



ONETOUCH

Verio Reflect[®]

Blood Glucose Monitoring System

Owner's Booklet





Thanks for choosing OneTouch®!

The OneTouch Verio Reflect® Blood Glucose Monitoring System is one of the latest product innovations from OneTouch®.

Your OneTouch Verio Reflect® Meter is designed to connect (sync) with a variety of compatible wireless devices running software applications. By connecting your meter with the OneTouch Reveal® App you can review and graph your results, set Daily Test Goals, see Blood Sugar Mentor™ Messages and help identify patterns. Meter results and other tracked data are sent to the compatible devices either through BLUETOOTH® (wireless) or USB cable connection. Visit www.OneTouch.com for more information about the OneTouch Reveal® App.



Every OneTouch® Meter is designed to help you test your blood glucose and manage your diabetes.



This Owner's Booklet offers a complete explanation of how to use your new meter and testing supplies. It reviews the do's and don'ts of testing your blood glucose level. Please keep your Owner's Booklet in a safe place; you may want to refer to it in the future.

We hope OneTouch® products and services will continue to be a part of your life.

Meter symbols and icons

Range Indicator icons and Color Bar



Result below target range



Result at low end of target range



Result near middle of target range



Result in middle of target range



Result near middle of target range



Result at high end of target range



Result above target range



Result in range (text)

Meal and Event tags



Before Meal tag



After Meal tag



Event tag



Carbs Event tag



Stress Event tag



Illness Event tag



Medication Event tag



Exercise Event tag

Patterns, Test Tracker, and Awards



Low Pattern Message (blue icon)



High Pattern Message (red icon)



Daily Test Goal met



Daily Test Goal not met



Gold award



Silver award



Bronze award

Main Menu and Settings Menu icons



Summary



Results Log



Trend 90



Settings Menu



Range Indicator icons as emoji



Range Indicator icons as text

Other meter icons



BLUETOOTH® feature on



Syncing



Control solution result



Low battery



Screen navigation progress dots

Other symbols and icons



Cautions and Warnings: Refer to the Owner's Booklet and inserts that came with your system for safety-related information.



Direct current

Before you begin

Before using this product to test your blood glucose, carefully read this Owner's Booklet, and the inserts that come with the OneTouch Verio® Test Strips, OneTouch Verio® Control Solutions and the OneTouch® Delica® Plus Lancing Device.

IMPORTANT SAFETY INSTRUCTIONS:

- This meter and lancing device are for single patient use only. **Do Not** share them with anyone else, including family members! **Do Not** use on multiple patients!
- After use and exposure to blood, all parts of this kit are considered biohazardous. A used kit may potentially transmit infectious diseases even after you have performed cleaning and disinfection.

For more information see: *FDA Public Health Notification: "Use of Fingerstick Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens: Initial Communication 2010"* <http://wayback.archive-it.org/7993/20170111013014/http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm224025.htm>

CDC website on "Infection Prevention during Blood Glucose Monitoring and Insulin Administration"
<http://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html>

Intended use

The OneTouch Verio Reflect® Blood Glucose Monitoring System is composed of the OneTouch Verio Reflect® Meter and OneTouch Verio® Test Strips. The OneTouch Verio Reflect® Blood Glucose Monitoring System is intended to be used for the quantitative measurement of glucose (sugar) in fresh capillary whole blood samples drawn from the fingertips. The OneTouch Verio Reflect® Blood Glucose Monitoring System is intended for self-testing outside the body (*in vitro* diagnostic use), by individuals with diabetes at home as an aid to monitor the effectiveness of diabetes control. The system is intended to be used by a single person and should not be shared. The system should not be used for the diagnosis of, or screening for diabetes or for neonatal use.



⚠ WARNING: This device is not intended for use in healthcare or assisted-use settings such as hospitals, physician offices, or long-term care facilities because it has not been cleared by the FDA for use in these settings, including for routine assisted testing or as part of glycemic control procedures. Use of this device on multiple patients may lead to transmission of Human Immunodeficiency Virus (HIV), Hepatitis C Virus (HCV), Hepatitis B Virus (HBV), or other bloodborne pathogens.

Limitations



The OneTouch Verio Reflect® Blood Glucose Monitoring System is intended to be used by a single patient and should not be shared. The OneTouch Verio Reflect® System is not to be used for the diagnosis or screening of diabetes or for neonatal use. The OneTouch Verio Reflect® System is not for use on critically ill patients, patients in shock, severely dehydrated patients or hyperosmolar patients (with or without ketosis). **Do Not** use the OneTouch Verio Reflect® System for alternate site testing (AST).



OneTouch Verio® Test Strips should not be used at altitudes above 10,000 feet as there may be an adverse effect on test results. A hematocrit (percentage of your blood that is red blood cells) that is either very high (above 60%) or very low (below 20%) can cause false results. Talk to your healthcare professional if you don't know your hematocrit level.



The OneTouch Verio Reflect® Blood Glucose Monitoring System should not be used within 24 hours of receiving a D-xylose absorption test as it may cause inaccurately high glucose results with your meter. **Do Not** use the OneTouch Verio Reflect® Blood Glucose Monitoring System if you are being treated for organophosphate poisoning with Pralidoxime (PAM) as it may cause inaccurate glucose results with your meter.

Test principle

Glucose in the blood sample mixes with the enzyme FAD-GDH (see page 115) in the test strip and a small electric current is produced. The strength of this current calculates your blood glucose level. It then displays the blood glucose result and stores it in the meter memory.

Use only OneTouch Verio® Control Solutions and Test Strips with the OneTouch Verio Reflect® Meter. Use of OneTouch Verio® Test Strips with meters for which they are not intended may yield inaccurate results.

BLUETOOTH® wireless technology

BLUETOOTH® wireless technology is used by some smartphones and many other devices. Your OneTouch Verio Reflect® Meter uses BLUETOOTH® wireless technology to pair and to send your glucose results to compatible wireless devices.



The OneTouch Verio Reflect® Meter is designed to work with the OneTouch Reveal® Mobile App.

Visit www.OneTouch.com for information on which wireless devices are compatible with your OneTouch Verio Reflect® Meter, and where/how to download the OneTouch Reveal® Mobile App.

When using the OneTouch Verio Reflect® System, we suggest you pair your OneTouch Verio Reflect® Meter with a compatible wireless device and track your results. See page 82 for pairing instructions.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.





This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

These guidelines help ensure that your meter will not affect the operation of other nearby electronic devices. Additionally, other electronic devices should not affect the use of your meter.

If you experience meter interference problems, try moving your meter away from the source of the interference. You can also move the electronic device or its antenna to another location to solve the problem.





⚠ WARNING: The BLUETOOTH® feature on your meter sends test results to your compatible wireless device. To prevent other people's results from being sent to your compatible wireless device, **Do Not** let anyone else use your meter to test their blood glucose. This meter is for single patient use only.

⚠ WARNING: In locations where cell phone use is not permitted, such as hospitals, some healthcare professional offices and airplanes, you should turn the BLUETOOTH® feature off. See page 79 for more information.

Do Not leave your meter unattended or in a public place so that others may change your personal parameters or make physical connections to it.



The meter has been designed defensively to ward off malicious intent and has been tested accordingly.



BLUETOOTH® trademark

The BLUETOOTH® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by LifeScan Scotland Ltd. is under license. Other trademarks and trade names are those of their respective owners.





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1 Getting to know your system

Your OneTouch Verio Reflect® Blood Glucose Monitoring System

Included with your kit:



OneTouch Verio Reflect® Meter
(2 CR2032 lithium coin cell
batteries included)



Lancing device



Lancets



OneTouch Verio®
Test Strips*

NOTE: If any item is missing or defective in your kit, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

NOTE: If another type of lancing device was included, see the separate instructions for that lancing device.



Getting to know your system **1**

Available separately:

Items pictured below are required, but may not be included in your kit:

They are sold separately. Refer to your meter carton for a list of included items.



**OneTouch Verio®
Level 3 Control
Solution***

(vial with blue cap)



**OneTouch Verio®
Level 4 Control
Solution***

(vial with red cap)



**OneTouch Verio®
Test Strips***

*OneTouch Verio® Control Solution and Test Strips are available separately. For availability of test strips and control solution, contact Customer Service or ask your pharmacist or healthcare professional.

You can use either OneTouch Verio® Level 3 Control Solution or OneTouch Verio® Level 4 Control Solution with your OneTouch Verio Reflect® Meter.

⚠ WARNING: Keep the meter and testing supplies away from young children. Small items such as the battery door, batteries, test strips, lancets, protective covers on the lancets, and control solution vial cap are choking hazards. **Do Not** ingest or swallow any items.

1 Getting to know your system

Getting to know your OneTouch Verio Reflect® Blood Glucose Monitoring System

Meter



Getting to know your system **1**

1	Test strip port Insert test strip here to turn meter on
2	Battery icon Appears only when batteries are low
3	mg/dL is the pre-set unit of measure and cannot be changed*
4	Micro USB data port Connect to download to a computer
5	OK button • Turns meter on/off (press and hold) • Confirms menu selections (press and release)
6	Back button • Go back to the previous screen (press and release) • May be used to change a Meal tag or add an Event tag
7	Up and down buttons • Highlight selection (press and release) • Increase scrolling speed (press and hold)
8	Color Bar
9	Range Indicator icon
10	Test Tracker icons

⚠ WARNING: *Confirm that the unit of measure mg/dL is displayed. If your display shows mmol/L rather than mg/dL, stop using the meter and contact Customer Service.

1 Getting to know your system

Getting to know your OneTouch Verio® Test Strip

Test strip



11	Channel to apply sample
12	Silver prongs Insert into test strip port (1)

Features overview

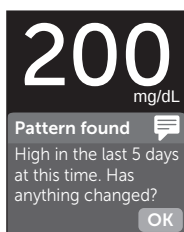
The OneTouch Verio Reflect® Meter is equipped with features designed to help you manage your blood glucose in a variety of ways. We hope you will take advantage of these features and make them part of your diabetes management routine.

Getting to know your system 1

Blood Sugar Mentor™ Messages

Blood Sugar Mentor™ Messages provide insight on how you're doing and diabetes management guidance, including educational and motivational messages based on your current and previous glucose results and other tracked data. When you receive your blood glucose result, the meter may display Mentor Tips (guidance), Pattern Messages (insight) or Awards (encouragement).

Examples of Blood Sugar Mentor™ Messages



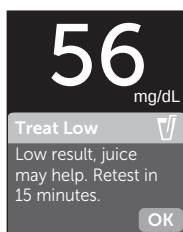
200 mg/dL

Pattern found 

High in the last 5 days at this time. Has anything changed?

OK

Insight



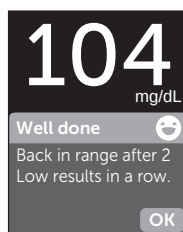
56 mg/dL

Treat Low 

Low result, juice may help. Retest in 15 minutes.

OK

Guidance



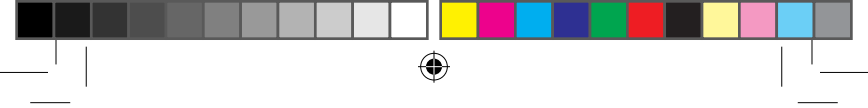
104 mg/dL

Well done 

Back in range after 2 Low results in a row.

OK

Encouragement



1 Getting to know your system

ColorSure® Dynamic Range Indicator

The ColorSure® Dynamic Range Indicator instantly lets you know if your current result is below (blue), within (green) or above (red) your range limits. It also shows when your result is near the low or high end of your target range.

Test Tracker

The Test Tracker lets you set the number of glucose tests you plan to take each day and automatically tracks progress towards achieving that goal.

Trend 90

Trend 90 lets you set your blood glucose 90 Day Average Target and tracks progress towards that goal. The Trend 90 graph is automatically updated every 14 days and provides a view of how your overall glucose control is trending over time.

Setting up your system **2**

Setting up your meter

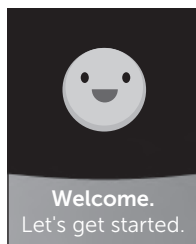
Turn your meter on

To turn your meter on, press and hold  until the Welcome screen appears. Once the Welcome screen is displayed, release . You can also turn the meter on by inserting a test strip.

Every time you turn your meter on, a Welcome screen will appear for a few seconds. If the meter does not power on, check the batteries. See page 103.

CAUTION:

If you see any missing pixels within the Welcome screen, there may be a problem with the meter. Contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.



Example

NOTE: Whether you turn the meter on for the first time using  or a test strip, you will need to perform first time setup.



2 Setting up your system

Use the display backlight for better visibility

The backlight comes on automatically whenever the meter is turned on. After a few seconds of no activity, the backlight will dim. Pressing any button or inserting a test strip will turn the backlight back on.

First time setup

Before using your meter for the first time, you will be prompted to set the language, time, date, range limits, Daily Test Goal, and 90 Day Average Target.

NOTE:

- 
- You will not be able to perform a blood glucose test until you complete first time setup.
 - Be sure to talk to your healthcare professional about setting the right range limits, Daily Test Goal, and 90 Day Average Target for you. When selecting or changing these settings, you should consider factors such as your lifestyle and diabetes therapy. Never make significant changes to your diabetes care plan without consulting your healthcare professional.
 - It is important to select the settings with care to ensure the correct information is stored with your test results.
- 



Setting up your system 2

The meter comes pre-set to help you with first time setup. But if you need to edit a setting, press or to highlight **Edit** and press . You can then press or to change values. After making your selection, highlight **Save** and press to confirm your selection and proceed to the next screen.

Pressing returns you to the previous screen.

1. Press or to highlight the language you want, then press to select

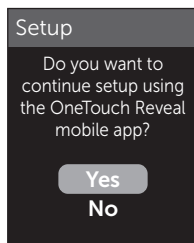
The meter will display a prompt giving the option to complete first time setup using the OneTouch Reveal® App. Visit www.OneTouch.com for more information about the OneTouch Reveal® App. If you do not want this option, highlight **No** and press to continue first time setup using only the meter.



2 Setting up your system

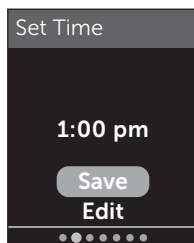
Selecting **Yes** will prompt you to pair the meter with your compatible wireless device. See page 81. After pairing, the OneTouch Reveal® App will guide you through the process of first time setup. The remaining steps below will not be needed.

NOTE: The green progress dot will move from left to right as you navigate through the first time setup screens.



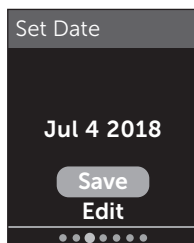
2. Confirm the time, then press to save

Selecting **Edit** will allow you to change the pre-set time.



3. Confirm the date, then press to save

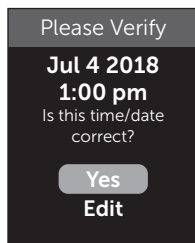
Selecting **Edit** will allow you to change the pre-set date.



Setting up your system 2

NOTE:

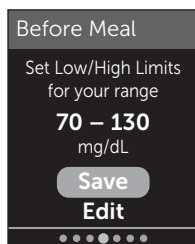
- The time and date format cannot be changed.
- Once every 6 months, and every time you change the batteries, a screen will prompt you to confirm the time and date set in the meter.



Example

Selecting **Edit** will allow you to change the time and date. Once correct, select **Done**.

4. Confirm the Before Meal range limits, then press to save



Example

Selecting **Edit** will allow you to change the pre-set Before Meal range limits.

2 Setting up your system

Your meter uses the Before Meal and After Meal range limits set in your meter to tell you when a test result is within, below or above your mealtime range limits. The mealtime range limits you set during first time setup will apply to all glucose results. They are used in the ColorSure® Dynamic Range Indicator feature, to detect Patterns and in the Summary. See page 42, page 63 and page 70 for more information.

Before Meal range limits

pre-set low limit	70 mg/dL
pre-set high limit	130 mg/dL
low limit must be set within	60 mg/dL and 110 mg/dL
high limit must be set within	90 mg/dL and 300 mg/dL

5. Confirm the After Meal range limits, then press to save



Example

Selecting **Edit** will allow you to change the pre-set After Meal range limits.



Setting up your system 2

After Meal range limits

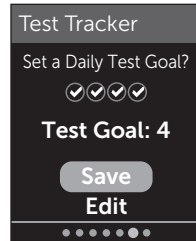
pre-set low limit	70 mg/dL
pre-set high limit	180 mg/dL
low limit must be within	60 mg/dL and 110 mg/dL
high limit must be within	90 mg/dL and 300 mg/dL

6. Confirm the Test Tracker setting, then press to save

Selecting **Edit** will allow you to change the pre-set Daily Test Goal for the Test Tracker.

The Test Tracker lets you set the number of glucose tests you plan to take each day and automatically tracks progress towards achieving that goal.

The meter is pre-set with a Daily Test Goal of four tests per day. The maximum Daily Test Goal is eight. See page 93 for more information.



2 Setting up your system

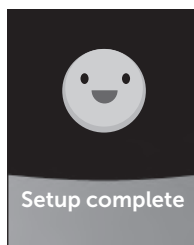
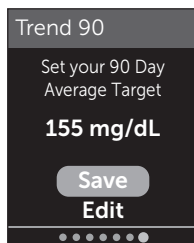
7. Confirm the 90 Day Average Target, then press to save

Selecting **Edit** will allow you to change the pre-set 90 Day Average Target.

Trend 90 lets you set your blood glucose 90 Day Average Target and tracks progress towards that goal. The Trend 90 graph is automatically updated every 14 days and provides a view of how your overall glucose control is trending over time.

The meter is pre-set with a 90 Day Average Target of 155 mg/dL. The minimum 90 Day Average Target is 99 mg/dL and the maximum is 265 mg/dL. See page 77 for more information.

Setup complete appears on the screen. Your meter is ready for use.



If the meter was turned on by inserting a test strip, the **Apply Blood** screen will appear. To perform a blood glucose test, see page 30.



Setting up your system 2

NOTE: After first time setup, you can adjust your settings at any time. See page 87 for more information.

Understanding Basic Mode

The meter comes with many features to help track diabetes management progress. Basic Mode will turn off these features if you prefer not to use the meter in this way.

When Basic Mode is selected, the Test Tracker, Meal and Event tagging, Before and After Meal averages, Trend 90, Pattern Messages, Mentor Tips and Awards will be turned off. In Basic Mode, range limits are general and are not defined by mealtime. Range Indicator icons appear as text (for example, ) rather than as emoji (for example, )

For more information about turning Basic Mode on or off see page 92.

Turning the meter off

There are three ways to turn your meter off:

- Press and hold  for several seconds until the meter turns off.
- Remove the test strip.
- Your meter will turn off by itself if left alone for two minutes.



3 Taking a test

Testing your blood glucose

Preparing for a blood glucose test

NOTE: Many people find it helpful to practice testing with control solution before testing with blood for the first time. See page 51.

Have these things ready when you test:

OneTouch Verio Reflect® Meter
OneTouch Verio® Test Strips
Lancing device
Sterile lancets



NOTE:

- Use only OneTouch Verio® Test Strips.
 - Unlike some blood glucose meters, no separate step to code your OneTouch Verio Reflect® System is required.
 - Testing must be done within operating temperature range (43-111°F) and 10-90% non-condensing relative humidity.
 - Make sure your meter and test strips are about the same temperature before you test.
- 



Taking a test **3**

- Keep test strips in a cool, dry place between 41°F and 86°F and below 90% relative humidity. See page 97 for full storage instruction.
- **Do Not** test if there is condensation (water build-up) on your meter. Move your meter and test strips to a cool, dry spot and wait for the meter surface to dry before testing.
- **Do Not** open the test strip vial until you are ready to remove a test strip and perform a test. Use the test strip **immediately** after removing it from the vial.
- Tightly close the cap on the vial immediately after use to avoid contamination and damage.
- Store unused test strips only in their original vial.
- **Do Not** return the used test strip to the vial after performing a test.
- **Do Not** re-use a test strip that had blood, control solution, or any contaminants applied to it. Test strips are for single use only.
- With clean, dry hands, you may touch the test strip anywhere on its surface. **Do Not** bend, cut or modify the test strip in any way.
- When you first open a vial of test strips, record the discard date on the label. Refer to the test strip insert or vial label for instructions on determining the discard date.



3 Taking a test

- Comparing your blood glucose test results taken with this meter to your results taken from a different meter is not recommended. Results may differ between meters and are not a useful measure of whether your meter is working properly. To check your meter accuracy, you should periodically compare your meter results to those obtained from a lab. See page 113 for more information.

IMPORTANT: If another person assists you with testing, the meter should always be cleaned prior to use by that person. See page 97.



CAUTION:

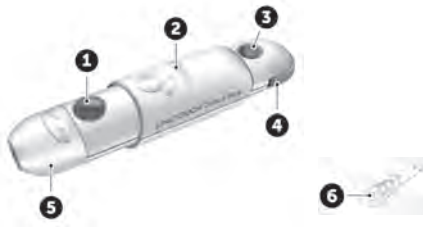
- 
- **Do Not** use your test strips if your vial is damaged or left open. This could lead to error messages or inaccurate results. Contact Customer Service immediately if the test strip vial is damaged. Contact information for Customer Service is listed at the end of this Owner's Booklet.
 - If you cannot test due to a problem with your testing supplies, contact your healthcare professional. Failure to test could delay treatment decisions and lead to a serious medical condition.
 - The test strip vial contains drying agents that are harmful if inhaled or swallowed and may cause skin or eye irritation.
- 



Taking a test **3**

- **Do Not** use test strips after the expiration date (printed on the vial) or the discard date, whichever comes first, or your results may be inaccurate.

Getting to know your OneTouch® Delica® Plus Lancing Device



1	Release button
2	Slider control
3	Depth indicator
4	Depth wheel
5	Lancing device cap
6	Protective cover

NOTE:

- The OneTouch® Delica® Plus Lancing Device uses OneTouch® Delica® or OneTouch® Delica® Plus Lancets.
- If another type of lancing device was included, see the separate instructions for that lancing device.





3 Taking a test

- The OneTouch Verio Reflect® Blood Glucose Monitoring System has not been evaluated for Alternate Site Testing (AST). Use only fingertips when testing with the system.
- The OneTouch® Delica® Plus Lancing System does not include the materials needed to perform Alternate Site Testing (AST). The OneTouch® Delica® Plus Lancing System should not be used on the forearm or palm with the OneTouch Verio Reflect® Blood Glucose Monitoring System.

Lancing precautions

CAUTION:



To reduce the chance of infection and disease spread by blood:



- Make sure to wash the sample site with soap and warm water, rinse and dry before sampling. Contaminants on the skin may affect results.
- The lancing device is intended for a single user. Never share a lancet or lancing device with anyone.
- Always use a new, sterile lancet each time you test.
- Always keep your meter and lancing device clean.
(See page 97.)



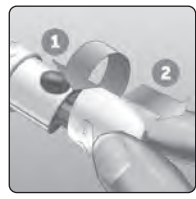
Taking a test **3**

- The meter and lancing device are for single patient use only. **Do Not** share them with anyone, including family members! **Do Not** use on multiple patients!
- After use and exposure to blood, all parts of this kit are considered biohazardous. A used kit may transmit infectious diseases even after you have performed cleaning and disinfection.
- **Do Not** use lancets after the expiration date printed on the lancet packaging.

Preparing your lancing device

1. Remove the lancing device cap

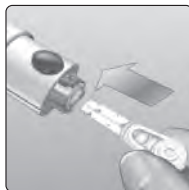
Remove the cap by rotating it and then pulling it straight off the device.



3 Taking a test

2. Insert a sterile lancet into the lancing device

Align the lancet as shown here, so that the lancet fits into the lancet holder. Push the lancet into the device until it snaps into place and is fully seated in the holder.



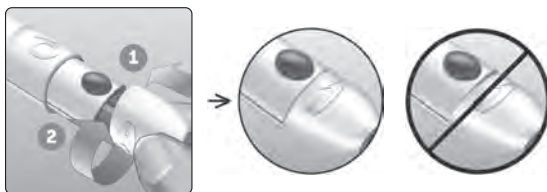
Twist the protective cover one full turn until it separates from the lancet. **Save the protective cover for lancet removal and disposal.** See page 47.



3. Replace the lancing device cap

Place the cap back onto the device; turn the cap or push the cap straight on to secure it.

Ensure the cap is aligned as shown in the image.





Taking a test **3**

4. Adjust the depth setting

The device has 13 puncture depth settings (each dot shown between numbers 1 to 7 on the Depth Wheel indicates an additional available depth setting). Adjust the depth by turning the depth wheel. Smaller numbers are for a shallower puncture and larger numbers for a deeper puncture.



NOTE: Try a shallower setting first and increase the depth until you find the one deep enough to get a blood sample of the proper size.

5. Cock the lancing device

Pull the slider back until it clicks. If it does not click, it may already have been cocked when you inserted the lancet.



3 Taking a test

Preparing the meter

1. Insert a test strip to turn the meter on

Insert a test strip into the test strip port with the gold side of the test strip and the two silver prongs facing you.

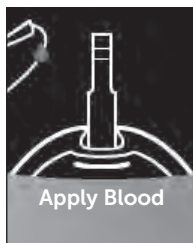
Silver prongs



Test strip port

NOTE: No separate step to code the meter is required.

The **Apply Blood** screen appears on the display. You can now apply your blood sample to the test strip.





Taking a test **3**

Sampling blood from the fingertip

Choose a different puncture site each time you test. Repeated punctures in the same spot may cause soreness and calluses.

Before testing, wash your hands and the sample site with warm, soapy water. Rinse and dry completely. Contaminants on the skin may affect results.

1. Puncture your finger

Hold the lancing device firmly against the side of your finger. Press the release button. Remove the lancing device from your finger.



2. Get a round drop of blood

Gently squeeze and/or massage your fingertip until a round drop of blood forms.



NOTE: If the blood smears or runs, **Do Not** use that sample. Dry the area and gently squeeze another drop of blood or puncture a new site.



3 Taking a test

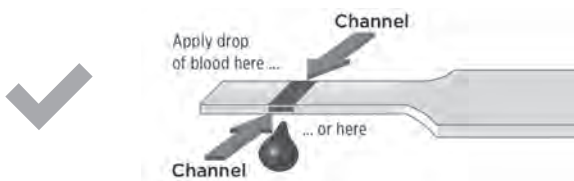
Applying blood and reading results

Applying the sample

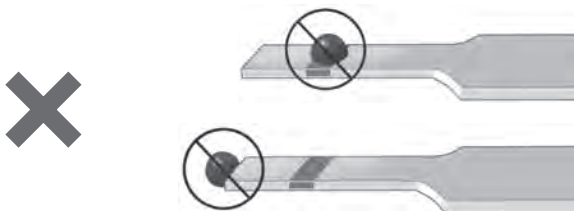
1. Apply the sample to the test strip

Blood should be applied to the edge of the test strip. You can apply your sample to either side of the test strip channel.

Be sure to apply your sample immediately after you get a drop of blood.



Blood should **not** be applied on the top of the test strip or to the end of the test strip.

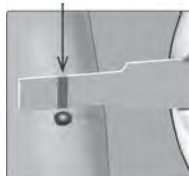




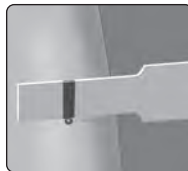
Taking a test **3**

Holding the meter at a slight angle, guide the channel to the blood drop.

Channel



When it touches your sample, the test strip wicks blood into the channel.



2. Wait for the channel to fill completely

The blood drop will be drawn into the narrow channel. The channel should fill completely.

The channel turns red and a result will be displayed after approximately 5 seconds.

NOTE:

- **Do Not** smear or scrape the sample with the test strip.
- **Do Not** press the test strip too firmly against the puncture site or the channel may be blocked from filling properly.
- **Do Not** apply more blood to the test strip after you have moved the drop of blood away.



3 Taking a test

- **Do Not** move the test strip in the meter during a test or you may get an error message or the meter may turn off.
- **Do Not** remove the test strip until the result is displayed or the meter will turn off.

Viewing your result

ColorSure® Dynamic Range Indicator



The OneTouch Verio Reflect® Meter comes with a ColorSure® Dynamic Range Indicator feature that instantly lets you know if your current result is below (blue), within (green) or above (red) your range limits. It also shows when your result is near the low or high end of your target range. It does this by displaying your result with a Range Indicator icon pointing to a segment on the Color Bar based on the ranges you have set in the meter. The Range Indicator icon may be either an emoji (for example, 😊) or text (for example, In Range). Use the Range Indicator icon and the segmented Color Bar together to see where your result falls within your range limits.



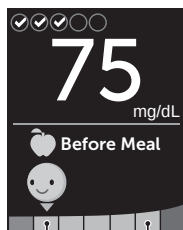
Low

Taking a test 3



(Blue)

Example -
below range
result



In Range
(Green)

Example -
low end of range
result



High
(Red)

Example -
above range
result

If the Test Tracker is turned on, progress toward the Daily Test Goal will be indicated above the result. If the Test Tracker is turned off, the date and time will be shown above the result. The date and time are always recorded with each result and can be viewed in the Results Log. See page 74.

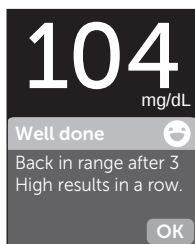
⚠️WARNING: Confirm that the unit of measure mg/dL is displayed. If your display shows mmol/L rather than mg/dL, stop using the meter and contact Customer Service.

3 Taking a test

CAUTION:

Do Not make immediate treatment decisions based on the ColorSure® Dynamic Range Indicator feature. Treatment decisions should be based on the numerical result and healthcare professional's recommendation and not solely on where your result falls within your range limits.

After the result screen appears, a Pattern Message, Mentor Tip or Award may be displayed. The Message can be dismissed by pressing . If you would like to bring the Message back, press  again. See page 62 for more information about Messages.



Example

A Before Meal tag will automatically be applied to your result. When you change a Before Meal tag to an After Meal tag, the Range Indicator icon may point to a different segment on the Color Bar. A new Message may appear. See page 58 for information on tagging results.



Taking a test **3**

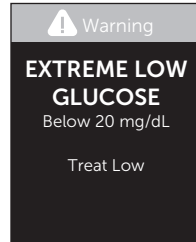
Interpreting unexpected results

Refer to the following cautions when your results are higher or lower than what you expect.

CAUTION:

Low blood glucose results

If your blood glucose result is below 70 mg/dL or is shown as **EXTREME LOW GLUCOSE**, (meaning the result is less than 20 mg/dL), it may mean hypoglycemia (low blood glucose). This may require immediate treatment according to your healthcare professional's recommendations. Although this result could be due to a test error, it is safer to treat first, then do another test.



CAUTION:

Dehydration and low blood glucose results

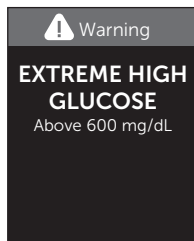
You may get false low blood glucose results if you are severely dehydrated. If you think you are severely dehydrated, contact your healthcare professional immediately.

3 Taking a test

CAUTION:

High blood glucose results

If your blood glucose result is above 180 mg/dL, it may mean hyperglycemia (high blood glucose) and you should consider re-testing. Talk to your healthcare professional if you are concerned about hyperglycemia.



EXTREME HIGH GLUCOSE is displayed when your blood glucose result is over 600 mg/dL. You may have severe hyperglycemia (very high blood glucose). Re-test your blood glucose level. If the result is **EXTREME HIGH GLUCOSE** again, this indicates a severe problem with your blood glucose control. Obtain and follow instructions from your healthcare professional immediately.



Taking a test **3**

CAUTION:

Repeated unexpected blood glucose results

- If you continue to get unexpected results, check your system with control solution. See page 51.
- If you are experiencing symptoms that are not consistent with your blood glucose results and you have followed all instructions in this Owner's Booklet, call your healthcare professional. Never ignore symptoms or make significant changes to your diabetes management program without speaking to your healthcare professional.

Unusual red blood cell count

A hematocrit (percentage of your blood that is red blood cells) that is either very high (above 60%) or very low (below 20%) can cause false results.

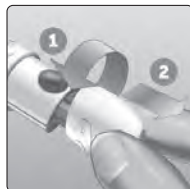
Removing the used lancet

NOTE: This lancing device has an ejection feature, so you do not have to pull out the used lancet.

3 Taking a test

1. Remove the lancing device cap

Remove the cap by rotating it and then pulling it straight off the device.



2. Cover the exposed lancet tip

Before removing the lancet, place the lancet protective cover on a hard surface then push the lancet tip into the flat side of the disk.



3. Eject the lancet

Holding the lancing device directed downwards, push the slider forward until the lancet comes out of the lancing device. If the lancet fails to eject properly, cock the device then push the slider control forward until the lancet comes out.



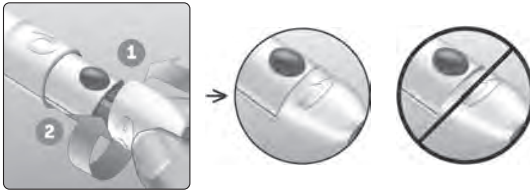


Taking a test **3**

4. Replace the lancing device cap

Place the cap back onto the device; turn the cap or push the cap straight in to secure it.

Ensure the cap is aligned as shown in the image.



It is important to use a new lancet each time you obtain a blood sample. **Do Not** leave a lancet in the lancing device. This will help prevent infection and sore fingertips.

Disposing of the used lancet and test strip

Discard the used lancet carefully after each use to avoid unintended lancet stick injuries. Used lancets and test strips may be considered biohazardous waste in your area. Be sure to follow your healthcare professional's recommendations or local regulations for proper disposal.

Wash hands thoroughly with soap and water after handling the meter, test strips, lancing device and cap.



3 Taking a test

Testing with control solution

Control solution testing precautions

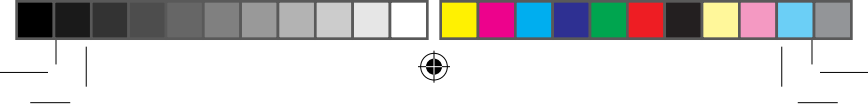
OneTouch Verio® Control Solution is used to check that the meter and test strips are working together properly and that the test is performing correctly. (Control solution is available separately.)

NOTE:

- 
- Use only OneTouch Verio® Level 3 Control Solution or OneTouch Verio® Level 4 Control Solution with your OneTouch Verio Reflect® Meter. Either level can be used to check your system.
 - When you first open a new vial of control solution, record the discard date on the vial label. Refer to the control solution insert or vial label for instructions on determining the discard date.
 - Tightly close the cap on the control solution vial immediately after use to avoid contamination or damage.
- 

CAUTION:

- **Do Not** swallow or ingest control solution.
- **Do Not** apply control solution to the skin, eyes, ears or nose as it may cause irritation.
- **Do Not** use control solution after the expiration date (printed on the vial label) or the discard date, whichever comes first, or your results may be inaccurate.



Taking a test **3**

When to do a control solution test

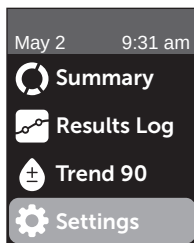
- When you open a new vial of test strips.
- If you suspect that the meter or test strips are not working properly.
- If you have had repeated unexpected blood glucose readings.
- If you drop or damage the meter.

Preparing your meter for a control solution test

1. Press and hold to turn the meter on

Wait for the Main Menu to appear.

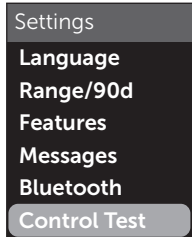
2. Press or to highlight Settings, then press



3 Taking a test

3. Highlight Control Test, then press

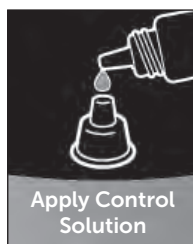
Wait for the **Insert Strip** screen to appear on the display.



4. Insert a test strip into the test strip port



5. Wait for the Apply Control Solution screen to appear on the display





Taking a test **3**

Preparing the control solution

1. Before removing the cap, shake the vial gently
2. Remove the vial cap and place it on a flat surface with the top of the cap pointing up
3. Squeeze the vial to discard the first drop



4. Wipe both the tip of the control solution vial and the top of the cap with a clean, damp tissue or cloth



3 Taking a test

5. Squeeze a drop into the small well on the top of the cap or onto another clean, non-absorbent surface



Applying the control solution

1. Hold the meter so that the side edge of the test strip is at a slight angle to the drop of control solution



2. Touch the channel on the side of the test strip to the control solution

3. Wait for the channel to fill completely





Taking a test 3

Viewing your control solution result

After the control solution is applied, your meter will display a progress screen for approximately 5 seconds. Your result is displayed along with the date, time, unit of measure, and  (for control solution).



Example

Control solution results are stored in the meter and can be seen when reviewing past results on the meter.

CAUTION:

Make sure you select **Control Test** from the Settings Menu before you begin a control solution test. Follow the steps beginning on page 51. If  does not appear on the screen, this result will be included in your averages and your averages will change too. Repeat the test with a new test strip. If the problem persists, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

3 Taking a test

Checking if the result is in range

Each vial of test strips has both OneTouch Verio® Level 3 Control Solution and OneTouch Verio® Level 4 Control Solution ranges printed on its label. Compare the result displayed on the meter to either the OneTouch Verio® Level 3 Control Solution or OneTouch Verio® Level 4 Control Solution range printed **on the test strip vial**, depending on the type of control solution you used.



Example range

OneTouch Verio® Level 3
Control Solution Control
Range 102-138 mg/dL
OneTouch Verio® Level 4
Control Solution Control
Range 298-403 mg/dL

⚠ CAUTION:

The range printed on the test strip vial is for control solution tests only **and is not a recommended range for your blood glucose level.**



Taking a test **3**

Causes of out-of-range results

Out-of-range results may be due to:

- Not following the instructions for performing a control solution test.
- Control solution is contaminated, expired, or past its discard date.
- Test strip or test strip vial is damaged, expired, or past its discard date.
- Meter, test strips and/or control solution were not all at the same temperature when the control solution test was performed.
- A problem with the meter.
- Dirt or contamination in the small well on the top of the control solution cap.

CAUTION:

If you continue to get control solution results that fall outside the range printed on the test strip vial, **Do Not** use the meter, test strips, or control solution. Contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

Cleaning the control solution cap

Clean the top of the control solution cap with a clean, damp tissue or cloth.



4 Tagging results

Adding Meal and Event tags

Your OneTouch Verio Reflect® Meter allows you to attach a Before Meal (🍏) or After Meal (🍷) tag to your current blood glucose result. It is important to understand the link between blood glucose levels and food. When you tag your test results with Meal tags, you add information about food to your results. Your meter uses this information in a variety of ways and displays Pattern Messages, Mentor Tips and Awards. Talk to your healthcare professional to see how Meal tags may help you manage your diabetes. Consider the following guidelines when Meal tagging.

- A Before Meal blood glucose test is taken just before the start of your meal.
- An After Meal blood glucose test is typically taken one to two hours after the start of your meal.
- A blood glucose test taken while fasting should be tagged as Before Meal.

In addition to Meal tagging, your OneTouch Verio Reflect® Meter includes an Event tagging feature. Event tagging adds information about your health and lifestyle events to your blood glucose results. Your meter will review your past results and display Messages associated with tagged results when certain conditions are met. See page 3 for Event tag icons and their meanings.

Tagging results 4

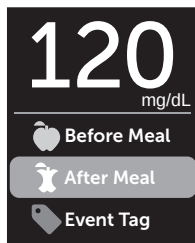
1. View the current blood glucose result on the display

The result will automatically receive a Before Meal tag and no Event tag.

2. If a Message appears, press to clear the Message

3. To change to an After Meal tag, press then highlight After Meal and press

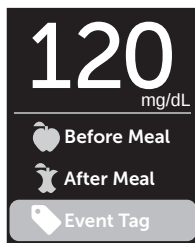
NOTE: The Range Indicator icon displayed with the result uses Before and After Meal ranges. When you change a Before Meal tag to an After Meal tag, the Range Indicator icon may point to a different segment on the Color Bar. A new Message may appear.



4. To add an Event tag to your result, press

4 Tagging results

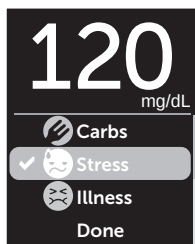
5. Press  or  to highlight Event Tag, then press 



6. Press  or  to highlight an Event tag, then press 

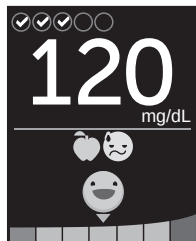
You may add more than one Event tag to a result.

A  notes that an Event tag has been added.



Tagging results 4

7. When you have finished selecting Event tags, highlight Done and press 



Example

The result will be displayed with the tags. Pressing and holding  will allow you to edit the tags.

NOTE: Use care when adding tags to blood glucose results. When you leave the result screen, the tags and result are stored in the Results Log and **cannot** be changed. Incorrect Meal tagging can cause the meter to identify inaccurate Before and After Meal averages and Patterns. Incorrect Event tagging can cause the meter to display incorrect Messages.



5 Understanding Messages

Blood Sugar Mentor™ Messages overview

The OneTouch Verio Reflect® Meter reviews your past test results and may display Mentor Tips (guidance), Pattern Messages (insight) or Awards (encouragement). The meter will show you the most appropriate Message if more than one is applicable to your result.

1. **Mentor Tips** appear when your results are consistently in range or are currently trending low or high.
2. **Pattern Messages** appear when the meter identifies a pattern of glucose results that fall outside the high and low range limits you set in the meter.
3. **Awards** are earned when certain Award criteria are met, such as meeting the Daily Test Goal or tagging results.

Pressing  will dismiss Messages.