



Link the Effects of Food to Glucose Results

Abbreviated Procedure Guide

Getting started

With the meter off, press and hold **OK** for two seconds to access the **MAIN MENU**. Whenever the meter is on, press and hold **OK** for two seconds to turn the backlight on or off.

Before using your meter for the first time, you should check and update basic settings.

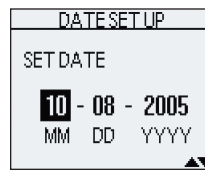
1 Press **▲** or **▼** to select **SET UP** and press **OK**. Then select **METER SETTINGS** and press **OK**. Press **▲** or **▼** to highlight the desired display language and press **OK**.

LANGUAGE
ENGLISH
ESPAÑOL

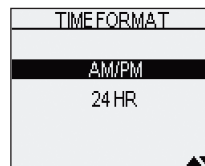
2 Press **▲** or **▼** to highlight the desired date format—month first (MM-DD-YYYY) or day first (DD-MM-YYYY). Press **OK**.

DATEFORMAT
MM-DD-YYYY
DD-MM-YYYY

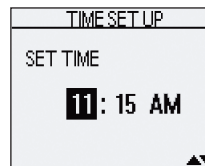
IMPORTANT: Read detailed instructions and other important information in your owner's booklet.



3 Press **▲** or **▼** to change the first value and press **OK**. Follow the same procedure to change the second and third values.



4 Press **▲** or **▼** to select the preferred time format—AM/PM or 24 hour. Press **OK**.



5 Press **▲** or **▼** to set the hour and press **OK**. Repeat this step to set the minutes and then AM/PM, if you selected the AM/PM time format.



6 If your settings are correct, press **OK** to confirm and save your settings.

WARNING: If the display does not show mg/dL, contact Customer Service.

Coding the meter

1 With the meter off, insert a test strip into the test port. The three contact bars should be facing you. The meter will turn on and display the code from your last test. If you are using the meter for the first time, a flashing “—” appears instead of a code.



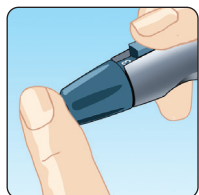
2 If the code on the meter does not match the code on the test strip vial, press **▲** or **▼** to match the code number on the test strip vial. The display will then advance to the **APPLY BLOOD** screen.

The meter is now ready to perform a blood glucose test.

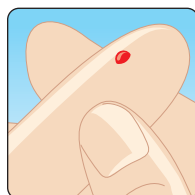
If the **APPLY BLOOD** screen appears before you are sure the codes match, remove the test strip and re-start from step 1.



Getting a blood sample from your fingertip



1 After loading a lancet into the lancing device, press it firmly against the side of your finger. Press the release button.



2 Gently squeeze and/or massage your fingertip until a sufficient drop of blood (● sample size) forms on your fingertip.

Need help?

Call Customer Service toll-free, 24 hours a day, 7 days a week

English 1 800 227-8862 • Español 1 800 381-7226
Or,

Visit us at www.LifeScan.com

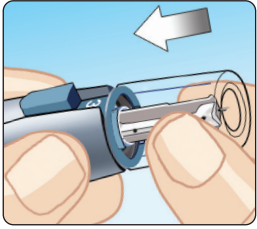


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Getting a blood sample from your forearm or palm

Forearm and palm sampling are also referred to as "alternate site testing" (AST). Before using your forearm or palm for sampling, speak to your health care professional and refer to the owner's booklet for complete instructions.

- 1** Replace the blue cap with the clear cap.



- 2** Choose your sample site.

Forearm

Choose a fleshy area of the forearm away from bone, visible veins, and hair.



Forearm

Palm

Choose a fleshy area on the palm below your thumb or pinky finger. Select a spot with no visible veins and away from deep lines.



Palm

- 3** Press and hold the lancing device against your forearm or palm for a few seconds. **Wait until the skin surface under the clear cap changes color (as blood collects beneath the skin). This tells you there is enough blood flow for a good sample.**

Press the release button. Keep holding the lancing device against your skin until a round drop of blood forms under the cap. Maintain pressure until the drop of blood is of sufficient size.



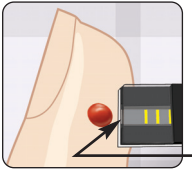
Forearm



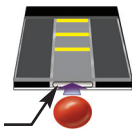
Palm

Applying the drop of blood and reading the result

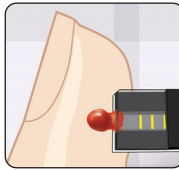
- 1** When the APPLY BLOOD screen appears, line up the test strip with the blood drop so that the narrow channel on the edge of the test strip is almost touching the edge of the blood drop.



Narrow Channel



- 2** Gently touch the channel to the edge of the blood drop. The blood will be drawn into the narrow channel.



- 3** When the confirmation window is full, the meter will count down from 5 to 1 and display your blood glucose level, along with the unit of measure, and the date and time of the test.



Full



Not Full



(Example)

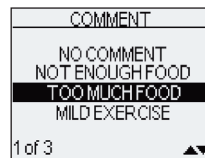
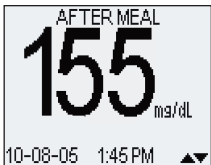
Attaching a meal flag or comment



MEAL FLAG

- 1** While viewing a result, press Δ to display the MEAL FLAG screen. Press Δ or ∇ to highlight BEFORE MEAL or AFTER MEAL.

- 2** Press **OK**. Your meal flag will appear above your result.



COMMENT

- 1** While viewing a result, press ∇ to display the COMMENT screen. Press Δ or ∇ to highlight an appropriate comment.

- 2** Press **OK**. Your comment will appear below your result.

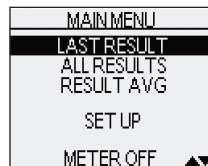


Reviewing past results and averages

With the meter off, press and hold **OK** for two seconds to turn the meter on.

From the MAIN MENU screen you can choose:

- **LAST RESULT** to view your most recent test result
- **ALL RESULTS** to review up to 500 of your most recent results
- **RESULT AVG** to select one of three types of result averages



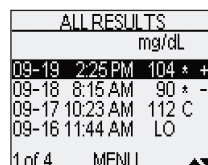
Press Δ or ∇ to highlight your selection and press **OK**.

Last Result

Displays your most recent result.

All Results

Displays all results in order, four at a time.



The following symbols may also appear:

- HI** Result was above 600 mg/dL
- LO** Result was below 20 mg/dL
- *** Comment added to the result
- C** Control solution test
- Result flagged BEFORE MEAL
- +** Result flagged AFTER MEAL

To return to the main menu, highlight MENU and press **OK**.

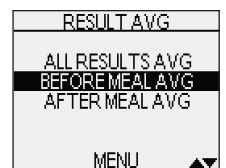
Result Averages

Displays three types of test averages:

- average of all test results
- average of all before-meal results
- average of all after-meal results

Press Δ or ∇ to highlight your selection and press **OK**.

For each of the prior 7-, 14-, and 30-day periods, the meter displays the number of results (NUM) and average of those results (AVG). Press **OK** to return to the RESULT AVG screen. To return to the main menu, highlight MENU and press **OK**.



BEFORE MEAL AVG		
mg/dL		
DAYS	NUM	AVG
7	14	148
14	34	140
30	43	137