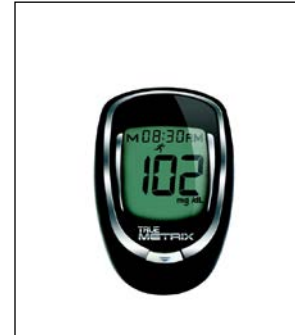


Living Well with Diabetes

How to use your TRUE METRIX™ blood glucose meter

What you need to test your blood glucose

- TRUE METRIX meter
- TRUE METRIX test strips
- Lancing device
- Sterile lancets



Before you start

- Your meter comes with a pre-set time and date. The Event Tag feature, Ketone Test Alert, and all Test Reminders are turned off.
- Before using your meter for the first time, or after changing your battery, check the time and date and set the Event Tags, Alert, and Reminders, or update as needed.
 - Turning on the Ketone Test Alert will set a reminder to check your ketones when a test result is over 240 mg/dL.
 - Test Reminders are set like an alarm clock to sound a tone for 10 seconds to remind you to test. You can set up to 4 Test Reminders per day.
 - Event Tags let you tag your test results for certain events including before a meal, after a meal, during or after exercise, if you are sick, and special circumstances.
- Check the expiration date on the vial of test strips. Write the date on the vial when you first open it. Do not use strips 4 months after opening or after the expiration date printed on vial.

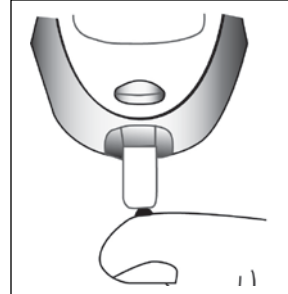
Getting your test results

Step 1: Get a blood sample from your fingertip

- Wash your hands with warm water and dry them completely.
- With the meter off, insert a test strip contact end into the test port. The meter will automatically turn on.
- Use your lancing device and new lancet to get a drop of blood from your fingertip.
- Some people find that getting a blood sample from the side of the fingertip, instead of the top, makes it easier to apply the blood to the test strip.

Step 2: Apply blood sample to the test strip

- With the test strip in meter, touch the test strip tip to your blood drop and hold.
- Allow the blood to be drawn into strip until the meter beeps and dashes appear on the display.
- If the meter does not beep or begin testing after touching blood drop to strip sample tip, discard the strip. Repeat the test with a new strip and new blood drop.



Step 3: Read the result

- After testing is finished, your result will display on the screen and the Strip Release Button will flash.
- If Event Tags are turned on, the Event Tag icons will flash. Press either the ► or ◀ button to mark the test with an event. Write the result in your log book.

After your test

Discard the used test strip and lancet

- Hold the meter with the strip side pointing down. Press the test strip Release Button to discard the strip into the garbage.
- The meter will turn off.
- Your test result will store in the meter's memory with date and time.
Note: Removing the test strip before the result displays will cancel the test. An error message will appear and the result will not be stored in memory. Retest with a new test strip and blood drop. Leave strip in place until results are displayed.
- To remove the used lancet, put the protective cover on the lancet tip and slide the ejection control button on the lancet device forward.
- The used lancet must be discarded in an approved collection container (Sharps container), which can be purchased at your pharmacy and taken to any Kaiser Permanente lab for disposal.

Questions or concerns about your meter?
Contact Nipro Diagnostics at 1-800-803-6025.

Artwork is courtesy of Nipro Diagnostics, Inc.