


## How do I upload my Ypsopump?

Before any appointment you should upload your data from your pump at home.

### Ypsopump

Go to your my life app. You can save the data from this as a PDF and send to our team when you have your clinic appointment.

To find your PDF follow these instructions:

- Press menu bar, this will look like 3 horizontal lines
- Press PDF report
- Press Export
- Press this icon 
- Then select how you would like to share this, for example by email
- Type in our pump mailbox fv.diabetespumpserv@nhs.scot