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 icon)	**Bluetooth®** feature on
(Syncing icon)	Syncing
(C icon)	Control solution result
(battery icon)	Low battery
(dots icon)	Screen navigation progress dots
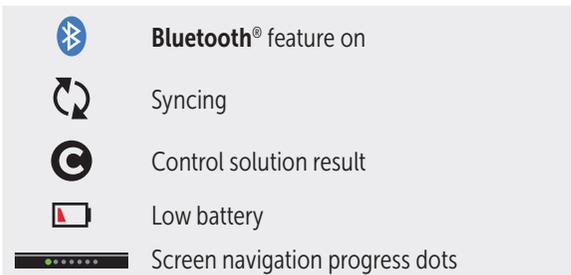
Refer to the Owner's Booklet for meter symbols and icons and their meanings.

Consult instructions for use.

Lifescan™

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
Français

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)
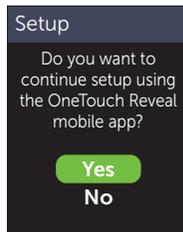
Set time

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

Set Time
1:00 pm
Save
Edit
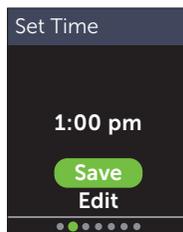
* Visit **www.OneTouch.ca** to learn more about the OneTouch Reveal® Mobile App.

Set date

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

Set Date
Jul 4 2018
Save
Edit
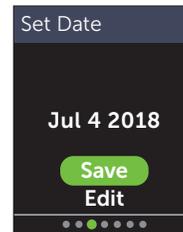
Set mealtime range limits

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
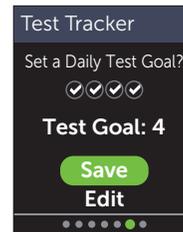
Set 90 Day Average Target

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
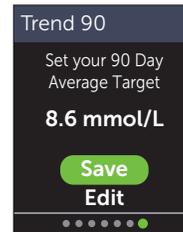
2 Take a test

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
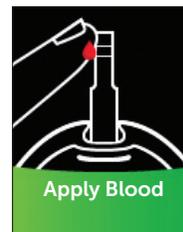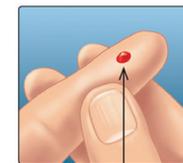
3 View your reading

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 |

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.
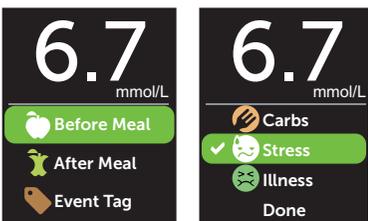
Blood Sugar Mentor™ Messages

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
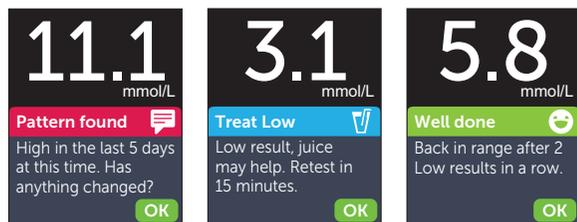
| Insight | Guidance | Encouragement |

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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 ⓞⓚ.
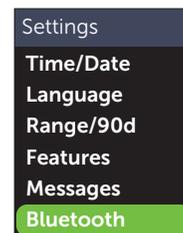
A ✓ notes if Bluetooth® is currently set to On or Off.

Press ⌃ or ⌄ to change Bluetooth® status to On and press ⓞⓚ.

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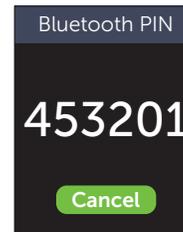
Example PIN

ONETOUCH
Verio Reflect®

Blood Glucose Monitoring System

Quick Start Guide

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

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