

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

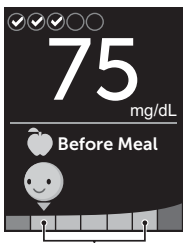
ColorSure® Dynamic Range Indicator

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, ). Use the Range Indicator icon and the segmented Color Bar together to see where your result falls within your range limits.



Low
(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.

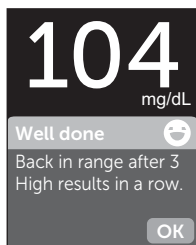
⚠️WARNING: Confirm that the unit of measure mg/dL is displayed. If your display shows mmol/L rather than mg/dL, stop using the meter and contact Customer Service.

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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.

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.

 Warning

**EXTREME LOW
GLUCOSE**
Below 20 mg/dL

Treat Low

CAUTION:

Dehydration and low blood glucose results

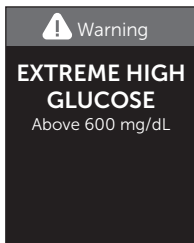
You may get false low blood glucose results if you are severely dehydrated. If you think you are severely dehydrated, contact your healthcare professional immediately.

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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.

⚠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

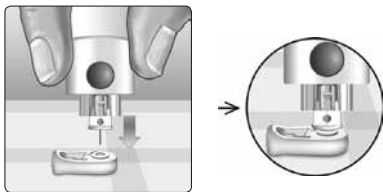
1. Remove the lancing device cap

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

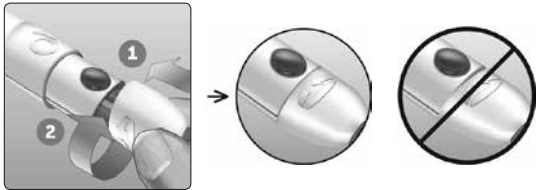
Holding the lancing device directed downwards, push the slider forward until the lancet comes out of the lancing device. If the lancet fails to eject properly, cock the device then push the slider control forward until the lancet comes out.



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.

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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.

When to do a control solution test

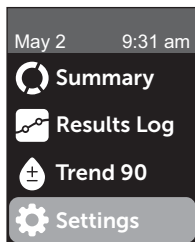
- When you open a new vial of test strips.
- If you suspect that the meter or test strips are not working properly.
- If you have had repeated unexpected blood glucose readings.
- If you drop or damage the meter.

Preparing your meter for a control solution test

1. Press and hold to turn the meter on

Wait for the Main Menu to appear.

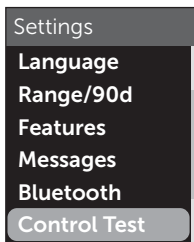
2. Press or to highlight Settings, then press



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

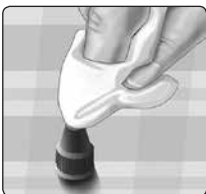


Preparing the control solution

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



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 **C** (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 **C** 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.

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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.**

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.

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

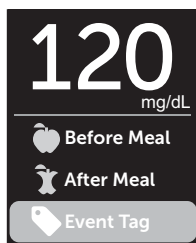
NOTE: The Range Indicator icon displayed with the result uses Before and After Meal ranges. When you change a Before Meal tag to an After Meal tag, the Range Indicator icon may point to a different segment on the Color Bar. A new Message may appear.



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

4 Tagging results

5. Press  or  to highlight Event Tag, then press 



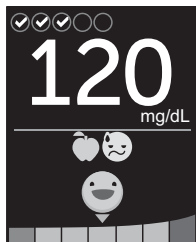
6. Press  or  to highlight an Event tag, then press 

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

A  notes that an Event tag has been added.



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.

Understanding Pattern Messages

Low and High Pattern Messages appear when the meter identifies a Pattern of glucose results that fall outside the low and high mealtime range limits set in your meter.

Every time you test your blood glucose, your OneTouch Verio Reflect™ Meter searches for any new Patterns that have developed over the past 5 days. Patterns are identified by finding results below or above the low and high mealtime range limits set in your meter, and cross referencing with the time of day the tests were taken. For a set of results to form a Pattern, the results must be within the same 3-hour time period over the past 5 days.

When a Pattern is identified, a Pattern message icon () appears below your result. A Pattern Message will be displayed after the result screen. Inaccurate results may cause Pattern Messages to appear.

Once a result is used in a Pattern, it will not be used again in future Pattern Messages.

5 Understanding Messages

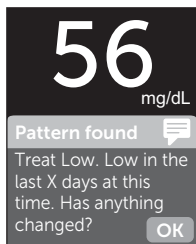
Reviewing results that create Patterns

There are two ways you can review the individual results that combine to create a Low or High Pattern.

To view a Low or High Pattern message after a test, press **OK**.



Example - Results screen with Pattern icon



Example - Pattern Message

To view the details about the individual blood glucose results that resulted in the Pattern, press **OK** again.

Or you can access the Patterns using the Results Log screen. See page 74.

Low Pattern			
			mg/dL
Jun 11	12:05 am		56
Jun 09	12:01 am		65

Example - Results that created Low Pattern

Low (or Hypo*) Pattern Messages appear when any 2 results over the past 5 days are:

- within the same 3-hour period
- below your low mealtime range limits

NOTE: Follow your healthcare professional's advice for treating a low blood glucose result.

High Pattern Messages appear when any 3 results over the past 5 days are:

- within the same 3-hour period
- above your high mealtime range limits
- share the same Meal tag

Event tag Pattern Messages appear when any 3 results over the past 30 days are:

- within the same 3-hour period
- above or below your mealtime range limits
- share the same Event tag

*Lee-Davey, J., Alexander, S., & Raja, P. (2011, February 16). *Clinical Patterns of Low Blood Glucose Identified by a Pattern Algorithm May Predict Increased Risk of Severe Hypoglycemia in the Following 24-Hour Period* [PDF]. Inverness, Scotland: LifeScan.

5 Understanding Messages

NOTE: To be sure that Low and High Pattern Messages appear:

- Basic Mode must be turned off and Pattern Messages must be turned on. See page 92 and page 94.
- Update the date and time if you change time zones, or if the time changes due to Daylight saving time.
- Test your blood glucose using only one OneTouch Verio Reflect™ Meter. Using multiple meters may cause you to miss Patterns.
- Tag your blood glucose results carefully.
- Test when you feel your blood glucose may be high or low.

CAUTION:

- Always use your current result for immediate treatment decisions.
- **Do Not** use Pattern Messages to make immediate or significant changes to your diabetes care plan without first consulting your healthcare professional. Always consult your healthcare professional before making significant changes to your diabetes care plan.
- **Do Not** wait for Pattern Messages to treat low or high results.
- **Do Not** allow other people to use your meter or your Patterns may be affected.

Understanding Mentor Tips

Mentor Tips let you know when your results are consistently in range, and display diabetes management information when results are trending low and high.

NOTE: Mentor Tips appear with current results and cannot be viewed later.

- **Unusually Low** - Current result is below the low range limit, and is at least 5 mg/dL below your lowest result over the past 14 days.
- **Morning Low** - Current result occurred in the morning and is below the low range limit.¹
- **Treat Low** - Current result is below the low range limit.^{1,2}
- **Unusually High** - Current result is above the high range limit, and is more than 10% higher than the highest blood glucose result in the last 14 days.
- **Morning High** - Current result occurred in the morning and is above the high range limit.¹
- **Bedtime High** - Current result occurred at night and is above the high range limit.¹
- **Congratulations** - Your 90-day average is improving.
- **Trend 90 Rise** - Your 90-day average has increased.
- **Trend 90 Update** - New 90-day average is available.
- **Near Low** - Result is in range but close to low range limit.

5 Understanding Messages

- **Near High** - Result is in range but close to high range limit.
- **Well Done** - Result is back in range after a series of either 2 low or 3 high results.
- **Keep It Up** - More than 70% of results over the past 7 days were in range.
- **Weekly Average** - New 7-day average is shown.
- **Device Not Paired** - Reminds you to pair the meter with a compatible wireless device.
- **Connect Device** - Reminds you to sync the meter with the App.
- **Exercise Low** - Current result is below the low range limit and received an Exercise Event tag.^{3, 4}
- **Take a Break** - Current result is above the high range limit and received a Stress Event tag.⁴

¹Riddle, M. C., MD (Ed.). (2018). 6. Glycemic Targets: Standards of Medical Care in Diabetes 2018 [Abstract]. *Diabetes Care*, 41 (Suppl. 1), S60-61.

²American Association of Diabetes Educators. (2018). *HYPOGLYCEMIA What are the symptoms? And how should I treat it?* [Brochure]. Chicago, IL: Author.

³American Association of Diabetes Educators. (2017). *AADE7 Self-Care Behaviors, Problem Solving* [Brochure]. Chicago, IL: Author.

⁴Riddle, M. C., MD (Ed.). (2018). 6. Glycemic Targets, S44-45.

Understanding Awards

The OneTouch Verio Reflect™ Meter tracks the goals outlined below. Each time you earn bronze () silver () or gold () medal status, an Award will appear along with your in-range result. You can review your Awards later in the Summary. (See page 70.)

- **Test Goal Award** - Meet your Daily Test Goal a set number of times in total or in a row.
- **In-Range Award** - Achieve an in-range result a set number of times in a row.
- **Event Tag Award** - Event tag your result a set number of times in total.
- **Syncing Award** - Sync your meter to the OneTouch Reveal® App a set number of times in total.

6 Summary, Results Log and Trend 90

Viewing the Summary

Depending on settings selected the Summary may display results by range, time of day, averages, mealtime averages, Test Tracker progress and Awards. You and your healthcare professional can reference the Summary to identify overall trends in your diabetes management.

NOTE:

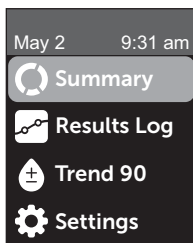
- **Do Not** use result averages to make immediate treatment decisions. Result averages provide information from past results. Always consult your healthcare professional before making significant changes to your diabetes care plan.
- **Do Not** allow other people to use your meter as it may affect your averages.
- The meter calculates averages based on the 7-, 14- and 30-day periods ending on the current date setting. If you change the date setting, the averages may change too.
- The Summary screens displayed will reflect the features currently selected. See page 87 for information on turning meter features on or off.
- If Basic Mode is selected, your Summary will be limited to the 30-day Summary and Average views. See page 29 for more information about Basic Mode.

- In Averages, Pattern Messages and Awards, an **EXTREME HIGH GLUCOSE** result is always counted as 600 mg/dL, and an **EXTREME LOW GLUCOSE** result is always counted as 20 mg/dL.
- The green progress dot will move from left to right as you navigate through the summary screens.

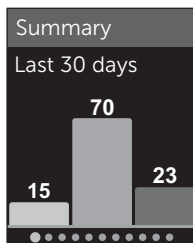


- Pressing (⬅) will display the previous screen.

1. From the Main Menu, press (⬅) or (⬇) to highlight Summary and press (OK).



The number of results that are low (blue), in-range (green) and high (red) are displayed and appear as bar graphs.

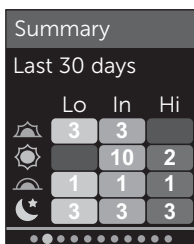


Example

6 Summary, Results Log and Trend 90

2. Press to display the Summary by time of day

The number of test results that are low, in-range and high, by time of day are displayed. The four time slots are Morning, Afternoon, Evening and Bedtime. The time frames for the four time slots cannot be changed.



Example

Morning 	6:00 am to 11:59 am
Afternoon 	12:00 pm to 5:59 pm
Evening 	6:00 pm to 11:59 pm
Bedtime 	12:00 am to 5:59 am

NOTE: If there were no results in the past 30 days in a target range and time period, that section of the chart is left blank.

3. Press  to display your overall averages for the past 7, 14 and 30 days

Averages	
mg/dL	
7 Days	160
14 Days	180
30 Days	200
	

Example

4. If Basic Mode is off, press  to display your Before Meal averages for the past 7, 14 and 30 days

Before Meal Avg.	
mg/dL	
7 Days	 200
14 Days	 ---
30 Days	 ---
	

Example

5. If Basic Mode is off, press  to display your After Meal averages for the past 7, 14 and 30 days

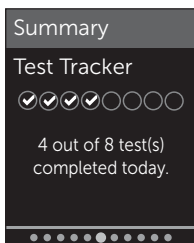
NOTE: If you do not have results in the past 7-, 14- and 30-day periods, dashes will appear in the mg/dL column.

After Meal Avg.	
mg/dL	
7 Days	 160
14 Days	 180
30 Days	 200
	

Example

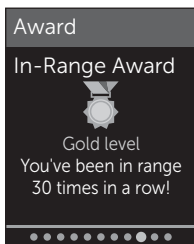
6 Summary, Results Log and Trend 90

6. If Test Tracker is on, press  to display the Daily Test Goal screens



Example

7. If Awards is on, press  to display the Award screens



Example

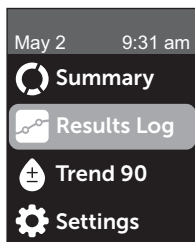
Viewing the Results Log

Using the Results Log, you can review the most recent 750 results.

See page 3 for definitions of meter icons that may appear with your result.

Pressing and releasing  will allow you to view the previous screen.

1. From the Main Menu, press  or  to highlight Results Log and press .



Up to four results are displayed on the screen, starting with the most recent.

Results Log		
mg/dL		
Mon, Jun 11		
6:05 pm		304
12:05 am		56
Sun, Jun 10		
7:05 pm		150

Example

2. Press  or  to move through the list of results

NOTE: If a result is part of a Pattern, the Pattern icon will be displayed for that result instead of any tags that result may have.

Results Log		
mg/dL		
Mon, Jun 11		
6:05 pm		304
12:05 am		56
Sun, Jun 10		
7:05 pm		150

Example

6 Summary, Results Log and Trend 90

3. Highlight a result with an icon and press

The result screen will be displayed along with the date and time the result was taken and any tag, Pattern or Range Indicator icons. If you are uncertain whether the result you are viewing is your most current result, view the date and time on the screen.

If the result is part of a Pattern, indicated by , pressing  again will display the results that led to the Pattern. See page 63 for more information about Patterns.



Example

Low Pattern			
		mg/dL	
Jun 11	12:05 am		56
Jun 09	12:01 am		65

Example

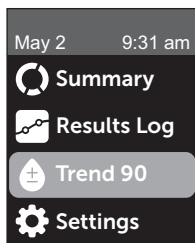
Viewing the Trend 90

The OneTouch Verio Reflect™ Meter averages results over the past 90 days to provide a view of the overall trend of blood glucose results. There must be at least 90 days of results stored in the meter for the first 90-day average to appear. A point will be added to the Trend 90 graph on the screen to represent the first 90-day average. After the first 90-day average a new point is displayed every 14 days.

NOTE:

- Basic Mode must be turned off to use the Trend 90 feature. (See page 92.)
- The Trend 90 is an average of blood glucose results. Always use your current blood glucose result for immediate treatment decisions.

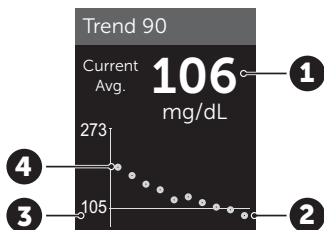
1. From the Main Menu, press  or  to highlight Trend 90 and press .



6 Summary, Results Log and Trend 90

The current 90-day average will be displayed as a blood glucose value with the unit of measure.

The Trend 90 graph is automatically updated every 14 days. Each point on the graph represents a 90-day average. You can track your Trend 90 visually by following the path of points along the graph.



Example

1	Current 90-day average
2	Newest average point
3	90 Day Average Target set in the meter
4	Oldest average point

2. Press  to return to the Main Menu

Connecting to a compatible wireless device

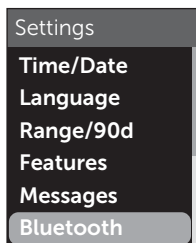
Turning the BLUETOOTH® feature on or off

In order to connect your meter with your compatible wireless device, the BLUETOOTH® feature will need to be turned on. The  symbol will appear on the meter screen when the BLUETOOTH® feature is on. When the  symbol is not present on the screen the BLUETOOTH® feature is off.

1. Start by turning your meter on using the button

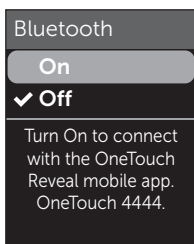
Wait for the Main Menu to appear, then press  or  to highlight **Settings** and press 

2. On the Settings Menu, highlight Bluetooth and press



7 Syncing your meter

A ✓ notes if BLUETOOTH® is currently set to On or Off.



3. Press or to highlight On or Off and press .

NOTE: The BLUETOOTH® feature will turn OFF during a blood glucose test.

Pairing overview

Pairing allows your OneTouch Verio Reflect™ Meter to communicate with compatible wireless devices. The devices must be within 26 feet of each other to pair and sync. Download the OneTouch Reveal® Mobile App from the App Store or on Google Play before pairing your meter and compatible wireless device.



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Google Play and the Google Play logo are trademarks of Google LLC.

Multiple OneTouch Verio Reflect™ Meters can be paired with your compatible wireless device. For example, your compatible wireless device can be paired with a meter at home and another at work. To pair multiple meters, repeat the pairing instructions for each meter. See page 82 for pairing instructions.

7 Syncing your meter

Your OneTouch Verio Reflect™ Meter can be paired with multiple compatible wireless devices. To pair multiple compatible wireless devices, repeat the pairing instructions for each compatible wireless device.

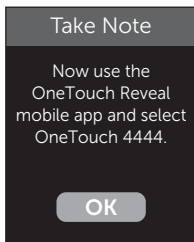
Pairing instructions

The BLUETOOTH® feature must be turned on in order to pair the meter with the app. See page 79.

1. Open the OneTouch Reveal® Mobile App and follow instructions to pair the meter with your compatible wireless device

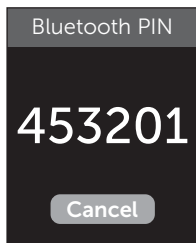
2. Look for "OneTouch" and the last 4 characters of the meter serial number on the compatible wireless device display to correctly identify your meter

The meter screen will display the pairing info to look for on your compatible wireless device.



Example

3. When prompted by the OneTouch Reveal® Mobile App, the meter will display a six digit PIN number



Example PIN

Enter the PIN number into your compatible wireless device using the keypad.

⚠CAUTION:

Make sure the PIN you enter on your compatible wireless device matches the PIN on your meter display. If a PIN number unexpectedly appears on your meter display, cancel the PIN request by either inserting a test strip to take a test or press the  button to cancel.

4. Wait for your compatible wireless device to indicate that it is paired with your meter

Sending your results to the app

If the BLUETOOTH® feature on the meter is turned on, indicated by the BLUETOOTH® symbol () , the meter will automatically send your results to any paired compatible wireless device.

7 Syncing your meter

The Sync symbol () flashes on the meter display. After syncing, the Sync symbol will disappear and the app will display a list of any new results sent from the meter. You can then share your results with your caregiver or healthcare professional.

CAUTION:

Always use the current result on your meter for immediate treatment decisions.

NOTE: The compatible wireless device must have the app open and have already been paired to the meter before sending a result. See page 81.

NOTE: If the BLUETOOTH® feature on the meter is **turned off**, or the meter is out of range, the result is not sent to the compatible wireless device. The result is saved in the meter memory with the current date and time, and will be sent to the app the next time you sync. The sent results are also stored in the meter. To sync, the app must be open and running on your compatible wireless device.

To ensure that glucose test results are successfully sent to the app, turn on the BLUETOOTH® feature and check the following:

- The compatible wireless device and meter are both turned on, and the app is running.

- The meter is correctly paired with your compatible wireless device.
- The BLUETOOTH® feature on both devices is running (indicated by ) and the devices are within 26 feet of each other.
- The meter will attempt to transmit results up to 4 hours after a test, even if the meter appears to be off.

If you are still unable to send results to the compatible wireless device, try un-pairing and re-pairing with the device, moving the meter and compatible wireless device closer together, or relocating them from possible sources of interference. If you continue to have difficulties, please call Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet. Please address any app issues to the app customer service department.

NOTE:

- Inserting a test strip during the transmission will cancel the transfer of all results. The **Apply Blood** screen appears and you can proceed with testing.
- Keep your meter in your care to avoid inaccurate results from being sent to your compatible wireless device.

7 Syncing your meter

Downloading results to a computer

Your meter can work with diabetes management software, which provides a visual way to track key factors that affect your blood sugar. To learn more about diabetes management tools available to you, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

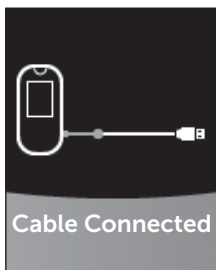
Connect only to a computer certified to UL 60950-1 (UL).

To transfer meter data, follow the instructions provided with the diabetes management software product to download the results from the meter. You will need a standard micro USB interface cable to connect your OneTouch Verio Reflect™ Meter to a computer to download results (not included).

Once the command to start the download is sent from the computer to the meter, the **Cable Connected** screen will appear, indicating that the meter is in communication mode.

Do Not insert a test strip while the meter is connected to a computer.

If you are unable to download your results to a computer, please call Customer Service.



Settings Menu overview

After first time setup, you can use the Settings Menu to adjust the meter settings and access additional features.

Time/Date	Set the time and date
Language	Set the language displayed on screens
Range/90d	• Set Before Meal limits • Set After Meal limits • Set the 90 Day Average Target
Features	• Turn Basic Mode on or off • Turn Test Tracker on or off • Set Daily Test Goal • Set Range Indicator icon to emoji or text
Messages	• Turn Pattern Messages on or off • Turn Mentor Tips on or off • Turn Awards on or off
Bluetooth	Turn the BLUETOOTH® feature on or off
Control Test	Initiate a control solution test
Meter Info	View meter serial number, software version and last sub-error code

NOTE: For information on **Bluetooth**, see page 9. For information on **Control Test**, see page 51.