
4. Your privacy, in detail
5. Being a beta tester
6. Before you start

Part B. Step-by-step guide

1. Get started
2. Log a sugar reading
3. Log meals, medicines, blood pressure and more
4. Look back, correct and delete
5. Understand your numbers
6. Take a report to your doctor, and share
7. Medicines, lab results, events and search
8. Bring in a meter or sensor file
9. Keep your log safe
10. Make it yours
11. Get help

Part C. Reference

1. Fields and choices
2. Understanding the numbers
3. Limits the app enforces
4. Shortcuts and good habits
5. Troubleshooting
6. Questions and answers
7. Giving feedback
8. Version and notices

How to use this manual

On a phone, pinch to zoom into a screenshot. In Part B, the numbered steps use the exact words on the buttons, so you can match them to your screen. If a screen does not look like the picture, the app may have been updated: tell us.

A1. Welcome, and thank you

Thank you for agreeing to try MSRX GlucoNexa.

Living with diabetes means writing numbers down, again and again: a reading before breakfast, a meal, a dose, a walk, a bad night. Most tools that help you do that ask you to create an account, upload your records to a company's server, and trust that they will be looked after. MSRX GlucoNexa was built on the opposite idea: **your health record belongs to you, so it should stay with you.**

It is a small, free, private logbook that lives on your own phone. It helps you write things down quickly, shows you what your numbers are doing, and lets you take a clear report to your doctor or share it with someone you trust, only when you decide to.

You are one of a small group of people trying it first. It is not finished. That is exactly why your view matters: you will notice things the people who built it never will. A button you could not find, a word that did not make sense, a step that felt slower than it should, a feature you wished for. Please tell us. Honest feedback, including “I did not understand this”, is the most useful thing you can give.

In one paragraph

MSRX GlucoNexa is a free diabetes logbook for your phone. No account. Your log is stored on your device, not on a server. Personal details are always encrypted, and the whole log is when you turn on the app lock. Nobody can see anything unless you choose to share it. It is a **beta**: for testing and feedback, not production ready, and not a medical device.

This manual explains what the app is, how to use every part of it with screenshots, and what to watch out for. You do not have to read it in order. Part B is organised by task, and Part C is for looking things up.

A2. About MSRX GlucoNexa

What it is

MSRX GlucoNexa is a personal logbook and pattern viewer for people with diabetes, and for family members who help them. You write down readings, meals, medicines, blood pressure, weight, activity, sleep and symptoms. The app shows them back as lists, charts and summaries, calculates a few well-known figures from your own numbers, and prepares a report you can print for your doctor.

The ideas behind it

Idea	What it means in practice
Private by design	No account, no sign-in to a server, no advertising and no analytics. Your log is stored in your browser on your device. Where something does leave your phone, it is because you asked it to.
Quick to use	Type a sentence the way you would say it (“fasting 128, 2 roti dal at 7:30”), photograph your meter, or use short forms. You always see and confirm what was understood before it is saved.
Made for Indian life	More than 130 dishes with typical carbohydrate amounts and household measures, North and South Indian choices for each meal, festivals and fasting as events, and 11 Indian languages plus English.

Idea	What it means in practice
Honest about its limits	It is a logbook, not a doctor. It never suggests a dose, never diagnoses, and labels every calculated figure as an estimate. Every calculation is explained on its own page.
Under your control	You choose what is shared, with whom and for how long, and you can switch a link off. You make your own backups. You can delete everything with one action.

Who is behind it

MSRX GlucoNexa is built and run by MSRX, an individual-run project in India, as part of a family of small, privacy-minded apps and tools (www.msrx.co.in). It is free. It has no advertising and does not sell anything.

Who it is for

- People with type 1, type 2, gestational diabetes or prediabetes who want a simple record of their numbers.
- Parents and carers who keep a log for someone else (use a separate profile for each person).
- Anyone preparing for a doctor visit who wants their numbers in order.

Who it is not for

- Anyone who needs a medical device. It does not read your meter or sensor by itself, raises no alarms for dangerous readings, and nobody monitors your numbers.
- Anyone looking for dosing help. It will not calculate or suggest insulin or medicine doses.

A3. What is in the app

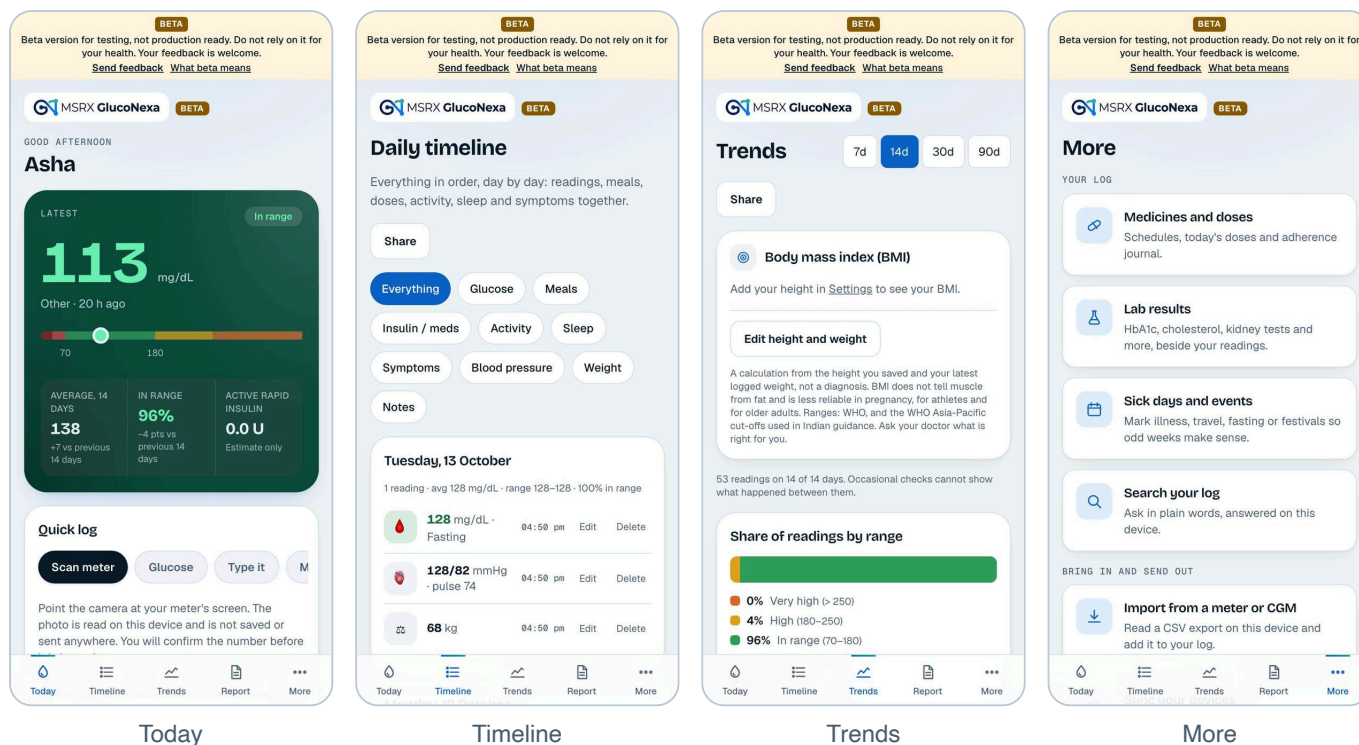
Everything the app can do, and where to find it.

Area	What you can do	Where
Log	Sugar readings (form, meter photo, or a typed sentence), meals with carbs, insulin and other medicines, blood pressure, weight, activity, sleep, symptoms and notes.	Today → Quick log
Look back	Day-by-day timeline with filters; edit or delete any entry.	Timeline
Understand	Overview, share of readings in each range, average, estimated A1c, variability, lowest and highest, typical-day and all-readings charts, patterns noticed, BMI.	Today, Trends
Summaries	Weekly summary, monthly comparison and a checklist for a doctor visit.	More → Summaries
Report	A printable doctor report for 14, 30, 60 or 90 days.	Report
Share	A short text of totals; a live link that follows your log; a fixed snapshot link.	Share buttons; More → Live sharing / Share a snapshot
Medicines	Schedules, today's doses, "log as taken", adherence, alarms sent to your calendar.	More → Medicines and doses

Area	What you can do	Where
Labs and events	HbA1c, cholesterol, kidney tests and more; sick days, travel, fasting and festivals.	More → Lab results / Sick days and events
Search	Ask your own log a question in plain words.	More → Search your log
Bring in / move	Import a CSV from a meter or sensor app; merge an encrypted file between your own devices.	More → Import / Sync
Protect	App lock, encrypted backups, automatic safety copies, delete everything.	Settings; More → Privacy centre
Ask AI	A helper for how to use the app, what a reading generally means, and food and activity ideas.	Blue Ask AI button on every screen
Make it yours	Units, targets, goals, language, theme, larger text, reminders, profiles.	More → Settings

The screens at a glance

The bar at the bottom of the screen always shows **Today · Timeline · Trends · Report · More**. Today is where you log and see the headline. The first three tell you what happened. Report is for the doctor. Everything else is under More, grouped as *Your log*, *Bring in and send out* and *Make it yours*.



A4. Your privacy, in detail

What is stored, where, what can leave your phone, and who can see what.

Where your data lives

Your log, details and settings are stored in your browser on your own device. There is no account and no copy on our servers. Your name and the optional details you gave at the start are always stored encrypted. When you turn on the app lock, your whole log is stored encrypted, and is opened in memory only after you enter your code.

What leaves your device, and when

What	When	Where it goes
Your log, details and settings	Never, unless you export, share or sync them yourself	Stays in this browser on this device
A photo of your meter	When you scan	Read on the device; not saved and not sent
The sentence you typed in Quick log	Only if you switch on Smart parsing (it is off until you do) and the built-in rules are unsure	This app's server, then the language service used to read it; nothing else from your log
A question typed into Ask GlucoNexa	Only when you send it. Your last 14 days of readings are added only if you tick the box in the chat	This app's server, then an AI service (Grok) to write the answer. Questions about doses, medicines or emergencies get a fixed message and are not sent. The chat is not kept
A barcode number	When you look up a packaged food, if you allowed it	Open Food Facts, a public food database
A snapshot link	When you make and send one	The data sits inside the link; whoever has the link can read it
A live link	While sharing is on and your app is open	Directly to the devices you invited, encrypted. A relay and a public connection server see device addresses, not your data

There is no advertising and no analytics in the app.

Your responsibilities

- **Back up.** Because nobody else holds a copy, clearing site data, uninstalling the browser, or losing or resetting the phone can erase the log for good.
- **Remember your code.** A forgotten app-lock code or backup passphrase cannot be recovered by anyone, including us.
- **Protect your phone.** Anyone who can open your unlocked phone can see your log unless you use the app lock.
- **Share thoughtfully.** Anyone with a link (and its passphrase, if set) can see what it includes, including anyone they forward it to. You can turn a link off, but you cannot undo what someone has already seen.

A5. Being a beta tester

What “beta” means

This version is shared with a small group for testing and feedback. It is **not production ready**. It may contain mistakes, show wrong figures, lose or corrupt data, and change or stop working without notice. So:

- Keep your usual records (your meter's memory, a paper log, your care team's notes) alongside it.
- Make a backup file now and then (Step 9).
- Never use it to make a health decision.

A suggested first week

When	Try this
Day 1	Set up, accept the agreement, and log a few readings with the Glucose form and with Type it. Add a meal and a dose.
Day 2–3	Scan your meter once or twice. Edit an entry, delete one, and use Undo.
Day 4	Open Trends and Summaries. Do the numbers look right against what you logged?
Day 5	Add a medicine schedule and mark a dose as taken. Add a lab result if you have one.
Day 6	Make an encrypted backup. Try the report and use Print / save PDF.
Day 7	Try Ask AI with a question or two. Turn on the app lock if you are comfortable with it. Send us your feedback.

Tester's checklist

Tick what you managed to do. Anything you could not finish is exactly what we want to hear about.

☐ I installed the app on my Home Screen

☐ I accepted the agreement and gave a name

☐ I logged a reading with the form

☐ I logged something by typing a sentence

☐ I scanned my meter (or tried to)

☐ I logged a meal and a dose

☐ I corrected or deleted an entry

☐ I looked at Trends and the report

☐ I made a backup file

-
- ☐ I restored from a backup (or looked at how)
-
- ☐ I turned the app lock on and unlocked it
-
- ☐ I tried a share link, with someone I trust
-
- ☐ I changed the language
-
- ☐ I asked the AI helper a question
-
- ☐ I used the app with no internet
-

What to tell us

- **What you were doing** and on which screen.
- **What you expected** and **what happened**.
- Your phone and browser (for example “Android, Chrome” or “iPhone, Safari”).
- A screenshot, if it helps, with personal details hidden.

Please do not send your health records by email or message.

A6. Before you start

What you need

- A phone, tablet or computer with a modern browser (Chrome, Safari, Edge, Firefox).
- The address: **<https://gluconexa.msrx.co.in>**
- A camera, only if you want to scan your meter or a food barcode.
- An internet connection to open the app for the first time. After that it works offline. A connection is needed only for Ask AI, smart parsing, barcode lookup and live sharing.

Install it like an app

Phone	Steps
iPhone (Safari)	Open the address → tap Share → Add to Home Screen → Add.
Android (Chrome)	Open the address → tap the : menu → Install app, or Add to Home screen.
Computer	Open the address in your browser; use the install icon in the address bar if shown.

One log per place

The Home Screen app and the browser tab each keep their own data. Choose one to log in and use it consistently, so your readings stay in one place. A backup file lets you move your log between them.

Languages

English, plus Hindi, Bengali, Marathi, Telugu, Tamil, Gujarati, Urdu, Kannada, Odia, Malayalam and Assamese. The translations are drafts, and some newer messages are still English only. Change it in Settings → Language. The person who opens a link you send can choose their own language at the top of the page.

B

Step-by-step guide

Every screen and option, in the order you will meet them, with phone screenshots.

Step 1. Get started

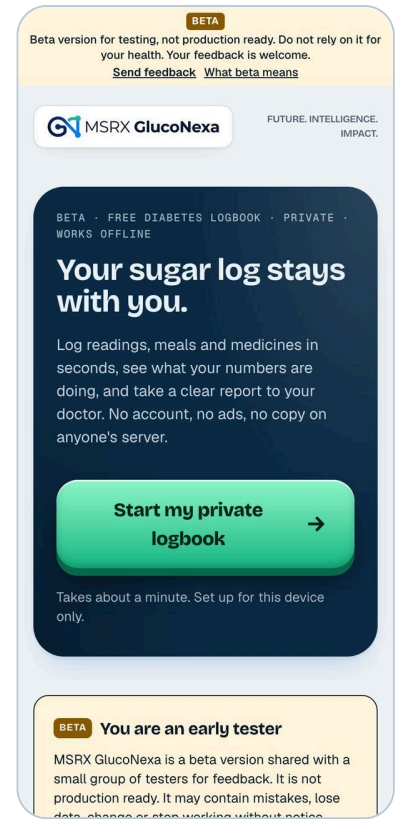
Setting up takes about a minute. There is no account and no password to remember.

1 Open the app and start

Open the address in your phone's browser. Tap “Start my private logbook”.

On a phone you can also add the app to your Home Screen so it opens like any other app: in Safari choose Share, then Add to Home Screen. In Chrome open the menu and choose Install app or Add to Home screen.

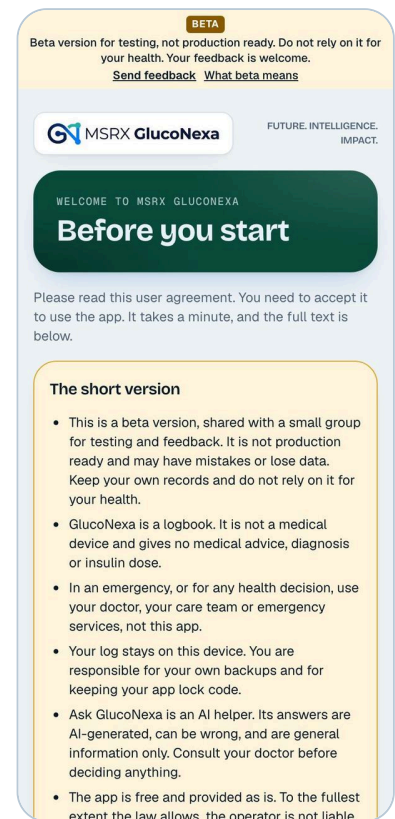
Good to know: A Home Screen copy keeps its own data, separate from the browser. Use one or the other to log, so your readings stay in one place.



2 Read and accept the user agreement

The short version is at the top. Scroll to read the full text, tick the box and tap “I understand and agree”.

The key point: this is a logbook for your own records. It is not a medical device and gives no medical advice, diagnosis or insulin dose.



3 Tell the app who is using it

Only a name or nickname is required. Age, type of diabetes, height, weight and the rest are optional. They stay on this device, stored encrypted.

If you add your weight, it is saved as your first weight entry.

BETA

Beta version for testing, not production ready. Do not rely on it for your health. Your feedback is welcome.
[Send feedback](#) [What beta means](#)

MSRX GlucoNexa FUTURE. INTELLIGENCE. IMPACT.

STEP 2 OF 2

Tell us who is using this

You have accepted the user agreement. Now sign in with your details. A name or nickname is required; the rest is optional. There is no account on a server: your details are kept only on this device.

About you

Name or nickname

Asha

Required. What should the app call you? Everything else on this form is optional.

Age (years)

52

Optional

Years living with diabetes

Optional. 0 if newly diagnosed.

Type of diabetes

Save and start

4 Choose whether to lock the app

Near the bottom you can set a 4 or 6 digit code that is asked every time the app opens. It also keeps your whole log encrypted on the device. You can skip this and do it later in Settings.

Tap “Save and start”.

Good to know: A forgotten code cannot be recovered by anyone, so keep a backup file somewhere safe (see section 9).

Lock the app with a code (recommended)

Ask for a code each time the app opens and keep your whole log encrypted on this device. Optional; you can also do this later in Settings.

Length

6 digits (stronger)

Code

Again

A forgotten code cannot be recovered by anyone. Fingerprint or face unlock can be added in Settings afterwards.

Save and start

THE APP

- What this app is
- How to use it
- How the numbers are calculated

PRIVACY AND LEGAL

- Privacy notice
- AI helper notice
- User agreement
- Legal information

HELP

- Questions and answers
- Send feedback (beta)
- Contact

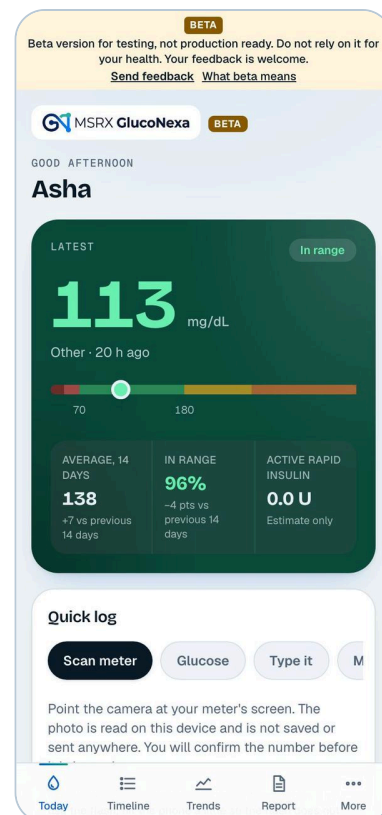
MSRX

- MSRX home
- GlucoNexa on MSRX

5 Find your way around

The bar at the bottom of the screen has Today, Timeline, Trends, Report and More. Today is where you log. Everything else is under More.

The blue Ask AI button, bottom right, opens the helper on every screen.



6 What the welcome page tells you

Before you start, scroll the welcome page. It explains in plain words that you are an early tester, what the app can do (log, understand, eat, track, share, protect), and what it is not.

The three-step "How it starts" list at the bottom is the whole sign-in: accept the agreement, give a name, open your logbook. Nothing else is needed.

BETA You are an early tester

MSRX GlucoNexa is a beta version shared with a small group of testers for feedback. It is not production ready. It may contain mistakes, lose data, change or stop working without notice. Keep your own records alongside it, make backups, and never use it to make a health decision.

What worked, what confused you, what is missing: please tell us. It is how this app gets better.

NEW

Ask GlucoNexa, our AI helper

Stuck on how to log, scan, share or back up, or wondering what a reading means, what to eat or how to stay active? Ask in your own words and get a short answer in seconds. AI-generated; please consult your doctor before deciding anything.

What you can do

LOG

Write it the way you say it

Type "fasting 128, 2 roti dal at 7:30" and check what it understood. Or photograph your meter, or bring in a meter or sensor file. You always confirm before anything is saved.

7 Features and “what it is not”

Further down are the main abilities: write it the way you say it, see what your numbers are doing, Indian foods with carbs, medicines and body measures, doctor and family sharing, and protection on your device.

The yellow “What it is not” box repeats the key limits: a logbook, not a medical device; no advice, diagnosis or dose; AI answers can be wrong.

SHARE

Doctor, family, carer

A printable report for the clinic, a one-off snapshot link, or a live link that follows your log while the app is open. You choose what is included and for how long, and can switch it off any time.

PROTECT

Yours, on this device

No account and no copy on a server. Your log is encrypted on the device, with an optional app lock code or fingerprint, encrypted backups, and separate profiles for family members.

How it starts

- 1 Read and accept the user agreement**
A short summary first, then the full text.
- 2 Tell us what to call you**
A name or nickname is enough. Age, height and the rest are optional.
- 3 Open your logbook**
Log your first reading, or bring in a file.

What it is not

GlucoNexa is a logbook, not a medical device. It gives no medical advice, diagnosis or insulin

Step 2. Log a sugar reading

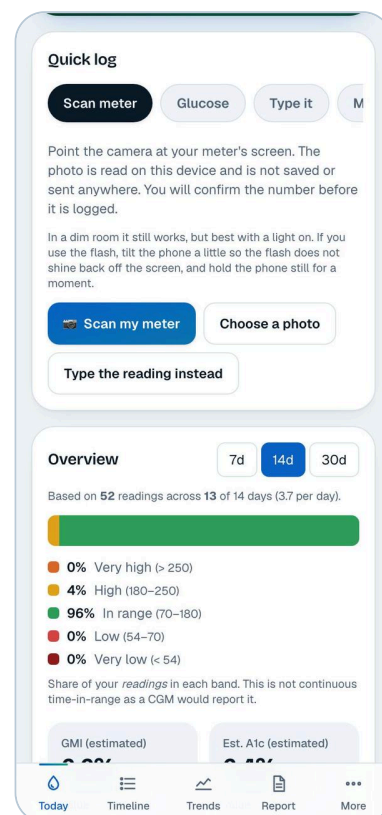
On Today, the Quick log card has a row of tabs. Slide the row sideways to see them all.

1 Scan your meter

Open the Scan meter tab and tap “Scan my meter”. Photograph the meter's screen in good light and hold the phone still.

The number is read on your phone. The photo is not saved or sent anywhere. The app asks “Your reading is ..., correct?” and nothing is saved until you confirm.

No camera? Tap “Choose a photo”, or “Type the reading instead”.



2 Type a reading with the form

Open the Glucose tab. Enter the reading, choose when it was taken (Fasting, Before meal, After meal, Bedtime, Exercise, Overnight or Other), check the time and tap “Save reading”.

Readings are in the unit you chose in Settings (mg/dL or mmol/L). The app refuses numbers that cannot be a real reading, such as a missing digit or an extra one.

Quick log

Scan meter **Glucose** Type it M

Reading (mg/dL)
128

When
Fasting

Time
13/10/2026, 04:50 PM

Save reading

Overview 7d **14d** 30d

Based on 52 readings across 13 of 14 days (3.7 per day).

0% Very high (> 250)
4% High (180-250)
96% In range (70-180)
0% Low (54-70)
0% Very low (< 54)

Share of your readings in each band. This is not continuous time-in-range as a CGM would report it.

Today Timeline Trends Report More

3 Or just type it the way you say it

Open the Type it tab and write a sentence, for example “breakfast 2 idli sambar, 7.4 after lunch, walk 20 min”. Tap “Read it”.

One sentence can hold a reading, a meal and an activity. Press / on a keyboard to jump to this box, and Ctrl+Enter to read it.

Quick log

Scan meter Glucose **Type it** M

Check and edit before saving:

☒ Glucose 133 mg/dL · After meal
Reading (mg/dL) 133

☒ Meal: Breakfast: Sambar, 2 x Idli · 30 g carbs
Carbs (g) 30

☒ Activity: Walk · 20 min
Minutes 20

Time for these entries
13/10/2026, 04:50 PM

No time given, so these are saved for right now.

Save 3 Edit text

✓ Saved 1 entries Undo

Overview 7d **14d** 30d

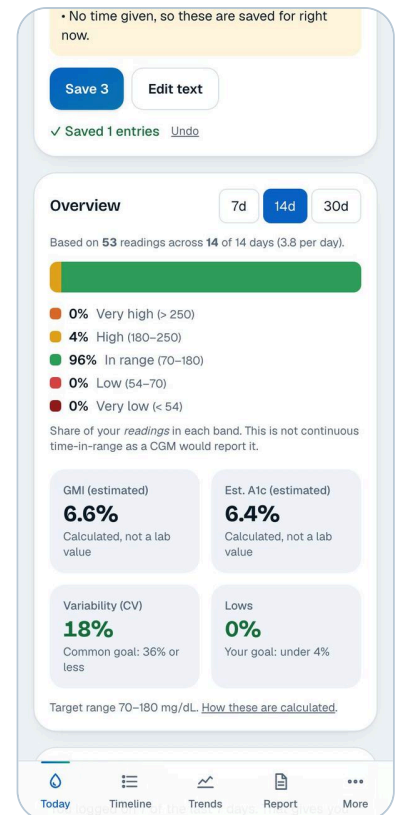
Today Timeline Trends Report More

4 Check what the app understood

Each item it found appears with a tick box. Untick what is wrong, or change a number straight in the list. Set the time for these entries, then tap Save.

A note tells you if no time was given and it used the present moment. “Edit text” takes you back to your sentence. “Undo” removes what you just saved.

Good to know: Nothing is saved until you confirm. Quick log checks the numbers, but you know what you meant: please read them before you save.



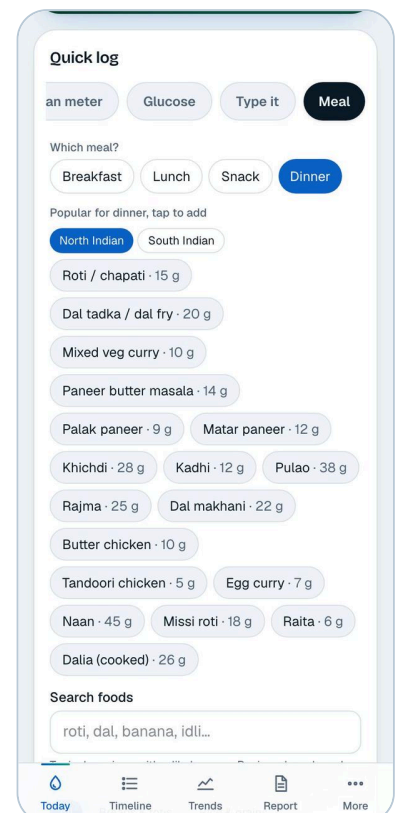
Step 3. Log meals, medicines, blood pressure and more

Same card, other tabs. Every form has a Time box, which starts at now. Change it to log something from earlier.

1 Meals and carbs

Open the Meal tab and choose Breakfast, Lunch, Snack or Dinner. Tap a food in the popular list to add it, or use Search foods and the categories (breads, rice, dal, snacks, sweets, fruits and more).

Typical servings and carb amounts are shown for each food. A packet label is more accurate than these numbers. “Treating a low” lets you log the extra carbs you took.



2 Insulin and other medicines

Open the Insulin / meds tab. Choose the type (rapid, long or mixed insulin, or a tablet), enter the dose you took, add a name if you like, and tap “Save dose”.

This only records what you took. The app never suggests, calculates or changes a dose.

Quick log

Meal Insulin / meds BP & weight

Type
Rapid-acting insulin

Dose (units)
8

Name (optional)
NovoRapid

Time
13/10/2026, 04:50 PM

Save dose

Overview 7d 14d 30d

Based on 53 readings across 14 of 14 days (3.8 per day).

0% Very high (> 250)
4% High (180-250)
96% In range (70-180)
0% Low (54-70)
0% Very low (< 54)

Today Timeline Trends Report More

3 Blood pressure and weight

Open the BP & weight tab. Enter the top and bottom numbers, and optionally pulse and weight. Leave out anything you did not measure and tap Save.

Quick log

Meal Insulin / meds BP & weight

All optional. Enter what you measured; leave the rest empty. Values are logged as read from your own cuff and scale.

Top number (systolic)
128
mmHg, e.g. 120

Bottom number (diastolic)
82
mmHg, e.g. 80

Pulse (optional)
74
beats per minute

Weight (optional)
68
kg

Time
13/10/2026, 04:50 PM

Save

Today Timeline Trends Report More

4 Activity, sleep, symptoms and notes

Open the Activity & more tab. Choose Exercise, Sleep, Symptom or Note, fill in the short form and tap Save.

Symptoms and notes show on your timeline and help you and your doctor see what was going on around a reading.

Quick log

/ meds BP & weight **Activity & more**

Type

Exercise / activity

Time

13/10/2026, 04:50 PM

What

Walk

Minutes

20

Save

✓ Saved 2 entries Undo

Overview 7d **14d** 30d

Based on 53 readings across 14 of 14 days (3.8 per day).

0% Very high (> 250)
4% High (180-250)
96% In range (70-180)

Today Timeline Trends Report More

Step 4. Look back, correct and delete

The Timeline shows everything in order, day by day.

1 Read the timeline

Open Timeline in the bottom bar. Each day shows its readings, average and share in range. Use the chips (Everything, Glucose, Meals, Insulin / meds, Activity, Sleep, Symptoms, Blood pressure, Weight, Notes) to show one kind of entry.

The Share button at the top shares a short summary of the period.

BETA

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[Send feedback](#) [What beta means](#)

MSRX GlucoNexa BETA

Daily timeline

Everything in order, day by day: readings, meals, doses, activity, sleep and symptoms together.

Share

Everything Glucose Meals
Insulin / meds Activity Sleep
Symptoms Blood pressure Weight
Notes

Tuesday, 13 October

1 reading - avg 128 mg/dL - range 128-128 - 100% in range

128 mg/dL · 04:50 pm Edit Delete
Fasting

128/82 mmHg · 04:50 pm Edit Delete
· pulse 74

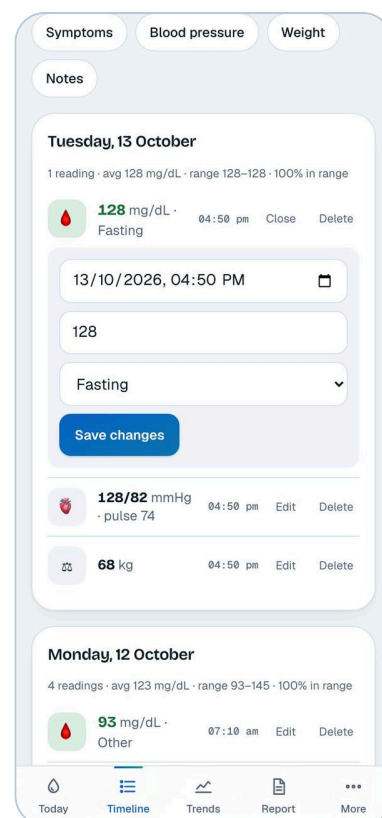
68 kg · 04:50 pm Edit Delete

Today Timeline Trends Report More

2 Correct an entry

Tap Edit beside an entry to change its time, value or the “When” label, then tap “Save changes”. A mistake in the number is fixed in a few seconds.

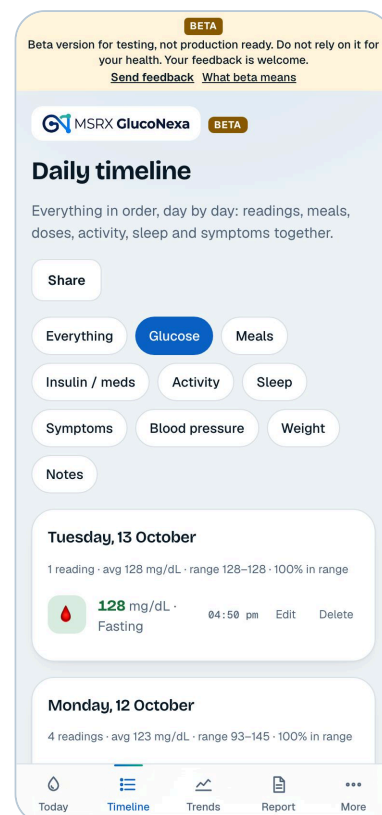
Tap Delete to remove an entry. The app asks you to confirm first, and a deleted entry cannot be brought back.



3 Show one kind of entry

Tap a chip under the Share button, for example Glucose. Only that kind of entry shows. Tap Everything to see all again.

This is the quickest way to scan back through only your readings, or only your meals or doses.



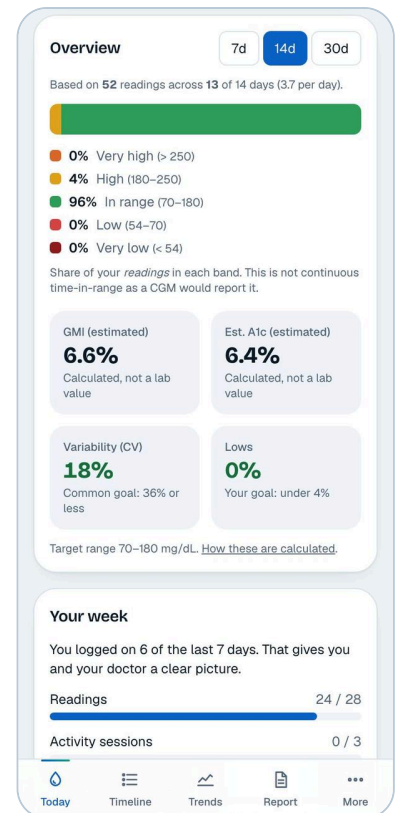
Step 5. Understand your numbers

These screens turn your log into something you can read at a glance. They describe your own readings; they do not diagnose.

1 The overview on Today

Below Quick log, the Overview card shows how your readings split across ranges for 7, 14 or 30 days, plus estimated A1c, variability and lows against your goal.

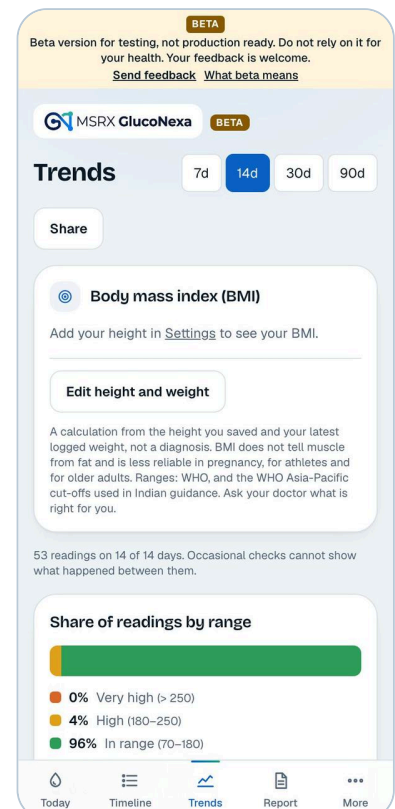
Estimates are calculated from your readings, not lab values. Tap “How these are calculated” to see the exact method.



2 Trends

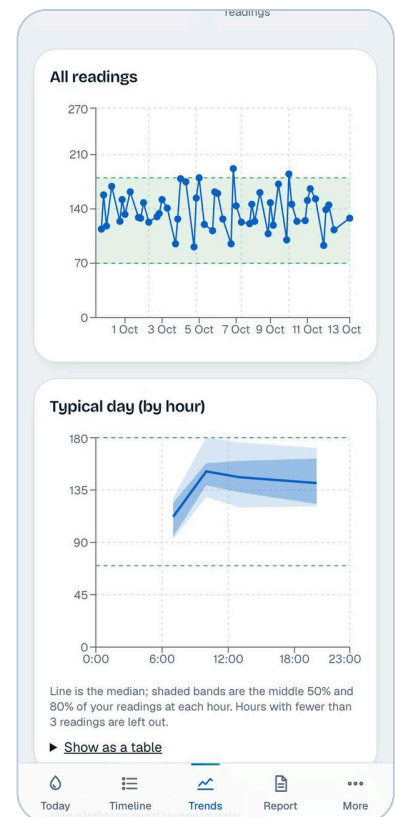
Open Trends and choose 7, 14, 30 or 90 days. You see the range split, average, estimated A1c, variability, lowest and highest.

Add your height in Settings to see your BMI here.



3 Charts

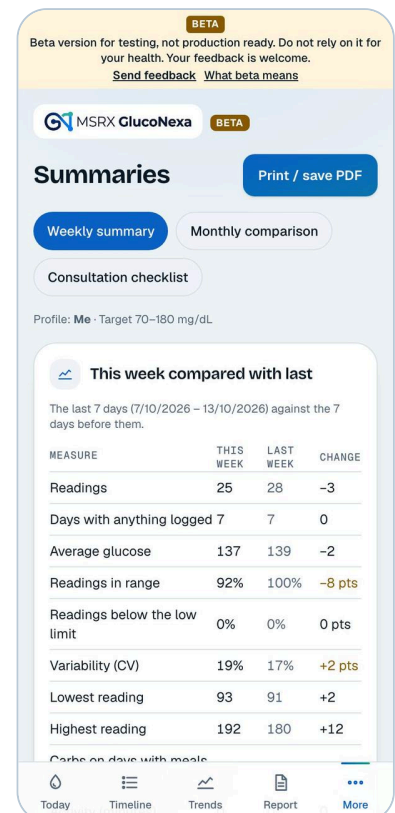
Scroll down for the chart of all your readings against your target range, and the Typical day chart that shows which hours run high or low. Tap “Show as a table” under a chart to read the numbers instead.



4 Summaries

From More, open Summaries. Weekly summary compares this week with last. Monthly comparison does the same for months. Consultation checklist helps you prepare for a doctor visit.

Tap “Print / save PDF” to keep a copy.



5 Monthly comparison

In Summaries choose Monthly comparison. It sets the last 30 days beside the 30 before: readings, days logged, average, share in range, lows, variability, lowest and highest.

A note warns you when either period has few readings, because a comparison is then less reliable.

Beta version for testing, not production ready. Do not rely on it for your health. Your feedback is welcome.
[Send feedback](#) [What beta means](#)

MSRX GlucoNexa BETA

Summaries [Print / save PDF](#)

Weekly summary **Monthly comparison**

Consultation checklist

Profile: Me · Target 70–180 mg/dL

Last 30 days compared with the 30 before

14/9/2026 – 13/10/2026 against 15/8/2026 – 13/9/2026.
Fewer readings in either period make a comparison less reliable.

MEASURE	LAST 30 DAYS	PREVIOUS 30	CHANGE
Readings	57	0	+57
Days with anything logged	15	0	+15
Average glucose	138	—	—
Readings in range	96%	—	—
Readings below the low limit	0%	—	—
Variability (CV)	18%	—	—
Lowest reading	91	—	—

Today Timeline Trends Report More

6 Consultation checklist

Choose Consultation checklist before a visit. Enter the date of your last visit to cover the time since then, tick what you will bring (the printed report, your meter and devices, recent lab results, current medicines), and look over anything the app noticed.

A list of questions to discuss is prepared for you, and you can add your own, one per line.

Beta version for testing, not production ready. Do not rely on it for your health. Your feedback is welcome.
[Send feedback](#) [What beta means](#)

MSRX GlucoNexa BETA

Summaries [Print / save PDF](#)

Weekly summary Monthly comparison

Consultation checklist

Profile: Me · Target 70–180 mg/dL

Prepare for your visit

Date of your last visit
dd/mm/yyyy

The report and checklist cover the time since then. Leave empty for the last 90 days.

Bring with you

- ☐ Printed doctor visit report
Covers the last 90 days: 57 readings.
- ☐ Your meter, pen devices and any CGM
- ☐ Recent lab results
On file: HbA1c 6.8 % (13/10/2026). Bring the originals too.
- ☐ Current medicines and doses
Metformin 500 mg at 08:00

Look over beforehand

- ☐ No readings below your low limit

Today Timeline Trends Report More

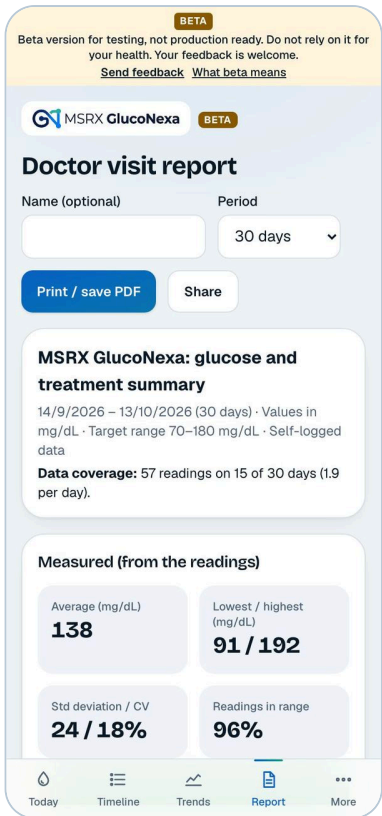
Step 6. Take a report to your doctor, and share

You choose what leaves your phone, with whom and for how long.

1 Make a doctor report

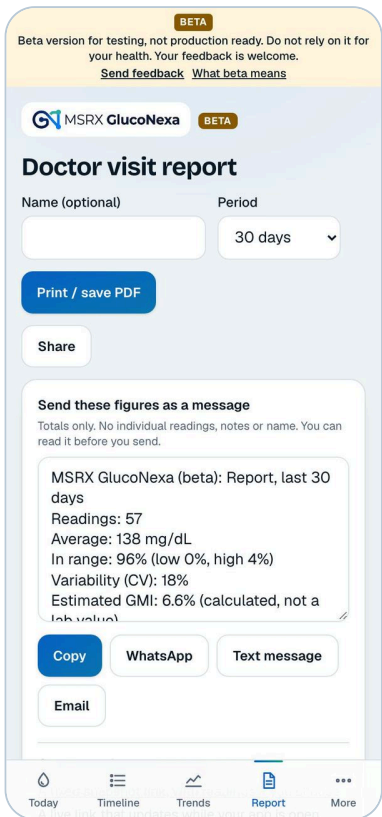
Open Report in the bottom bar. Add your name if you want it on the page, choose 14, 30, 60 or 90 days, and tap “Print / save PDF”. On a phone, choose Save as PDF in the print screen.

The report lists the numbers, a typical day, medicines logged and patterns noticed. Patterns are observations, not diagnoses.



2 Send the figures as a message

Tap Share on Report, Timeline or Trends. You get a short text with totals only: no individual readings, notes or name. Read it, edit it if you like, then Copy it or send it by WhatsApp, text message or email.



3 Share live with family or a doctor

From More, open Live sharing. Type who it is for, choose how much to share and for how long, and tap “Create live link”. Send the link to that person only.

Updates go straight from your phone to theirs, encrypted, while your app is open. Nothing is stored on a server.

The screenshot shows the 'Share live with someone' screen. At the top, there's a share icon and the title 'Share live with someone'. Below it, a text field 'Who is it for?' contains 'Dr Rao'. A small note says 'Shown to them, and in your list.' Below that, 'How much to share' is set to 'Last 7 days' and 'For how long' is set to '7 days'. A note explains: 'The period keeps moving: "Last 7 days" always means the 7 days before each update.' Under 'What they can see', there's a list of options: 'Every glucose reading, with date and time' (checked), 'Blood pressure', 'Weight', and 'Medicine schedule (names, doses, times)'. Under 'Details about you (each one is your choice)', there are checkboxes for 'Name', 'Age', and 'Type of diabetes'. There's a text field for 'A note for them (optional)'. At the bottom, there's a 'Passphrase (recommended)' field. The bottom navigation bar shows 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

4 Choose exactly what they see

Tick what the link includes: glucose readings, blood pressure, weight, medicine schedule. Name, age and type of diabetes are each your choice. Add a passphrase and tell it to them separately.

Make one link per person. You can turn any link off from the list on the same screen, and a bar on every screen shows while sharing is on.

This screenshot shows the same 'Share live with someone' screen as the previous one, but with more options selected. Under 'What they can see', 'Every glucose reading, with date and time' is checked, and 'Blood pressure', 'Weight', and 'Medicine schedule (names, doses, times)' are also checked. Under 'Details about you (each one is your choice)', 'Name', 'Age', and 'Type of diabetes' are all checked. The 'Passphrase (recommended)' field is now visible with an eye icon. A note below it says 'At least 6 characters. Tell it to them separately, not in the same message.' At the bottom, there's a yellow box with the text: 'Before you share, please read. This is private health information. You are about to share health information about yourself, or about the person whose profile this is. Share only with people you trust, such as family, a carer or your doctor. If the profile is someone else's, make sure you are allowed to share it, for example as their parent or guardian. Whoever has the link can see it. The link is'. The bottom navigation bar is the same as the previous screenshot.

5 Or send a fixed copy

From More, open Share a snapshot. Choose the period and how long the link is valid, tick any extras and tap “Create link”. The copy sits inside the link and cannot be taken back once sent.

Use a passphrase when you can. Without one, anyone who gets the link can read it.

Good to know: The person opening a link can pick their own language at the top of the page.

Choose what to include

Period
Last 7 days

Treat as valid for
7 days

Always included: averages and variability, share of readings in each range, daily averages, and readings below your low limit.

☐ Recent individual readings (up to 150). Makes the link much longer.

☐ Medicine schedule (names, doses, times)

☐ Profile name ("Me")

☐ Blood pressure and weight entries from this period (2 logged in total)

Details about you (optional, each one is your choice)

☐ Name ("Asha")

☐ Age (52)

☐ Type of diabetes

A note for the viewer (optional)

Passphrase (recommended)

At least 6 characters. Leave empty for an open link.

Today Timeline Trends Report More

6 What the report contains

Scroll the report to see every part: the measured figures, the estimated ones with their formulas, a typical day, daily average and range, medicines logged, meals, activity and sleep, patterns noticed, and questions to discuss.

At the bottom is a note that the summary was generated from self-logged data, and that estimated figures are calculated, not laboratory values.

50
0
09-29 10-02 10-05 10-07 10-09 10-11 10-13

Medicines logged

No insulin or medicine entries in this period.
As recorded by the person. Missed or unlogged doses will not appear.

Meals, activity and sleep

Carbohydrate by meal (logged)

No meals logged.

Other

Activity: 0 sessions, 0 minutes
Sleep: not logged

Patterns noticed (observations, not diagnoses)

Meeting your targets. 96% in range with under 4% low across 53 readings.

Questions to discuss

- Are my target ranges still right for me?
- Is it time for an HbA1c or other lab test?

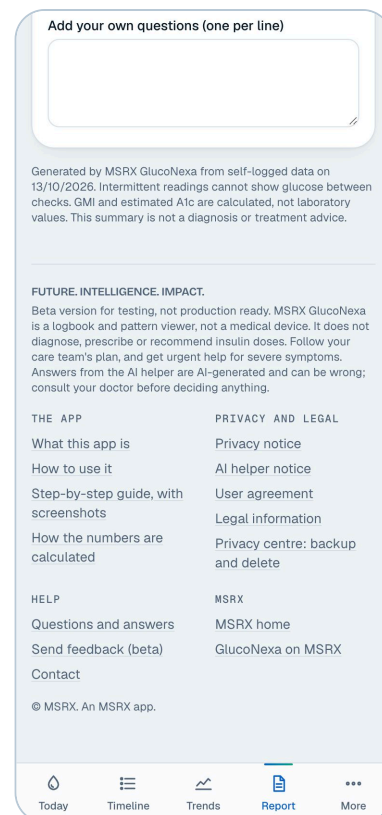
Add your own questions (one per line)

Today Timeline Trends Report More

7 Patterns and questions for your doctor

Patterns are observations such as “Meeting your targets: 96% in range with under 4% low across 53 readings”. They are never diagnoses.

“Questions to discuss” gives you a starting list for the appointment, and you can add your own questions before printing.

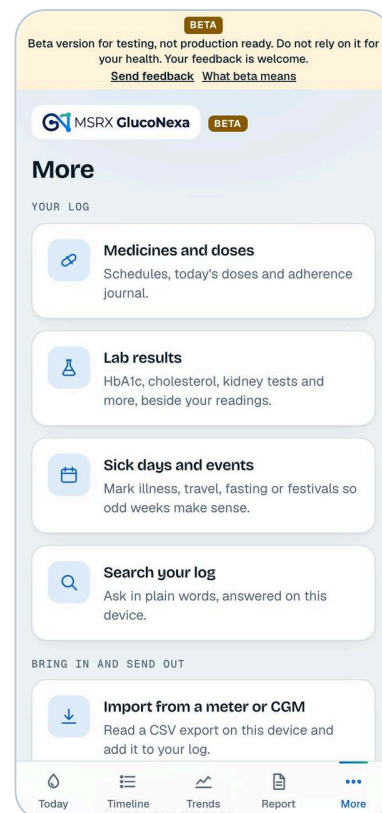


Step 7. Medicines, lab results, events and search

Open More in the bottom bar to reach these.

1 The More menu

More groups everything else: your log (Medicines, Labs, Events, Search), bringing data in and sending it out (Import, Sync, Live sharing, Snapshot, Summaries), and making it yours (Settings, Privacy centre, App lock, User agreement, How it works).



2 Add a medicine schedule

Open Medicines and doses. Under “Add a schedule” enter the name, choose the type, enter the dose your care team prescribed, add the times (“+ Another time” for more) and pick the days. Tap “Add schedule”.

The screenshot shows the 'Medicines and doses' app interface. At the top, a message states 'Nothing scheduled today' with a subtext 'Add a schedule below and today's doses will show up here.' Below this is an 'Adherence' section showing '7d' and '30d' tabs, with a note 'No scheduled doses came due in this period.' The 'Dose alarms in your calendar' section prompts the user to 'Add a schedule below, then you can send its alarms to your calendar.' The 'Schedules' section shows 'No schedules yet' and prompts the user to 'Add the medicines you take and when, using the form below.' The 'Add a schedule' form has a 'Name' field with 'Metformin' entered. The bottom navigation bar includes 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

3 Mark doses as taken

Today's doses appear at the top. Tap “Log as taken now”, or “Other” to choose a different time. Adherence shows how many doses you recorded. You can also send dose alarms to your phone's calendar.

Reminders in the app only work while it is open. For doses you must not miss, also set an alarm in your phone's clock.

The screenshot shows the 'Medicines and doses' app interface. At the top, a 'BETA' banner states 'Beta version for testing, not production ready. Do not rely on it for your health. Your feedback is welcome.' with links 'Send feedback' and 'What beta means'. Below this is the 'MSRX GlucoNexa BETA' logo. The 'Medicines and doses' section has a description: 'Record what you were prescribed and compare it with what you logged. This is a journal of what you enter. It never suggests, calculates or changes a dose; follow your care team's instructions.' The 'Today's doses' section shows '08:00 Metformin 500 mg' with a 'Not recorded' status and buttons 'Log as taken now' and 'Other'. The 'Adherence' section shows '0%' adherence, with a breakdown: '0 of 1 scheduled doses recorded as taken (0 logged, 0 you confirmed), 0 skipped, 1 not recorded.' and 'Metformin: 0% of 1'. A note explains: '"Not recorded" means no matching dose was logged within two hours, not that it was missed. Doses taken but not logged can be marked from the list above.' The bottom navigation bar includes 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

4 Keep lab results

Open Lab results, choose the test (HbA1c, cholesterol, kidney tests and more), type the number from your report and the date, and tap “Save result”. The app records the numbers and does not interpret them.

The screenshot shows the 'Add a result' form in the app. At the top, there's a blue header with a plus icon and the text 'Add a result'. Below this, the 'Test' dropdown is set to 'HbA1c'. The 'Result' field contains the number '6.8'. A small note below the result field says 'Either unit; both are shown.' The 'Unit' dropdown is set to '%'. The 'Date of the test' field shows '13/10/2026'. There are optional fields for 'Lab's reference low (optional)', 'Lab's reference high (optional)', and a 'Note (optional)' field with the placeholder text 'Lab name, fasting or not...'. A blue 'Save result' button is at the bottom. The bottom navigation bar shows 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

5 Mark sick days and special events

Open Sick days and events. Choose illness, travel, fasting, festival, stress or other, set the first and last day and tap Save. They show on your timeline and report, and you can leave them out of your trends.

The screenshot shows the 'Sick days and special events' form in the app. At the top, there's a yellow banner with 'BETA' and a disclaimer: 'Beta version for testing, not production ready. Do not rely on it for your health. Your feedback is welcome.' Below the banner, there's a blue header with the MSRX GlucoNexa logo and 'BETA'. The main title is 'Sick days and special events'. Below the title, there's a paragraph explaining that users can mark days when something unusual was going on, such as illness, travel, a fast or a festival, and that these events appear on the timeline and doctor report, and can be left out of trends. The form has an 'Add' button at the top. Below it, the 'What' dropdown is set to 'Illness'. There's an optional 'Short label' field with the placeholder text 'Viral fever, Diwali, Ramadan...'. The 'First day' field shows '13/10/2026' and the 'Last day' field shows '13/10/2026'. There's an optional 'Note' field. A blue 'Save' button is at the bottom. The bottom navigation bar shows 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

6 Ask your log a question

Open Search your log and write a question in plain words, such as “highest readings after dinner last month”. The answer is worked out on your phone and always shows how the question was understood.

BETA

Beta version for testing, not production ready. Do not rely on it for your health. Your feedback is welcome.
[Send feedback](#) [What beta means](#)

MSRX GlucoNexa

BETA

Search your log

Ask in plain words. Everything is answered on this device from your own records, and the answer always shows how the question was understood.

Your question

highest readings after dinner last month

Search

highest readings after dinner last month

fasting readings above 130 this week

how many readings below 70 in September

average glucose last 14 days

meals with rice last month

lowest overnight readings last 30 days

Results

Understood as: the 5 highest glucose readings, tagged "After meal", taken between 17:00 and

Today

Timeline

Trends

Report

More

7 Lab results after saving

Saved results appear below the form. When you add an HbA1c, the app compares it with the estimate from your readings over the previous 90 days and tells you plainly if there are too few readings for the comparison to mean much.

Use Delete beside a result to remove it.

Note (optional)

Lab name, fasting or not...

Save result

HbA1c

13/10/2026 6.8 % (51 mmol/mol) [Delete](#)

Your log in the 90 days before the latest HbA1c: 57 readings on 15 days averaged 138 mg/dL, which the standard formula turns into an *estimated* A1c of 6.4%. The lab said 6.8%. There are too few readings for the estimate to mean much, so do not read anything into the difference.

FUTURE. INTELLIGENCE. IMPACT.

Beta version for testing, not production ready. MSRX GlucoNexa is a logbook and pattern viewer, not a medical device. It does not diagnose, prescribe or recommend insulin doses. Follow your care team's plan, and get urgent help for severe symptoms. Answers from the AI helper are AI-generated and can be wrong; consult your doctor before deciding anything.

THE APP

What this app is

How to use it

Step-by-step guide, with screenshots

How the numbers are calculated

PRIVACY AND LEGAL

Privacy notice

AI helper notice

User agreement

Legal information

Privacy centre: backup

Today

Timeline

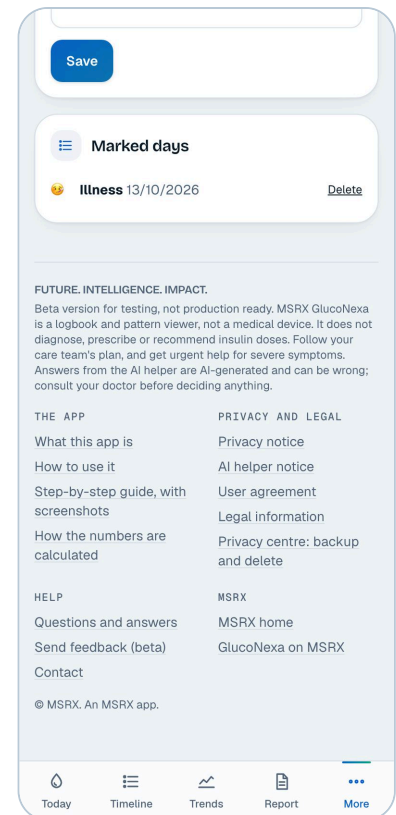
Trends

Report

More

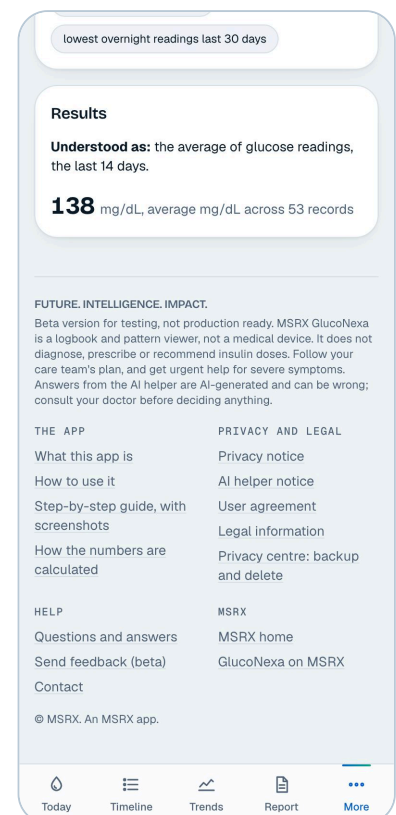
8 Marked days

Saved events appear under Marked days with their dates. Delete removes one. Marked days show on the timeline and the report so that an unusual week has an explanation.



9 Search results show how your question was understood

Every answer begins with “Understood as...”. If that is not what you meant, change the wording. Searches run on your phone only; nothing is sent anywhere.

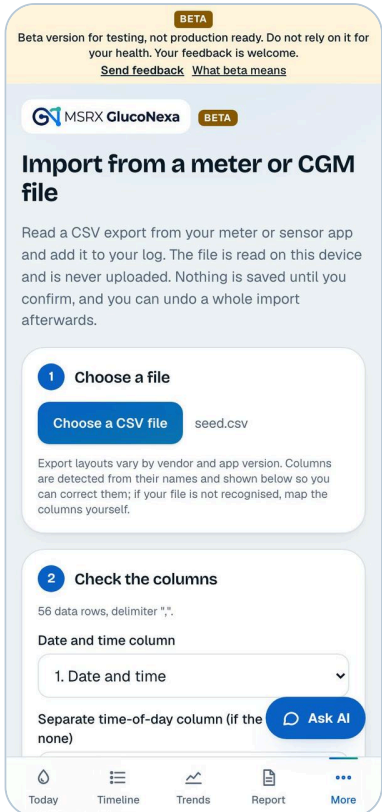


Step 8. Bring in a meter or sensor file

If your meter or sensor app can export a CSV file, you can add its readings in one go.

1 Choose the file and check the columns

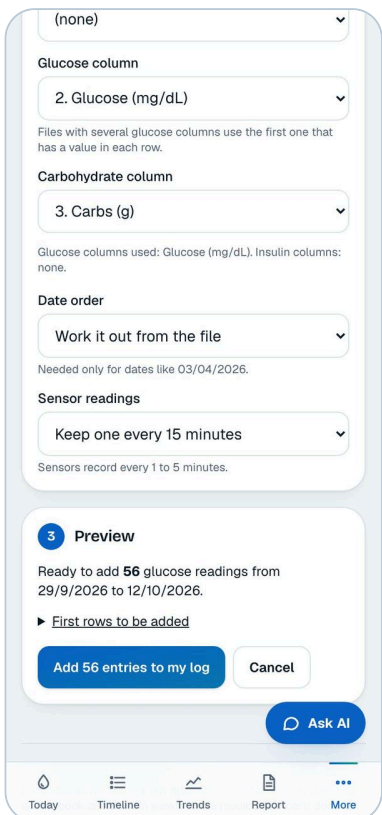
From More, open Import. Tap “Choose a CSV file”. The file is read on your phone and never uploaded. The app guesses which column is the date and which is the glucose; correct them if needed.



2 Preview, add and undo

The preview tells you how many readings will be added and from which dates. Duplicates are skipped. Tap “Add ... entries to my log”.

Changed your mind? Each import can be undone as a whole, further down the same page.

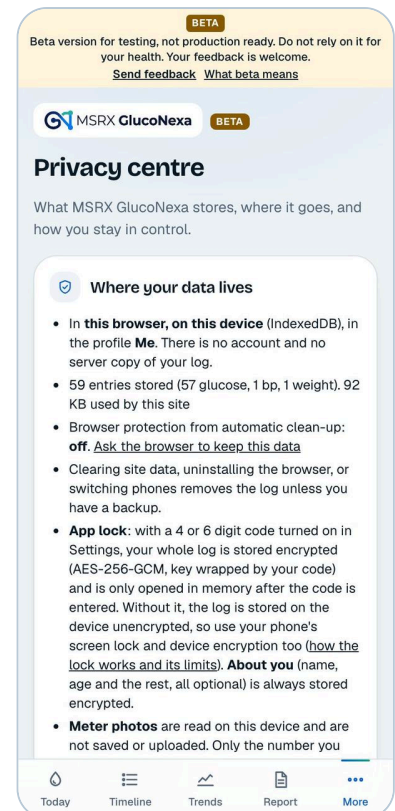


Step 9. Keep your log safe

Your log lives only on this phone. If the phone is lost or the browser data is cleared, it is gone, so make a backup.

1 See where your data is

Open More, then Privacy centre. It tells you what is stored, where, and what leaves the device. It also holds your backup and delete options.

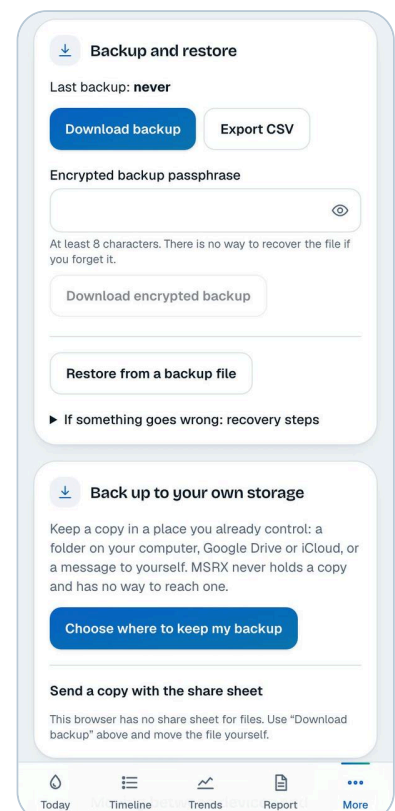


2 Make a backup

Under Backup and restore, tap "Download backup". For a file that only you can open, type a passphrase of at least 8 characters and tap "Download encrypted backup". Keep the file somewhere other than this phone.

To restore on a new phone, open the Privacy centre there and choose "Restore from a backup file".

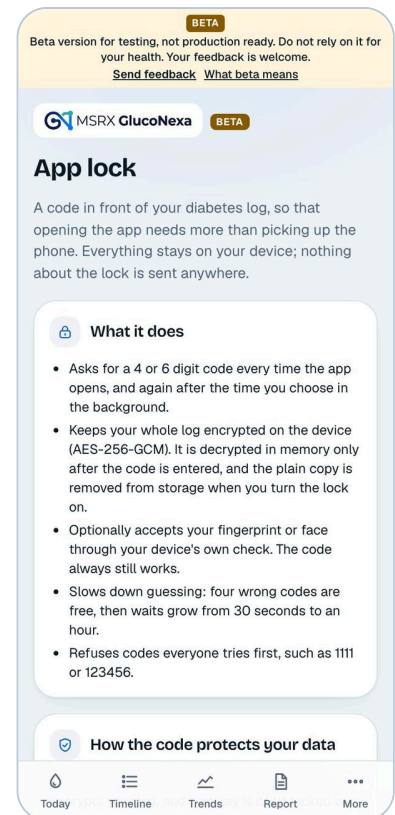
Good to know: There is no way to recover a lost backup passphrase. Write it down.



3 Turn on the app lock

Open Settings, then App lock. Choose a 4 or 6 digit code, choose when it should lock again, type the code twice and tap “Turn on app lock”.

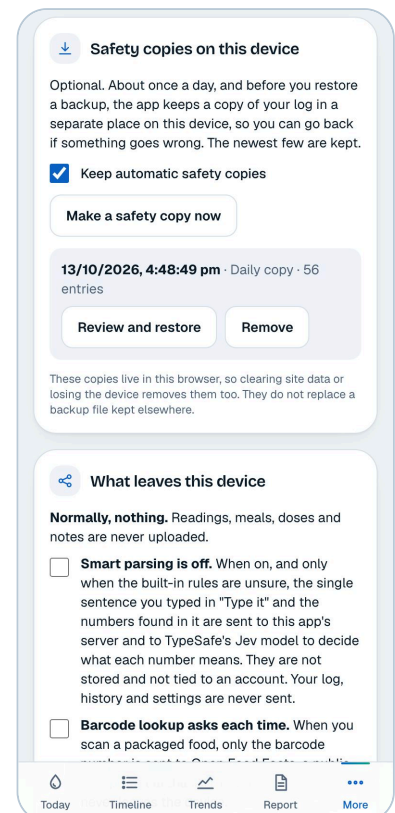
The app refuses easy codes such as 1111 or 123456, slows down after wrong guesses and never stores the code itself.



4 Automatic safety copies

In the Privacy centre, “Keep automatic safety copies” saves a copy of your log about once a day, and before any restore, in a separate place on the phone. You can make one now, review and restore an earlier one, or remove it.

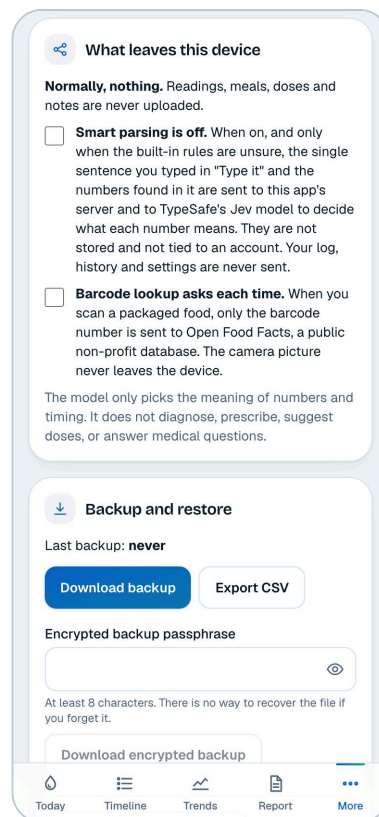
These copies live in the same browser, so clearing site data removes them too. They do not replace a backup file kept elsewhere. They are turned off while the app lock is on, so that no readable copy of your log is left behind.



5 What leaves this device

This card lists the two optional features that contact another service, both switched off until you tick them: Smart parsing (the typed sentence goes to the app's server and a language service when the built-in rules are unsure) and Barcode lookup (the barcode number goes to Open Food Facts each time you scan).

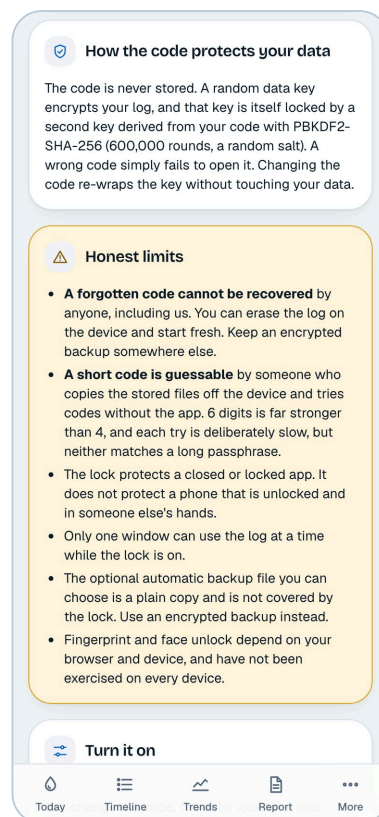
Untick them at any time. Readings, meals, doses and notes are never uploaded.



6 How the code protects your data

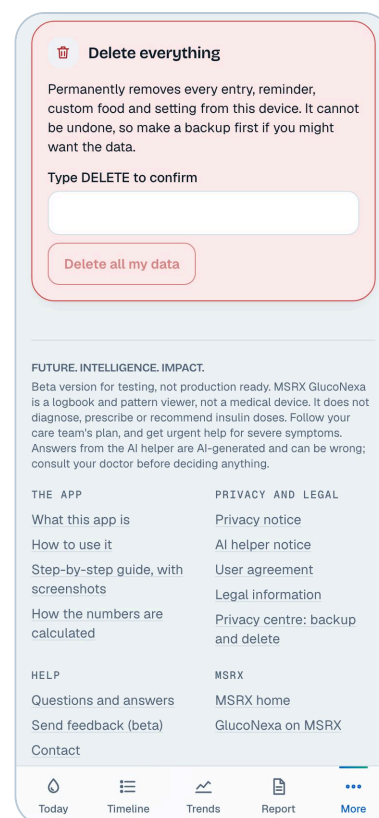
The code itself is never stored. A random key encrypts your log, and that key is locked by a second key derived from your code, slowed down on purpose so guessing is expensive. A wrong code simply fails to open it.

Read the "Honest limits" box on the same page: a forgotten code cannot be recovered; a short code can be guessed by someone who copies your files; the lock protects a closed or locked app, not a phone that is unlocked and in someone else's hands.



7 Delete everything

At the bottom of the Privacy centre, “Delete everything” permanently removes every entry, reminder, custom food and setting from this device. Type DELETE to confirm. It cannot be undone, so make a backup first if you might want the data.



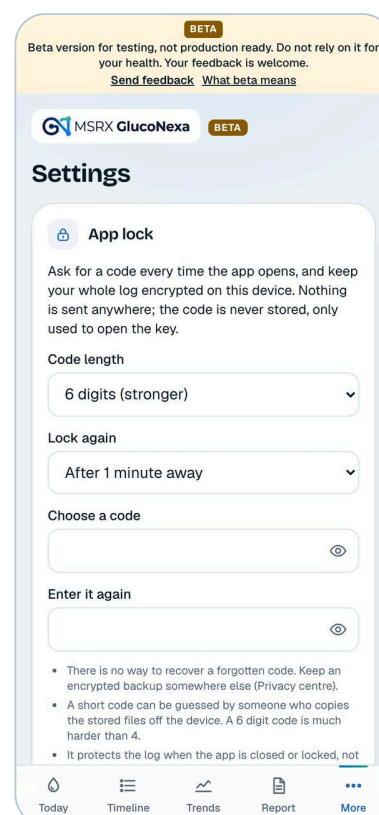
Step 10. Make it yours

Open More, then Settings.

1 Units, targets and goals

Under Units, choose mg/dL or mmol/L. Under Glucose targets, pick a starting point (standard adult, older adult or higher risk of lows, pregnancy with type 1 diabetes, or your own numbers) and set the limits with your care team. The colours and alerts everywhere follow them.

Under Your goals, set gentle weekly targets for checks, activity and meal logging. There are no streaks to lose.



2 Language and display

Under Language, choose one of 11 Indian languages or English. The translations are drafts. Under Display, choose a light or dark theme or follow your phone, and tick Larger text for easier reading.

Some newer messages are still in English only while translations catch up.

The screenshot shows the 'Language and display' settings screen. It has three main sections: 'Language', 'Display', and 'Your goals'. The 'Language' section has a dropdown menu set to 'English'. The 'Display' section has a 'Theme' dropdown set to 'Follow my device' and a checkbox for 'Larger text' which is currently unchecked. The 'Your goals' section has three input fields: 'Glucose checks per day' (4), 'Activity sessions per week' (3), and 'Days per week to log meals' (7). At the bottom, there is a 'Reminders' section and a navigation bar with icons for 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

3 Units and active insulin

Glucose unit switches between mg/dL and mmol/L everywhere. “Rapid insulin lasts (hours)” is used only for the active-insulin estimate on Today; it is not for dosing.

The screenshot shows the 'Units and active insulin' settings screen. It has two main sections: 'Units' and 'Glucose targets'. The 'Units' section has a 'Glucose unit' dropdown set to 'mg/dL' and a 'Rapid insulin lasts (hours)' input field set to '4'. Below this, there is a note: 'Used for the active-insulin estimate only. It is not for dosing.' The 'Glucose targets' section has a heading 'Glucose targets' and a paragraph explaining that targets decide colors, in-range share, and alerts. It then lists two target options: 'Standard adult · 70–180 mg/dL' (selected) and 'Older adult or higher risk of lows · 70–180 mg/dL'. The 'Standard adult' target includes details about aiming for more than 70% of readings in range and avoiding lows. The 'Older adult' target includes details about gentler goals and prioritizing avoiding lows. At the bottom, there is a navigation bar with icons for 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

4 Glucose targets

Pick a starting point: Standard adult (70–180 mg/dL, more than 70% in range, under 4% below 70, under 1% below 54); Older adult or higher risk of lows (same range, gentler goals: more than 50% in range and under 1% below 70); Pregnancy with type 1 diabetes (63–140 mg/dL); or My own targets.

With your own targets you can set the low and high limits, the very low and very high limits, and your goals, and note who agreed them and when. This note shows on your reports.

The screenshot shows the 'Glucose targets' screen. At the top, there's a title 'Glucose targets' with a target icon. Below it, a paragraph explains that targets decide colors, in-range share, and low/high alerts. It instructs users to choose a starting point and set them with their care team, noting these are not prescriptions. There are four radio button options: 'Standard adult' (selected), 'Older adult or higher risk of lows', 'Pregnancy with type 1 diabetes', and 'My own targets'. Each option has a brief description of the target range and goals, and a 'Generally for:' note. At the bottom, there's a navigation bar with icons for 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

Glucose targets

Targets decide the colours, the in-range share and the low and high alerts everywhere in the app. Choose a starting point, then set them with your care team. These are not a prescription.

☒ **Standard adult** · 70–180 mg/dL
Aim for more than 70% of readings between 70 and 180 mg/dL (3.9–10.0 mmol/L), with under 4% below 70 and under 1% below 54.
Generally for: Most adults with type 1 or type 2 diabetes who are not pregnant.

☐ **Older adult or higher risk of lows** · 70–180 mg/dL
The range is the same, but the goals are gentler and safer: more than 50% of readings in range and under 1% below 70, because avoiding lows matters most.
Generally for: Older adults, people with frailty, or anyone whose care team has asked to prioritise avoiding hypoglycaemia.

☐ **Pregnancy with type 1 diabetes** · 63–140 mg/dL
A tighter range of 63–140 mg/dL (3.5–7.8 mmol/L), with more than 70% of readings in range and under 4% below 63.
Generally for: Pregnancy with type 1 diabetes only. Targets for gestational or type 2 diabetes in pregnancy differ, so ask your team.

☐ **My own targets**
Enter the limits your care team gave you. Everything in the app, alerts included.

Today Timeline Trends Report More

5 Reminders

Type what the reminder says, set a time and tap Add. Reminders only fire while the app is open in your browser, because a web page cannot wake your phone on a schedule.

For dependable alerts, send a reminder to your phone's calendar, or set an alarm in the clock app. Use “Allow notifications” so reminders can show as notifications while the app is open.

The screenshot shows the 'Reminders' screen. At the top, there's a title 'Reminders' with a bell icon. Below it, a yellow box contains an 'Important' note: reminders only fire while the MSRX GlucoNexa app is open in the browser, and a web page cannot wake the phone on a schedule. It advises setting an alarm in the phone's clock app. There's a text input field with 'Check fasting sugar', a time picker set to '08:00 AM', and a blue 'Add' button. Below this, there's a section 'Dependable alerts: your phone's calendar' with a paragraph explaining that reminders can be sent to the calendar. There's a button 'Allow notifications'. At the bottom, there's a section 'Profiles' with a paragraph explaining that each profile is a separate log and that switching reloads the app. It also shows the active profile as 'Me' with a link to 'Edit its details'. At the bottom, there's a navigation bar with icons for 'Today', 'Timeline', 'Trends', 'Report', and 'More'.

Reminders

Important: reminders only fire while MSRX GlucoNexa is open in your browser. A web app cannot wake your phone on a schedule. For medicines and checks you must not miss, also set an alarm in your phone's clock app.

Check fasting sugar

08:00 AM

Add

Dependable alerts: your phone's calendar

Add a reminder above, then you can send it to your calendar.

Allow notifications

Profiles

Each profile is a completely separate log with its own readings, medicines, targets and backups, for example for a parent or child. Switching reloads the app so records can never mix. The profile name is shown in the header and on every report.

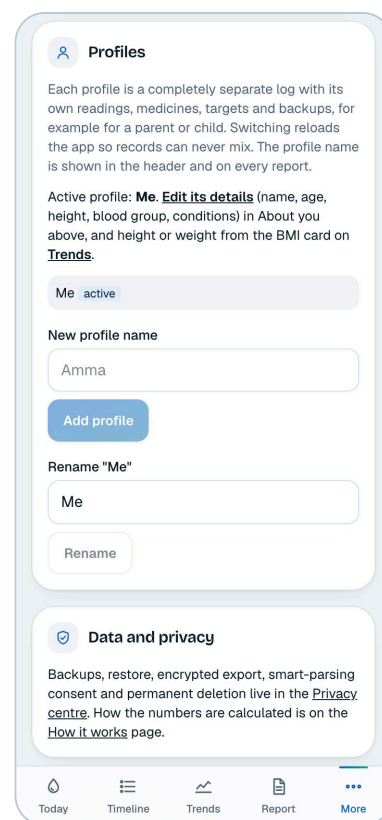
Active profile: **Me**. [Edit its details](#) (name, age, height, blood group, conditions) in About you above, and height or weight from the BMI card on

Today Timeline Trends Report More

6 Profiles

Each profile is a completely separate log with its own readings, medicines, targets and backups, for example for a parent or child. Add a profile, rename the current one, and switch between them. The active profile's name shows in the header and on reports.

Switching reloads the app so that one log can never mix with another.



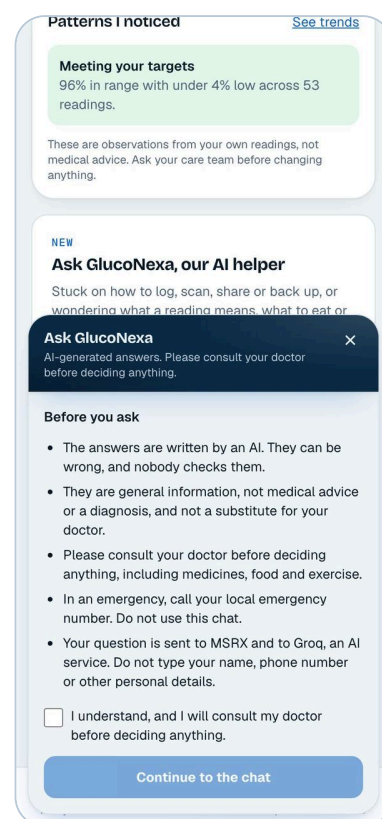
Step 11. Get help

Two places answer questions, and neither needs you to sign in.

1 Ask GlucoNexa, the AI helper

Tap the blue Ask AI button on any screen. The first time, read the notice and tick the box. Type a question or tap one of the suggestions. You can also tick the box to let it look at your recent log when you ask about your own readings.

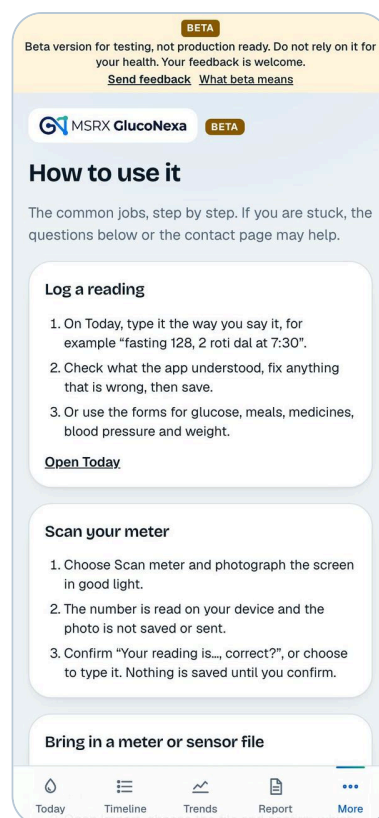
Its answers are AI-generated, can be wrong and are general information. It does not give diagnoses or doses. For an emergency, call your local emergency number: do not use the chat.



2 The help page and feedback

How to use it (the Help page) has short instructions and common questions. The footer of every page links to the privacy notice, user agreement and contact page.

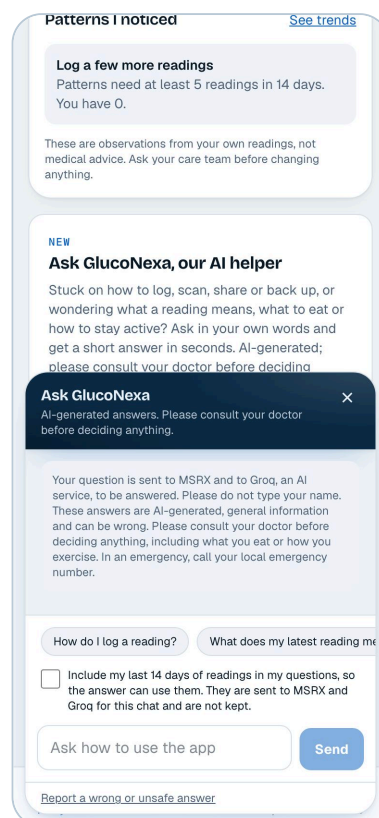
This is a beta version. If something is wrong or confusing, please send feedback with the link at the top of every page.



3 Asking a question

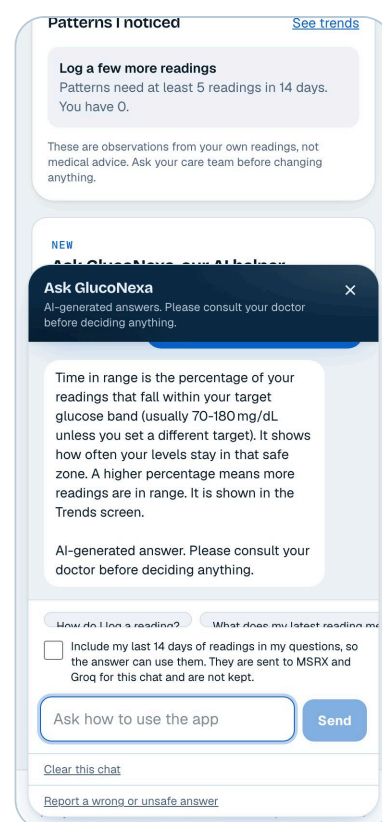
Open the chat, tick the box once, and type a question or tap a suggestion such as “How do I log a reading?”. The answer appears in a few seconds and always ends with the AI notice.

Tick “Include my last 14 days of readings” only if you want the answer to use your own numbers. They are sent for that chat and are not kept. Use “Clear this chat” to start again, and “Report a wrong or unsafe answer” to tell us.



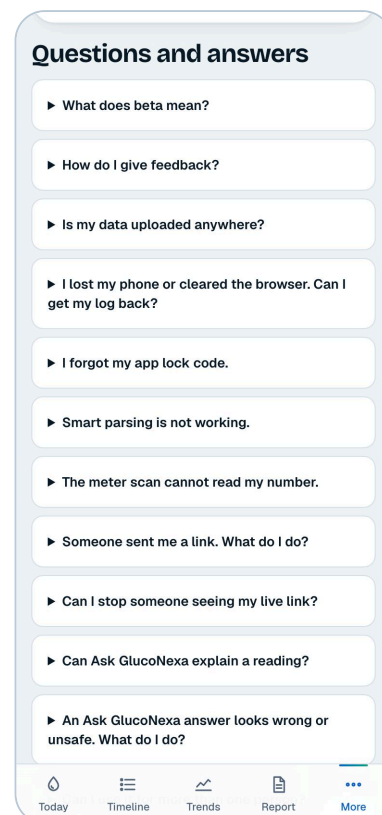
4 What an answer looks like

Answers are short and in plain words, based on the app's own help. Questions about doses, changing medicines, a diagnosis or an emergency receive a fixed safe message instead and are not sent to the AI service.



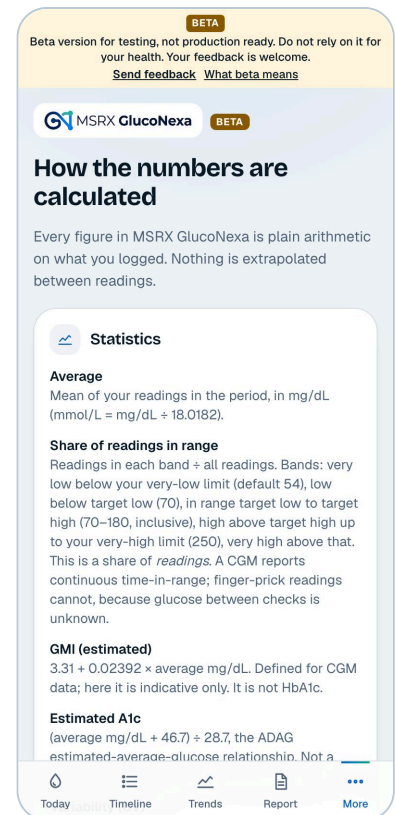
5 Questions and answers

The Help page has a question-and-answer list for the common problems: beta, feedback, where your data is, lost phones, forgotten codes, scanning and smart parsing, links, live sharing and the AI helper.



6 What this app is, how it is calculated, and the legal pages

“What this app is” is a one-minute description. “How the numbers are calculated” explains every figure as plain arithmetic. The privacy notice and legal information page lists what leaves your device and when.



C

Reference

Choices on each form, how the numbers are worked out, limits, troubleshooting, questions and answers, and how to give feedback.

C1. Fields and choices

The options you will meet on each form.

Where	Choices
Glucose → When	Fasting · Before meal · After meal · Bedtime · Exercise · Overnight · Other
Meal → Which meal	Breakfast · Lunch · Snack · Dinner. Food categories: breads and rotis, rice and grains, dal and legumes, breakfast, curries and sabzi, non-veg, meals and combos, snacks and street food, dairy and eggs, drinks, sweets, fruits, packaged and fast food, nuts and seeds
Insulin / meds → Type	Rapid-acting insulin · Long-acting insulin · Mixed insulin · Tablet / other medicine
BP & weight	Top number (systolic), bottom number (diastolic), pulse (optional), weight in kg (optional)
Activity & more → Type	Exercise / activity · Sleep · Symptom · Note
Lab results → Test	HbA1c · Fasting plasma glucose · Total cholesterol · LDL cholesterol · HDL cholesterol · Triglycerides · Serum creatinine · eGFR · Urine albumin-creatinine ratio · Other test
Events → What	Illness · Travel · Fasting · Festival or celebration · Stress · Period · Other
Overview periods	7 · 14 · 30 days
Trends periods	7 · 14 · 30 · 90 days
Report periods	14 · 30 · 60 · 90 days
Live link → How much	Today · Last 7 days · Last 14 days · Last month (30 days) · Last 3 months · Last 6 months · Everything to date · From a date I choose
Live link → For how long	1 hour · 1 day · 7 days · 30 days · Until I turn it off · Until a date and time I choose
Live link → What they can see	Every glucose reading with date and time · Blood pressure · Weight · Medicine schedule · Name · Age · Type of diabetes · A note for them · Passphrase
Snapshot → Period	Last 3 · 7 · 14 · 30 days. Valid for 1 · 3 · 7 · 14 · 30 days
Snapshot → Options	Recent individual readings (up to 150; makes the link much longer) · Medicine schedule · Profile name · Blood pressure and weight · Name, age, type of diabetes · A note · Passphrase
App lock → Lock again	As soon as the app is hidden · After 1 minute away · After 5 · After 15 · Only when the app is opened again

Where	Choices
Settings → Targets	Standard adult · Older adult or higher risk of lows · Pregnancy with type 1 diabetes · My own targets
Settings → Display	Theme: follow my device, light or dark · Larger text

C2. Understanding the numbers

Every figure is plain arithmetic on what you logged. None is a lab result or a diagnosis.

Figure	What it is	How it is worked out
Average	The mean of your readings in the period	Total of readings ÷ number of readings. In mmol/L: mg/dL ÷ 18.0182
Share of readings in each range	How many readings fell in each band, as a percentage	Very low below the very-low limit (default 54), low below your target low (70), in range 70–180 inclusive, high above 180 up to the very-high limit (250), very high above. It is a share of <i>readings</i> , not continuous time in range as a CGM reports
GMI (estimated)	An indicative figure borrowed from CGM practice	$3.31 + 0.02392 \times \text{average mg/dL}$. Defined for CGM data, so here it is only indicative and is not HbA1c
Est. A1c (estimated)	An estimate of HbA1c from your average	$(\text{average mg/dL} + 46.7) \div 28.7$, the ADAG relationship. Not a lab result
Variability (CV)	How much your readings swing	Standard deviation ÷ average. A common goal is 36% or less
Lowest / highest	The smallest and largest reading in the period	Taken directly from your readings
Std deviation	Spread of readings around the average	Standard statistical formula
Meal rise	How much glucose rose after a meal	Needs at least 3 meals with readings; otherwise it shows a dash
Lows	Share of readings below your low limit	Compared with your goal, for example under 4%
Typical day	Your readings by hour of the day	Line is the median; shaded bands are the middle 50% and 80%. Hours with fewer than 3 readings are left out
Active rapid insulin	An estimate of insulin still working	From the doses you logged and the duration you set. It is not for dosing

Figure	What it is	How it is worked out
Patterns noticed	Observations from your readings	Need at least 5 readings in 14 days. Each lists the readings behind it. They are not diagnoses

Few readings, rough picture

The app tells you how many readings and days a figure is based on. Occasional checks cannot show what happened between them, so treat numbers from only a few readings as a rough guide.

C3. Limits the app enforces

Item	Limit
Glucose reading	20 to 600 mg/dL (about 1.1 to 33 mmol/L). Anything outside is treated as a typing slip
Insulin dose	More than 0 and up to 200 units. Tablets up to 5000 mg
Carbohydrate	0 to 1000 g per entry
Activity	Up to 1440 minutes
Sleep	More than 0 and up to 24 hours
Weight	20 to 400 kg
App lock code	Exactly 4 or 6 digits. Repeats (1111) and straight runs (1234, 123456) are refused. Four wrong codes are free; then the wait grows from 30 seconds through 1, 5 and 15 minutes to 1 hour
Backup passphrase	At least 8 characters. There is no way to recover a lost one
Share passphrase	At least 6 characters; tell it to the person separately
Snapshot link size	A link has a size limit. Individual readings are off by default and make it much longer; choose a shorter period if it is too long
Ask AI	A short question per message; a limited number of questions per few minutes and per day
Import file	CSV files up to 12 MB; very dense sensor data is thinned to one reading per 15 minutes if you choose

C4. Shortcuts and good habits

Shortcuts

Keys	What it does
/	Jump to the “Type it” box on Today (on a keyboard)
Ctrl + Enter	Read the sentence you typed in Type it
Tab slider	Slide the Quick log tabs sideways to reveal Insulin / meds, BP & weight and Activity & more

Habits that make the log useful

- **Log when it happens**, not at night. Use the Time box to correct the moment if you are catching up.
- **Use the “When” label**. Fasting and after-meal readings tell your doctor far more than “Other”.
- **Note unusual days** as events: illness, travel, fasting, festivals.
- **Back up weekly**, and after any big change. Keep the file somewhere other than the phone.
- **Check estimates against your lab results**. An HbA1c entered in Lab results is compared with your readings.
- **Keep the meter's own memory** as your primary record while the app is in beta.

C5. Troubleshooting

Problem	What to try
My log is empty after I reopened the app	The Home Screen app and the browser tab keep separate data. Open the one you logged in before. If browser data was cleared, restore from your backup file (Privacy centre → Restore from a backup file).
The meter scan cannot read my number	Use good light, hold the phone still and fill the frame with the screen, or tap where the number is. Avoid the flash shining back off the glass. Scanning works best on seven-segment displays. If it still fails, type the reading.
Type it did not understand me	Check the list it shows and fix numbers there, or use “Edit text”. The forms always work. Smart parsing is optional and needs an internet connection; without it the app uses built-in rules and asks you to check each item.
I forgot my app lock code	It cannot be recovered. On the lock screen you can erase the log on that device and start again, then restore from a backup file if you have one.
Reminders did not ring	Reminders only fire while the app is open. For doses you must not miss, send the reminder to your phone's calendar or set an alarm in the clock app. Also check that notifications are allowed for the browser.
A shared link will not open	Check the whole link was copied, including everything after the “#”. If it asks for a passphrase, you need the one the sender gave you separately. Links can expire or be turned off by the sender.

Problem	What to try
The share link is too long	Choose a shorter period, or leave individual readings out. Snapshot links hold the data inside the link itself.
Text is in English though I chose another language	Translations are drafts and some newer messages are English only. Tell us which ones.
I cannot save the PDF on my phone	Open Report, tap Print / save PDF, and in the print dialog choose Save as PDF.
It says my data may be cleared by the browser	In the Privacy centre, use "Ask the browser to keep this data". The only real protection is a backup file kept elsewhere.
Ask AI says it is unavailable	The helper needs an internet connection and may be switched off or at its daily limit. The Help page has the same answers to common questions.
Something looks wrong or a number seems off	Compare with your meter. Use Edit to correct an entry. Then please tell us what happened: it is exactly what a beta is for.

C6. Questions and answers

Is my data uploaded anywhere?

No. Your log is stored on this device only. It leaves only when you export a backup or report, share a link, or use an optional feature you switched on.

Can the people who made the app see my readings?

No. There is no account and nothing is uploaded, so there is nothing for us to see.

Is it really encrypted?

Your name and personal details are always stored encrypted. With the app lock on, the whole log is stored encrypted (AES-256-GCM) and opened in memory only after you enter your code. Live and snapshot links are encrypted end to end when you add a passphrase or use a live link. Without the app lock, the log sits in your browser's storage as ordinary app data, protected by your phone's own lock.

Can I use it for more than one person?

Yes. Settings has separate profiles, each with its own log, targets and details.

Does it give me insulin doses?

No. It never suggests, calculates or changes a dose. The medicines screen is a journal of what you were prescribed and what you took.

Can Ask GlucoNexa explain a reading?

In general terms: which range a number falls in and what that usually means, using your own targets. It can also suggest general food and activity ideas. It never gives doses, medicine changes or a diagnosis, its answers are AI-generated and can be wrong, and a very low reading always gets urgent on-screen steps first.

Can I stop someone seeing my live link?

Yes. Turn the link off from the sharing bar or the live sharing page. Their app is asked to erase its saved copy. It cannot undo what they have already seen.

Someone sent me a link. What do I do?

Open it and read the notice. Only continue if it was meant for you. You can pick your language at the top. If it reached you by mistake, choose No and tell the sender.

What does it cost?

Nothing. It is free, with no advertising.

What happens to my data if the app is withdrawn?

Your log stays in your browser on your device. Keep a backup file, because this is a beta and features may change or be removed.

C7. Giving feedback

Use the **Send feedback** link at the top of any screen, or the contact page at www.msrx.co.in/contact. Everything helps, from a typo to a feature you would pay for.

Screen or feature	
What I was trying to do	
What I expected	
What happened	
My phone and browser	
Anything I wished it did	

Please do not include your health records, name or phone number in feedback.

C8. Version and notices

MSRX GlucoNexa, beta. Manual version 1.0, 13 October 2026. Screenshots were taken from the beta using made-up demo data (“Asha”) and may differ slightly from your screen after updates.

Please remember

- **It is a logbook, not a medical device.** It gives no medical advice, no diagnosis and no insulin dose. Estimates such as A1c are calculated from your readings; they are not lab results.
- **Always check readings against your meter** and follow your doctor's or care team's plan. Never delay, change or skip treatment because of something shown in the app.
- **If you feel unwell or have symptoms of very high or very low sugar, get medical help.** In an emergency, call your local emergency number. The app has no alarms and nobody monitors your numbers.
- **AI answers can be wrong.** Please consult your doctor before deciding anything, including food, exercise and medicines.
- **This is a beta:** not production ready, for testing, provided free and “as is”. It may lose data. Keep your own records and back up often.

The full user agreement is in the app under More → User agreement (<https://gluconexa.msrx.co.in/terms>), and the privacy notice and legal information are at <https://gluconexa.msrx.co.in/legal>. The legal text in the app is a plain-language draft that has not yet been reviewed by a lawyer.

Thank you for testing MSRX GlucoNexa. What you tell us decides what it becomes.

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