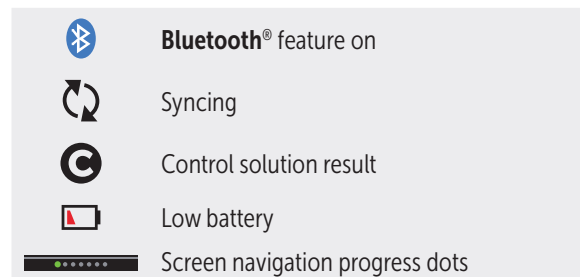Use this guide to get to know your meter, and follow steps inside to get started.

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

Meter icons

	Bluetooth® feature on
	Syncing
	Control solution result
	Low battery
	Screen navigation progress dots

Refer to the Owner's Booklet for meter symbols and icons and their meanings.
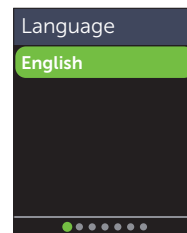
Lifescan

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1 Set up meter

Turn on meter

Press and hold (OK) until the Welcome screen appears.

Use (∧) or (∨) buttons to edit each setting and press (OK) to confirm.

Set language

Highlight the language you want and press (OK).

Language
English

Optional: Complete setup using the OneTouch Reveal® Mobile App*

Select **Yes** to have the App walk you through setup.

**Download the OneTouch Reveal® Mobile App before pairing your meter and mobile device.**

Setup
Do you want to continue setup using the OneTouch Reveal mobile app?
Yes
No

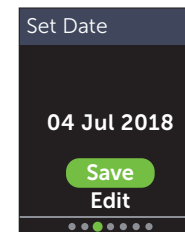Download on the App Store   GET IT ON Google Play
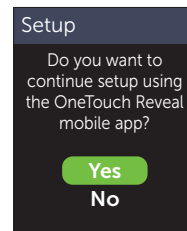
Set time

Press (OK) if the time is correct or edit and confirm.

* Visit **www.myOneTouch.co.uk** to learn more about the OneTouch Reveal® Mobile App and if available in your country.
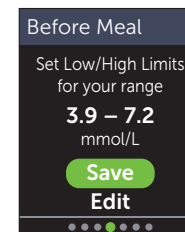
Set Time
13:00
Save
Edit
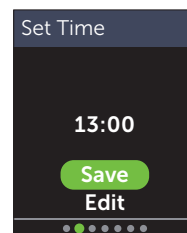
Set date

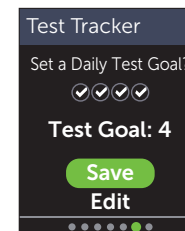Press (OK) if the date is correct or edit and confirm.

Set Date
04 Jul 2018
Save
Edit

Set mealtime range limits

Press (OK) if the pre-set Before Meal and After Meal range limits are correct or edit and confirm.

Before Meal
Set Low/High Limits for your range
3.9 – 7.2 mmol/L
Save
Edit

Set Test Tracker

Press (OK) if the pre-set goal is correct or edit and confirm.

Test Tracker
Set a Daily Test Goal?
✓✓✓✓
Test Goal: 4
Save
Edit

Set 90 Day Average Target

Press (OK) if the 90 Day Average Target is correct or edit and confirm.

NOTE: Talk to your healthcare professional about the right range limits, Daily Test Goal, and 90 Day Average Target for you.

Trend 90
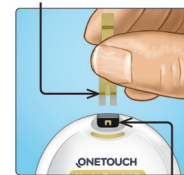Set your 90 Day Average Target
8.6 mmol/L
Save
Edit

---
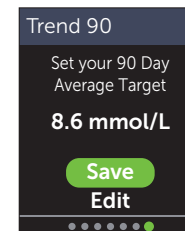
2 Take a test

Wash your hands with soap and warm water, rinse and dry before sampling. Remove the lancing device cap then insert a sterile lancet. Twist the protective cover. Place the cap back onto the device.

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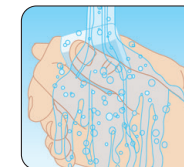
Silver prongs

Test strip port
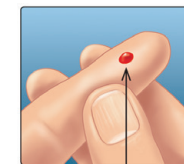
Adjust the depth setting on the lancing device. Cock the lancing device and hold firmly against the side of your finger. Press the release button. Gently squeeze finger to get a round drop of blood.

Approximate size

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

Once the channel fills, it will turn red and your result will appear in about 5 seconds.

Apply Blood

3 — View your reading

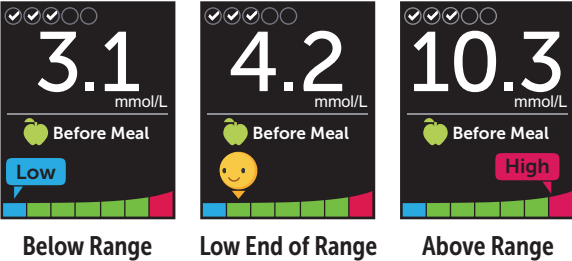### ColourSure® Dynamic Range Indicator

The ColourSure® Dynamic Range Indicator instantly lets you know if your reading is below (blue), within (green) or above (red) your range limits. It also shows when your reading is near the low or high end of your target range. A text note or emoji points to a segment on the Colour Bar.

Examples of Readings

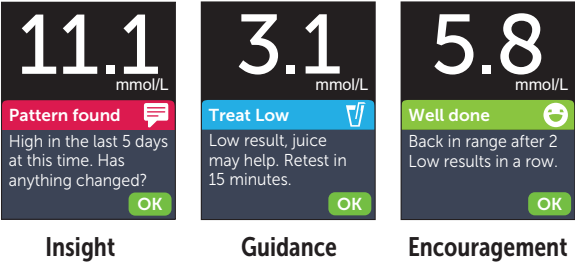| Below Range	Low End of Range	Above Range
3.1 mmol/L Before Meal — Low	4.2 mmol/L Before Meal	10.3 mmol/L Before Meal — High

Meal and event tagging

A Before Meal (🍎) tag will automatically be applied to your result. You may change your meal tag to After Meal (🍏) and add an Event tag.

6.7 mmol/L
- Before Meal
- After Meal
- Event Tag

6.7 mmol/L
- Carbs
- ✔ Stress
- Illness
- Done
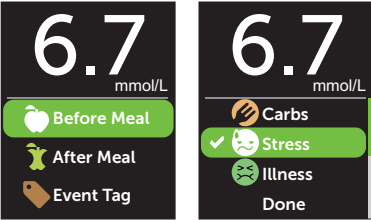
Blood Sugar Mentor™ Messages

The Blood Sugar Mentor™ provides insight on how you're doing and diabetes management guidance, including educational and motivational messages based on your current and previous glucose results and other tracked data.

Examples of Blood Sugar Mentor™ Messages

| Insight	Guidance	Encouragement
11.1 mmol/L — Pattern found — High in the last 5 days at this time. Has anything changed? OK	3.1 mmol/L — Treat Low — Low result, juice may help. Retest in 15 minutes. OK	5.8 mmol/L — Well done — Back in range after 2 Low results in a row. OK

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4 — Connect to a mobile device

Bluetooth® technology lets you wirelessly send your readings to a mobile device where you can use the OneTouch Reveal® Mobile App to review and graph your results, set Daily Test Goals, see Blood Sugar Mentor™ Messages and help identify patterns.

On the Settings Menu, highlight **Bluetooth** and press (OK).

Settings
- Time/Date
- Language
- Range/90d
- Features
- Messages
- **Bluetooth**
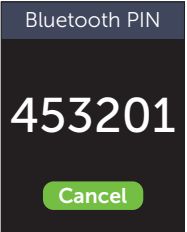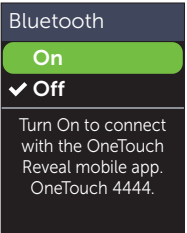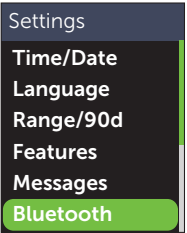
A ✔ notes if **Bluetooth**® is currently set to On or Off.

Press (∧) or (∨) to change **Bluetooth**® status to On and press (OK).

Bluetooth
- On
- ✔ Off

Turn On to connect with the OneTouch Reveal mobile app. OneTouch 4444.

When prompted by your mobile device, enter the PIN shown.

Bluetooth PIN

453201

Cancel

Example PIN

ONETOUCH
Verio Reflect®
Blood Glucose Monitoring System

Quick Start Guide

- Test strip port
- Test Tracker icons
- Battery icon
- Range Indicator icon
- mmol/L
- Colour bar
- Up and down buttons
- Micro USB data port
- Back button
- OK button

5.8 mmol/L — Before Meal

AW 07202002A