TrioDocs

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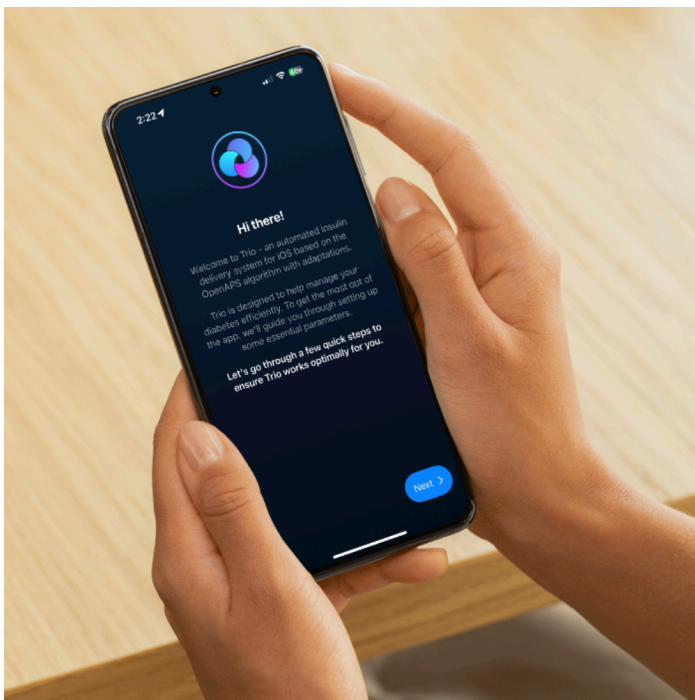
New User Setup Guide

New User Setup Guide

Welcome to the New User Setup Guide and congratulations on a successful Trio build! This guide walks you through how to set up your Trio app once you have installed it on your phone.

If you still need to install the app, head to the Build Instructions for Mac or Browser and come back here when you are ready to start the setup process!

Onboarding Wizard

Trio has an Onboarding Wizard that walks you through these steps when you first start the app. Each step contains a tab for **During Onboarding** and **After Onboarding**, explained below.

During Onboarding

Information under the **During Onboarding** tab provides additional information for that step of the Onboarding Wizard.

Use this documentation as your home base to refer back to as needed.

After Onboarding

Information under the **After Onboarding** tab shows you where to edit the relevant settings after onboarding is complete as well as the additional information on those settings.

Use this documentation as your home base to refer back to as needed.

> 🔥 **Tip**
>
> If you've completed the Onboarding Wizard and need guidance on what to do next, jump to Step 7: Connect Your Devices

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Jump to:

Step 1: Prepare Trio

Step 2: Therapy Settings

Step 3: Delivery Limits

Step 6: Bluetooth

Step 7: Connect Your Devices

Step 8: Enable Closed Loop

Step 1: Prepare Trio

In this step, you'll configure diagnostics sharing, optionally sync with Nightscout, and enter other essential setup information.

During Onboarding

Diagnostics

By default, Trio collects crash reports and other anonymized data related to errors, exceptions, and overall app performance. Sharing this data helps developers maintain and improve the app. This is completely anonymous and optional.

> 🔥 **Tip**
>
> If you select `Enable Sharing`, you must also read and accept the Privacy Policy in the Onboarding Wizard before you are able to proceed.

Nightscout

Nightscout is a cloud-based platform that allows you to store your diabetes data.
Nightscout is not required and can be added at a later time under Services in the Settings menu of the app.

Units & Pump

In the Onboarding Wizard, you will select your Glucose Units and Pump Model, but you will not pair your pump yet. You will pair your pump and CGM after completing the Onboarding process (See Step 7).

After Onboarding

Edit Diagnostics

To enable or disable sharing after you've completed onboarding, open the settings menu, then Features, then App Diagnostics. Here you will find the ability to adjust sharing as well as the Privacy Policy.

Edit Nightscout

To connect or edit your Nightscout credentials after you've completed onboarding, follow the guidance here.

Edit Glucose Units

Step 2: Therapy Settings

The next step is to enter your Therapy Settings. These include:

- **Target Glucose**: Trio's dosing will aim for this glucose when calculating insulin dosage

- **Basal Rates**: Used as a baseline for increasing or decreasing insulin needs

- **Carb Ratios**: How many grams of carbohydrate are countered by 1 unit of insulin

- **Insulin Sensitivities**: How much 1 unit of insulin will lower your blood glucose
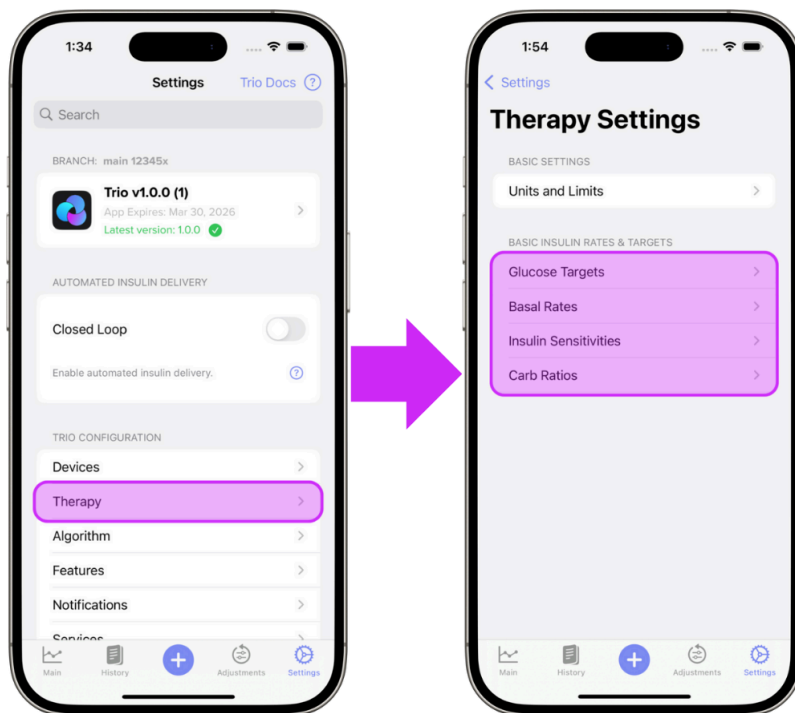
During Onboarding

For more information about each therapy setting in this step, use the links below:

- Glucose Targets

- Basal Rates

- Carb Ratios (CR)

- Insulin Sensitivities (ISF)

After Onboarding

Here is how to locate these settings after onboarding:

Below you'll find a step by step guide to edit each of these settings:

- Glucose Targets

- Basal Rates

- Carb Ratios (CR)

Step 3: Delivery Limits

In this step you will set the boundaries for insulin delivery and carb entries to help Trio keep your insulin dosing safe, yet effective.
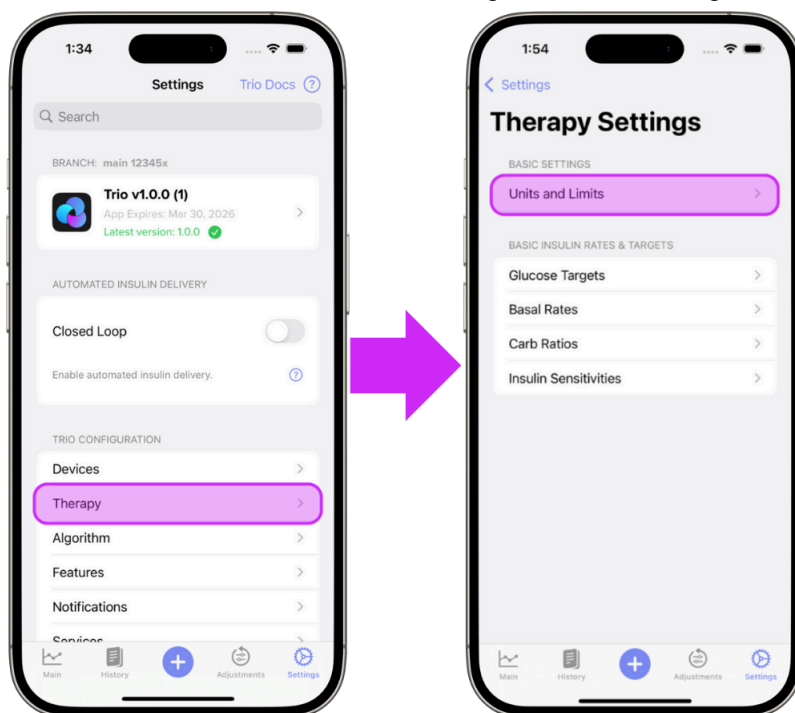
During Onboarding

Below you'll find more information on each of the settings in order of appearance in the Onboarding Wizard:

- Max IOB
- Max Bolus
- Max Basal Rate
- Max COB
- Minimum Safety Threshold

After Onboarding

Here is how to locate these settings after onboarding:

Below you'll find more information on each of these settings:

- Max IOB
- Max Bolus
- Max Basal Rate
- Max COB
- Minimum Safety Threshold

Step 4: Algorithm Settings

Trio includes several algorithm settings that allow you to customize the Oref algorithm behavior to suit your specific needs.

To configure the algorithm, you'll define the settings for Autosens, Super Micro Bolus (SMB), and Target Behavior.

> ⚠️ **Go Slow**
>
> - This step may feel overwhelming, so take it slow and use the links shared below to help guide your choices.
> - Our strong recommendation is to leave everything on the default settings as a new user.

> ❗ **Important information for this step:**
>
> - DynamicISF requires at least 7 days of data and is not yet configurable
> - Even if you're an updating user, you'll be guided through this step-by-step. It is important to read each step as some things may have changed
> - **All additional "advanced settings" have been reset**
> - The duration of insulin action (DIA) is now locked to Trio's new default of *10 hours*.
>   - We strongly recommend *not* changing DIA as it is essential for an accurate IOB calculation and necessary for safe and stable operation.

During Onboarding

Autosens

Autosensitivity, or Autosens, adjusts insulin delivery based on observed sensitivity or resistance.

Step 1: Set Autosens Min
This is the lower limit of the Autosens Ratio.
Learn more about Autosens Min.

Step 2: Set Autosens Max
This is the upper limit of the Autosens Ratio.
Learn more about Autosens Max.

Super Micro Bolus (SMB)

SMB (Super Micro Bolus) is an oref algorithm feature that delivers small, frequent boluses instead of temporary basal adjustments, creating a more responsive system.

Step 5: Notifications

In this step you will allow Trio to send you notifications. These include alerts, sounds, and icon badges of your choosing. Notifications give you important Trio information without requiring you to open the app. It is essential that these are allowed in your iPhone system settings. Once you complete onboarding, you can customize your notifications.

To edit Notifications after you've completed onboarding, head over to the Notifications section for more information on each type of notification and how to edit them.

Step 6: Bluetooth

Trio requires Bluetooth to function as a (hybrid) closed-loop system. If you do not have Bluetooth enabled in your iOS settings, you will not be able to connect your phone to your insulin pump or CGM. A pop up will appear that makes this easy to enable if it hasn't been already.

Congratulations!

But, you're not done yet!

Home Screen Mockup

Steps 7 & 8 are not in the Onboarding Wizard
These cannot be completed until you've finished onboarding, but *must* be completed before you can start using Trio.

Step 7: Connect Your Devices

Connect your Insulin Pump
Connect your CGM
Connect your Watch
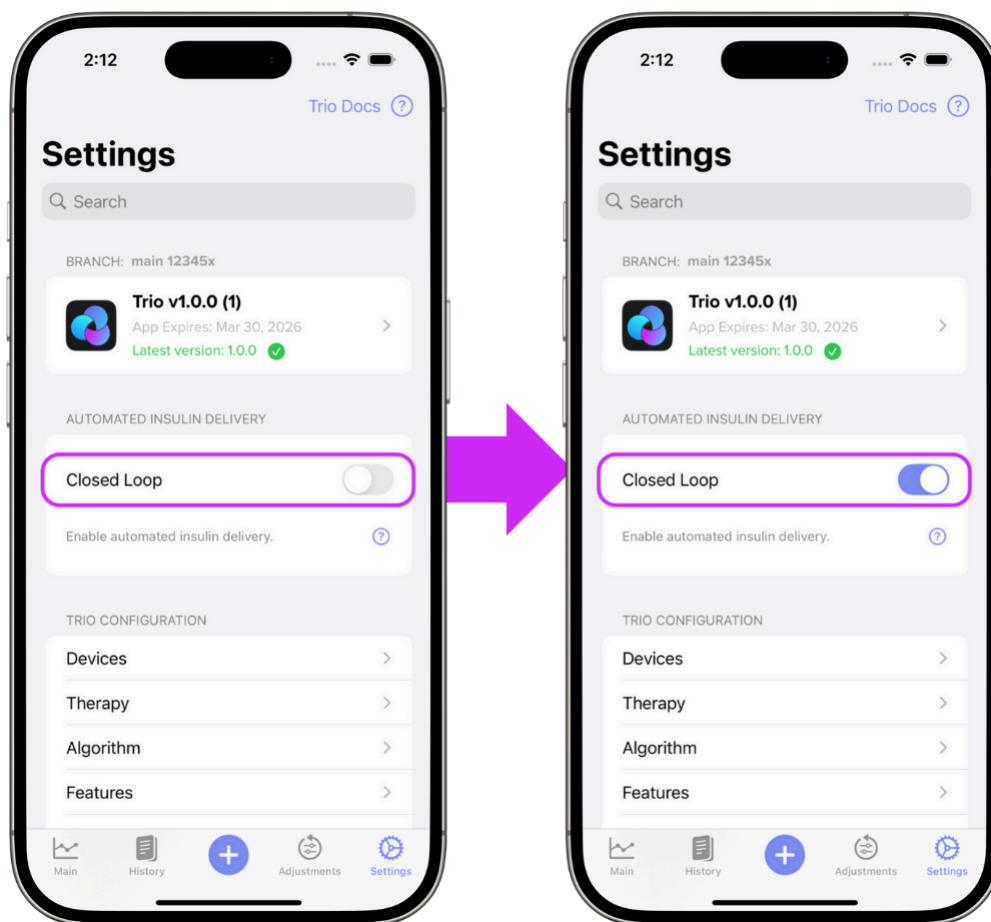
Step 8: Enable Closed Loop

> ⚠️ **Warning**
>
> Trio works best as a closed loop system. If you need to test your settings or are concerned about trying a new algorithm, it's best to close the loop and follow the configuration instructions here.

Closed loop functionality is turned **OFF** by default. This means Trio cannot make any adjustments automatically. The system relies solely on you to make any adjustments while Closed Loop is **OFF**. You can control your pump and manually bolus with the Trio app, but nothing can be done without your approval. This is often referred to as running in open loop. You will *not receive any Trio-initiated protection from lows or highs while in open loop*.

More on closing the loop

> ⚠️ **Dynamic Settings**
>
> Trio will not allow you to enable Dynamic Settings until it has accumulated 7 days of data. This is essential so Trio can make sound dosing recommendations. Once it has enough data and you can enable Dynamic Settings, it is still recommended that you have already...
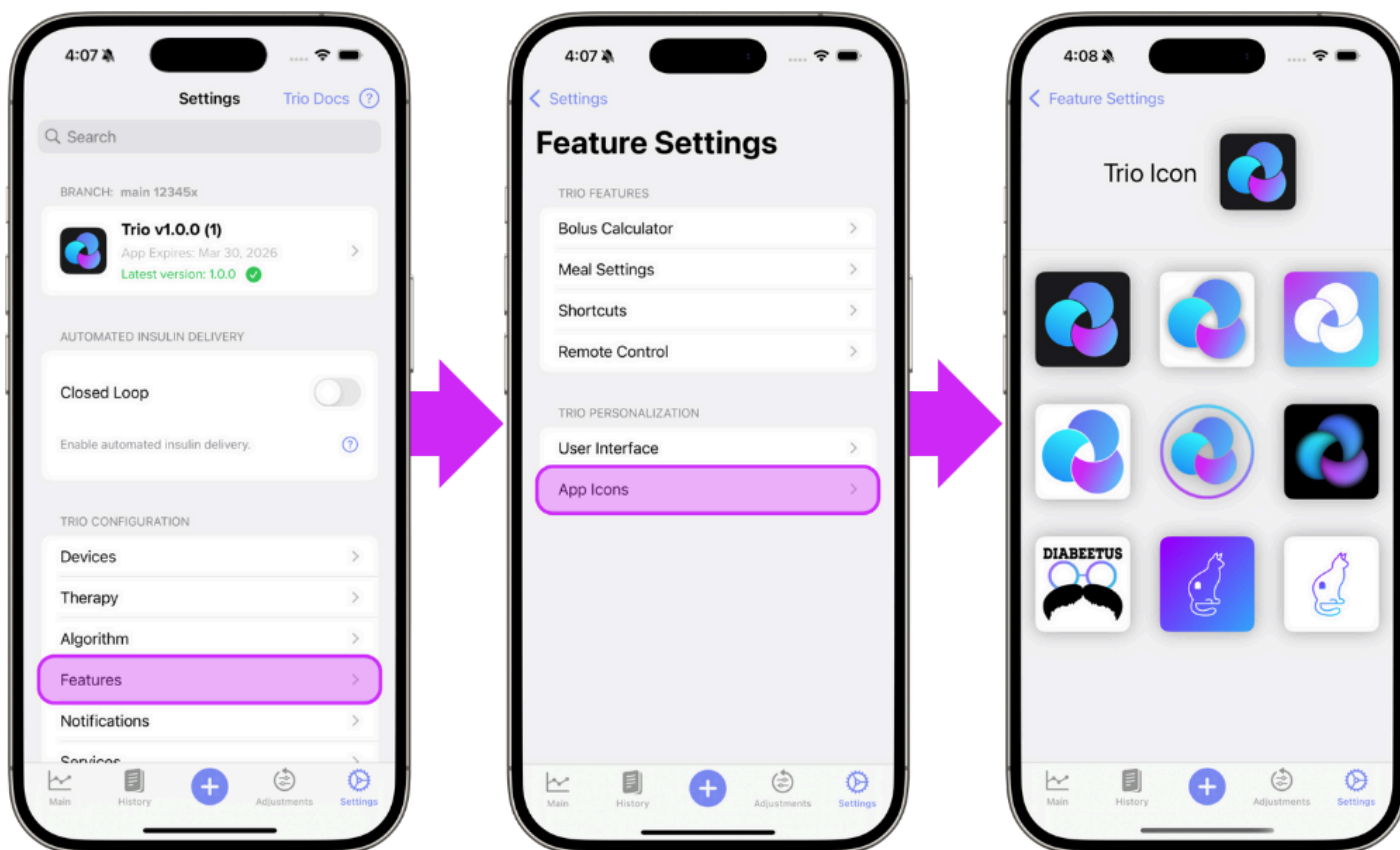>
> - ...tuned your core Trio settings (ISF, CR, and Basal Rates) for use in the Oref algorithm.
> - ...used Trio with a *real* CGM and *real* pump (not simulators) for the recommended minimum of **7 consecutive days**.
> - ...read and understand the Dynamic Settings and how they interact with each other.

Step 9: Change App Icon (Optional)

Under "App Icons" in the Settings Menu, you can find various icons for your Trio app.

Congratulations! You've completed the New User Setup for Trio!