ACCU-CHEK® Guide

User's Manual
Blood Glucose Meter

ACCU-CHEK®
Guide

OK

ACCU-CHEK®

Contents

The Accu-Chek Guide System

The Accu-Chek Guide test strips with the Accu-Chek Guide meter are intended to quantitatively measure glucose in fresh capillary whole blood from the finger, palm, forearm, and upper arm as an aid in monitoring the effectiveness of glucose control.

The Accu-Chek Guide test strips with the Accu-Chek Guide meter provide a complete test system that is meant for in vitro diagnostic use by a single person and should not be shared.

This system is not for use in diagnosis or screening of diabetes mellitus, nor for testing neonate cord blood samples.

Suitable for self-testing

The system includes:

Accu-Chek Guide meter with batteries, Accu-Chek Guide test strips*, and Accu-Chek Guide control solutions*.

*Some items may not be included in the kit. They are a separate purchase.

⚠ **WARNING**

- Choking hazard. Small parts. Keep away from children under the age of 3 years.
- Any object coming into contact with human blood is a potential source of infection (see: Clinical and Laboratory Standards Institute: Protection of Laboratory Workers from Occupationally Acquired Infections; Approved Guideline – Fourth Edition; CLSI document M29-A4, May 2014).

⚠ **WARNING**

The lancing device is for single patient use only and should not be shared.

3

Introduction

Why Regular Blood Glucose Testing Is Important

Testing your blood glucose regularly can make a big difference in how you manage your diabetes every day. We have made it as simple as possible.

Important Information About Your New Meter

- The meter may prompt you to choose a language and the time format (12-hour or 24-hour clock) the first time you turn it on.
- Check the time and date on the meter before you begin testing. Adjust the time and date if necessary.
- Sample data screens are shown throughout the manual. Your data will differ.
- If you follow the steps in this manual but still have symptoms that do not seem to match your test results, or if you have questions, talk to your healthcare professional.

The Accu-Chek Guide Meter

Front View

Back View

Side View

1. **Display**
   Shows results, messages, and test results stored in memory.

2. **Back Button**
   Returns to a previous display or field.

3. **Up Arrow and Down Arrow Buttons**
   Press to move between menu options or to increase or decrease numbers.

4. **Power/Set/OK Button**
   Turns meter on or off and sets options.

5. **Test Strip Slot with Light**
   Insert test strip here.

6. **Battery Door**
   Flip open to replace batteries.

7. **Micro USB Port**
   Transfers data from the meter to a computer (PC).

8. **Test Strip Ejector**
   Press to remove test strip.

Your New System

(for example)   Test Strip

9. **Test Strip Container***

10. **Metallic End**
    Insert this end into meter.

11. **Yellow Edge**
    Touch blood drop or control solution here.

12. **Control Solution Bottle***

13. **Batteries**

14. **USB Cable***
    Connects the meter to a PC.

*Some items may not be included in the kit.
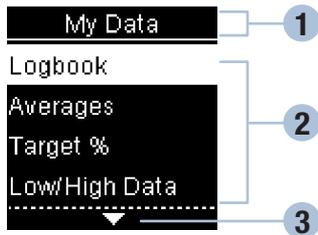 They are a separate purchase.

Button Functions

Here are the functions of the back, arrow, and Power/Set/OK buttons on the meter. These functions are used throughout this manual. See the chapter **Meter Settings** for specific instructions on setting up the meter.
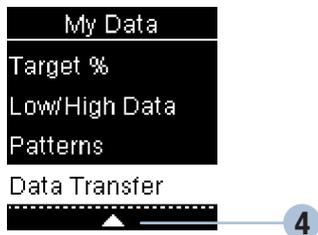
Button	Function
Back Button	Return to the previous display. Return to the previous field.
Up Arrow and Down Arrow Buttons	Navigate up and down in a menu. Increase or decrease a number.
Power/Set/OK Button	Press briefly to turn the meter on. Press and **hold** to turn the meter off. Press to select an option. Press to move to the next field or display. Press to save an option. With the meter off, press and **hold** to check the meter display.

Display Check

1 | Your New System

Meter Menus

My Data — **1**

Logbook
Averages
Target %
Low/High Data — **2**

▼ — **3**

My Data
Target %
Low/High Data
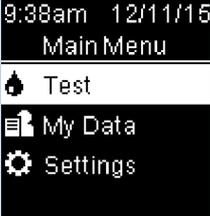Patterns
Data Transfer

▲ — **4**

❶ Title of display or menu
❷ Menu options
❸ Scroll down
❹ Scroll up

Display	Description
▼	There are more menu options listed beneath the last option. Press ▼ on the meter to view the options.
▲	There are more menu options listed above the first option. Press ▲ on the meter to view the options.
▲▼	There are more menu options listed above and below the options. Press ▼ or ▲ on the meter to view the options.

Display	Description
9:38am 12/11/15 Main Menu ♦ Test 🗐 My Data ⚙ Settings	Highlighted option (**Test**) Press 🆗 to enter the **Test** menu.
Time/Date HH MM A/P 9 : 38 am DD MM YY 12 / 11 / 15	Highlighted field (**Hour**) Press ⬇ or ⬆ to increase or decrease the hour. Press 🆗 to set the hour and move to the minutes field.

1 | Your New System

Symbols

Here is a list of the symbols on the meter display.

Symbols	Description
	Above target range
	After meal
	Bedtime
	Before meal
	Below target range
	Blood glucose test
	Checkmark / Control test OK / Selected option or setting
	Control bottle
	Control test not OK
	Edit
	Error
	Fasting

Symbols	Description
✈	Flight mode
?	Help
🔋	Low battery
📖	My data
— —	No comment
✳	Other
☺	Overall
⚙	Settings
🔔	Test reminder
⚠	Warning
↕	Within target range

1 | Your New System

Setting the Language and Time Format

The meter may prompt you to choose a language and time format (12-hour or 24-hour clock) the first time you turn it on.
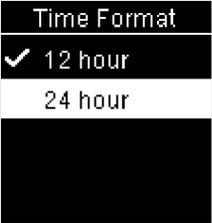
1

Language

✓ English

简体中文

繁體中文

Dansk

Turn the meter on by briefly pressing 🆗. **Language** appears.

2

Language

Dansk

✓ Deutsch

Español

Français

Press ▼ or ▲ to highlight the language. Press 🆗 to set the desired language and return to **Main Menu**.

3

Time Format

✓ 12 hour

24 hour

If the meter prompts you to set the time format:
Time Format appears. Press ▼ or ▲ to highlight **12 hour** (am/pm) or **24 hour**.

Press 🆗 to set the option and return to **Main Menu**.

NOTE

If you select the wrong language and cannot correct it, contact Accu-Chek Customer Care at 1-800-363-7949.

⚠ WARNING

Blood glucose results can be displayed in either mg/dL or mmol/L. The back label of the meter shows the unit of measurement. Meters for use in Canada have mmol/L as the unit of measurement. If the meter shows the wrong unit, contact Accu-Chek Customer Care at 1-800-363-7949. If you do not know which unit of measurement is correct for you, contact your healthcare professional. Using the wrong unit of measurement may cause misinterpretation of your actual blood glucose level and may lead to improper therapy.

mg/dL or mmol/L is printed here
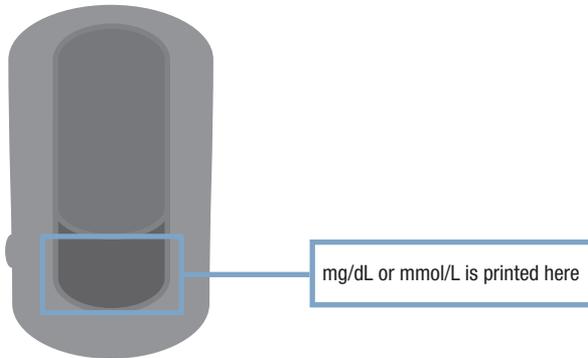
2 | Blood Glucose Tests

Using the Accu-Chek Guide System

- Use only Accu-Chek Guide test strips.
- Use the test strip immediately after removing it from the test strip container.
- Do not apply blood or control solution to the test strip before inserting it into the meter.
- Close the test strip container tightly immediately after removing a test strip to protect the test strips from humidity.
- Store the unused test strips in their original test strip container with the cap closed.
- Check the use by date on the test strip container. Do not use the test strips after that date.
- Store the test strip container and meter in a cool, dry place such as a bedroom.
- Refer to the test strip package insert for test strip storage and system operating conditions.

⚠ WARNING

Do not store test strips in high heat and moisture areas (bathroom or kitchen)! Heat and moisture can damage test strips.

Performing a Blood Glucose Test with Blood from Your Fingertip

NOTE

- Before you perform your first blood glucose test, set up the meter correctly.
- You need the meter, a test strip, and a lancing device with a lancet inserted to perform a blood glucose test.
- A blood glucose test cannot be performed while the meter is connected to a PC with a USB cable.
- There are 2 ways to start a blood glucose test.
    - Insert a test strip into the meter.
    - Turn the meter on by briefly pressing 🆗. Select **Test** > 🆗.

1

Wash your hands with warm soapy water and dry thoroughly.

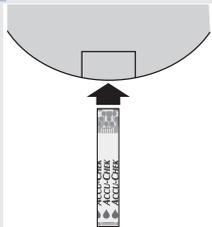Prepare the lancing device.

2

2018/03/03

Check the use by date on the test strip container.

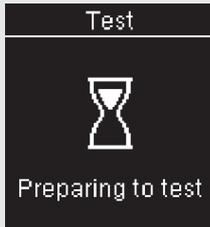Do not use test strips past the use by date.

3

Remove a test strip from the test strip container.

Close the cap tightly.

4

Insert the metallic end of the test strip into the meter.

Test

Preparing to test

The meter turns on. **Preparing to test** appears.

5

Test

Apply drop
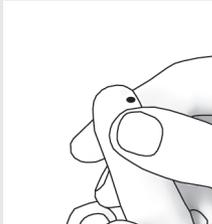
When **Apply drop** appears, poke your fingertip with the lancing device.
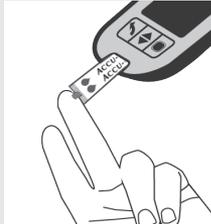
6

Gently squeeze your finger to assist the blood flow. This helps you get a blood drop.

7

Touch the **yellow edge** of the test strip to the blood drop. Remove your finger from the test strip when **Analyzing** appears. Do not put blood on top of the test strip.

8

The test result appears on the display.

You have the option of adding a comment to the test result by pressing ▣ OR proceed to Step 11 to complete the test.
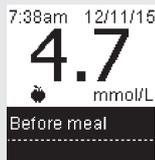
9

Add Comment appears. Press ▼ to highlight a comment. Press 🆗 to set the comment for the test result. See the **Adding Comments to Blood Glucose Results** section of this chapter for details.

10

The final result appears. Press 🆗 or ◤ to set the comment and return to **Main Menu**. Or to change the comment, press ▼ to select the comment.

Press 🆗 to return to **Add Comment**.

11

Press here to eject test strip

Remove and discard the used test strip by pulling the test strip out of the meter or by pushing the test strip ejector on the side of the meter.

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2 | Blood Glucose Tests

Blood Glucose Warnings

If your blood glucose result is outside the measurement range of the meter, a warning is displayed. Press 🆗 to acknowledge the LO or HI warning, OR the meter automatically moves to the LO or HI result display.

⚠WARNING LO Result Retest BG. Contact your healthcare professional.	9:38am 12/11/15 LO Add Comment	Blood glucose may be lower than the measurement range of the system. See the **Unusual Blood Glucose Results** section of this chapter.
⚠WARNING HI Result Consider checking BG, ketones, and insulin.	9:38am 12/11/15 HI Add Comment	Blood glucose may be higher than the measurement range of the system. See the **Unusual Blood Glucose Results** section of this chapter.

Adding Comments to Blood Glucose Results

NOTE

Analyzing your blood glucose results stored in the meter is an effective way for you and your healthcare professional to determine how well you are controlling your diabetes. This analysis is a valuable tool for making improvements to your diabetes management. Use care when adding comments to blood glucose results. Incorrect comments can cause inaccurate patterns to be detected by the meter if Patterns is **On**.

Overview

It is very important to have the correct time and date set in the meter. Having the correct time and date setting helps ensure accurate interpretation of information by you and your healthcare professional.

- You may add comments to blood glucose results to help you and your healthcare professional analyze patterns detected by the meter (see the **Patterns** section in the chapter **Meter Settings** for details).

- If Patterns is set to **On**, once a pattern is detected you may NOT change the comment attached to a blood glucose result (see the **Patterns** section in the chapter **Meter Settings** for details).

- Adding a comment saves the comment and the symbol with the blood glucose results.

Here is a list of comment symbols that can be added to a blood glucose result.

Symbols	Name	Description
🍎	Before meal	If Patterns is **On**, select Before breakfast, lunch, dinner, or snack (see the following page for adding comments with Patterns **On**).
🍎	After meal	If Patterns is **On**, select After breakfast, lunch, dinner, or snack (see the following page for adding comments with Patterns **On**).
🚫	Fasting	Select Fasting for no caloric intake for at least 8 hours.*
🌙	Bedtime	
✳	Other comment	You can use this comment to mark an event such as an AST result or exercise.
− −	No entry	1. You do not want to add a comment. 2. You want to remove a comment for the current blood glucose result.

*American Diabetes Association: Standards of Medical Care in Diabetes-2016.

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1

7:38am   12/11/15
4.7
mmol/L
Add Comment

After performing a blood glucose test, the test result is displayed on the screen with **Add Comment** highlighted. Press 🆗 to add a comment.

2

Add Comment
4.7 mmol/L
🍎 Before meal
🏃 After meal
🚫 Fasting
🌙 Bedtime

The **Add Comment** menu appears. Press ⬇ to highlight the desired comment (the example here is **Before meal**). Press 🆗 to select the comment.

Before Meal
Breakfast
Lunch
Dinner
Snack

If Patterns is On:

If **Patterns** is on and you select **Before meal** or **After meal**, press ⬇ to select a specific meal (**Breakfast, Lunch, Dinner,** or **Snack**). Press 🆗 to set the selected meal for the test result.

3

9:38am   12/11/15
4.7
↕ 🍎   mmol/L
Before breakfast
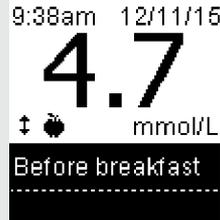
The final result appears with the comment symbol. Press 🆗 or ⬆ to set the comment and return to **Main Menu**.

To change the comment, press ⬇ to select the comment.

Press 🆗 to return to **Add Comment**.

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2 | Blood Glucose Tests

Performing a Blood Glucose Test with Blood from Your Palm, Forearm, or Upper Arm (Alternate Site Testing)

You have the option of obtaining a blood sample from other sites on your body besides the fingertip. Alternate sites include the palm, forearm, and upper arm.

Blood obtained from the fingertip can be used at any time to perform a blood glucose test.

If blood from the palm, forearm, or upper arm is used, there are certain times when testing is not appropriate. This is because your blood glucose level changes faster in your fingertip than in the palm, forearm, and upper arm. These differences may cause you to misinterpret your actual blood glucose level, leading to improper therapy and potential adverse health effects.

Read the next section before you try testing from the palm, forearm, or upper arm.

You may perform a palm, forearm, or upper arm test	• immediately before a meal. • while fasting.
You may NOT perform a palm, forearm, or upper arm test	• up to 2 hours following a meal, when blood glucose values can rise quickly. • after injecting bolus insulin, when blood glucose values can decrease rapidly. • after exercise. • if you are sick. • if you think your blood glucose is low (hypoglycemia). • if you sometimes do not notice when your blood glucose is low.

⚠ WARNING

Do not use alternate site testing to calibrate a continuous glucose monitoring system or to make insulin dosing calculations.

If you are interested in AST, talk to your healthcare professional first.

To obtain an AST cap and detailed AST instructions, contact Accu-Chek Customer Care at 1-800-363-7949.

Unusual Blood Glucose Results

If your blood glucose result does not match how you feel, check this list to help solve the problem.

Troubleshooting Checks	Action
Were the test strips expired?	Discard the test strips if they are past the use by date. Repeat the blood glucose test with an unexpired test strip.
Was the cap on the test strip container always closed tightly?	Replace the test strips if you think the test strip container was uncapped for some time. Repeat the blood glucose test.
Was the test strip used immediately after it was removed from the test strip container?	Repeat the blood glucose test with a new test strip.
Were the test strips stored in a cool, dry place?	Repeat the blood glucose test with a properly stored test strip.
Did you follow the directions?	See the chapter **Blood Glucose Tests** and repeat the blood glucose test. Contact Accu-Chek Customer Care at 1-800-363-7949 if you still have problems.
Are the meter and test strips working properly?	Perform a control test. See the chapter **Control Tests** for instructions.
Are you still unsure of the problem?	Contact Accu-Chek Customer Care at 1-800-363-7949.

2 | Blood Glucose Tests

Symptoms of Low or High Blood Glucose

Being aware of the symptoms of low or high blood glucose can help you understand your test results and decide what to do if they seem unusual.

Low blood glucose (hypoglycemia): Symptoms of hypoglycemia may include, but are not limited to, anxiety, shakiness, sweating, headache, increased hunger, dizziness, pale skin color, sudden change in mood or irritability, fatigue, difficulty concentrating, clumsiness, palpitations, and/or confusion.

High blood glucose (hyperglycemia): Symptoms of hyperglycemia may include, but are not limited to, increased thirst, frequent urination, blurred vision, drowsiness, and/or unexplained weight loss.

⚠ WARNING

If you are experiencing any of these symptoms, or other unusual symptoms, test your blood glucose from the fingertip. If your blood glucose result is displayed as LO or HI, contact your healthcare professional immediately.

When to Perform a Control Test

Performing a control test lets you know the meter and test strips are working properly. You should perform a control test when:

• you open a new test strip box.

• you left the test strip container open.

• you think the test strips are damaged.

• you want to check the meter and test strips.

• the test strips were stored in extreme temperatures, humidity, or both.

• you dropped the meter.

• your test result does not match how you feel.

• you want to check if you are performing the test correctly.

About the Control Solutions

• Use only Accu-Chek Guide control solutions.

• Close the control solution bottle tightly after use.

• Write the date you open the control solution bottle on the bottle label. The control solution must be discarded 3 months from the date the control solution bottle was opened (discard date) or on the use by date on the bottle label, whichever comes first.

• Do not use control solution that is past the use by or discard date.

• Refer to the control solution package insert for control solution storage conditions.

• The meter automatically recognizes the difference between the control solution and blood.

• The control results are not displayed in memory.

• The control solution can stain fabric. Remove stains by washing with soap and water.

3 Control Tests

Performing a Control Test

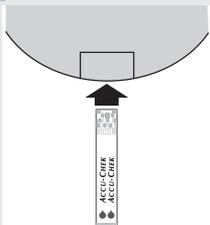You need the meter, a test strip, and control solution Level 1 or Level 2.

1	**2**

1

2018/03/03

Check the use by date on the test strip container. Do not use test strips past the use by date.
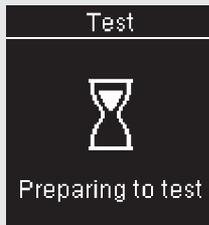
2

Remove a test strip from the test strip container.

Close the cap tightly.

3

Insert the metallic end of the test strip into the meter. Place the meter on a flat surface.

Test

Preparing to test

The meter turns on. **Preparing to test** appears.

Test

Apply drop

Apply drop appears.

4

Select the control solution to test. You will enter the level later in the test.

5

Remove the bottle cap. Wipe the tip of the bottle with a tissue. Squeeze the bottle until a tiny drop forms at the tip.

6
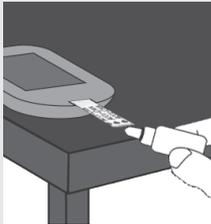
Touch the drop to the **yellow edge** of the test strip. Do not put control solution on top of the test strip.
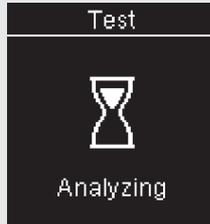
Analyzing appears when there is enough control solution in the test strip.

7

Control Result
9:38am   12/11/15
ⓒ **2.8** mmol/L
Select level

1
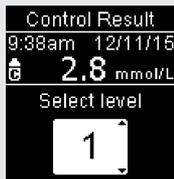
Control Result and the control bottle symbol appear. Press ◤ or ◢ to select the control level you tested. If you do not select a level, the control result is saved without a control level. Press ᴼᴷ.

8

Control Result
9:38am   12/11/15
ⓒ **2.8** mmol/L
Level 1
✓
Within range

Control Result
9:38am   12/11/15
ⓒ **14.5**mmol/L
Level 1
✗
Out of range

Within range and ✓ appear if the control result is within range.

Out of range and ✗ appear if the control result is out of range.

9

Wipe the tip of the bottle with a tissue. Cap the bottle tightly.

Remove and discard the used test strip.

NOTE

The meter turns off 90 seconds after a successful test or 15 seconds after the test strip is removed, provided no other action is taken.

3 | Control Tests

Understanding Out-of-Range Control Results

> **⚠ WARNING**
>
> The control ranges are printed on the test strip container label. If the control result is out of range, check this list to help solve the problem.

Troubleshooting Checks	Action
Were the test strips or control solutions expired?	Discard the test strips or control solution if either is past the use by date. If the control solution was opened more than 3 months ago, discard it. Repeat the control test with an unexpired test strip and an unexpired control solution.
Did you wipe the tip of the control solution bottle before use?	Wipe the tip of the bottle with a tissue. Repeat the control test with a new test strip and a fresh drop of control solution.
Were the caps on the test strip container and the control solution bottle always closed tightly?	Replace the test strips or control solution if you think either was uncapped for some time. Repeat the control test.
Was the test strip used immediately after it was removed from the test strip container?	Repeat the control test with a new test strip and a fresh drop of control solution.
Were the test strips and control solutions stored in a cool, dry place?	Repeat the control test with a properly stored test strip or control solution.
Did you follow the directions?	Read the chapter **Control Tests** and repeat the control test.
Did you choose the correct control solution level, either 1 or 2, when you performed the control test?	If you chose the wrong control solution level, you can still compare the control result to the range printed on the test strip container.
Are you still unsure of the problem?	Contact Accu-Chek Customer Care at 1-800-363-7949.

Overview

You can adjust the following settings in the meter for your personal preferences. Refer to the sections later in this chapter for details and how to set the options.

Setting	Options	Function
Time/Date	Time / Date	Set the time and date.
Beeper	On / Off	Select On or Off.
Wireless	Select wireless communication settings. See the chapter **Wireless Communication and Meter Pairing**.	

Setting	Options	Function
Target Ranges	Off / Single Range / 2 Ranges	Select the blood glucose target range appropriate for you.
		NOTE
		Consult your healthcare professional for the appropriate target range for you.
		Off – no target range arrow symbols appear with blood glucose result. Patterns is **Off** (see the **Patterns** section of this chapter for details).
	3.9–8.9 mmol/L (pre-set target range)	Single Range – blood glucose results are marked as above, within, or below range based on the single target range set in the meter.
	Before Meal Range 3.9–6.1 mmol/L (pre-set target range) After Meal Range 3.9–8.9 mmol/L (pre-set target range)	2 Ranges – set Before Meal and After Meal ranges. Blood glucose results are marked as above, within, or below range based on the 2 target ranges (Before Meal and After Meal) set in the meter.
Patterns	On / Off	On – a pattern is detected when 2 below-target or 3 above-target test results with the same comment are detected within a 7-day period.
Reminders	On / Off / Edit time	On – set up to 4 reminders per day to remind you to test.

Setting	Options	Function
Post Meal	On / Off / Edit time	On – reminds you to perform an after meal blood glucose test.
Last Result	On / Off	Select whether the previous blood glucose result (within the past 24 hours) appears with the current blood glucose result. On – the previous blood glucose result appears with the current blood glucose result. Off – only the current blood glucose result appears.
Language		Select the language for the meter.
Time Format	12 hour / 24 hour	Select the clock format for the meter.
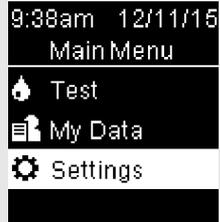
Time/Date

1

```
9:38am   12/11/15
      Main Menu
🔥 Test
📑 My Data
⚙ Settings
```

Turn the meter on by briefly pressing ⊠. From **Main Menu**, press ▼ to highlight **Settings**. Press ⊠.

2

```
      Settings
Time/Date
Beeper
Wireless
More Options
```

Time/Date is highlighted. Press ⊠.

3

```
     Time/Date
HH    MM    A/P
 9 : 38    am
DD    MM    YY
12 / 11 / 15
```

Press ▼ or ▲ to adjust each field. Press ⊠ to set and move to the next field. Set **am** or **pm** if necessary.

Press ⊠ to save and return to the previous menu.

Beeper

The beeper prompts you:

• when a test strip is inserted.

• to apply blood or control solution to the test strip.

• when enough blood or control solution is drawn into the test strip.

• when the blood glucose or control test is complete.

• when the meter is turned on.

• when a button is pressed.

• when it is time to perform a test (if Reminders or Post Meal reminders are **On**).

• when the batteries are inserted.

• when there are no stored blood glucose results or there is an invalid record in the logbook.

• when there are no errors in the error log.

• if an error occurred (even if the beeper is off, it still beeps for an error).
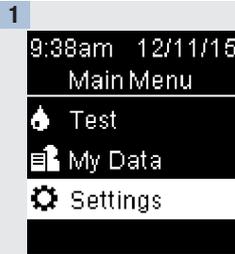
1

9:38am   12/11/15
Main Menu
♠ Test
🗐 My Data
⚙ Settings

Turn the meter on by briefly pressing ⭕. From **Main Menu**, press ⬇ to highlight **Settings**. Press ⭕.

2

Settings
Time/Date
Beeper
Wireless
More Options
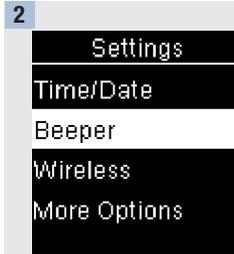
Press ⬇ to highlight **Beeper**. Press ⭕.
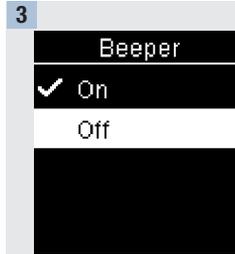
3

Beeper
✔ On
Off

Press ⬇ or ⬆ to highlight **On** or **Off**. Press ⭕ to move ✔ to the option.

Press ⭕ to set the option and return to the previous menu.

35

Target Ranges

Your healthcare professional can tell you what blood glucose range is appropriate for you. It is very important to stay within your target range.

Target Ranges can be set from a lower limit of 3.3–5.5 mmol/L to an upper limit of 5.6–16.6 mmol/L.

Options	Function
Off	Arrow symbols for above, within, or below target ranges do not appear with the blood glucose results.
Single Range	Set lower limit and upper limit for the Target Range.
	You will be prompted to turn on Patterns if desired (see the **Patterns** section of this chapter for details).
2 Ranges	Set lower limits and upper limits for Before meal and After meal target ranges.
	You must mark your blood glucose results with a comment for the meter to detect above, within, or below Before Meal or After Meal test results (see the **Adding Comments to Blood Glucose Results** section in the chapter **Blood Glucose Tests** for details).
	You will be prompted to turn on Patterns if desired (see the **Patterns** section of this chapter for details).

When Target Ranges is **On**, the following symbols appear with blood glucose results.

Symbol	Meaning
↧	The blood glucose result is below the target range.
↕	The blood glucose result is within the target range.
↥	The blood glucose result is above the target range.

⚠ **WARNING**

This function is no substitute for hypoglycemia training by your healthcare professional.

1
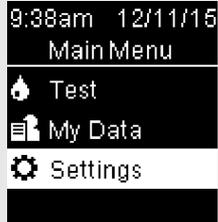
9:38am   12/11/15
Main Menu
🔥 Test
📑 My Data
⚙ Settings

Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ▼ to highlight **Settings**. Press 🆗.
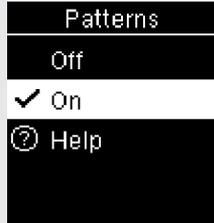
2

Settings
Time/Date
Beeper
Wireless
More Options

Press ▼ to highlight **More Options**. Press 🆗.

3

More Options
Target Ranges
Patterns
Reminders
Post Meal
▼

Target Ranges is highlighted. Press 🆗.

4

Press ⬇ or ⬆ to highlight **Off**, **Single Range**, or **2 Ranges**. Press ⊞ to select an option (the example here is **2 Ranges**).

5

Press ⬇ or ⬆ to adjust the lower limit of the **Before Meal** target range. Press ⊞ to set and move to the next field.

Continue to set the upper limit for the **Before Meal** range and the lower and upper limits for the **After Meal** target range. Press ⊞.

6

The ✔ appears next to the option you selected.

Press ◀ to return to the previous menu.
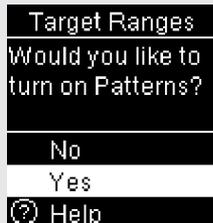
The meter may prompt you to turn on Patterns.

Press ⬇ or ⬆ to highlight **Yes** or **No**.

Press ⊞ to set the option and return to the previous menu (see the **Patterns** section of this chapter for details).

> **NOTE**
>
> Analyzing your blood glucose results stored in the meter is an effective way for you and your healthcare professional to determine how well you are controlling your diabetes. This analysis is a valuable tool for making improvements to your diabetes management. Use care when adding comments to blood glucose results. Incorrect comments can cause inaccurate patterns to be detected by the meter if Patterns is **On**.

Patterns

A Pattern is detected by the meter when 2 below-target (Low Pattern) or 3 above-target (High Pattern) test results with the same comment are detected within a 7-day period.

• The meter does NOT detect a pattern for the "other" comment added to blood glucose results.

• It is very important to have the correct time and date set in the meter. Having the correct time and date setting helps ensure accurate interpretation of information by you and your healthcare professional.

• Only blood glucose results marked with comments will be included in Patterns. If LO or HI test results are marked with comments, the results become part of Patterns (see the chapter **Blood Glucose Tests** for more details).

• Target Ranges must be set in the meter to use Patterns. If Target Ranges is not set, the meter prompts you to set them.

4 Meter Settings
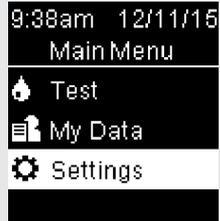
1

9:38am   12/11/15
Main Menu
🔥 Test
📑 My Data
⚙ Settings

Turn the meter on by briefly pressing ▣. From **Main Menu**, press ⬇ to highlight **Settings**. Press ▣.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ⬇ to highlight **More Options**. Press ▣.

3

More Options
Target Ranges
Patterns
Reminders
Post Meal
‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧‧▼

Press ⬇ to highlight **Patterns**. Press ▣.

4

Patterns
Off
✓ On
⑦ Help

Press ◢ to highlight **On**. Press ⚍ to move ✓ to the option. Press ⚍.

Patterns
Target ranges must be set up. Set up now?

No
Yes
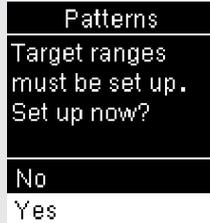
This message appears if Target Ranges is Off:
Press ◢ to highlight **Yes**. Press ⚍.

(To turn Patterns **Off**, select **No**. Press ⚍ to return to **Patterns**.)

Target Ranges
Choose an option.

Single Range
2 Ranges
⑦ Help
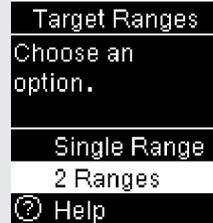
Target Ranges appears on the display (see the **Target Ranges** section of this chapter for details on setting target ranges).

If Patterns is **On** and a new pattern is detected with a blood glucose result, a message appears on the display.

```
Low Pattern
New pattern
detected.

View later
Details
```

or

```
Low Pattern
New pattern
detected.

View later
Details
```
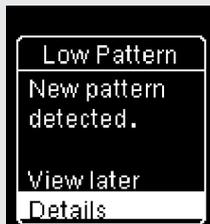
Press ▾ to select **Details** to view the blood glucose results that make up that pattern.
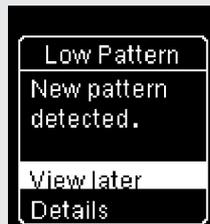
Press ▣ to highlight **View later**.

Press ▣ to return to the previous screen.

Reminders

You can set up to 4 general test Reminders per day to remind you to test. A series of beeps sound and ⌂ is displayed for Reminders set in the meter.

Reminders:

• turn off by inserting a test strip or pressing any button.

• are postponed until the next test reminder if a test was performed within 15 minutes of a test reminder.

• do not appear/beep if the meter is on at the test reminder time (including when meter is connected to a USB cable).

• do not appear/beep if the meter is connected and communicating to a Continua Certified® manager.

• do not beep if the meter's beeper is set to off.

• do not appear/beep if the batteries need to be replaced.

Set Reminders

• Reminder times are pre-set in the meter for 8:00 am, 12:00 pm, 6:00 pm, and 10:00 pm. You may change reminder times per the instructions on the following pages.

• If a general test Reminder is set for the same time as a Post Meal reminder, the Post Meal reminder will appear/beep instead of the general Reminder (see the **Post Meal Reminders** section of this chapter for details).
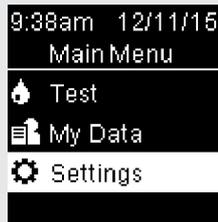
1

9:38am   12/11/15
Main Menu
♦ Test
▤ My Data
✿ Settings

Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ▼ to highlight **Settings**. Press 🆗.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ▼ to highlight **More Options**. Press 🆗.

3

More Options
Target Ranges
Patterns
Reminders
Post Meal
▼

Press ▼ or ▲ to highlight **Reminders**. Press 🆗.

4

Reminders
⬚ 8:00am
⬚ 12:00pm
⬚ 6:00pm
⬚ 10:00pm
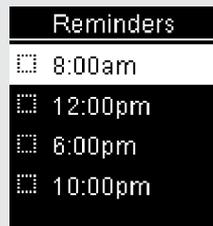
Pre-set reminder times appear on the display. Press ▼ to highlight a Reminder time. Press 🆗.

5
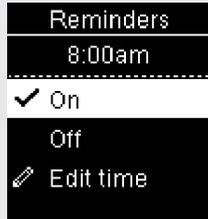
The pre-set reminder time appears. Press ▼ or ▲ to select **On** or **Off**. Press 🆗 to move ✔ to the option.
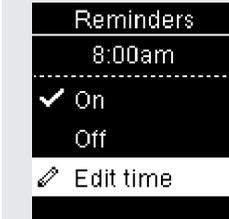
To change the Reminder time shown:

Press ▼ to highlight **Edit time**. Press 🆗.
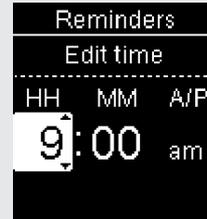
Press ▼ or ▲ to adjust each field. Press 🆗 to move to the next field. Press 🆗 to return to the previous menu.

6
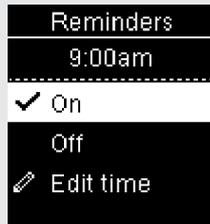
A ✔ indicates the Reminder is set for the time shown and automatically set to **On**. To turn the reminder off, press ▼ to highlight **Off**.

Press 🆗 to return to **Reminders**.

7
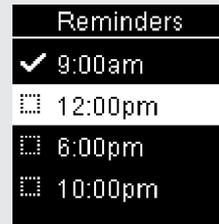
The reminder time appears.

Press ▼ to continue to set additional reminders or press ◤ to return to **More Options**.

45

Post Meal Reminders

Post Meal reminders can be set to remind you to test again later when you add a Before Meal comment to a blood glucose result. When a reminder occurs, a series of beeps sound and ✧ is displayed.

Post Meal reminders:

• turn off by inserting a test strip or pressing any button.

• are postponed until the next reminder if a test was performed within 15 minutes of a test reminder.

• do not appear/beep if the meter is on at the test reminder time (including when meter is connected to a USB cable).

• do not appear/beep if the meter is connected and communicating to a Continua Certified® manager.

• do not beep if the meter's beeper is set to off.

• do not appear/beep if the batteries need to be replaced.

Set Post Meal Reminders

• Adding a Before Meal comment to a blood glucose result sets a Post Meal reminder in the meter.

• Marking blood glucose results with a Post Meal comment provides more information about your test results to help you and your healthcare professional in the management of your diabetes.

• Talk to your healthcare professional to determine your Post Meal test time.

• Select 1 hour, 1.5 hours, or 2 hours for Post Meal reminders to occur.
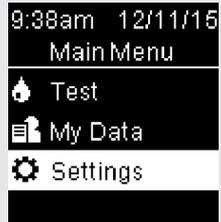
1

9:38am   12/11/15
Main Menu
🩸 Test
📑 My Data
⚙ Settings

Turn the meter on by briefly pressing **OK**. From **Main Menu**, press ▾ to highlight **Settings**. Press **OK**.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ▾ to highlight **More Options**. Press **OK**.

3

More Options
Target Ranges
Patterns
Reminders
Post Meal
▾

Press ▾ to highlight **Post Meal**. Press **OK**.

47

4

```
         Post Meal
✓ On
  Off
✐ Edit time
ⓘ Help
```

Press ▼ or ▲ to highlight **On**. Press 🆗 to move ✓ to the option.

5

```
         Post Meal
✓ On
  Off
✐ Edit time
ⓘ Help
```

Press ▼ to highlight **Edit time**. Press 🆗.

6

```
         Post Meal
  Remind after:
  1 hour
✓ 1.5 hours
  2 hours
```

Press ▼ or ▲ to highlight **1 hour**, **1.5 hours**, or **2 hours** after a meal for **Post Meal** reminders to occur.

Press 🆗 to move ✓ to the option.

Press 🆗 to set and return to the previous menu.

48

Last Result

Select whether the previous blood glucose result appears with the current blood glucose result. **Test results older than 24 hours do not appear.**
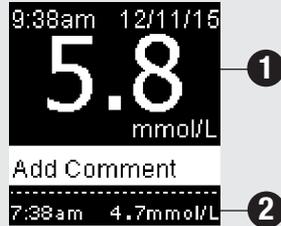
Off – only the current blood glucose result ❶ appears.

On – the previous blood glucose result ❷ appears with the current blood glucose result.

1

Turn the meter on by briefly pressing ▦. From **Main Menu**, press ◣ to highlight **Settings**. Press ▦.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ⬇ to highlight **More Options**. Press 🆗.

3

More Options
Patterns
Reminders
Post Meal
Last Result

Press ⬇ to highlight **Last Result**. Press 🆗.

4
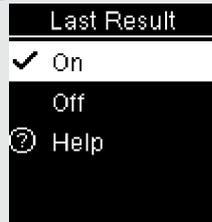
Last Result
✔ On
Off
② Help

Press ⬇ or ⬆ to highlight **On** or **Off**. Press 🆗 to move ✔ to the option.

Press 🆗 to set the option and return to the previous menu.

Language

Choose the language that appears on the meter.
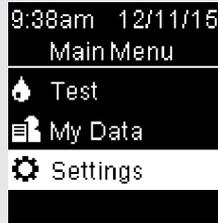
1

> 9:38am   12/11/15
> Main Menu
> 🔥 Test
> 📑 My Data
> ⚙ Settings

Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ⬇ to highlight **Settings**. Press 🆗.

2

> Settings
> Time/Date
> Beeper
> Wireless
> More Options

Press ⬇ to highlight **More Options**. Press 🆗.

3

> More Options
> Reminders
> Post Meal
> Last Result
> Language
> ▲

Press ⬇ to highlight **Language**. Press 🆗.

4

> Language
> ✓ English
> 简体中文
> 繁體中文
> Dansk
> ▲▼

Press ⬇ or ⬆ to highlight the desired language. Press 🆗 to move ✓ to the option.

Press 🆗 to set the language and return to the previous menu.

Time Format

Choose the time format (12-hour or 24-hour clock) that appears on the meter.
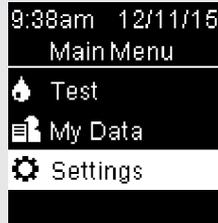
1

Turn the meter on by briefly pressing ▧. From **Main Menu**, press ▨ to highlight **Settings**. Press ▧.

2

Press ▨ to highlight **More Options**. Press ▧.

3

Press ▨ to highlight **Time Format**. Press ▧.
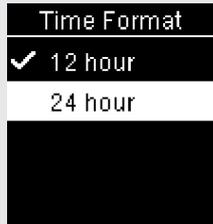
4

Press ▨ or ▧ to highlight **12 hour** (am/pm) or **24 hour**. Press ▧ to move ✓ to the option.

Press ▧ to set the time format and return to the previous menu.

Overview

• Blood glucose results are stored from the newest to the oldest.

• The meter automatically stores up to 720 blood glucose results in memory with the time and date of the test and any test result comments.

• Once 720 blood glucose results are in memory, adding a new blood glucose result deletes the oldest blood glucose result.

• Only test results that have been marked with a fasting, before meal, after meal, or bedtime comment are included in the average for that comment.

• All test results are included in the overall 7, 14, 30, and 90-day averages regardless of what comment is added.

• Control results are stored in memory but cannot be reviewed on the meter. To view stored control results, transfer them to a compatible software application.

• Control results are not included in the averages or blood glucose reports.

• Once 32 control results are in memory, adding a new control result deletes the oldest control result.

⚠ WARNING

Do not change your therapy based on an individual test result in memory. Talk to your healthcare professional before changing therapy based on test results in memory.

53

5 Review Your Data

Logbook

1

9:38am 12/11/15
Main Menu
🩸 Test
📑 My Data
⚙ Settings

Turn the meter on by briefly pressing ⊞. From **Main Menu**, press ⬇ to highlight **My Data**. Press ⊞.

2

My Data
Logbook
Averages
Target %
Low/High Data
▼
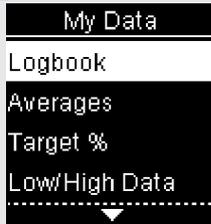
Logbook is highlighted. Press ⊞.

3

Logbook
11/10/15 mmol/L
2:30pm 🍎 8.0 ❶
11:30am 🏃 3.6 ❷
9:38am 🌙 5.8
7:38am 🌙 4.7
▼

Press ⬇ or ⬆ to scroll through **Logbook**.

The most recent test result ❶.

The 2nd most recent test result ❷.

4 To view details about a test result, press ⬇ or ⬆ to highlight the test result. Press ⛊. Test result details shown below only appear if **Target Ranges** is **On** or comments were added to a test result.

❶

Logbook
2:30pm   12/11/15
8.0
mmol/L
↑ Above target

The most recent test result.

❷

Logbook
11:30am   12/11/15
3.6
mmol/L
↓ Below target
🍴 After lunch

The 2nd most recent test result.

Averages

1

9:38am   12/11/15
Main Menu
♦ Test
▤ My Data
⚙ Settings

Turn the meter on by briefly pressing ▒. From **Main Menu**, press ▾ to highlight **My Data**. Press ▒.

2
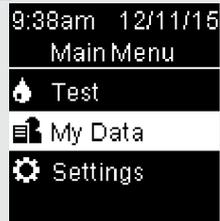
My Data
Logbook
Averages
Target %
Low/High Data
▼
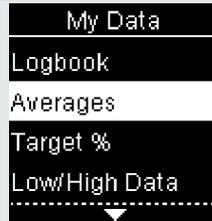
Press ▾ to highlight **Averages**. Press ▒.

3

Averages
☺ Overall
🍎 Before meal
✦ After meal
⊘ Fasting
▼

Press ▾ to highlight a category (the example here is **Overall**). Press ▒.

4

Average
☺   Overall
7 days
14 days
30 days
90 days

Press ▾ to highlight a time period (the example here is **90 days**). Press ▒.

5

Average
☺   Overall
90 days

5.8 mmol/L
Tests: 720

Press ◂ to return to the previous menu if you want to review a different time period OR press ▾ or ▴ to move through different averages.

Target Percent (%)

Target Percent (%) allows you to view the percentage of your Overall, Before meal, After meal, Fasting, and Bedtime blood glucose results that are above, within, or below your target ranges.

• Target % results can be viewed for 7, 14, 30, or 90-day time periods.

• Target Ranges must be set in the meter to review Target % results.

1

9:38am 12/11/15
Main Menu
◆ Test
▤ My Data
⚙ Settings

Turn the meter on by briefly pressing ▥. From **Main Menu**, press ▼ to highlight **My Data**. Press ▥.

2

My Data
Logbook
Averages
Target %
Low/High Data
▼
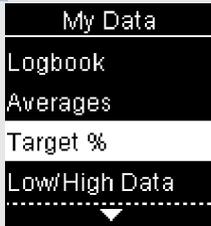
Press ▼ to highlight **Target %**. Press ▥.

3

Target %
☺ Overall
● Before meal
✗ After meal
◐ Fasting
▼

Press ▼ to highlight a category (the example here is **Before meal**). Press ▥ to select the option.

4

Target %
♦ Before meal
7 days
14 days
30 days
90 days

Press ▼ to highlight a time period (the example here is **90 days**). Press OK.

5

Target %
♦ Before meal
90 days
⤒ Above | 15%
⇕ Within | 60%
⤓ Below | 25%
Tests: | 720

The **Target %** appears (for the **Before meal** example). The number of total tests included in the Target % appears at the bottom of the display.

Press ◄ to return to the previous menu.

NOTE

Analyzing your blood glucose results stored in the meter is an effective way for you and your healthcare professional to determine how well you are controlling your diabetes. This analysis is a valuable tool for making improvements to your diabetes management. Use care when adding comments to blood glucose results. Incorrect comments can cause inaccurate patterns to be detected by the meter if Patterns is **On**.

Low/High Data

Your healthcare professional can tell you what blood glucose range is appropriate for you. It is very important to stay within your target range.

• Target Ranges must be set in the meter to track Low/High Data test results (see the **Target Ranges** section in the chapter **Meter Settings** for details).

• Low BG or High BG Data includes only results that fall above or below the target ranges set in the meter.

• Low BG or High BG Data is tracked in the meter for 30 days.

5 Review Your Data

You can select Low BG and High BG results for Overall, Before meal, After meal, Fasting, or Bedtime blood glucose results.

Symbol	Name	Description
	Overall	Includes low and high blood glucose results based on Target Ranges set in the meter.
	Before meal	You may view low or high test results marked with a Before Meal comment for Overall, Before breakfast, Before lunch, Before dinner, and Before snack blood glucose results.*
	After meal	You may view low or high test results marked with an After Meal comment for Overall, After breakfast, After lunch, After dinner, and After snack blood glucose results.*
	Fasting	Includes low or high fasting blood glucose results marked as Fasting in comments.
	Bedtime	Includes low or high bedtime blood glucose results marked as Bedtime in comments.

*Test results for Before and After specific meals are only available if Patterns is set to **On**.

1
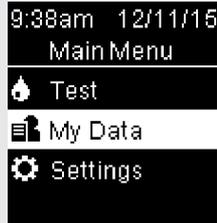
9:38am   12/11/15
Main Menu

🔴 Test

📑 My Data

⚙ Settings

Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ⬇ to highlight **My Data**. Press 🆗.

2

My Data

Logbook

Averages

Target %

Low/High Data

▼

Press ⬇ to highlight **Low/High Data**. Press 🆗.

3

Low/High Data

⬇ Low BG Data

⬆ High BG Data

or

Low/High Data

No data available. Enable target ranges to track low/high BG data.
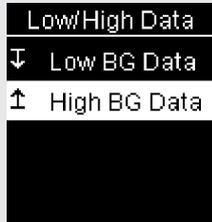
If Target Ranges is set to On:

Press ⬇ to select **Low** or **High BG Data** (the example here is **High BG Data**). Press 🆗.
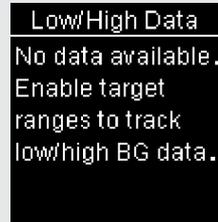
If Target Ranges have NOT been On within the last 30 days:

This message appears on the meter (to turn on Target Ranges see the **Target Ranges** section in the chapter **Meter Settings** for details).

4

Press 🔽 to highlight a category (the example here is **Before meal**). Press 🆗.

If results with detailed meal comments are saved in the Logbook:

The meter may prompt you to select detailed categories to view. Press 🔽 to highlight a category (the example here is **before Breakfast**). Press 🆗.

5

The selected data appears (the example here is **High BG Data**).
Press 🔽 to scroll through the test results.

Press ◀ to return to the previous menu.

Patterns

• Patterns displays only active Low Patterns or High Patterns based on comments added to blood glucose results within the last 7 days.

• A Pattern is generated when 2 below-target or 3 above-target test results with the same comment are detected within a 7-day period.

Patterns may be viewed on the meter in 3 ways:

or

or
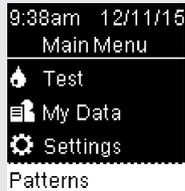
when a Patterns option is displayed at the bottom of **Main Menu**.
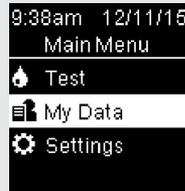
from **My Data** on **Main Menu.**
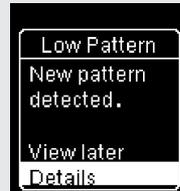
if a **New pattern detected** message appears on the display when performing a blood glucose test.

Patterns detected by the meter may be displayed on the Main Menu as:

		Patterns may include the following blood glucose results marked with comments:
Patterns	High and low patterns have been detected	
High Pattern(s)	One or more high patterns have been detected	
Low Pattern(s)	One or more low patterns have been detected	
No Patterns	No active pattern based on results from last 7 days	Before breakfast, After breakfast, Before lunch, After lunch, Before dinner, After dinner, Before snack, After snack, Fasting, or Bedtime (see the **Adding Comments to Blood Glucose Results** section in the chapter **Blood Glucose Tests**).
Blank	Patterns feature is set to **Off**	

1

9:38am   12/11/15
Main Menu
🩸 Test
📑 My Data
⚙ Settings
Patterns
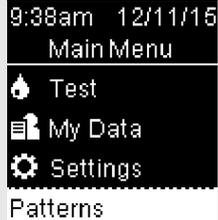
Turn the meter on by briefly pressing 🆗. From **Main Menu**, press 🔽 to highlight the Patterns option at the bottom of the screen (the example here is **Patterns**). Press 🆗.

2

Patterns
⤓ Low Patterns
⤒ High Patterns
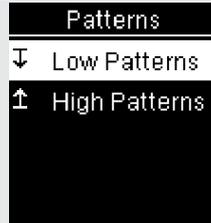
Press 🔼 or 🔽 to highlight **Low Patterns** or **High Patterns** (the example here is **Low Patterns**). Press 🆗 to select the option.

3

Low Patterns
Before breakfast
Before lunch
Before dinner
Before snack
▼
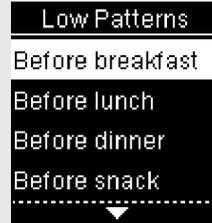
Press 🔽 to highlight a category to review (the example here is **Before breakfast**). Press 🆗.

4

⤓ Low Pattern
Before breakfast
12/11/15   4.7
7:38am   mmol/L
12/10/15   4.6
7:38am   mmol/L
▼
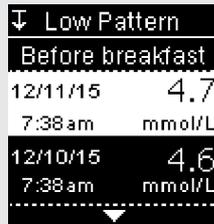
Press 🔽 to scroll through test results.

Press 🔙 to return to the previous menu.

Data Transfer Using Wireless

This feature allows you to transfer data wirelessly from your meter to another device.

1

9:38am   12/11/15
Main Menu
🩸 Test
📋 My Data
⚙ Settings

Turn the meter on by briefly pressing **OK**. From **Main Menu**, press ▼ to highlight **My Data**. Press **OK**.

2

My Data
Target %
Low/High Data
Patterns
Data Transfer
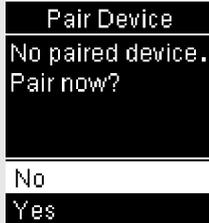▲

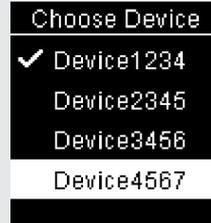Press ▼ to highlight **Data Transfer**. Press **OK**.

3
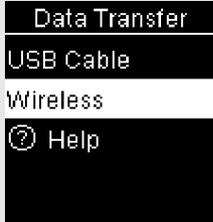
Data Transfer
USB Cable
Wireless
⑦ Help

Press ▼ to select **Wireless**. Press **OK**.

4

Pair Device		Choose Device
No paired device. Pair now?	or	✓ Device1234
		Device2345
		Device3456
No		Device4567
Yes		

If a device has not been paired with your meter:

The meter prompts you to pair a device to the meter (see the **First-Time Pairing** section in the chapter **Wireless Communication and Meter Pairing** for details).

If the meter has already been paired with at least one device:

Press ▼ or ▲ to choose a wireless device for data transfer.

5

Data Transfer	Data Transfer	Data Transfer
Connecting to Device1234	Transferring to Device1234	Transferred to Device1234
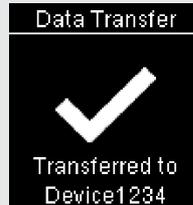
The meter transfers the data to the device.

5

Review Your Data

Data Transfer Using USB Cable

Data Transfer Using USB Cable

This feature allows you to transfer data from your meter to special software for diabetes management on a PC using a USB cable.
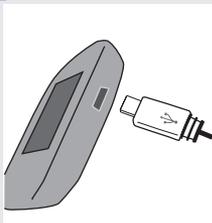
1	2	3
		Start the diabetes management software and initiate a data transfer.
Plug the small end of the USB cable into the meter.	Plug the large end of the USB cable into a USB port on the PC. If the meter is off, it turns on.	
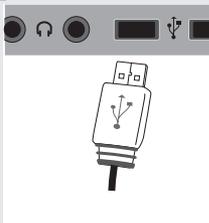
52993_07428227001_MANUAL_EN.indb   68 1/27/17   11:30 AM

4

Data Transfer	Data Transfer	Data Transfer
Connecting	Transferring data	Complete

The meter transfers the data to the software.

5 Review Your Data

Overview

You can wirelessly and automatically synchronize your diabetes information with a mobile device. The process of creating a connection between the meter and the other device is called pairing. You need an application on your mobile device that can accept the meter's data.

Setting	Options	Function
Flight Mode	On / Off	Select whether wireless communication is available. On – wireless communication is not available. Off – wireless communication is available.
Default Device	List of devices paired with the meter	If more than 1 device is paired, select the device with which the Auto-Send and Sync Time features will communicate.
Auto-Send	On / Off	Select whether data is automatically sent to the default paired device after each test. On – data is automatically sent to the default paired device. Off – data is not automatically sent to the default paired device.

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6 | Wireless Communication and Meter Pairing

Setting	Options	Function
Sync Time	On / Off	Select whether to synchronize the time and date to the default paired device.
		On – the time and date on the meter synchronize to the time and date on the default paired device.
		Off – the time and date on the meter do not synchronize to the time and date on the default paired device.
Pairing	Pair Device / Delete Pairing	Select whether to pair a device or to delete a paired device.

First-Time Pairing

The steps below are for first-time pairing.

Up to 5 devices can be paired with the meter at any time.

Each device must be paired with the meter one at a time.

The meter and the device to be paired should be within 1 meter of each other.

1	2	3
Prepare the device for pairing. Refer to the device's instructions for information about pairing.	Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ⬇ to highlight **Settings**. Press 🆗.	Press ⬇ to highlight **Wireless**. Press 🆗.
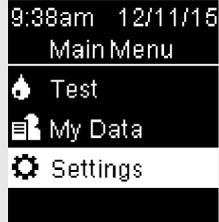
4

Pair Device
No paired device.
Pair now?

No
Yes
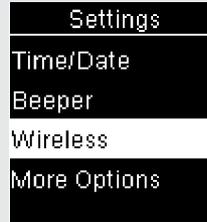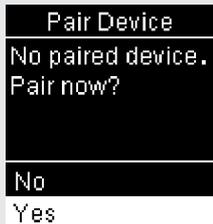
Pair Device appears. To pair a device, press ▼ to highlight **Yes**. Press 🆗.

5

Pair Device
123456

Enter code on device.

The meter displays its code.

6

The mobile device displays a list of found devices, including the meter. Select the meter from the list. When prompted, enter the code displayed on the meter from Step 5 into the device to be paired.
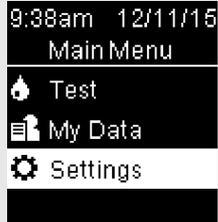
7

Pair Device
✔
Paired with Device1234

When pairing is complete, ✔ and the name of the paired device appear.

Press 🆗 to return to the previous menu.

74

Flight Mode

Select whether wireless communication is available or not. When **Flight Mode** is on, ✈ appears in the title bar and wireless communication is not available.

1

9:38am   12/11/15
Main Menu
🔥 Test
📋 My Data
⚙ Settings

Turn the meter on by briefly pressing 📷. From **Main Menu**, press 🔽 to highlight **Settings**. Press 📷.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press 🔽 to highlight **Wireless**. Press 📷.

3
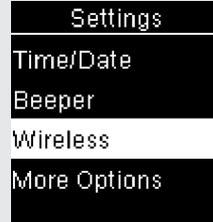
Wireless
Flight Mode
Default Device
Auto-Send
Sync Time

Flight Mode is highlighted. Press 📷.
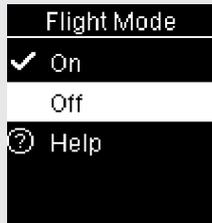
4

Flight Mode
✔ On
Off
⑦ Help

Press 🔽 or 🔼 to highlight **On** or **Off**. Press 📷 to move ✔ to the option.

Press 📷 to set the option and return to the previous menu.

9:38am   12/11/15
✈ Main Menu
🔥 Test
📋 My Data
⚙ Settings
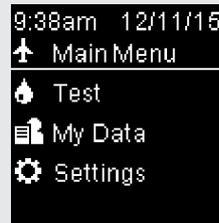
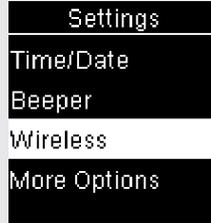**Main Menu** with meter in Flight Mode.

Default Device

If more than 1 device is paired, select the default paired device for the **Auto-Send** and **Sync Time** features.
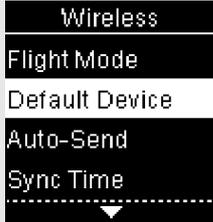
1
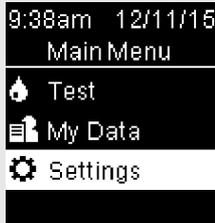
9:38am   12/11/15
Main Menu
♦ Test
▤ My Data
⚙ Settings

Turn the meter on by briefly pressing 🔳. From **Main Menu**, press ▾ to highlight **Settings**. Press 🔳.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ▾ to highlight **Wireless**. Press 🔳.

3

Wireless
Flight Mode
Default Device
Auto-Send
Sync Time

Press ▾ to highlight **Default Device**. Press 🔳.

4

Default Device
✓ Device1234
Device2345
Device3456
? Help
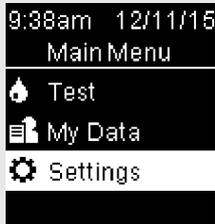
A list of paired devices appears.
Press ▾ to highlight the device you want as the default device.

Press 🔳 to move ✓ to the option.

Press 🔳 to set the option and return to the previous menu.

Auto-Send

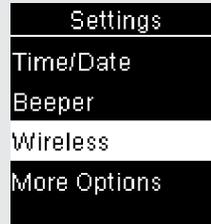Select whether data is automatically sent to the default paired device after each test.

1

9:38am   12/11/15
Main Menu
🩸 Test
📋 My Data
⚙ Settings

Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ⬇ to highlight **Settings**. Press 🆗.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ⬇ to highlight **Wireless**. Press 🆗.

3

Wireless
Flight Mode
Default Device
Auto-Send
Sync Time
▼

Press ⬇ to highlight **Auto-Send**. Press 🆗.
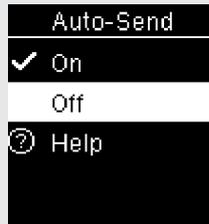
4

Auto-Send
✓ On
  Off
⑦ Help

Press ⬇ or ⬆ to highlight **On** or **Off**. Press 🆗 to move ✓ to the option.

Press 🆗 to set the option and return to the previous menu.

77

Sync Time
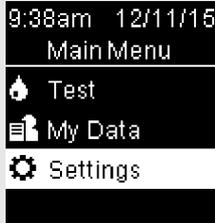
Select whether to synchronize the time and date to the default paired device.

1

9:38am   12/11/15
Main Menu
🔾 Test
📑 My Data
⚙ Settings

Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ⬇ to highlight **Settings**. Press 🆗.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ⬇ to highlight **Wireless**. Press 🆗.

3
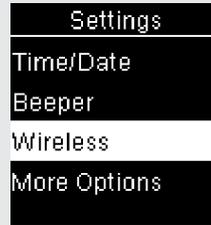
Wireless
Flight Mode
Default Device
Auto-Send
Sync Time
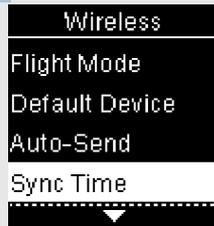
Press ⬇ to highlight **Sync Time**. Press 🆗.
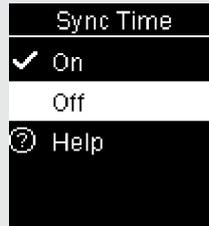
4

Sync Time
✔ On
Off
⑦ Help

Press ⬇ or ⬆ to highlight **On** or **Off**. Press 🆗 to move ✔ to the option.

Press 🆗 to set the option and return to the previous menu.

78

Pairing Additional Devices

This procedure is to add another paired device (assumes there is already 1 paired device).

You can pair 5 devices.

If you have 5 paired devices, you must delete a pairing before you can add another device.

The device you choose remains the default until you change it.

1

9:38am   12/11/15
Main Menu
🩸 Test
📋 My Data
⚙ Settings

Turn the meter on by briefly pressing 🆗. From **Main Menu**, press ⌄ to highlight **Settings**. Press 🆗.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ⌄ to highlight **Wireless**. Press 🆗.

3

Wireless
Default Device
Auto-Send
Sync Time
Pairing
▲

Press ⌄ to highlight **Pairing**. Press 🆗.

4

Pairing
Pair Device
Delete Pairing
② Help

Press ▼ or ▲ to highlight **Pair Device**. Press ▣.

If there are less than 5 paired devices:

Pair Device appears. Proceed to Step 5.

Pair Device
Maximum paired devices.
Delete pairing?
No
Yes

If there are already 5 paired devices:

Maximum paired devices appears. You must delete a paired device before you can proceed to Step 5. Press ▼ or ▲ to highlight **Yes**. Press ▣.

Delete Pairing
✓ Device1234
Device2345
Device3456
Device4567

Press ▼ or ▲ to highlight the device to delete. Press ▣. Proceed to Step 5.

5

Prepare the other device for pairing. Refer to the other device's instructions for information about pairing.

6

Pair Device
123456
Enter code on device.
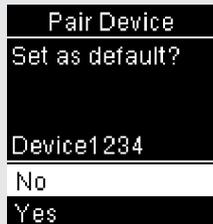
The meter displays its code.

7

The mobile device displays a list of found devices, including the meter. Select the meter from the list. When prompted, enter the code displayed on the meter from Step 6 into the device to be paired.

80

8

When pairing is complete, ✔ and the name of the paired device appear. Press ▧.

9

If there is more than 1 paired device, the meter asks if you want the new device to be the default device. Press ▼ or ▲ to highlight **No** or **Yes**.

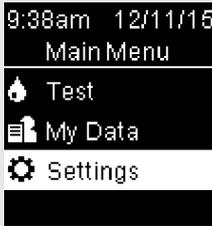Press ▧ to set the option and return to **Pairing**.

Press ◀ to return to the previous menu.
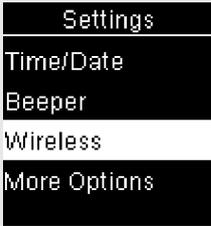
Delete Pairing

This procedure is to delete a paired device (assumes there is at least 1 paired device).

You can pair 5 devices. If you have 5 paired devices, you must delete a pairing before you pair to another device.

The device you choose remains the default until you change it.

1

9:38am   12/11/15
Main Menu
🔵 Test
📇 My Data
⚙ Settings

Turn the meter on by briefly pressing ▨. From **Main Menu**, press ▼ to highlight **Settings**. Press ▨.

2

Settings
Time/Date
Beeper
Wireless
More Options

Press ▼ to highlight **Wireless**. Press ▨.

3

Wireless
Default Device
Auto-Send
Sync Time
Pairing
▲

Press ▼ to highlight **Pairing**. Press ▨.

4

Pairing

Pair Device

Delete Pairing

? Help

Press ▼ or ▲ to highlight **Delete Pairing**. Press ▣.

5

Delete Pairing

✔ Device1234

Device2345

Device3456

Device4567

Press ▼ or ▲ to highlight the device to delete. Press ▣ to set the option.

6

Delete Pairing

Deleted:
Device1234

✓

Delete Pairing

Press OK to
choose new
default device.

Delete Pairing

Deleted:
Device1234

✓

New default:
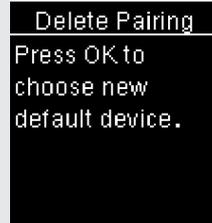Phone456

If the selected device is not the default device:

The pairing is deleted. The name of the deleted device and ✔ appear.

If the selected device is the default device:

The meter prompts you to select a new default device. If there is only 1 device remaining, it becomes the default device. The list of paired devices appears.

Highlight the new default device and press ⊞. The name of the deleted device and ✔ appear, along with the new default device.

Meter Maintenance

The meter automatically tests its own systems every time you turn it on and lets you know if something is wrong. See the **Error Messages** section of this chapter.

If you drop the meter or think the results are not accurate, contact Accu-Chek Customer Care at 1-800-363-7949.

Changing the Batteries

1

Open the battery door on the back of the meter by pushing the tab in the direction of the arrow and pulling the door up.

2

Press

Release the old batteries by pressing the 🔋 button. Remove the old batteries.

3

Slide the new batteries under the black tabs and 🔋 button, with the **(+) side facing up**. Put the battery door back in place and snap it closed.

NOTE

• The meter uses two 3-volt lithium batteries, coin cell type CR2032. This type of battery can be found in many stores. It is a good idea to have spare batteries available.

• Always replace both batteries at the same time and with the same brand.

• The logbook data is saved when you replace the batteries.

7 | Meter Maintenance and Troubleshooting

Meter Cleaning and Disinfecting

What is the difference between cleaning and disinfecting?

Cleaning is the removal of dirt from the meter.

Disinfecting is the removal of most, but not all, disease-causing and other types of microorganisms (bloodborne pathogens) from the meter.

Approved Cleaning and Disinfecting Product

The following active ingredients have been approved for cleaning and disinfecting the meter:

- A mixture of alkyl dimethyl ethylbenzyl ammonium chloride (0.125 %), benzalkonium chloride (0.125 %), and isopropyl alcohol (14.85 %).

We recommend Sani-Cloth Plus Germicidal Disposable Cloths. This product contains the approved active ingredients and is licensed for use in Canada.

Roche has tested the approved product for a total of 520 cleaning and disinfecting cycles (260 cleaning and 260 disinfection cycles), which is equal to cleaning and disinfecting once per week for a 5-year period.

For more information see:

1. FDA Public Health Notification: Use of Fingerstick Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens; Initial Communication, (2010).
   http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm224025.htm
   Accessed November 09, 2015.

2. CDC website on "Infection Prevention during Blood Glucose Monitoring and Insulin Administration".
   http://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html
   Accessed November 09, 2015.

NOTE

- Always wash hands thoroughly with soap and water before handling the meter, lancing device, or test strips.
- For technical assistance or questions on cleaning and disinfecting, contact Accu-Chek Customer Care at 1-800-363-7949.

Cleaning and Disinfecting the Meter

To clean and disinfect without damaging the meter, follow these procedures carefully.

When to Clean and Disinfect the Meter

• Clean the meter to remove visible dirt or other material prior to disinfecting.

• Clean and disinfect the meter at least once per week and when blood is present on the surface of the meter.

• Clean and disinfect the meter before allowing anyone else to handle the meter. Do not allow anyone else to use the meter on themselves for testing purposes.

What to Clean and Disinfect

The following parts of the meter should be cleaned and disinfected:

• The area around slots and openings (do not get any moisture in slots or openings)

• The meter display

• The entire meter surface

How to Clean and Disinfect the Meter

| WARNING |
| --- |
| **Failure to follow these instructions will damage the meter and stop it from working properly.**

 • DO NOT clean or disinfect the meter while performing a blood glucose or control test.
 • DO NOT get any moisture in slots or openings.
 • DO NOT spray anything onto the meter.
 • DO NOT immerse the meter in liquid.
 • Always use the same product for both cleaning and disinfecting. |

1

Wash hands thoroughly with soap and water.

2
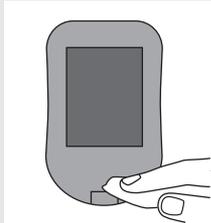
Turn the meter off and wipe the entire meter surface with a Sani-Cloth Plus. Carefully wipe around the test strip slot and other openings.

Make sure that no liquid enters any slot or opening.

3

A separate Sani-Cloth Plus should be used for cleaning and disinfection. For disinfecting the meter, get a new cloth and repeat step 2, making sure the surface stays wet for 3 minutes.

Make sure that no solution is seen in any slot or opening.

4

Wash hands thoroughly with soap and water.

Error Messages

⚠ WARNING

• Never make therapy decisions based on an error message.

• If you have any concerns or see any other error message, contact Accu-Chek Customer Care at 1-800-363-7949.
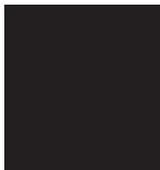
	⚠ Test Not Allowed Remove strip or USB cable.	⚠ Connection Lost Reconnect USB cable and retry.
The meter will not turn on or the display is blank.	The meter is connected to a PC and a test cannot be performed.	The connection between the meter and PC was lost.
• Batteries are dead.	EITHER remove the USB cable and perform a test OR remove the test strip and start a data transfer.	Disconnect and reconnect the USB cable and retry the connection. Contact Accu-Chek Customer Care at 1-800-363-7949 if the connection is lost again.
Insert new batteries.		
• Display is damaged. / Meter is defective.		
Contact Accu-Chek Customer Care at 1-800-363-7949.		
• Extreme temperatures.		
Move the meter to a more temperate area.		

There is no connection between the meter and PC.

Connect the USB cable and retry the connection.

Blood glucose results were not transferred to a paired device.

Make sure the paired device is within range of the meter and turned on.

Data could not be transferred from the meter to the PC.

Check the PC or USB cable.

Data cannot be sent to a paired device because the meter is in Flight Mode.

Retry the data transfer when the meter is not in Flight Mode.

One or more blood glucose results are excluded from the selected averages because the results are invalid or outside the system measurement range.

One or more blood glucose results are excluded from the selected target % data because the test results are invalid.

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⚠ Results Excluded
One or more results may be excluded from low/high data.

One or more blood glucose results are excluded from the selected low/high data because the test results are invalid.

⚠ Invalid Date
Check the date.

The date entered is not valid.
Enter the correct date.

⚠ Flight Mode Active
Wireless is off. Selected setting was saved.

A meter setting was changed while in Flight Mode.
The setting change will not take effect until Flight Mode is turned off.

⚠ Flight Mode Active
Wireless is off. Pairing is not allowed.

Pairing to a device cannot be performed while in Flight Mode.
Retry pairing when the meter is not in Flight Mode.

⚠ Auto-Send Not Complete
Transfer still pending. Ensure paired device is within range and turned on.

The blood glucose result has not been sent to the default paired device. The transfer is still pending.
Place meter and paired device closer together.

⚠ Pairing Failed
Retry pairing.

The meter was unable to pair with a device.
Retry the pairing.

```
⊗ Strip Error
──────────────
Reinsert or
replace with
new strip.

        (E-1)
```

The test strip may be damaged, not properly inserted, or was previously used.

Remove and reinsert the test strip or replace it if damaged or previously used.

```
⊗ Test Error
──────────────
Retest with
new strip.

        (E-3)
```

A meter or test strip error has occurred.

Repeat the blood glucose test.
If a second E-3 code appears, perform a control test with the control solution and a new test strip.
• If the control result is within the acceptable range, review the proper testing procedure and repeat the blood glucose test with a new test strip.
• If the control result is not within the acceptable range, see the **Understanding Out-of-Range Control Results** section in the chapter **Control Tests**.
In rare cases, an E-3 error code may indicate that your blood glucose is extremely high and above the system's reading range. If you do not feel like your blood glucose is extremely high, repeat the blood glucose test. See the **Unusual Blood Glucose Results** section in the chapter **Blood Glucose Tests**. If the E-3 code still appears for your blood glucose test, **contact your healthcare professional immediately**.

Not enough blood or control solution was drawn into the test strip for measurement or was applied after the test had started.

Discard the test strip and repeat the blood glucose or control test.

Blood or control solution was applied to the test strip before **Apply drop** appeared.

Discard the test strip and repeat the blood glucose or control test.

An electronic error occurred.

Remove the batteries, press and hold the Power/Set/OK button for at least 2 seconds, and reinsert the batteries. Perform a blood glucose or control test.

The temperature is above or below the proper range for the system.

Refer to the test strip package insert for system operating conditions. Move to an area with the appropriate conditions and repeat the blood glucose or control test. Do not artificially heat or cool the meter.

The batteries are out of power.

Change the batteries now. If the message reappears after the batteries have been replaced, remove the batteries, press and hold the Power/Set/OK button for at least 2 seconds, then reinsert the batteries.

The time and date setting may be incorrect.

Make sure the time and date are correct and adjust, if necessary.

The test strip may be damaged.

Retest with a new test strip.

Your blood sample may contain a high level of ascorbate.

Contact your healthcare professional.

Fluid or foreign material may be present in the test strip slot.

Remove and reinsert the test strip or repeat the blood glucose or control test with a new test strip. If the problem persists, contact Accu-Chek Customer Care at 1-800-363-7949.

An electronic error has occurred.

Contact Accu-Chek Customer Care at 1-800-363-7949.

The meter time and date have been changed to match the paired device.

There are no results in the Logbook.

There is an invalid result in the Logbook.

There are no test results in range for the selected data.

Target Ranges is **Off** and there are no results for the Target % data stored in the meter.

Target Ranges is **Off** and there are no results for the low/high data stored in the meter.

There are no results stored in the meter for the selected data.

Patterns is **On** but there are no active patterns stored in the meter.

Patterns is **Off**.

Blood glucose may be higher than the measurement range of the system.

See the **Unusual Blood Glucose Results** section in the chapter **Blood Glucose Tests**.

Blood glucose may be lower than the measurement range of the system.

See the **Unusual Blood Glucose Results** section in the chapter **Blood Glucose Tests**.

7 | Meter Maintenance and Troubleshooting

Product Limitations

See the literature packaged with the test strips and control solutions for the latest information on product specifications and limitations.

Specifications	
Blood volume Sample type Measuring time Measurement range Test strip storage conditions System operating conditions	Refer to the test strip package insert.
Meter storage conditions	Temperature: -25–70 °C
Memory capacity	720 blood glucose results and 32 control results with time and date
Automatic off	90 seconds
Power supply	Two 3-volt lithium batteries (coin cell type CR2032)
Display	LCD
Dimensions	80 × 47 × 20 mm (LWH)
Weight	Approx. 40 g (with batteries)
Construction	Hand-held
Protection class	III
Meter type	The Accu-Chek Guide meter is suitable for continuous operation.
Control solution storage conditions	Refer to the control solution package insert.
Interfaces Continua CERTIFIED	USB: micro-B connector; Bluetooth® low energy technology; Continua Certified® to a Continua Certified manager.
Radio frequency connectivity	Bluetooth low energy technology operating in the frequency band of 2402 MHz to 2480 MHz with a maximium transmitted power of 0 dBm (1 mW).

8 | Technical Information

Bluetooth Wireless Technology

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

Industry Canada ICES-003 Compliance Label:

CAN ICES-3 (B)/NMB-3(B)

Electromagnetic Compatibility – The meter meets the electromagnetic emission requirements as per EN 61326-2-6. Its electromagnetic emission is thus low. Interference on other electrically-driven equipment is not anticipated.

Performance Analysis – Refer to the test strip package insert.

Test Principle – Refer to the test strip package insert.

Declaration of Conformity – Roche hereby declares that the Accu-Chek Guide blood glucose meter conforms with the basic requirements and other relevant regulations of the European Directives 1999/5/EC and 2014/53/EU. The transition period for the European Directive 1999/5/EC ends June 12th 2017, from which date only 2014/53/EU will be applicable. The currently valid conformity declaration may be found at the following website: http://declarations.accu-chek.com

Communication Protocol – The Accu-Chek Guide blood glucose meter is Continua Certified. Continua Certified signifies that this product complies with applicable IEEE 11073-10417 standards and that it has been tested and certified against the 2014 Continua Design Guidelines which include the Blood Glucose specification for Bluetooth, *Bluetooth SIG, Glucose Profile, Version 1.0* and *Bluetooth SIG, Glucose Service, Version 1.0*.

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Product Safety Information

> ⚠ **WARNING**
>
> - Strong electromagnetic fields may interfere with the proper operation of the meter. Do not use the meter close to sources of strong electromagnetic radiation.
> - To avoid electrostatic discharge, do not use the meter in a very dry environment, especially one in which synthetic materials are present.

Discarding the Meter

> ⚠ **WARNING**
>
> - During blood glucose testing, the meter itself may come into contact with blood. Used meters therefore carry a risk of infection. Before discarding the meter, remove the battery or batteries. Discard used meters according to the regulations applicable in your country. Contact the local council and authority for information about correct disposal.
> - The meter falls outside the scope of the European Directive 2012/19/EU – Directive on waste electrical and electronic equipment (WEEE).
> - Discard used batteries according to local environmental regulations.

8 █ Technical Information

Explanation of Symbols

These symbols may appear on the packaging, on the type plate, and in the instructions for the Accu-Chek Guide meter.

	Consult instructions for use
	Biological Risks – used meters carry a risk of infection.
	Caution, refer to safety-related notes in the instructions for use accompanying this product.
	Temperature limitation (store at)
	Manufacturer
REF	Catalogue number
IVD	In vitro diagnostic medical device
GTIN	Global Trade Item Number
SN	Serial number
CE 0088	This product fulfils the requirements of the European Directive 98/79/EC on in vitro diagnostic medical devices.
	3-volt coin cell type CR2032

Additional Supplies

Test Strips: Accu-Chek Guide test strips

Control Solutions: Accu-Chek Guide control solutions

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Guarantee

The statutory provisions on rights in consumer goods sales in the country of purchase shall apply.

9 Guarantee

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Canada
Accu-Chek Customer Care: 1-800-363-7949
www.accu-chek.ca

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