

Living Well with Diabetes

OneTouch Verio Flex™ : How to share your blood sugar readings with your care team

The One Touch Verio Flex meter allows you to share your blood sugar readings with your care team. Sharing this information helps your care team to:

- See patterns and trends in your blood sugar readings
- Figure out if you are on the right type and amount of medicine
- Make changes to your medicines if needed

You can also add notes about other information including your insulin dose (if you take insulin), your physical activity, and your carbohydrate intake.

How can I share my blood sugar readings with my care team?

There are three ways you can share your blood sugar readings. You can download an app on your smartphone and connect your blood sugar meter to your phone by using Bluetooth technology. Or, you can upload your blood sugar meter on your home computer. If you do not have a smartphone or a home computer, you can bring your blood sugar meter into the clinic to have your clinic upload the meter for you.

Sharing your readings using a smartphone

You can get the **OneTouch Reveal** mobile app for free on Google Play or in the iPhone App Store by searching for “OneTouch Reveal”. Download the app to your smart device. After the download is complete, open the app and set up an account. Set up is quick and the app will walk you through the steps needed to complete your registration.

After the app set up is complete, activate Bluetooth on your OneTouch Verio Flex meter. To do this:

1. Press the “OK” button to turn your meter on.
2. Press the “OK” and the “^” buttons at the same time to activate Bluetooth.
3. Open the OneTouch Reveal app on your mobile device and follow the on-screen instructions.
4. The app will prompt you to enter the PIN shown on your meter screen. Enter the PIN into your mobile device and tap “Pair” meter with app.
5. Tap the “more” icon in the top right of the screen on your smart device.
6. Choose “Connections.”
7. Scroll down to care team and clinic on “Add a clinic.”
8. Enter the code **WUTRVF** in the provided field. This gives your health care team access to your blood sugar readings on the web.

Whenever you want to sync your meter with the app, make sure you have the app open at the same time your meter is turned on.

Sharing your readings using your computer

To upload your blood sugar readings to the web application on your computer, you need a micro USB cable. You can purchase a micro USB cable at a store such as Office Depot, Target, Walmart, or Amazon.

When you are ready to install the application to your computer

1. Visit onetouchreveal.com, click on “create an account” and follow the prompts to complete your registration. Check your email inbox for a link to confirm your email address.
2. Install the Data Transfer Tool on your computer. Make sure all USB cables are unplugged.
 - a. Sign in to your OneTouch Reveal account at onetouchreveal.com and click “help” in the top right of the screen.
 - b. Click the “download” button under “Data Transfer Tool” and follow the prompts.
 - c. Select the appropriate device
 - d. Click “finish.” After installation, you may be prompted to re-start your computer.
3. Transfer the data from your OneTouch Flex meter
 - a. Connect your meter to the computer with your OneTouch USB cable.
 - b. Open the OneTouch Reveal “Data Transfer Tool” and select “Detect Now.”
 - c. Once the device is found, a confirmation screen will appear.
 - d. Sign in to the One Touch Reveal web application.
 - e. Click “Confirm” to transfer data. When the transfer completes, click “OK.”
4. Share information with your care team
 - a. When you are logged into the One Touch Reveal web application, click “setting” in the top right corner.
 - b. Click “Add an office”
 - c. Enter code **WUTRVF**

If you need help:

- Visit the OneTouch website at: <https://www.onetouch.com/softwareandapps/Reveal>
- Call OneTouch Customer Service for help over the phone: 1-866-693-0599
- For technical difficulties installing or using the OneTouch Reveal application contact LifeScan Customer Service:
 - By email: CustomerService@LifeScan.com
 - By phone 1-866-693-0599Customer Service representatives are available to help Monday through Friday between 9:00 a.m. and 9:00 p.m. Eastern Time.