

How to Upload your DIY Loop Data:

TIDEPOOL

Uploading DIY Loop data is done via Tidepool. If you don't yet have a Tidepool account, these support articles will help you get started:

- [Getting started](#)
- [Setting up a Tidepool account](#)

I. Connect to the Tidepool Service

Please follow the instructions

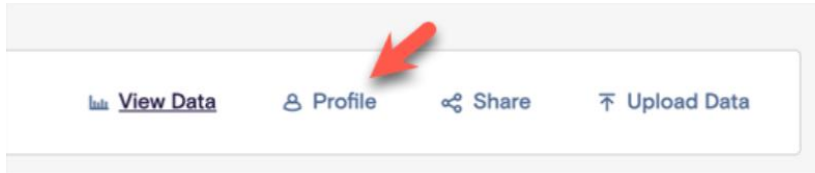
1. Open the DIY Loop app on your iPhone.
2. Tap the gear icon in the bottom right corner of the app.
3. Scroll down in the settings menu until you find the “**Services**” section, then tap “+ **Add Service**”.
4. In the list of available options, tap “**Tidepool Service**”.
5. Tap the Login button to continue.
6. Enter the email address associated with your Tidepool Data Platform account, then tap “**Next**”.
7. Enter your Tidepool Data Platform account password and tap “**Sign In**”.
8. After successful login, a confirmation message will appear: Logged in as [username@email.com], showing your connected account.
9. Tap “**Close**” in the top right corner to exit the “Add Service” screen.
10. You have now successfully added the Tidepool Service to your DIY Loop app.

To avoid duplicate data being recorded in Apple Health and Tidepool, please disable the connection from Tidepool to Apple Health as follows. This is only relevant if you have previously used Tidepool Mobile on your iPhone.

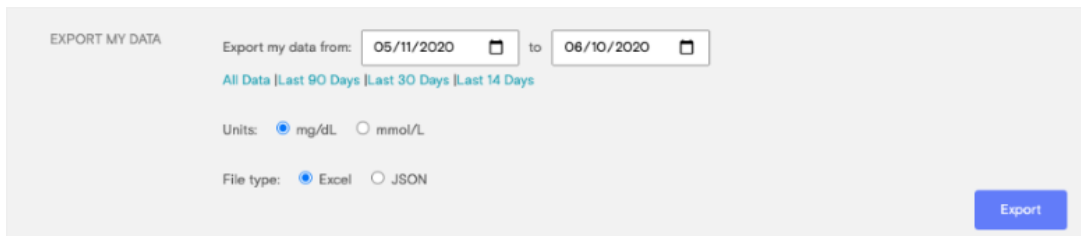
1. Open the Tidepool Mobile app on your iPhone.
2. Tap the three-line menu icon (hamburger menu) in the top left corner of the screen.
3. Tap **Connect to Health** to turn off the feature. A green icon indicates it is enabled, and a gray icon indicates it is disabled.
4. Once the icon is gray, Apple Health data sharing is disabled. You have now successfully stopped Apple Health data from being shared with Tidepool.

II. Export your Tidepool Data

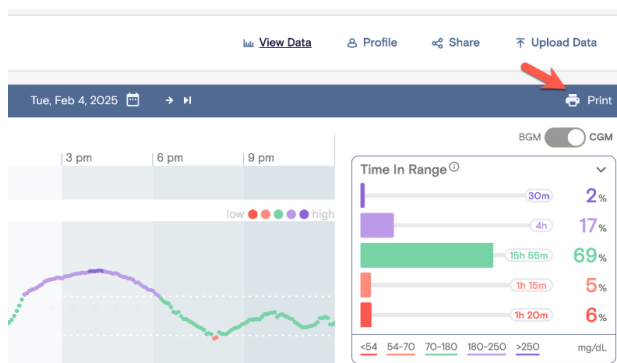
1. Log in to your Tidepool account at app.tidepool.org.
2. Click **Profile** in the navigation bar.



3. Scroll down until you see **EXPORT MY DATA**.



4. Select the time range covering your last menstrual cycle.
5. Keep the units set to the default **mg/dL**.
6. Select **Excel** as the file type.
7. Click the **Export** button.
8. A file named **TidepoolExport.xlsx** will be downloaded to your computer.
9. Then click on **“View Data”** and then on **“Print”** in the upper right corner of the navigation bar at the top of the Tidepool web view to download the PDF file.



10. Select the reports (AGP Report (CGM), AGP Report (BGM), Basics, Daily, BG Log, Device Settings) and duration of your last menstrual period for each section of the report.

Print Report

AGP Report (CGM)

Number of days (most recent)

7 days
14 days
30 days

Or select a custom date range (90 days max)

Oct 17, 2025
→
Nov 14, 2025
X

AGP Report (BGM)

Number of days (most recent)

14 days
30 days

Or select a custom date range (90 days max)

Oct 19, 2025
→
Nov 17, 2025
X

Basics Chart

Number of days (most recent)

14 days
21 days
30 days
90 days

Or select a custom date range (90 days max)

Nov 4, 2025
→
Nov 17, 2025
X

Daily Charts

Number of days (most recent)

14 days
21 days
30 days
90 days

Or select a custom date range (90 days max)

Nov 4, 2025
→
Nov 17, 2025
X

BG Log Chart

Number of days (most recent)

14 days
21 days
30 days
90 days

Or select a custom date range (90 days max)

Oct 19, 2025
→
Nov 17, 2025
X

Device Settings

11. Then click **Print** to generate the PDF. Select “save as PDF” in the printer options.
12. Upload both files (xlxs, pdf) via the secure link we have provided to you.