

Living Well with Diabetes

How to use your OneTouch Verio Flex™ blood glucose meter

What you need to test your blood glucose

- OneTouch Verio Flex meter
- OneTouch Delica lancing device
- OneTouch Verio test strips
- Sterile lancets

Before you start

1. Before using your meter for the first time set the date and time. See owner's manual for detailed instructions.
2. Your meter is ready to use when 3 dashes appear on the display screen.
3. Check the expiration date on the vial of test strips.
4. Write the date on the vial when you first open it. Do not use strips 6 m the expiration date printed on the vial.



Getting your test results

Step 1: Insert a new test strip into your meter

- Wash your hands thoroughly with warm water and dry them completely.
- With meter turned off, take a test strip from the vial.
- With the gold side and 2 silver prongs of the test strip facing up, insert the silver prongs into the test strip port as far into the meter as it can go.
- Your meter will turn on automatically. Your meter is ready to test your blood sample when the picture of a flashing blood drop shows on your meter display.

Step 2: Get a blood sample from your fingertip

- 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 3: Apply blood to the test strip

- You can put the blood drop on either side of the test strip.
- After the channel fills and turns red, the meter will count down from 5 to 1. If the meter does not count down, throw the strip away and start over with a new test strip (step 1).

Step 4: Read the result

- Your blood sugar result will show up on the meter, along with the date and time of the test.
- You will also see a Range Indicator arrow that will point to the color bar at the bottom of the screen. This will let you know if your reading is below, within, or above the range limit. These ranges are preset with a low of range limit of 70 mg/dL and a high range limit of 180 mg/dL. See your owner's booklet for information on changing the pre-set limits.

After your test

Discard the used test strip and lancet

- After you're done with your test, you may discard the used test strip in the garbage.
- The meter will turn off.
- 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.

Optional: Connect to a mobile device

Your meter comes with Bluetooth® Smart technology. This allows you to send your readings to a mobile device where you can view and graph them.

To learn more about using your meter's wireless features and find a listing of devices and software applications, visit www.OneTouch.com

<p>Questions or concerns about your meter? Contact LifeScan Customer Service at 1-888-567-3003.</p>
