

# Getting to know your OneTouch Verio Reflect™ meter

Before using the OneTouch Verio Reflect™ meter to test your blood glucose, carefully read the Owner's Booklet, and the inserts that come with the components of the system.

Meter now in Arabic



- |                           |                                       |
|---------------------------|---------------------------------------|
| 1 Test strip port         | 6 Back button                         |
| 2 Bluetooth icon          | 7 Up and down buttons                 |
| 3 Unit of measure (mg/dL) | 8 ColourSure™ Dynamic Range Indicator |
| 4 Micro USB data port     | 9 Range Indicator icon                |
| 5 OK button               | 10 Test Tracker icons                 |

## Quick start: Setting up your meter



- 1 Turn your meter on by pressing and holding **OK** until the **Welcome** screen appears. You can also turn your meter on by inserting a test strip.



- 2 **OPTIONAL:** You may choose to set up your meter by using the **OneTouch Reveal® App**.



- 3 Set your language, time and date by pressing the **Up and Down Buttons** to highlight, and **OK** to save.



- 4 **OPTIONAL:** You may also set your Range Limits, Daily Test Goal and 90 Day Average Target\* at this time.



- 5 **Setup complete** appears. Your meter is now ready for use.



- 6 Turning your meter off can be done any 1 of 3 ways: by pressing and holding **OK** for several seconds, removing a test strip, or leaving the meter alone for 2 minutes.

\* Be sure to talk to your healthcare professional about the settings that are right for you.

## Quick start: Taking a test



- 1 Wash your hands with warm soapy water and dry them thoroughly.

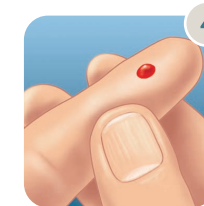


- 2 Insert a test strip into the **test strip port**, ensuring the gold side and two silver prongs are facing you.



- 3 Adjust your **lancing device's** depth setting, then hold the device firmly against the side of your finger.\*

\* Always use a new, sterile lancet each time you test.



- 4 Press **release button** to puncture your finger. Remove lancing device. Gently squeeze your finger to form a round droplet of blood.



- 5 Hold the meter at a slight angle, with either side of the test strip lightly touching the blood droplet. The test strip draws blood into the channel.



- 6 Your meter instantly lets you know if your current result is below, within or above your range limits. It also shows when your result is near the low or high end of your target range.



Visit [OneTouchMEA.com](http://OneTouchMEA.com)  
or contact OneTouch®  
Customer Care

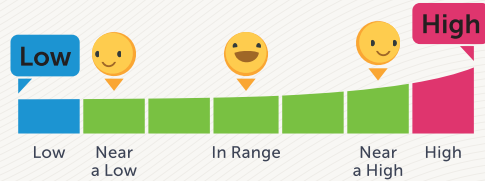
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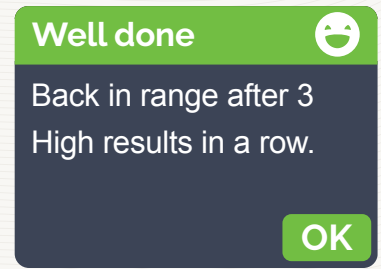
**ColourSure™ Dynamic Range Indicator** automatically displays 1 of 5 in-range test results. These appear as emojis when **Basic Mode** is off.



Enable **emojis** by turning off **Basic Mode** inside *Settings > Features > Basic Mode*. Select "emoji" or "text" inside *Settings > Features > Range Indicator*.



**Blood Sugar Mentor™** messages automatically appear after a test result is displayed, when **Basic Mode** is off.



Press **OK** to dismiss messages; press **OK** to view again. Enable **Blood Sugar Mentor™** by turning off **Basic Mode** inside *Settings > Features > Basic Mode*.



The **OneTouch Reveal®** mobile app gives you even more insight to help you manage your diabetes.\*



### Pairing instructions

The Bluetooth® feature must be turned on in order to pair the meter with the app.

Open the OneTouch Reveal® mobile app and follow instructions to pair the meter with your compatible wireless device.

\* More than just using the meter

Connect for even more insight



Download OneTouch Reveal® for free:



Then visit [OneTouchMEA.com](http://OneTouchMEA.com) today for more useful tips and tricks.

\* Research2Guidance Diabetes App Market Data Q1-Q4, 2017.

