

Living Well with Diabetes

How to use your OneTouch Verio® blood glucose meter

Prepare for a test

What you need:

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

Before you start:

1. If you're using your meter for the first time: set language, time, date, and limits for your high and low blood sugar ranges. See product manual for detailed instructions.
2. Turn on Progress Notes and Pattern Messages so these can be displayed on your meter's screen.
3. Check expiration date on vial of test strips. Do not use test strips after expiration date.
4. On vial label, write down date you first open the vial. You can use this date as a reference for the discard date—you must throw out any unused test strips 6 months after you first open the vial.



Get test results

Step 1: Turn on your meter by inserting a new test strip

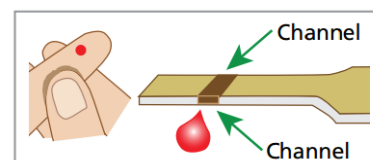
Wash hands thoroughly with warm water and dry them completely. Take a test strip from the vial. You may touch test strip anywhere on its surface. With gold side and silver prongs of test strip facing up, insert silver prongs into test strip port as far into meter as it can go. Meter will turn on automatically. Meter is ready when **Apply Blood** shows on meter display. Note: This meter doesn't require any coding.

Step 2: Get a blood sample from your fingertip

Put new sterile lancet into lancing device. Hold lancing device firmly against the side of your finger. Press release button and take device away from your finger.

Step 3: Apply blood to the test strip

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



Step 4: Read the results on the meter

Blood sugar result show up on meter, along with date and time of test. See product manual for more information such as how to review your history and look for patterns in blood sugar results.

Discard the used lancet and test strip

After you're done with your test, discard used test strip in the garbage. To remove used lancet, put protective cover on lancet tip and slide ejection control button on lancet device forward. Used lancets must be discarded in approved collection container (Sharps container), which can be purchased at your pharmacy and taken to any Group Health lab for disposal.

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