

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.

### IMPORTANT SAFETY INSTRUCTIONS:

After use and exposure to blood, all parts of this kit are considered biohazardous. A used kit may potentially transmit infectious diseases even after you have performed cleaning and disinfection. Refer to the Owner's Booklet for important information about cleaning and disinfecting your meter, lancing device and cap.

For more information see: FDA Public Health Notification: "Use of Fingerstick Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens: Initial Communication 2010" <http://wayback.archive-it.org/7993/20170111013014/http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm224025.htm>. CDC website on "Infection Prevention during Blood Glucose Monitoring and Insulin Administration" <http://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html>.

### Intended use

The OneTouch Verio Reflect™ Blood Glucose Monitoring System is composed of the OneTouch Verio Reflect™ Meter and OneTouch Verio® Test Strips. The OneTouch Verio Reflect™ Blood Glucose Monitoring System is intended to be used for the quantitative measurement of glucose (sugar) in fresh capillary whole blood samples drawn from the fingertips. The OneTouch Verio Reflect™ Blood Glucose Monitoring System is intended for self-testing outside the body (*in vitro* diagnostic use), by individuals with diabetes at home as an aid to monitor the effectiveness of diabetes control. The system is intended to be used by a single person and should not be shared. The system should not be used for the diagnosis of, or screening for diabetes or for neonatal use.






### Limitations

The OneTouch Verio Reflect™ Blood Glucose Monitoring System is intended to be used by a single patient and should not be shared. **Do Not** use on multiple patients. The system should not be used as a substitute for healthcare professional advice. It also should not be used for the diagnosis or screening of diabetes or for neonatal use.

The OneTouch Verio Reflect™ System is not for use on critically ill patients, patients in shock, severely dehydrated patients or hyperosmolar patients (with or without ketosis). **Do Not** use the OneTouch Verio Reflect™ System for alternate site testing (AST). The system is not intended for use in critical care environments.

PLEASE REFER TO YOUR OWNER'S BOOKLET FOR ADDITIONAL LIMITATIONS OF USE

### 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.


## 1 Set up meter

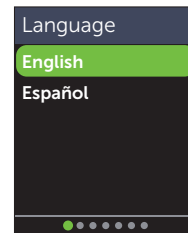
### Turn on meter

Press and hold  until the Welcome screen appears.

Use  or  buttons to edit each setting and press  to confirm.

### Set language

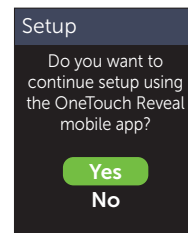
Highlight the language you want and press .




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

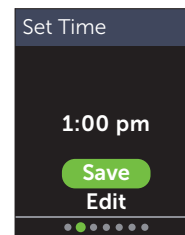
Select **Yes** to have the App walk you through setup.

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




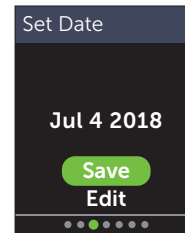
### Set time

Press  if the time is correct or edit and confirm.




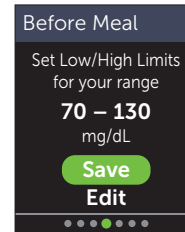
### Set date

Press  if the date is correct or edit and confirm.




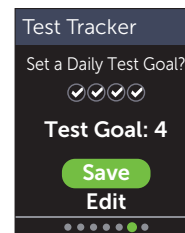
### Set mealtime range limits

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




### Set Test Tracker

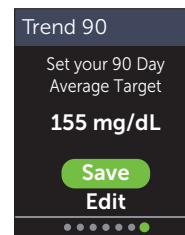
Press  if the pre-set goal is correct or edit and confirm.



### Set 90 Day Average Target

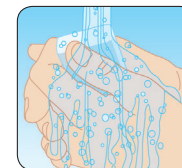
Press  if the 90 Day Average Target is correct or edit and confirm.

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



## 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.



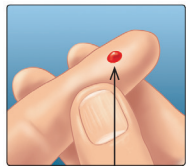
Insert a test strip (gold side and 2 silver prongs facing you) to turn the meter on.



Test strip port

\* Visit [www.OneTouch.com](http://www.OneTouch.com) to learn more about the OneTouch Reveal® Mobile App.

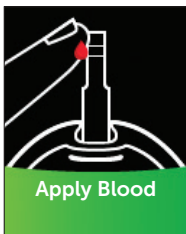
Adjust the depth setting on the lancing device. Cock the lancing device and hold firmly against the side of your finger. Press the release button. Gently squeeze finger to get a round drop of blood.



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.



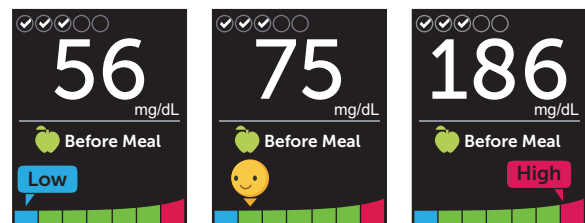
Apply Blood

### 3 View your reading

#### ColorSure® Dynamic Range Indicator

The ColorSure® 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 Color Bar.

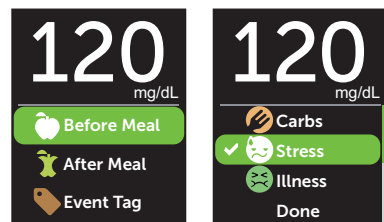
#### Examples of Readings



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.

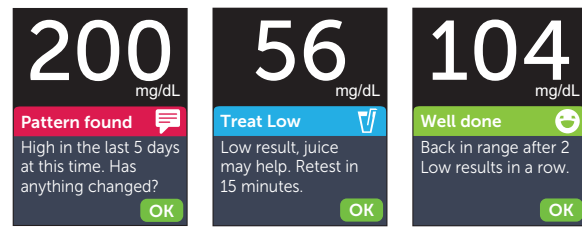


The **Bluetooth®** word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by LifeScan Scotland Ltd. is under license. Other trademarks and trade names are those of their respective owners.

### Blood Sugar Mentor™ Messages

Blood Sugar Mentor™ Messages provide 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

Manufactured by:  
LifeScan Europe GmbH  
Gubelstrasse 34  
6300 Zug  
Switzerland

Consult instructions for use.



As your partner in diabetes care, we welcome you to contact us (7 days a week, 8:00 AM - 8:00 PM Eastern Time) at 1 888 567-3003 (English), 1 888 567-3010 (Español), or www.OneTouch.com.

Meter Made in China

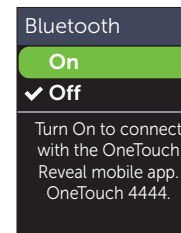
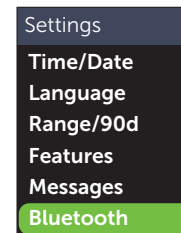
© 2018–2020 LifeScan IP Holdings, LLC  
AW 07201201A  
Rev. Date: 01/2020  
OneTouch®



### 4 Connect to a mobile device

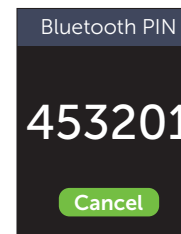
**Bluetooth®** technology lets you wirelessly send your readings to a mobile device where you can use the OneTouch Reveal® Mobile App to review and graph your results, set Daily Test Goals, see Blood Sugar Mentor™ Messages and help identify patterns.

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



A ✓ notes if **Bluetooth®** is currently set to On or Off. Press **⬆** or **⬇** to change **Bluetooth®** status to On and press **OK**.

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



Example PIN



## Quick Start Guide



AW 07201201A