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.

**Intended use**

The OneTouch Verio Flex™ 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 fingertip.

The OneTouch Verio Flex™ Blood Glucose Monitoring System is intended for self-testing outside the body (in vitro diagnostic use) by people with diabetes at home as an aid to monitor effectiveness of diabetes control.

**Limitations**

The OneTouch Verio Flex™ Blood Glucose Monitoring System is intended to be used by a single patient and should not be shared. The system is not to be used for the diagnosis of or screening of diabetes or for neonatal use. The system is not for use on critically ill patients, patients in shock, severely dehydrated patients or hyperosmolar patients.

**1. Set the time and date on your meter**

- **Turn it on**
  - Press and hold until the start-up screen appears.

- **Use the buttons to edit each setting and press to confirm.**
  - **Set the time on the first SET screen:**
    - 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.

**2. Take a test**

- **Insert a test strip (gold side and 2 silver prongs facing you) to turn the meter on.**
  - Flasing blood drop appears.

- **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.

**AW 06933101A**

© 2015 LifeScan, Inc.
Rev. Date: 03/2015

Manufactured by: LifeScan Europe Division of Cilag GmbH International Gubelstrasse 34 6300 Zug Switzerland
3 View your reading

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.com.

Connecting your meter

Press 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.

4 Optional: Connect to a mobile device

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

Example of an In Range reading

Example of a Below Range reading

Example of an Above Range reading

Example of an Above Range reading

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.

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.

IMPORTANT SAFETY INSTRUCTIONS:

• This meter and lancing device are for single patient use only. Do Not share them with anyone else, including family members! Do Not use on multiple patients!
• 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.


As your partner in diabetes care, we welcome you to contact us (7 days a week, 8 a.m. - 10 p.m. Eastern Time) at 1 888 567-3003 (English), 1 888 567-3010 (Español), or www.OneTouch.com.

Consult instructions for use.

Meter Made in China