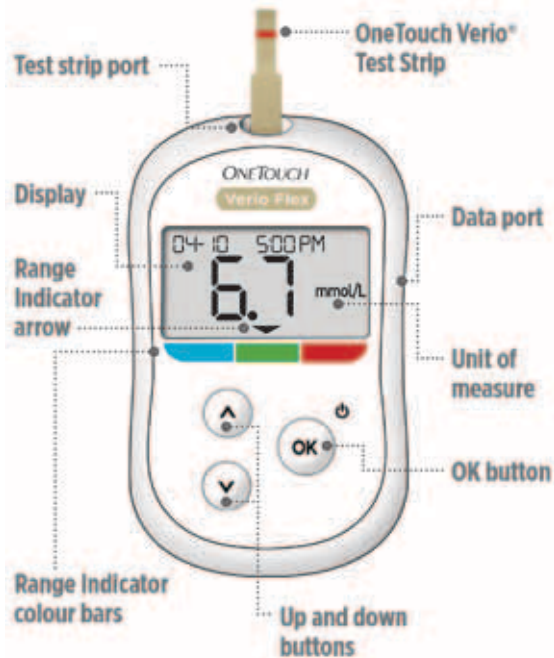


Quick Start Guide

OneTouch Verio Flex™ Blood Glucose Monitoring System

Use this guide to get to know your meter, and follow the steps inside to get started.



IMPORTANT: Please read the Owner's Booklet that came with your system.



AW 06933301A

ONETOUCH®

1

Set the time and date on your meter

Turn it on

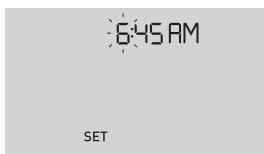
Press and hold until the start-up screen appears.



Use buttons to edit each setting and press to confirm.

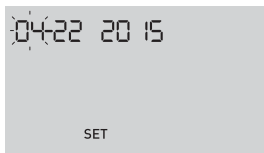
Set the time on the first SET screen

- > Hour flashes. Press if correct or edit and confirm.
- > Minutes flash. Press if correct or edit and confirm.



Set the date on the next SET screen

- > Year flashes. Press if correct or edit and confirm.
- > Month flashes. Press if correct or edit and confirm.
- > Day flashes. Press if correct or edit and confirm.



Ready to test

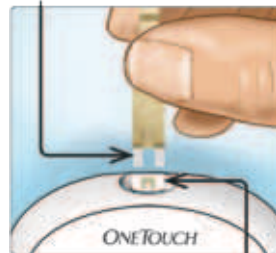
Your meter setup is complete when the screen with 3 dashes appears.



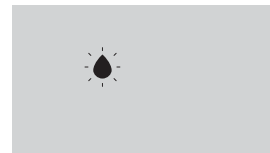
2

Take a test

Silver prongs

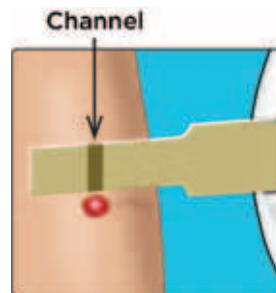


Test strip port

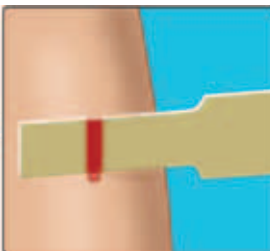


Flashing blood drop appears.

Insert a test strip (gold side and 2 silver prongs facing you) to turn the meter on.



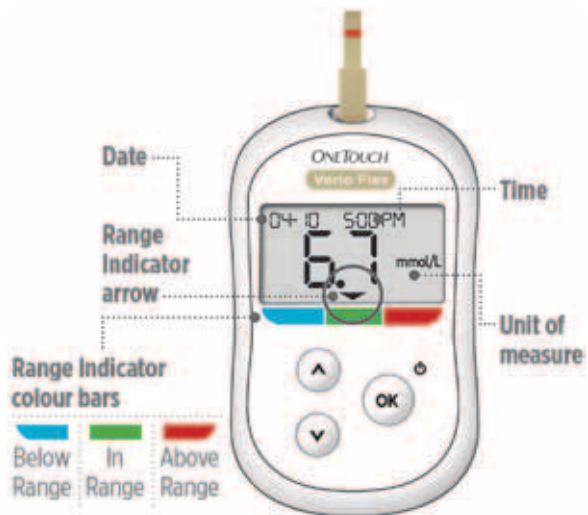
Apply blood sample to the channel on either side of the test strip. Wait for the channel to fill.



The channel turns red and the meter counts down from 5 to 1.

3

View your reading



Example of an In Range reading

Your reading appears on the display. The Range Indicator arrow points to the blue, green, or red Range Indicator colour bar, to let you know your reading is below, within, or above your range limit.



Example of a Below Range reading



Example of an Above Range reading

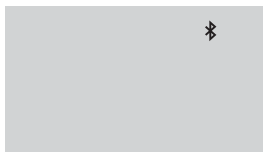
4


Optional: Connect to a mobile device

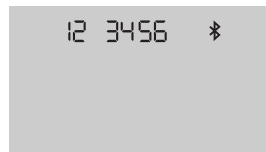
Your meter comes with **Bluetooth®** Smart technology. This allows you to wirelessly send your readings to a mobile device such as a phone or a tablet, where you can view and graph them. To learn more about using your meter's wireless feature and view a complete listing of compatible devices and software applications, visit us at www.OneTouch.ca.

Connecting your meter

Press **OK** and **▲** at the same time to turn the **Bluetooth®** feature on and off. When prompted by your mobile device, enter the PIN shown on your meter into your device.




The  symbol means **Bluetooth®** is on.



Example of a PIN number.

Meter symbols

	Meter power		Bluetooth® feature on
	Low battery		History Mode (past readings)
	Battery empty		Apply sample
	Control solution		Range Indicator arrow
	Syncing	SET	Setting mode

About the Range Indicator

Your meter comes with a Range Indicator that automatically lets you know if your reading is below, above or within your range limits. The high and low range limits used by the Range Indicator are pre-set as follows:



Pre-set low range limit



Pre-set high range limit

For details about changing the pre-set range limits to suit your needs, refer to your Owner's Booklet.

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