

ONETOUCH

Verio Reflect™

Blood Glucose Monitoring System

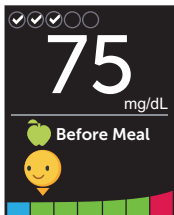


Owner's Booklet

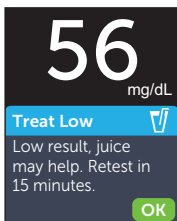
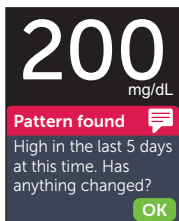
Instructions for Use

Your OneTouch Verio Reflect™ Meter includes a range of new colored features, which may help with your diabetes management.

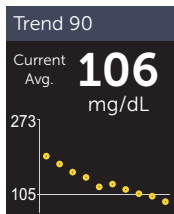
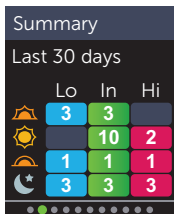
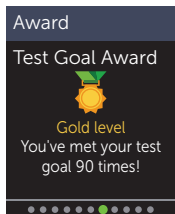
Results, Meal and Event tagging



Blood Sugar Mentor™ Messages



Awards, Summaries and Trend 90



Please refer to this Owner's Booklet for further details on each of the new features

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.

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



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)

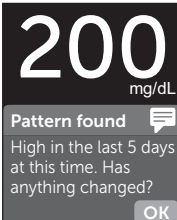
Features overview

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.

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



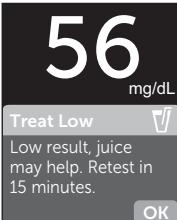
200
mg/dL

Pattern found 

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

OK

Insight



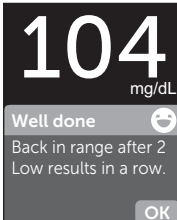
56
mg/dL

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 meter

Turn your meter on

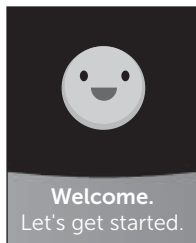
To turn your meter on, press and hold **OK** until the Welcome screen appears. Once the Welcome screen is displayed, release **OK**. You can also turn the meter on by inserting a test strip.

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.

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



Example

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.

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.

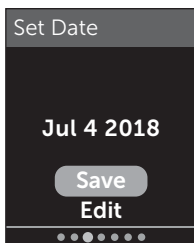
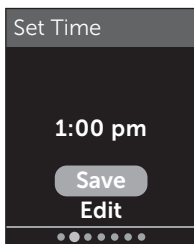
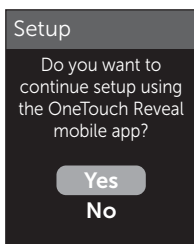
NOTE: The green progress dot will move from left to right as you navigate through the first time setup screens.

2. Confirm the time, then press to save

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

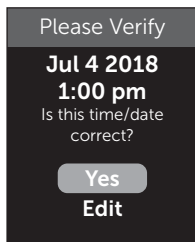
3. Confirm the date, then press to save

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

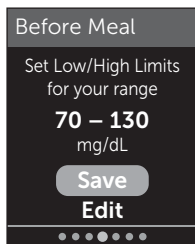


NOTE:

- 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.

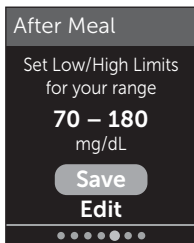
2 Setting up your system

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.

After Meal range limits

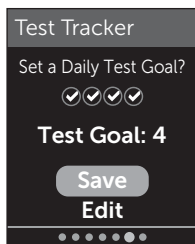
pre-set low limit	70 mg/dL
pre-set high limit	180 mg/dL
low limit must be within	60 mg/dL and 110 mg/dL
high limit must be within	90 mg/dL and 300 mg/dL

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

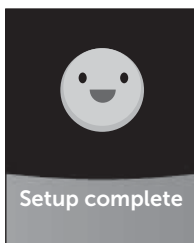
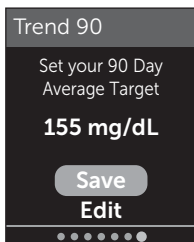
7. Confirm the 90 Day Average Target, then press to save

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.

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.

- 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.

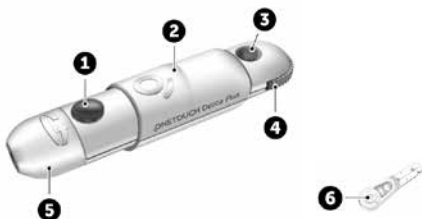
IMPORTANT: If another person assists you with testing, the meter should always be cleaned prior to use by that person. See page 97.

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.

- **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.)

- 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

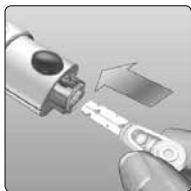
Remove the cap by rotating it and then pulling it straight off the device.



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.



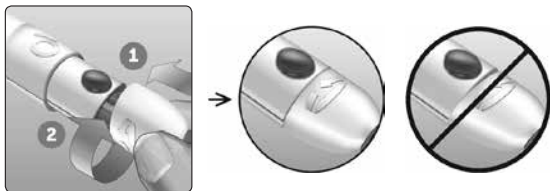
Twist the protective cover one full turn until it separates from the lancet. **Save the protective cover for lancet removal and disposal.** See page 47.



3. Replace the lancing device cap

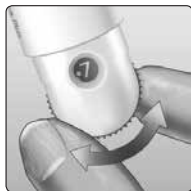
Place the cap back onto the device; turn the cap or push the cap straight on to secure it.

Ensure the cap is aligned as shown in the image.



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.



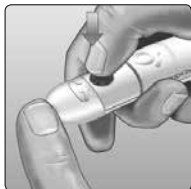
Sampling blood from the fingertip

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.

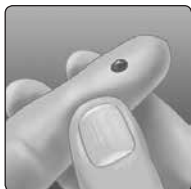
1. Puncture your finger

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

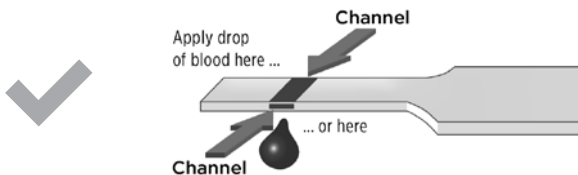
Applying blood and reading results

Applying the sample

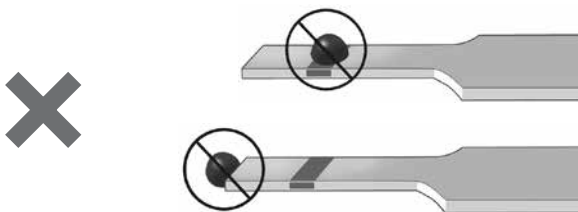
1. Apply the sample to the test strip

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.

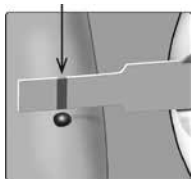


Blood should **not** be applied on the top of the test strip or to the end of the test strip.

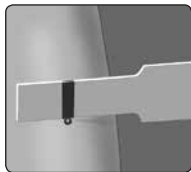


Holding the meter at a slight angle, guide the channel to the blood drop.

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.