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GoChek

BLOOD GLUCOSE MONITORING SYSTEM



Instruction Manual

For all *GoChek* series meters
GoChek
GoChek Connect
GoChek Connect+
GoChek+

CE 0197

IVD



Dear User:

Thank you for choosing the *GoChek* blood glucose meter. Monitoring your blood glucose level is an integral part of treating diabetes. MicroTech Medical is committed to help you control your condition so you can live a healthy and active life.

Please read this user manual to help master the simple functions of your *GoChek* meter. If used properly, the blood glucose meter will give you accurate results.

The *GoChek* blood glucose monitoring system will give you accurate readings from fresh capillary or venous whole blood. This product is for professional use in medical institutes or for self-testing by diabetics. Test results serve only as helpful information, not as proof for clinical diagnoses.

Important safety instructions before use:

- Do not drop the meter or get it wet.
- Only use the meter as directed by this instruction manual.
- **Only use *GoChek* blood glucose testing strips** (hereafter referred to as "test strips").
- Do not use the meter if it is not working properly or has been damaged.
- Do not place anything on top of the meter.
- Unless specifically instructed in this user manual, do not let anything get inside of the meter openings.
- This meter can only be used to determine blood glucose levels using whole blood samples. Do not use serum or plasma samples.
- Patients who are severely ill, suffer from severe dehydration, or are in a hyperosmolar state should not use the *GoChek* system.
- Remove the battery if the device will not be used for an extended period of time.
- Do not use test strips or control solution past the expiration date.
- Avoid using the meter near devices emitting electromagnetic radiation such as TV's, mobile phones, microwaves, and X-ray machines. Avoid static electricity, especially in very dry environments.

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▼ Specification

Product Name: *GoChek / GoChek Connect / GoChek Connect+ / GoChek+*
 Size: 83.5 mm (L) × 54 mm (W) × 19 mm (Thickness)
 Glucose Test Range : 0.6-33.3 mmol/L (10-600 mg/dL)
 Results Display: plasma equivalent
 Minimum Sample Volume: 0.5µL
 Test Time: 5 seconds
 Battery: CR 2032 3.0V coin cell battery
 Battery life: >1,000 readings (wireless functions disabled)
 Glucose Concentration Units: mmol/L or mg/dL depending on the standard of your country
 Memory Storage: 500 test results with date and time stamp
 Auto Shutdown: Automatic shutdown after 2 minutes
 Display Size: 40mm × 42mm
 Weight: about 50 grams (including battery)
 Operating Temperature: 5-45°C (41-113°F)
 Operating Humidity: 10-90% (non-condensing)
 Hematocrit Range: 10-70%

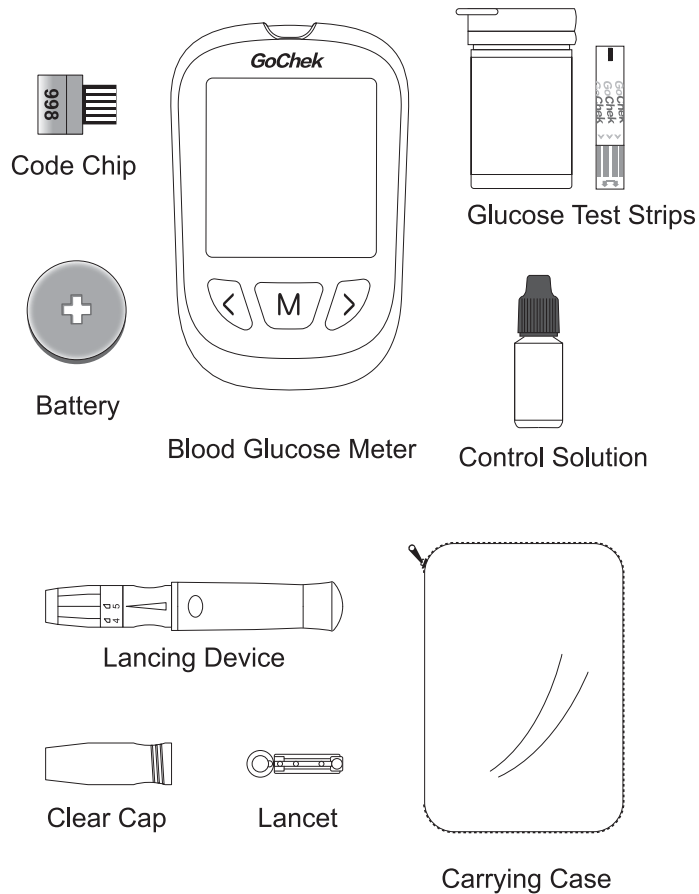
ⓘ Note:

Blood containing high levels of vitamin C or other reducing agents can lead to inaccurate test results. Triglycerides above 3,000 mg/dL and cholesterol above 500 mg/dL will lead to inaccurate test results.

▼ Product Components

Included components: Glucose meter, lancing device, clear cap, battery, user guide, carrying case

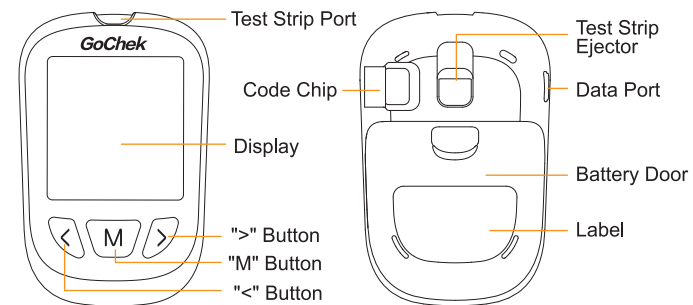
Optional components (purchased separately): blood glucose test strips, control solution, lancets, code chip



▼ Component Descriptions

▶ Blood Glucose Meter

The meter reads the test strips and displays the blood glucose concentration. Use this diagram to become familiar with all of the parts of your meter.



Test Strip Port: Test strips are inserted into this area to perform a test.

Display: Shows test results, settings, and other information.

Code Chip: Code chip insertion area.

"<" Button: When the meter is off, holding the "<" button will turn the meter on and enter the system settings menu.

"M" Button: When the meter is off, holding the "M" button will enter memory mode. This button also is used to select/confirm.

">" Button: When the meter is off, holding the ">" button will enter the test reminder alarm mode.

Battery Door: Remove the battery door to install one CR2032 coin cell battery.

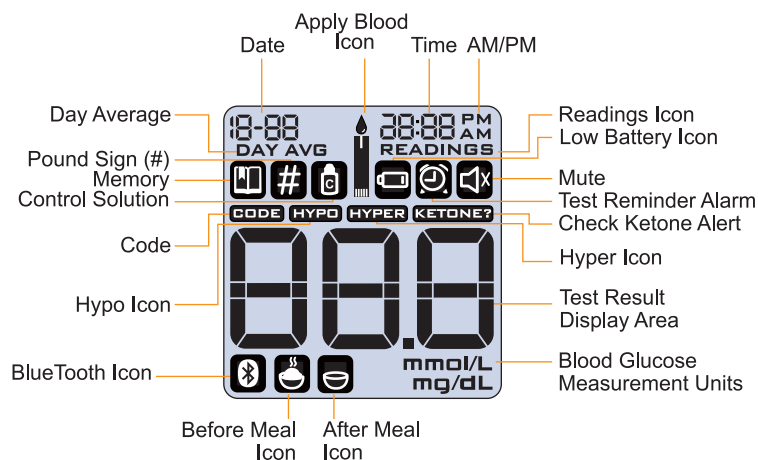
Label: Contains product information.

Test Strip Ejector: Slide the ejector forward to discard a used test strip.

Data Port: When used with a data cable, you can transfer the data stored in the meter to your personal computer, analyze, and print it. (Requires data cable, please contact customer service)

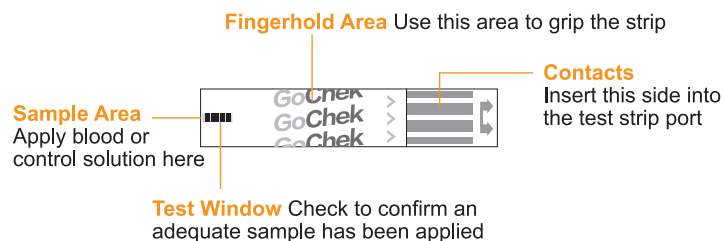


Display



Strips Test

GoChek blood glucose test strips contain chemical reagents. After the test strip is placed into the test strip port and a blood sample is applied, the blood automatically wicks into the test window. A transient electrical current is generated, and this current is measured to determine the correct blood glucose level reading.



ⓘ IMPORTANT:

Make sure that the blood sample is applied at the edge of the test strip, never on the top surface. Applying blood to the top surface of the strip will lead to inaccurate results.



Correct



Incorrect

Apply blood samples to the edge of the strip until the test window is full. The blood glucose meter will begin to count down when there is adequate blood. If the test window is not full, you may add additional blood within three seconds. If not enough blood has been applied, an error E-3 will be displayed. Please discard and use a new test strip. If you see that the test window is not full, but the countdown begins anyway, please discard and use a new test strip.



Each test strip package is marked with a batch number (LOT), expiration date (📅) and a control solution range (CTRL1 and CTRL2). Please use the correct strips recommended for your meter. The use of non-approved strips will result in the meter not turning on or an error.

▷ Storage and Handling

Please read and follow the storage and handling conditions below:

- Store test strips in a clean, dry environment at 5-30°C (41-86°F). Do not store test strips in heat or direct sunlight.

- Do not refrigerate or freeze test strips.
- Do not store or use strips in a humid environment, such as a bathroom.
- Do not store the meter, test strips, or control solution near bleach or cleaning agents that contain bleach.
- Close the cap on the vial immediately after removing a test strip.
- Use the test strip immediately after removing it from the package.
- Do not use expired test strips. Doing so may lead to inaccurate results.

Tip: The test strip label contains the expiration date in year-month format. For example, 2017-01 indicates that the test strips are valid until January 2017.

▷ Special Instructions for Test Strips Sold in a Vial

- Test strips should be stored in the tightly capped vial that is provided.
- Do not store test strips outside of the provided vial. Test strips must be stored inside the original vial with the lid tightly sealed closed.
- Do not transfer test strips from the provided vial into another container.
- Close the cap on the vial immediately after removing a test strip.
- A new vial of test strips may be used for 6 months after first being opened. Please take note of the date that the vial was first opened, and discard after 6 months.

▷ Special Instructions for Test Strips Sold in Single Use Packets

- Tear the packet open carefully beginning from the tear gap. Do not damage or bend the test strip.
- Use the test strip immediately after removing it from the packet.

⦿ Test Strip Precautions

- For *in vitro* diagnostic use.
- Use the test strip immediately after removing it from the package, otherwise the test results may not be accurate.
- Do not use test strips that are torn, bent, or damaged in any way. Do not reuse test strips.
- Keep the test strip packaging away from children and pets.
- Consult your physician or healthcare professional before making any changes in your treatment plan based on your blood glucose test results.
- Please refer to the test strip instructions for more detailed information.

▶ Code Chip

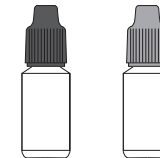
Insert the code chip into the meter before each test. It is used to calibrate the meter for use with the associated test strips.

▶ Control Solution

Control solution is a glucose solution of known concentration that is used to confirm that your meter and test strips are working properly. It is important to run a quality control test regularly to make sure that you are getting accurate results.

You should perform a quality control test in the following situations:

- When you suspect that the meter or test strips are not working properly.
- When you suspect that your test results are inaccurate, or inconsistent with how you feel.
- When you suspect that your meter has been damaged.
- After cleaning your meter.



Refer to page 12 for instructions on how to perform a quality control test.

▷ Storage and Handling

Please review the following storage and handling instructions:

- Store the control solution in the temperature range 5-30°C (41-86°F).
- Do not refrigerate or freeze the control solution.
- If the control solution is cold, do not use until it has warmed to room temperature.
- Do not use expired control solution.

Tip: The control solution label contains the expiration date in year-month format. For example, 2017-01 indicates that the test strips are valid until January 2017.

- Control solution may be used for 6 months after the bottle is opened for the first time. Please take note of the date that the bottle was first opened, and discard after 6 months. Do not use beyond the expiration date.

⦿ Control Solution Precautions

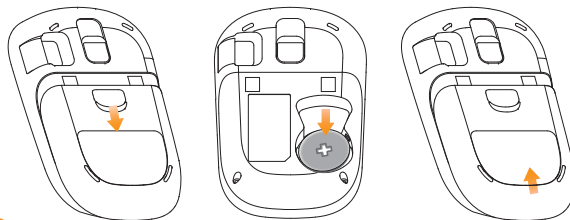
- For *in vitro* diagnostic use. The control solution is for testing only outside of the body. Do not swallow or inject.
- Control solution should be shaken before use.
- Quality control tests should be carried out at 15-30°C.
- Do not let the control solution bottle touch the test strip.
- Use only the control solution that is recommended for your meter.
- The control ranges shown on the test strip package are not recommended ranges for your blood glucose level. Your personal glucose range should be determined by your healthcare professional.

▼ Meter Setup Before Use

▶ Battery Installation

The meter requires a CR2032 3.0V coin cell battery. You can find one in the carrying case. Please follow the steps below for installation:

1. Turn the meter to the back side, press to open the battery door as shown in the picture.
2. Insert the battery. Make sure that the positive side (+) is facing up.
3. Replace the battery door, making sure that it is closed tightly.



▶ Meter Setup

Follow the steps below to set up your meter:

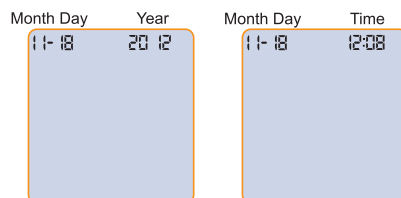
▷ System Settings

Before using your meter for the first time, make sure all system settings are correct. For example, setting the correct time is essential for the history function to work properly.

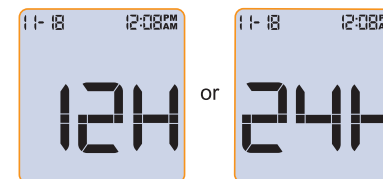
Press the "<" button for 2 seconds to enter the **system settings** menu.

Time Settings

1. The display will show the month, day, and year. In the upper right portion of the screen, the year will flash. Press the "<" or ">" buttons to change the year, and then the "M" button to save your choice.

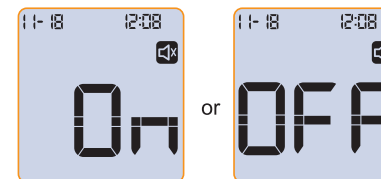


2. The display will now show the month and day in the top left corner. Change the month and day by pressing the "<" or ">" buttons. Press "M" to save.
3. Next, set the correct time. By default, the meter will show the time in 24 hour display mode. Press "M" to save the correct time. The meter will now allow you to change to either 24 hour or 12 hour display mode by pressing "<" or ">". Press "M" to save and continue to the next step.



Audio Settings

You can turn your meter's sound on and off in the audio settings menu. Press "<" or ">" to turn on or off the sound. Press the "M" button to save this setting.



When the sound is on, the meter will provide a beep when:

- a. The meter is powered on
- b. The blood sample is adequate
- c. The test results are displayed
- d. An error occurs
- e. A test reminder alarm is activated

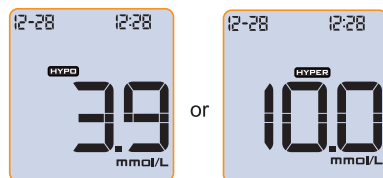
You will hear a one beep warning sound when the meter is powered on, if the blood sample is adequately applied, and when the test results are displayed. You will hear 2 short beep warning sounds if an error occurs. Please refer to the error code table included in this instruction manual.

After you have chosen the audio setting, the meter will enter the high and low blood glucose alarm settings.

High and Low Blood Glucose Alarm Settings

The meter has high (Hyper) and low (Hypo) blood sugar warning alerts. You should set these high and low alerts according to your health care professional's advice. When your test result is lower than the Hypo alert value (the meter can be set to a maximum Hypo value of 5.6 mmol/L (100 mg/dL)), the symbol "HYPO" will be displayed. When your test result is higher than the Hyper alert value (the meter can be set to a minimum Hyper value of 6.7 mmol/L (120 mg/dL)), the symbol "HYPER" will be displayed.

The Hyper and Hypo settings are OFF by default.

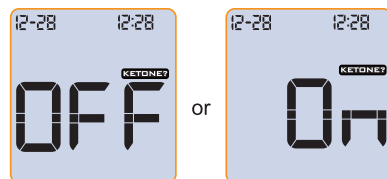


To change the Hypo limit alert value (or turn off), press the "<" or ">" buttons and then the "M" button to save. Next, change the Hyper limit alert value (or turn off) by pressing the "<" or ">" buttons and then the "M" button to save. The meter will enter the ketone test warning setting.

Ketone Test Warning Settings

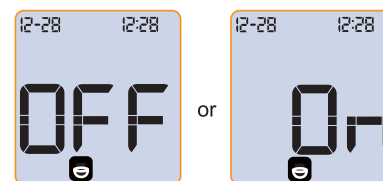
To turn on or off the blood ketone test warning, press the "<" or ">" buttons and then the "M" button to save. When the blood ketone test warning function is on, the "KETONE?" symbol will show in the upper right section of the display if your test result is higher than 16.7 mmol/L (300 mg/dL).

After choosing the ketone test warning setting, the system will enter the meal marker setting.



Meal Marker Settings

The meter has a meal marker function that allows you to mark your test result as before or after a meal. To turn on or off meal marker function, press the "<" or ">" buttons and then the "M" button to save. The meter will power off after this setting is chosen.



Additional Settings

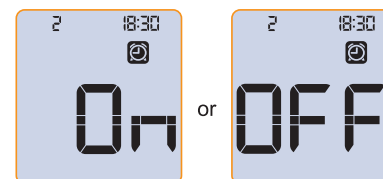
If your meter is has wireless functions (*GoChek* Connect and *GoChek* Connect+), there may be some additional settings in the System Settings menu. See additional user guide for more information.

Test Reminder Alarm Settings

You can preset up to 10 different test reminder alarms that can remind you to regularly perform blood glucose tests. You can also turn on or off any of the reminder alarms.

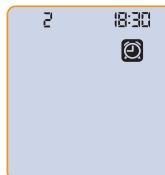
When the meter is off, long press the ">" button to enter the **test reminder alarm settings** menu.

Press the "<" or ">" button to select the number alarm that you would like to edit, and then press the "M" button to confirm your choice. Now you can edit the time (hour/minute) that you like the alarm to sound by pressing the "<" or ">" button, and "M" to confirm/save. After saving the time, the meter will turn off.

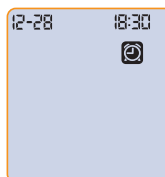


The test reminder alarms sound for 1 minute, and then repeat at an interval of 5 minutes. The alarm is cancelled by inserting a test strip or by pressing any key.

When a test reminder alarm is on, the alarm clock symbol will be displayed on the screen. An example is shown in the figure:



When the test reminder alarm sounds, the display shows:



Note: If you hold the "<" or ">" button, the numbers will decrease or increase more quickly.

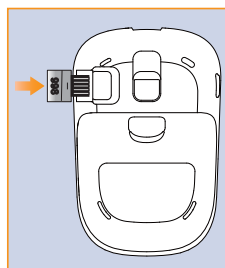
Tip: After you replace the battery, you will only need to reset the time. Other settings are stored in the meter memory.

Quality Control Tests

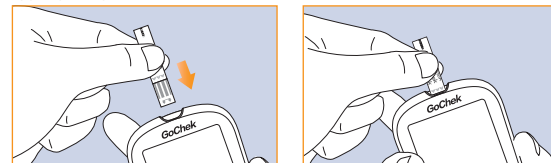
Quality control testing is done to verify that the blood glucose meter and test strips are working correctly, and to ensure the accuracy of the test results. Please conduct quality control tests in the following situations:

- When you suspect that the meter or test strips are not working properly.
- When you suspect that your test results are inaccurate, or if they are inconsistent with the way you feel.
- When you suspect the meter is damaged.

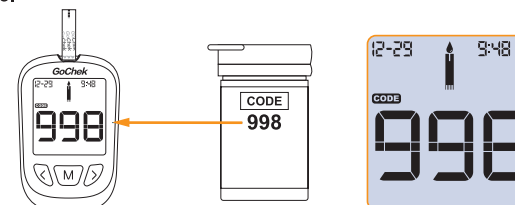
1. Insert the code chip into glucose meter.



2. Insert the test strip all of the way into the test strip port, and the meter will turn on automatically. If the audio is on, you will hear a "beep" sound, and all of the icons on the display will turn on at the same time.



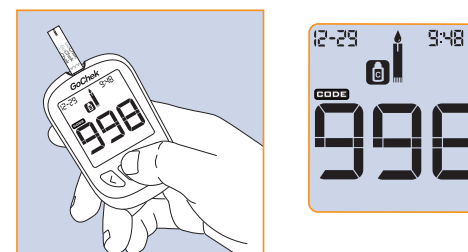
3. After all of the icons appear, the code chip number will display automatically. Please compare this number with the number on the test strip packaging. If they do not match, make sure that you are using the correct code chip, and verify by repeating steps 1 through 3.



4. The screen will now display the date, time, and code chip number with the apply blood icon flashing. Test strip icon and flashing blood drop icon shows that the test strip has been inserted correctly.

Tip: If the test strip is not inserted correctly, the meter will not power on.

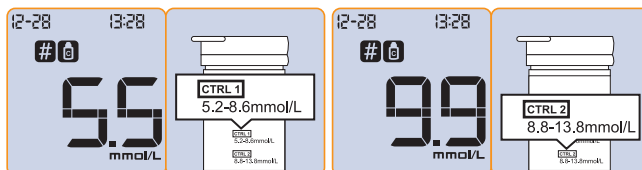
5. Push the "M" button to mark the test a quality control test, and the control solution icon will show on the display.



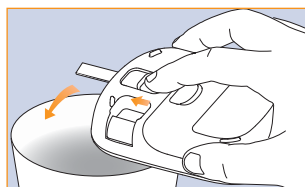
6. Shake the control solution bottle, gently squeeze out the control solution, discard the first drop, and drop the second drop onto a clean nonabsorbent surface. Now touch the second drop to the sample area of the test strip. Do not let the bottle come into contact with the test strip. If the audio is on, the meter will beep, telling you that enough control solution has been applied.

Tips:

- If a big bubble forms, wipe with clean cotton paper, and then do the following steps.
 - If one drop of control solution does not fill the test window, please add another drop within 3 seconds. Otherwise discard the test strip, and try again.
7. After applying enough control solution, the display will count down 5 seconds and the control solution test result will be displayed on the screen. If the control solution test result falls within the control range that is printed on the package (CTRL 1 on test strip vial or foil pouch), this indicates that the meter is working normally, and the system is functioning properly.



8. After the test has been completed, slide the test strip ejector to pop out the test strip, and the glucose meter will automatically turn off.



When “#” and “#” are displayed simultaneously, the result is from a control solution test, and it will not be included in the 7, 14, 30, 60, or 90 day average. When you access your test history, the control solution results are not displayed.

If the control solution results are outside of the reference range:

- Confirm you are matching the correct range. Control Solution 1 results should be matched to the CTRL1 range printed on the test strip vial (or foil pouch).
- Check the expiration date of the test strip and control solution. Make sure that the packages have not been opened for more than 6 months. Discard any expired test strips and control solution.
- Confirm that you are testing within the correct temperature range (15-30 °C).
- Make sure that the test strip vial and control solution bottle have been tightly closed.
- Make sure that you are using the correct brand of control solution.
- Make sure you are following the user guide instructions properly.

After checking all of the conditions above, repeat the quality control test with a new test strip. If the quality control test results are still outside of the range printed on the test vial (or foil pouch), there may be a problem with your meter. Please seek help and contact your dealer.

Two levels of control solution are available labeled Control Solution 1 and Control Solution 2. Control Solution 1 is sufficient for most self testing needs. If you think your meter or strips may not be working correctly, you may also want to do a level 2 test. The ranges for both (CTRL 1 and CTRL 2) are displayed on the test strip vial (or on the foil pouch). Simply repeat Steps 4 through 6, using Control Solution 2. For confirmation of results, Control Solution 1 tests should fall within the CTRL1 range, and Control Solution 2 tests should fall within the CTRL2 range. If the control solution test results do not fall within the respective ranges, DO NOT use the system to test blood, as the system may not be working properly. If you cannot fix the problem, contact your dealer for help.

Please contact your dealer to purchase control solution. Each box of control solution contains both Control Solution 1 and Control Solution 2.

▼ Testing Your Blood

The following steps show how to use the meter, test strips, code chip, lancing device and sterile lancets together to measure your blood glucose concentration. The main steps are as follows:

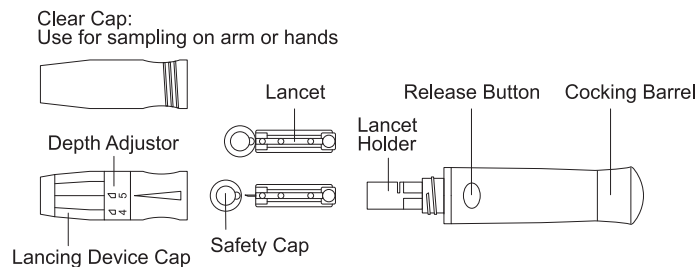
- Step 1:** Insert the code chip into the glucose meter.
- Step 2:** Insert the test strip (that corresponds with the code chip) face up into the test strip port. The meter will automatically turn on and display the code chip number and flashing "Apply Blood" icon.
- Step 3:** You can choose the blood collection site. Usually a tiny amount of blood is collected from the fingers, hands, or forearms. Touch the blood drop lightly to the edge of the sample area. Complete the test within two minutes, or the meter will automatically power off.
- Step 4:** After the meter detects that there is an adequate amount of blood, the meter will count down 5 seconds and display the glucose test results. The test result will be stored in the history automatically. Slide the test strip ejector to eject the test strip, and the meter shuts off automatically.

▶ Blood Sampling

Before testing, first become familiar with how to collect blood and then choose a clean and dry place to conduct the test.

© IMPORTANT:

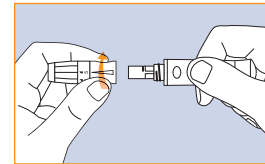
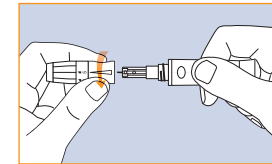
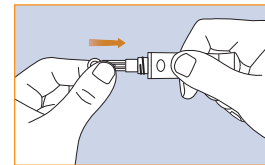
Prior to testing, use with either alcohol or soapy water to disinfect the sampling site. Use warm water to increase blood flow if necessary. Dry your hands and the sampling site, ensuring that there is no soap residue remaining.



▷ Fingertip Testing:

Adjust the depth penetration to reduce the discomfort. You do not need the clear cap for fingertip sampling.

1. Remove the lancing device cap. Insert the lancet into the lancet holder until it comes to a complete stop.
3. Carefully install the lancing device cap onto the lancing device, avoid touching the lancet needle tip.

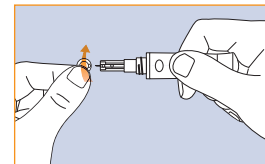
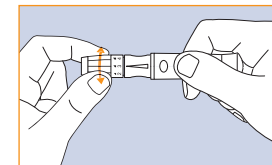


4. Adjust the puncture depth by rotating the depth adjustor (the lancing device has 5 puncture depth settings). To reduce discomfort, choose the lowest setting that still produces an adequate blood sample.

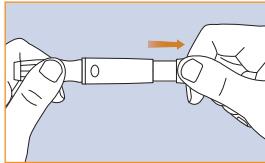
Depth Adjustment:

- 1 and 2: for delicate skin
- 3: for normal skin
- 4 and 5: for thick or calloused skin

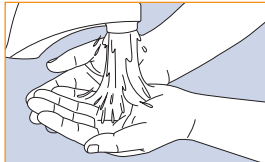
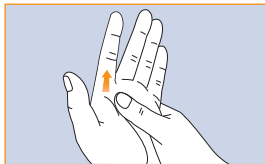
Note: Greater pressure between the lancing device against the finger will also increase the puncture depth.



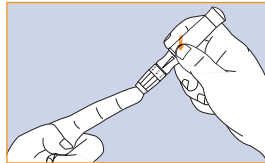
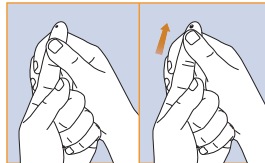
5. Pull back the cocking barrel until you hear a click. Now the lancing device is loaded and ready to draw blood.



6. Before taking a blood sample, wash your hands or use an alcohol swab to clean the area. Washing your hands in hot water increases blood circulation. You can also massage from wrist to finger to promote better blood circulation.



7. Holding the lancing device against the side of the finger to be lanced, press the release button and then put down the lancing device. Massage forward slowly from the base of your finger to the tip to increase the sample size. Wipe away the first drop of blood and use the second drop for the test strip.



Tip: To reduce pain, lance on the sides of the fingertips, where there are less nerve endings. Rotate finger locations as much as possible to accelerate wound healing and decrease callouses.

► Forearm or Palm Testing

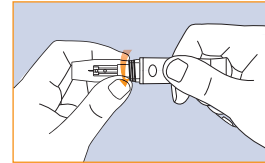
Collecting blood samples from your palm or forearm may be less painful than your fingertips because there are less nerve endings. The procedure for collecting samples from your palm or forearm is slightly different. You will need the clear cap for this type of sampling. You cannot adjust the puncture depth with the clear cap.

IMPORTANT: There are important differences among forearm, palm and fingertip samples that you should know. Important information about forearm, palm glucose testing:

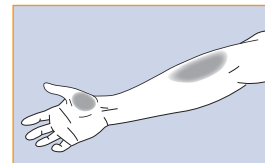
- When blood levels are changing rapidly such as after a meal, insulin dose or exercise, blood from the fingertips may show these changes more rapidly than blood from other areas.
- Fingertips should be used if testing is within 2 hours of a meal, insulin dose or exercise and any time you feel glucose levels are changing rapidly.
- You should test with the fingertips anytime there is a concern for hypoglycemia or you suffer from hypoglycemia unawareness.

Please refer to "Fingertip Testing" sections 1-3 and 5 to learn how to install lancets into lancets holder.

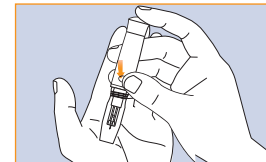
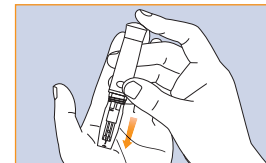
1. Screw the clear cap onto the lancing device.



2. Choose a sampling site on your forearm or palm that is dry and clean. Do not choose an area near bone, visible veins, or hair. To bring fresh blood to the surface for sampling, massage the site vigorously until it feels warm.

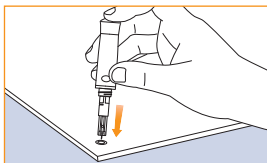
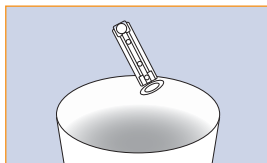


3. Place the lancing device against the puncture site. Press and hold the clear cap against the puncture site for a few seconds. Press the release button of the lancing device, but do not immediately lift the lancing device from the puncture site. Continue to hold the lancing device against the puncture site until you can confirm a sufficient blood sample has formed.



▶ Lancet Removal

1. Unscrew the lancing device cap. Firmly push the needle into the safety cap.
2. Pull out the lancet from the lancet holder. Please dispose of the used lancet properly.



© Lancet Precautions:

- Do not use a lancet if the safety cap is loose or missing.
- Do not use a lancet if the needle is bent.
- Use caution whenever a lancet needle is exposed.
- Do not share lancets with other people.
- To avoid cross contamination, always use a new sterilized lancet. Do not reuse lancets.
- Avoid contaminating lancets with hand lotion, detergents, oil, and other debris.

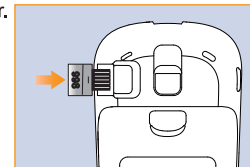
Reminder:

- Lancing devices and lancets should not be shared. Each person should have his own lancing device and lancets.
- Clean your lancing device before and after use with alcohol or a disinfectant wipe. Be sure to clean the part of the device that touches the finger. Do not immerse the lancing device in water.
- Control excess bleeding and disinfect your wound after use.

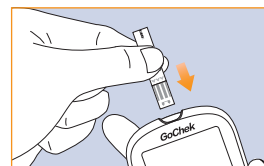
▶ Testing Blood Glucose

When you insert the code chip and test strip, the meter will automatically turn on (except in data transfer mode).

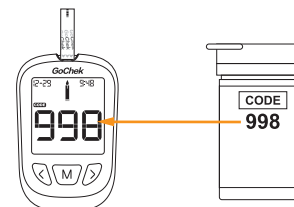
1. Insert the code chip into glucose meter.



2. Insert the test strip all of the way into the test strip port, and the meter will turn on automatically. If the audio is on, you will hear a "beep" sound, and all of the icons on the display will turn on at the same time. If the strip is inserted upside down, the meter will not turn on.



3. The test strip has been inserted correctly when you see the "Apply Blood" icon and drop icon flashing. If the test strip is not correctly inserted, the meter will not turn on – repeat the steps above.
4. After all of the icons appear, the code chip number will be displayed automatically. Please compare this number with the number on the test strip packaging. If they do not match, make sure that you are using the correct code chip, and verify by repeating steps 1 - 3.



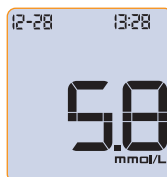
5. Apply blood to the sample area of the test strip. If the audio is on, the meter will beep, telling you that enough blood has been applied and the meter will start to measure.



DO NOT:

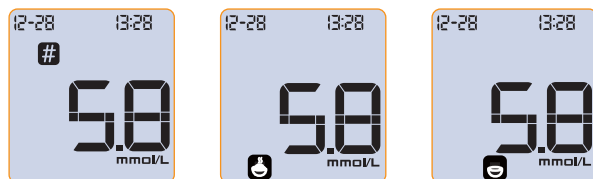
- Apply blood to the front or back of the test strip.
- Smear the blood drop onto the test strip.
- Press your finger against the test strip.

6. The display will count down 5 seconds during the measurement process. If the audio is on, the test will end with a beep. If you applied a blood sample but the meter does not begin a countdown, you may reapply a second drop of blood within 3 seconds.



If you press the ">" button, the test results will be marked with the "#" icon. Results marked with "#" symbol will not be used in the 7, 14, 30, 60 or 90 day average calculations. If you accidentally mark your result with the "#" icon, simply press the ">" button again to cancel the mark. After marking a result with "#", please test again with a new strip.

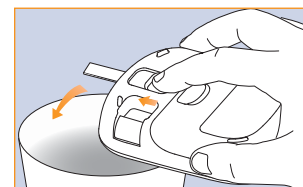
If the before/after meal marker setting is on, you can press the "<" button to tag the reading before or after meal, as shown in the figure:



Press the "M" button to confirm.

If an error code is displayed, please check the troubleshooting instructions (page 32). If "HI" or "LO" symbol is displayed, refer to the "HI" and "LO" Messages section (page 25).

7. Record valid results in your logbook with the date and time, and compare them to the target goals set by your healthcare professional. (Refer to Suggested Testing Times and Target Goals on page 24)
8. After the test has been completed, slide the test strip ejector to pop out the test strip, and the glucose meter will automatically turn off.



▼ Understanding Test Results

▶ Suggested Test Times and Target Goals

Tracking your glucose concentrations with regular blood glucose testing is an important part of managing diabetes. Your healthcare professional will help you decide the normal target range for your glucose levels and how often you should test according to your situation. Suggested times to test include:

- When you wake up (before eating)
- 1-2 hours after breakfast
- 1-2 hours after lunch
- Before dinner
- Before bedtime
- 2-3 o'clock in the morning (if taking insulin)
- Before breakfast
- Before lunch
- Before and after exercises
- 1-2 hours after dinner
- After a snack

More frequent tests may be required when:

- You adjust your medication dosage.
- You think your glucose levels may be too high or too low.
- You feel ill.

Normal blood glucose target ranges (from ADA Clinical Practice Recommendations, 2011).

Time	Target Range (mg/dL)	Target Range (mmol/L)
Empty stomach	70-100	3.9-5.6
2 hours after a meal	<140	<7.8

(Note: 1 mmol/L = 18 mg/dL)

How many times per day should I test?

Diabetes Type	Number of Tests With Empty Stomach
Type 1	At least 3 times per day
Type 2	Test frequently to achieve your target range
Prenatal Diabetes	At least twice per day

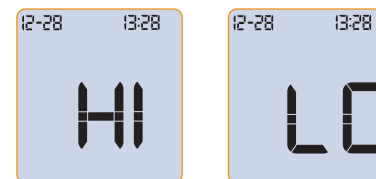
Research indicates that measuring your blood glucose at least three times per day will help you control your glucose level. Please discuss the number of tests and test times with your healthcare professional.

Record your blood sugar levels and other relevant information in your log book. Bring your records when you visit your healthcare professional. It will help him understand your condition, and help him modify your treatment plan.

▶ “HI” and “LO” Messages

Your meter can accurately measure blood glucose concentrations between 1.1-33.3 mmol/L (20-600 mg/dL). “HI” and “LO” messages indicate that the test measurement was outside of this range.

If “HI” is displayed, it indicates the test result is above 33.3 mmol/L (600 mg/dL). You should test again to ensure that no mistake was made in the procedure. If you are sure your glucose meter is functioning properly, no mistakes were made, and the test results still show “HI”, then you may be in a state of severe hyperglycemia, please contact your healthcare professional immediately.

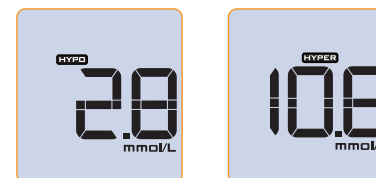


If “LO” is displayed, it indicates the test result is below 1.1 mmol/L (20 mg/dL). You should test again to ensure that no mistake was made in the procedure. If you are sure your glucose meter is functioning properly, no mistakes were made, and the test results still show “LO”, then you may be in a state of severe hypoglycemia, please contact your healthcare professional immediately.

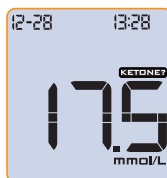
▶ “HYPO” and “HYPER” Messages

If “HYPO” is displayed, it indicates the test result is below the hypoglycemia limit that you entered in the settings.

If “HYPER” is displayed, it indicates the test result is above the hyperglycemia limit that you entered in the settings.



Blood Ketone Test Reminder: if "KETONE?" is displayed, this indicates a blood ketone test is necessary because your blood glucose test results are higher than 16.7mmol/L (300 mg/dL). Please contact your healthcare provider.



Notes:

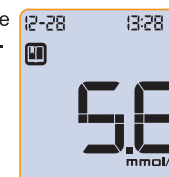
- This meter system is only for *in vitro* diagnostic use, and only can be used with *GoChek* test strips. Use of other test strips can lead to wrong test results.
- This meter can only be used to determine blood glucose levels with whole blood samples. Do not use serum or plasma samples.
- This meter can be used within a hematocrit (HCT) range of 20% ~ 70%. Please do not use this product for testing if your hematocrit value is out of this range.
- Abnormally high levels of Vitamin C (ascorbic acid) or other reducing substances will produce falsely high blood glucose measurements.
- Fatty substances, such as triglycerides less than 3,000 mg/dL or cholesterol less than 500 mg/dL, have no major effect on blood glucose test results.
- Patients who are severely ill, suffer from severe dehydration, or are in a hyperosmolar state (with or without ketosis) should not use the *GoChek* system.
- This product is only suitable for clinical screening tests or family self-monitoring. The test results can't be referred to as confirmed cases. In order to ensure the accuracy of the results, the test results can be further confirmed by other methods, such as biochemical methods.
- As with all diagnostic reagents, test results must be linked with a professional doctor's diagnosis from the other clinical symptoms.
- Carefully process waste caused by blood glucose tests according to the relevant local laws and regulations, because blood samples are considered a biohazard.

Meter Memory

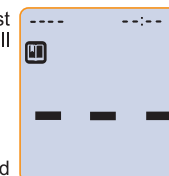
The glucose meter can store up to 500 test results with the corresponding time and date. If 500 test results already exist, a new result will overwrite the oldest one. The glucose meter also is capable of calculating 7, 14, 30, 60 and 90 day averages from the stored results.

Memory Mode

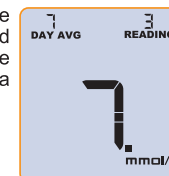
1. Press the "M" button to enter memory mode. The "M" icon and latest test result will be displayed.



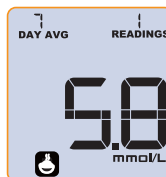
If the blood glucose meter is used for the first time, "--" and "M" will be displayed. The date will not be shown for the first test.



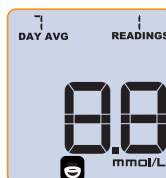
2. The stored test result along with the associated time and date are displayed at the same time. Test results marked with "#" icon will not be included in the 7, 14, 30, 60 and 90 day averages.
3. Press the "<" or ">" button to review all stored test results.
4. Press button "M" again to enter the data average screen. The number of days ("DAY AVG") and number of readings ("READINGS") used in the average calculation will be displayed. If no data has been recorded, then the meter will turn off.



- Press the "M" button again, and then use the "<" or ">" buttons to scroll through the 7, 14, 30, 60, and 90 day averages. Press the "M" button to see the before meal and after meal marker averages. The meter will calculate the historical averages according to the parameters that you choose and the meter will show how many records are used to calculate the average.



- If the meter has not been used for the amount of time indicated as the "day average", the meter will not show an average.



- Finally, press "M" one last time to turn off the meter.

Note: Test results marked as quality control test or with the "#" symbol will not be used in the calculated average.

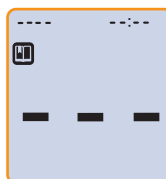
▶ Clearing the Memory

Please be careful when using the clear memory function because the action is irreversible. Once the memory is deleted, it cannot be restored. The clear memory function will erase all test records.

- While in the memory mode, press the "<" and ">" buttons at the same time enter the clear memory mode.



- Press "M" to confirm that you would like all records to be erased. The "M" and "----" icons will display at the same time, and the meter will turn off automatically after a few seconds.



- If you want to abort the memory delete function, you can cancel by pressing the "<" and ">" button instead of the "M" button. The memory will not be erased.

▶ Memory Data Transfer

GoChek meters are capable of transferring memory data to a personal computer. Please refer to the software instructions for correct usage and the proper equipment to connect to your computer.

GoChek Connect and GoChek Connect+ meters can transmit data wirelessly to other devices such as mobile phones. Please refer to the additional user guide for more information.

▶ Comparing Meter and Laboratory Results

Your blood glucose meter and laboratory equipment both report glucose concentrations in the serum or plasma component of your blood. However variations between the two are normal, and your meter results and laboratory results may be slightly different. Glucose concentration results can be affected by a number of factors and conditions, but these factors and conditions will not affect the test results of biochemical analyzers.

Under normal conditions, the difference between measurements with your meter and laboratory results are within the range allowed by national standards.

To ensure a reasonable comparison between your meter and laboratory results, please follow these guidelines:

- Make sure your meter is working properly.
- Comparisons will be more accurate if you do not eat for at least four hours (preferably eight hours) before testing.
- Bring your blood glucose meter, test strips, and control solution to the lab.
- Ensure that the time between tests with your meter and the laboratory is within 15 minutes.
- Wash and dry your hands before obtaining a blood sample.
- Make sure you closely follow the instructions in this manual.

Test results may show small deviations, this may due to the following reasons:

Blood oxygen and red blood cell count vary from person to person, and even within the same person. GoChek glucose meters test blood glucose concentrations for the widest range of people possible. If the user's blood indexes fall within the middle of the range, the result will be ideal. Otherwise, there will be some small deviations. (The deviations should be within the range allowed by local government.)

▼ Maintenance

Proper maintenance of your meter is recommended for the best results.

▶ Storage

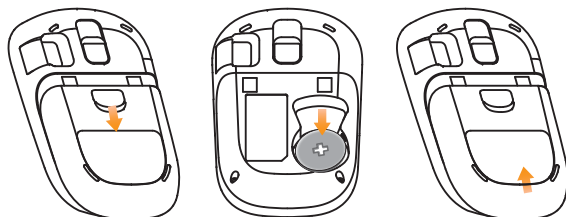
- Keep the test strip port area clean.
- Keep the meter dry. Do not allow liquids to enter the housings. Avoid extreme temperatures and humidity.
- Do not leave the meter in your car.
- Avoid dropping the meter. If you accidentally drop it, perform a quality control test (see page 12) to verify the system is working properly.
- Keep the meter and components away from children and pets.
- Do not disassemble the meter. Disassembly will void the warranty.
- Please follow the local regulations to dispose of the meter and battery properly.

▶ Replacing the Battery

The meter uses 1 CR 2032 3.0V coin cell battery. When the meter displays the battery symbol (🔋), this indicates that the battery is low and you should replace the battery as soon as possible. If available, turn off all wireless functions. The "E-6" error code means that the battery is empty and you cannot use the meter until the battery is replaced.

How to replace the battery:

1. Make sure the meter is off.
2. Open the battery door on the back of the meter.
3. Remove the old battery and replace with a new CR 2032 3.0V coin cell battery, making sure that the positive (+) side is facing up.
4. Replace the battery door.
5. After replacing the battery, you may need to re-enter some settings in the settings menu (for more information, see page 8).



▶ Cleaning

▷ Glucose Meter

Under normal circumstances, no special cleaning is required. If cleaning is needed, wear gloves before applying a mild detergent and water with a soft damp cloth. Be careful not to allow water, dirt, blood, or control solution inside of the meter. We recommend that you store the meter in the carrying case after use.

Your blood glucose meter is a precision instrument. Please be careful.

▷ Lancing Device

As needed, use a soft damp cloth moistened with soap and hot water to wipe the surface. Do not immerse the lancing device in water.

▶ FCC Information

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 your local RadioShack store or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by RadioShack may cause interferences and void the user's authority to operate the equipment. This device complies with part 15 of 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.

▼ Troubleshooting

The meter has built-in messages to alert you of problems. When error messages appear, note the error number, turn off the meter, and then follow these instructions.

Display	Causes	Solution
Meter does not turn on	Battery may be damaged or not have enough charge	Replace the battery.
	Meter is too cold	Allow the meter to warm to room temperature for 30 minutes, then use.
E - 1	Code chip error	Insert or reinsert the code chip
E - 2	Test strip is wet, contaminated, or used	Make sure that the strip has not expired, is not damp, or used. If the test strip is ok, remove the battery for 30 seconds, and retest with a new strip. If the problem persists, contact customer service.
	Sample applied to the test strip too soon	
E - 3	Insufficient sample	Retest with a new strip. Make sure there is enough blood to fill the test window.
E - 4	Test strip was removed during the test	Repeat the test and ensure test strip remains in place.
E - 5	Temperature exceeds the normal operating range (5°C ~ 45°C)	Move to a place within the normal operating temperature range and repeat the test.
	The battery is low, but may be used for another 20 tests (if wireless function is disabled)	The next 20 results will still be accurate, but replace the battery as soon as possible.
E - 6	The battery has been fully discharged - no more tests are possible	Replace the battery and repeat the test.
		Repeat test and apply enough sample to fill the test strip check window within 3 seconds. When repeat testing, do not touch the strip during meter count down. Please make sure fresh blood sample with intended hematocrit level is used. Please make sure blood sample is not contaminated. If problem persists, contact your local distributor.
E - 7	Strip testing error	
HI	The meter has recorded a level that is higher than the meter test range	Repeat test. If you see HI again, contact your doctor immediately.
LO	The meter has recorded a level that is lower than the meter test range	Repeat test. If you see LO again, contact your doctor immediately.

▼ Warranty

Please complete the warranty card that came with this product and mail it to your dealer to register your purchase. Please keep your sales receipt and other related purchase documents. If the meter fails for any reason other than obvious abuse within the warranty period, we will repair or replace it free of charge. Please note the date of purchase.

Date of Purchase: _____

Note: The warranty covers only the blood glucose meter and does not include the battery

▼ Symbol Index

	Consult instructions for use	IVD	For <i>in vitro</i> diagnostic use
	Use by	LOT	Lot Number
	Manufacturer		DC Power
CODE	Code Number	CTRL	Control Range
SN	Serial Number		Do not dispose with household waste
	1 Time Use		Biohazard