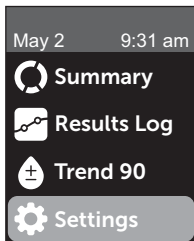


8 Adjusting meter settings

Navigating to the Settings Menu

From the Main Menu, press 
or  to highlight Settings and
press .

The Settings Menu is displayed.



Adjusting the time and date

You can change the time and date setting whenever needed, such as during travel.

NOTE: Adjusting this setting to a time and date prior to your last blood glucose or control solution test will cause the Results Log to appear out of sequence. The Results Log will display results in the order in which they were taken.

1. From the Settings Menu, press  or  to highlight Time/Date and press .

2. Highlight the time or date and press .

3. Adjust the desired setting and press .

Repeat this step as necessary.

Adjusting the language

1. From the Settings Menu, press  or  to highlight Language and press .

A  appears next to the current language set in the meter.

2. Highlight the desired language, then press .

The Settings Menu will be displayed in the new language you have selected.

Adjusting range limits and 90 Day Average Target

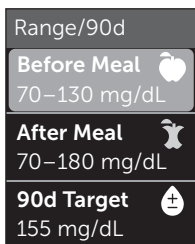
NOTE:

- If you adjust your range limits, your previous Range Indicator icons in the Results Log will not change. Only new results will be affected by your range limit changes.
- Consult with your healthcare professional about the range limits and 90 Day Average Target that are right for you.

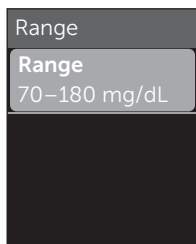
8 Adjusting meter settings

1. From the Settings Menu, press  or  to highlight **Range/90d** (or **Range** for Basic Mode) and press 

Your current meter settings are displayed.



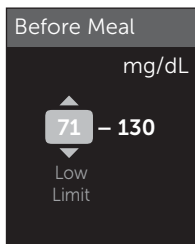
Example - Basic
Mode Off



Example - Basic
Mode On

2. Highlight the range setting to be adjusted and press 

3. Adjust the Low Limit and press 



Example -
Before Meal

Repeat this step to change the High Limit. See page 22 for information about Before and After Meal low and high limits.

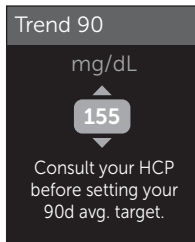
NOTE: In Basic Mode, range limits are general and are not defined by mealtime. General range limits are pre-set.

General range limits

pre-set low limit	70 mg/dL
pre-set high limit	180 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

4. To adjust the 90 Day Average Target, highlight the 90d Target setting and press 

5. Adjust the 90 Day Average Target and press 



8 Adjusting meter settings

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.

NOTE: Be sure to talk to your healthcare professional about the 90 Day Average Target that is right for you.

Turning Basic Mode on or off

NOTE: Selecting Basic Mode affects the information the meter displays. See page 29 for more information.

1. From the Settings Menu, press  or  to highlight Features and press 

The Features Menu indicates whether Basic Mode is currently on or off.

2. Highlight Basic Mode and press 

A  appears next to the current mode set in the meter.

3. Highlight On or Off and press 

In Basic Mode, Test Tracker and Range Indicator are removed from the Features Menu.

Basic Mode uses pre-set general range limits which are different from the ones set during first time setup. See page 89 for information on adjusting range limits.

Turning the Test Tracker on or off and setting a Daily Test Goal

1. From the Settings Menu, press  or  to highlight Features and press .

The Features Menu indicates the current Test Tracker setting.

NOTE: If Basic Mode is selected the Test Tracker will not appear in the Features Menu.

2. Highlight Test Tracker and press .

3. Adjust the Daily Test Goal, then press .

The meter is pre-set with a Daily Test Goal of four tests per day. The maximum Daily Test Goal is eight.

NOTE: Be sure to talk to your healthcare professional about the Daily Test Goal that is right for you.

To turn off the Test Tracker, press  or  until **Off** is highlighted, and press .

8 Adjusting meter settings

Set the Range Indicator icon to emoji or text

1. From the Settings Menu, press  or  to highlight Features and press 

Your current meter settings are displayed.

2. Highlight Range Indicator and press 

A  appears next to the current setting in the meter.

3. Highlight Emoji or Text, then press 

Turning Pattern Messages, Mentor Tips and Awards on or off

NOTE:

- Basic Mode must be turned off for the Messages Menu to appear in Settings. See page 92.
- If Pattern Messages are turned off, you will no longer see Patterns with results, Summary or Results Log screens. The meter will continue to track Pattern information. If you turn Pattern Messages back on again, Pattern icons will be displayed in the Summary and Results Log. See page 63 for more information about Pattern Messages.

- If Mentor Tips are turned off, you will no longer see Mentor Tips with results. See page 67 for more information about Mentor Tips.
- If Awards are turned off, you will no longer see Awards with results or in the Summary view. See page 69 for more information about Awards.

**1. From the Settings Menu, press or to highlight Messages and press **

Your current meter settings are displayed.

**2. Highlight Pattern, Mentor Tips or Awards and press **

A  appears next to the current setting in the meter.

**3. Highlight On or Off and press **

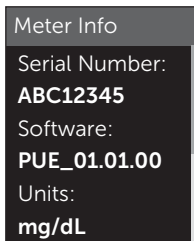
View meter info and last sub-error code

The meter serial number, software version, and information about the last meter sub-error are stored in your meter. You can check this information at any time and use it for troubleshooting.

8 Adjusting meter settings

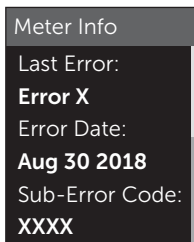
1. From the Settings Menu, press  or  to highlight Meter Info and press .

The meter serial number, software version, and unit of measure are displayed.



Example

2. Press  to view information about the last meter error



Example

Pressing  returns you to the Settings Menu.

Storing your system

Once opened, store your meter, test strips, control solution and other items in your carrying case. Keep in a cool, dry place between 41°F and 86°F and below 90% relative humidity. Keep away from direct sunlight and heat. **Do Not** store the test strip vial in rooms where the air is humid such as the kitchen, laundry room or bathroom. Exposure to temperatures outside the storage limits, as well as moisture and humidity, may cause inaccurate readings.

Cleaning and disinfection

Cleaning and disinfection are different. Both should be performed at least once per week.

Cleaning is part of your normal care and maintenance, but does not kill germs.

Disinfection is the only way to reduce your exposure to disease. After use and exposure to blood, all parts of this kit may transmit infectious diseases.

You should clean your meter, lancing device and cap before disinfecting.

9 Caring for your system

For cleaning information, see page 99 and for disinfecting information, see page 100.

For cleaning and disinfecting, Clorox® Germicidal Wipes* containing 0.55% sodium hypochlorite as the active ingredient have been shown to be safe for use with the OneTouch Verio Reflect™ System and can be obtained from retail websites offering disinfection products, e.g., www.officedepot.com or www.staples.com. For more information on purchase options contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

*Other products, such as Clorox® Disinfecting Wipes, have not been tested and should not be used. Only Clorox® Germicidal Wipes should be used. Follow manufacturer's instruction for handling and storage of wipes. Clorox® is a registered trademark of the Clorox Company.

IMPORTANT: If another person assists you with testing, the meter, lancing device and cap should always be cleaned and then disinfected prior to use by that person.

Cleaning your meter, lancing device and cap

The meter, lancing device and cap should be disinfected at least once per week. Be sure to clean the meter, lancing device and cap before disinfecting.

To clean your meter:

- 1. Use a Clorox® Germicidal Wipe to wipe the outside of the meter and lancing device (including all surfaces, test strip port, data port, seams and buttons)**



To clean your meter, hold it with the test strip port pointed down. If the Clorox® wipe is dripping wet, be sure to squeeze out any excess liquid before you wipe the meter.

Wipe the outside of the lancing device cap.

- 2. Wipe dry with a clean, sterile gauze**



9 Caring for your system

Disinfecting your meter, lancing device and cap

The meter, lancing device and cap should be disinfected at least once per week (including all surfaces, test strip port, data port, seams and buttons). Be sure to clean the meter, lancing device and cap before disinfecting.

To disinfect your meter:

1. First, clean your meter, lancing device and cap

Follow step 1 of page 99.

2. Use a new Clorox® Germicidal Wipe to wipe the outside of the meter, lancing device and cap until the surface is damp

If the Clorox® wipe is dripping wet, be sure to squeeze out any excess liquid before you wipe the meter.

Hold the meter with the test strip port pointed down.

Allow the surface of the meter, lancing device and cap to remain damp for 1 minute.



3. Wipe dry with a clean, sterile gauze



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

- **Do Not** use alcohol or any other solvent.
- **Do Not** allow liquids, dirt, dust, blood or control solution to enter the test strip port or the data port.
- **Do Not** squeeze the germicidal wipe into test strip port.
- **Do Not** spray cleaning solution on the meter and lancing device.
- **Do Not** immerse the meter and lancing device in any liquid.

The OneTouch Verio Reflect™ System withstood cleaning and disinfection cycles well in excess of LifeScan's recommendation. See page 102 for more details.

9 Caring for your system

Examples of damage to the meter may include fogged display, cracked housing or lens, illegible labels, button not working or meter malfunction (such as repeated error messages). Examples of damage to the lancing device and cap may include cracking, illegible depth setting numbers and lancing device malfunction (such as failure to load, cock or release).

Do Not use your meter or lancing device if you see evidence of such damage. If you have questions about cleaning or disinfecting, or if you see evidence of physical damage, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

Cleaning and disinfecting cycles

The meter can be cleaned and disinfected weekly for 4 years, and has been tested up to 209 cleaning and disinfection cycles.

The meter can also be cleaned up to an additional one time per week over the 4 year use lifetime.

The lancing device and cap can be cleaned daily for 3 years and have been tested up to 2829 cleaning cycles.

The lancing device and cap can be disinfected weekly for 3 years, and have been tested up to 412 disinfection cycles.

Replacing the batteries

Your OneTouch Verio Reflect™ Meter uses 2x CR2032 lithium batteries. One battery powers the meter only and the other powers the backlight. See page 112 for information on when to change the meter batteries.

If the meter does not turn on, or remains dim after pressing a button, check the batteries.

Do Not change the batteries when connected to a PC.

⚠WARNING: CHEMICAL BURN HAZARD. DO NOT INGEST BATTERY. This product contains a coin/button cell battery. If swallowed, it can quickly cause severe internal burns and can lead to death. Keep new and used batteries away from children. If you think batteries might have been swallowed, seek immediate medical attention.

IMPORTANT: Use only CR2032 lithium batteries with your meter. **Do Not** use rechargeable batteries. Use of an incorrect battery type or a used battery may result in your meter providing fewer tests than normal.

⚠WARNING: Certain batteries may cause leaking, which can damage the meter or cause the batteries to lose power sooner than normal. Replace leaking batteries immediately.

10 Batteries

1. Remove the old batteries

Start with the meter turned off.
Remove the battery cover by pressing and sliding it downward.



Pull up firmly on the plastic ribbons. The plastic ribbon with the  symbol is for the meter battery, and the plastic ribbon with the  symbol is for the backlight battery. Always change both batteries at the same time.



2. Insert the new batteries

With the "+" side facing up toward you, place each battery in the compartment within the fold of the plastic ribbon.

Push each battery in until it snaps into the battery clasp.



Replace the battery cover by sliding it upwards onto the meter.

If the meter does not power on after you have replaced the batteries, check that the batteries are correctly installed with the "+" side up. If the meter still does not power on, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.



3. Check your meter settings

You will be prompted to set the time and date whenever you change the batteries. See page 88.

4. Dispose of batteries

Dispose of batteries according to your local environmental regulations.

11 Troubleshooting

Error and other messages

The OneTouch Verio Reflect™ Meter displays messages when there are problems with the test strip, with the meter or when your glucose levels are above 600 mg/dL or below 20 mg/dL. Improper use may cause an inaccurate result without producing an error message.

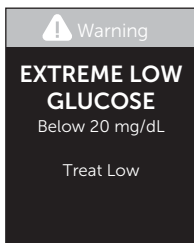
NOTE: If the meter is on but does not operate (locks up), contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

What it means

You may have a very low blood glucose level (severe hypoglycemia), below 20 mg/dL.

What to do

This may require immediate treatment. Although this message could be due to a test error, it is safer to treat first and then do another test. Always treat according to your healthcare professional's recommendations.

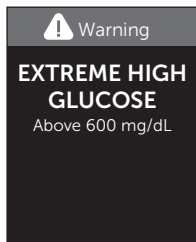


What it means

You may have a very high blood glucose level (severe hyperglycemia), over 600 mg/dL.

What to do

Re-test your blood glucose level. If the result is **EXTREME HIGH GLUCOSE** again, obtain and follow instructions from your healthcare professional right away.



What it means

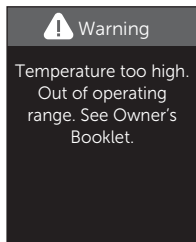
Meter is too hot (above 111°F) to perform a test.

What to do

Move the meter and test strips to a cooler area. Insert a new test strip when the meter and test strips are within the operating range (43-111°F).

If you do not get another **Temperature too high** message, you can proceed with testing.

If this message continues to appear, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.



11 Troubleshooting

What it means

Meter is too cold (below 43°F) to perform a test.

What to do

Move the meter and test strips to a warmer area. Insert a new test strip when the meter and test strips are within the operating range (43-111°F).

If you do not get another **Temperature too low** message, you can proceed with testing.

If this message continues to appear, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.



Warning

Temperature too low.
Out of operating
range. See Owner's
Booklet.

Error Screens

If there is a problem with the meter, the following error screens may appear. If you cannot resolve the error with your meter, contact Customer Service. They will refer to the error number, and a sub-error code found in the Meter Info screen, to help troubleshoot the problem. See page 95 for more information on viewing the Meter Info screen.

What it means

There is a problem with the meter.

What to do

Do Not use the meter. Contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.



Error 1

Meter problem.
Contact customer
service.

What it means

Error message could be caused by a used test strip, applying blood to the test strip before inserting it into the meter or a problem with the meter or test strip.

What to do

Repeat the test with a new test strip; see page 30 or page 51. If this message continues to appear, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.



Error 2

Meter or strip
problem. Retest with
a new strip.

11 Troubleshooting

What it means

The sample was applied before the meter was ready.

What to do

Repeat the test with a new test strip. Apply a blood or control solution sample only after the **Apply Blood** or **Apply Control Solution** screen appears on the display. If this message continues to appear, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

Error 3

Meter was not ready.
Retest with a
new strip.

What it means

One of the following may apply:

- Not enough blood or control solution was applied or more was added after the meter began to count down.
- The test strip may have been damaged or moved during testing.
- The sample was improperly applied.
- There may be a problem with the meter.

Error 4

Strip fill problem.
Retest with a
new strip.

What to do

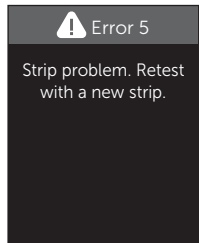
Repeat the test with a new test strip; see page 30 or page 51. If the error message appears again, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

What it means

The meter has detected a problem with the test strip. Possible cause is test strip damage.

What to do

Repeat the test with a new test strip; see page 30 or page 51. If the error message appears again, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.



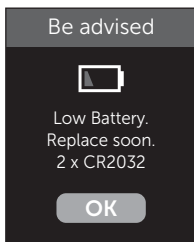
11 Troubleshooting

What it means

Battery power is low but there is still enough battery power to perform a test. Test results will still be accurate. The flashing low battery () icon will continue to appear until the batteries are replaced.

What to do

Press  to continue, but replace the batteries as soon as possible.

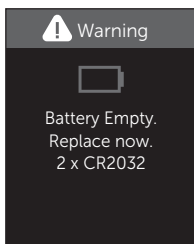


What it means

There is not enough meter battery power to perform a test.

What to do

Replace the batteries immediately.



Comparing meter results to laboratory results

Results obtained from the OneTouch Verio Reflect™ Meter and laboratory tests are reported in plasma-equivalent units. However, your meter result may differ from your lab result due to normal variation. A result from your OneTouch Verio Reflect™ Meter is considered accurate when it is within 15 mg/dL of a laboratory method when the glucose concentration is lower than 75 mg/dL and within 15% of a laboratory method when the glucose concentration is 75 mg/dL or higher.

Meter results can be affected by factors that do not affect lab results in the same way. Specific factors that may cause your meter result to vary from your lab result may include:

- You have eaten recently. This can cause a result from fingertip testing to be up to 70 mg/dL higher than a lab test using blood drawn from a vein.¹
- Your hematocrit is above 60% or below 20%.
- You are severely dehydrated.

For additional information, refer to the OneTouch Verio® Test Strip Insert.

¹Sacks, D.B.: "Carbohydrates." Burtis, C.A., and Ashwood E.R. (ed.), *Tietz Textbook of Clinical Chemistry*, Philadelphia: W.B. Saunders Company (1994), 959.

Guidelines for obtaining an accurate meter to lab comparison

Before going to the lab:

- Perform a control solution test to make sure your meter is working properly.
- **Do Not** eat for at least 8 hours before you test your blood.
- Take your meter and testing supplies with you to the lab.

Testing with your OneTouch Verio Reflect™ Meter at the lab:

- Test within 15 minutes of the lab test.
- Use only a fresh, capillary blood sample from your fingertip.
- Follow all instructions in this Owner's Booklet for performing a blood glucose test.

Comparing your meter results to those taken from another meter

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.

Technical specifications

Assay method	FAD-GDH (flavin adenine dinucleotide dependent glucose dehydrogenase)
Automatic shutoff	Two minutes after last action
Battery ratings	Two 3.0 V d.c., (2x CR2032 batteries), == 15 mA
Battery type	2 replaceable 3.0 Volt CR 2032 lithium batteries (or equivalent)
BLUETOOTH® technology	Frequency range: 2.4-2.4835 GHz Maximum power: 0.4 mW Operating Range Distance: minimum 26.25 feet (unobstructed) Operating Channels: 40 Channels Security Encryption: 128-bit AES (Advanced Encryption Standard)
Calibration	Plasma-equivalent
Data port type	Compatible with micro USB 2.0
Memory	750 test results

12 System information

Operating ranges	43-111°F Relative humidity: Non-condensing 10-90% Altitude: up to 10,000 feet Hematocrit: 20 - 60%
Reported result range	20-600 mg/dL
Sample	Fresh capillary whole blood
Sample volume	0.4 µL
Size	1.69(W) x 3.97(L) x 0.61(T) inches
Test time	Approximately 5 seconds
Unit of measure	mg/dL
Weight	Approximately <1.87 ounces

Your OneTouch Verio Reflect™ Meter result may vary slightly from your actual blood glucose value. This may be due to slight differences in technique and the natural variation in the test technology.

The chart below shows the results of a study where 354 typical users used the OneTouch Verio Reflect™ Meter to test their blood glucose level. For example, in this study, the OneTouch Verio Reflect™ Meter gave results within 15% of their true blood glucose level 351 out of 354 times.

Difference range between the true blood glucose level and the OneTouch Verio Reflect™ meter result	Within 5%	Within 10%	Within 15%	Within 20%
The percent (and number) of meter results that match true blood glucose level within X%	62.7% (222/354)	94.1% (333/354)	99.2% (351/354)	100% (354/354)

12 System information

Regression statistics

Samples were tested on one of three test strip lots. Results indicate that the OneTouch Verio Reflect™ System compares well with a laboratory method.

# of Subjects	# of Tests	Slope	Intercept (mg/dL)
354	354	1.02	-2.66

95% CI Slope	95% CI Intercept (mg/dL)	Std. Error ($S_{y.x}$) (mg/dL)	R ²
1.01 to 1.04	-5.40 to 0.09	10.58	0.98

Precision

Within Run Precision (300 Venous Blood Tests per glucose level)

Target Glucose (mg/dL)	Mean Glucose (mg/dL)	Standard Deviation (mg/dL)	Coefficient of Variation (%)
40	36.8	1.05	2.84
90	89.7	2.46	2.74
130	132.8	4.07	3.07
200	206.8	5.53	2.68
350	368.7	10.84	2.94

Data generated using the OneTouch Verio Reflect™ Meter show that the greatest variability observed between test strips from three strip lots when tested with blood is 1.05 mg/dL SD or less at glucose levels less than 75 mg/dL or 3.07% CV or less at glucose levels at 75 mg/dL or above.

12 System information

Total Precision (600 Control Solution Tests per Glucose Level)

Data generated using the OneTouch Verio Reflect™ Meter.

Glucose Level Ranges (mg/dL)	Mean Glucose (mg/dL)	Standard Deviation (mg/dL)	Coefficient of Variation (%)
30-50	37.74	0.93	2.47
51-110	69.00	1.40	2.02
111-150	118.65	2.24	1.89
151-250	200.53	3.70	1.84
251-400	346.74	7.66	2.21

Guarantee

LifeScan guarantees that the OneTouch Verio Reflect™ Meter will be free of defects in material and workmanship for three years, valid from the date of purchase. The guarantee extends only to the original purchaser and is not transferable. If the meter stops working or a defect occurs on any part, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Booklet.

Electrical and safety standards

This meter complies with CISPR 11:Class B (Radiated Only). Emissions of the energy used are low and not likely to cause interference in nearby electronic equipment. The meter has been tested for immunity to electrostatic discharge as specified in IEC 61326-2-6. This meter complies with immunity to radio frequency interference as specified in IEC 61326-1 and 61326-2-6.

The meter meets the requirements for immunity to electrical interference at the frequency range and test level specified in international standard EN 60601-1-2:2014.

Do Not use the equipment where aerosol sprays are being used, or when oxygen is being administered.

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As your partner in diabetes care, we welcome you to
contact us (7 days a week, 8:00 AM - 8:00 PM
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Patent <https://www.onetouch.com/patents>
Meter Made in China
AW 07201102A
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Rev. Date: 09/2020

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