

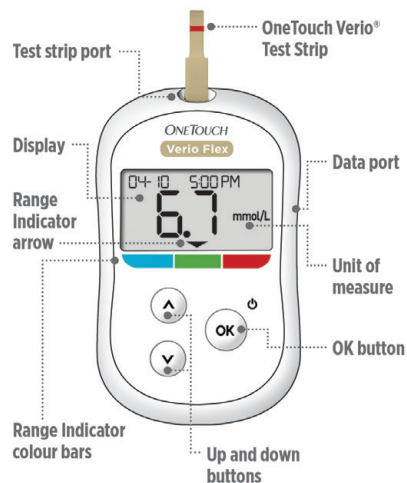
Register your meter for help and support:
OneTouch.ca/welcome



Quick Start Guide

OneTouch Verio Flex® Blood Glucose Monitoring System

Use this guide to get to know your meter, and follow the steps inside to get started.



⚠ IMPORTANT: Please read the Owner's Booklet that came with your system.



AW 06933305A

1

Set the time and date on your meter

Turn it on

Press and hold **OK** until the start-up screen appears.

Use **↓** **↑** buttons to edit each setting and press **OK** to confirm.

Set the time on the first SET screen

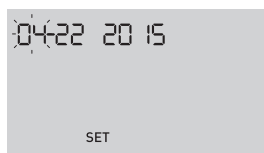
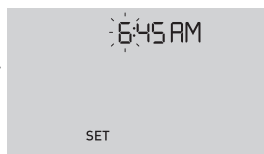
- > **Hour** flashes. Press **OK** if correct or edit and confirm.
- > **Minutes** flash. Press **OK** if correct or edit and confirm.
- > **AM/PM** flashes. Press **OK** if correct or edit and confirm.

Set the date on the next SET screen

- > **Year** flashes. Press **OK** if correct or edit and confirm.
- > **Month** flashes. Press **OK** if correct or edit and confirm.
- > **Day** flashes. Press **OK** if correct or edit and confirm.

Ready to test

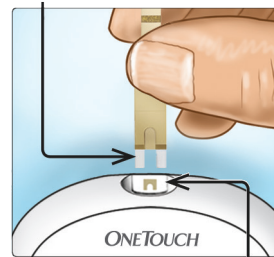
Your meter setup is complete when the screen with 3 dashes appears.



2

Take a test

Silver prongs



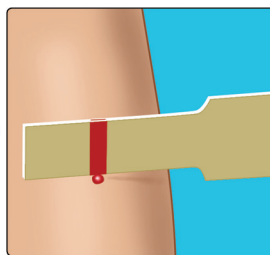
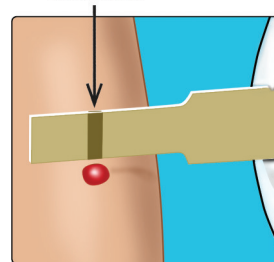
Test strip port



Flashing blood drop appears.

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

Channel

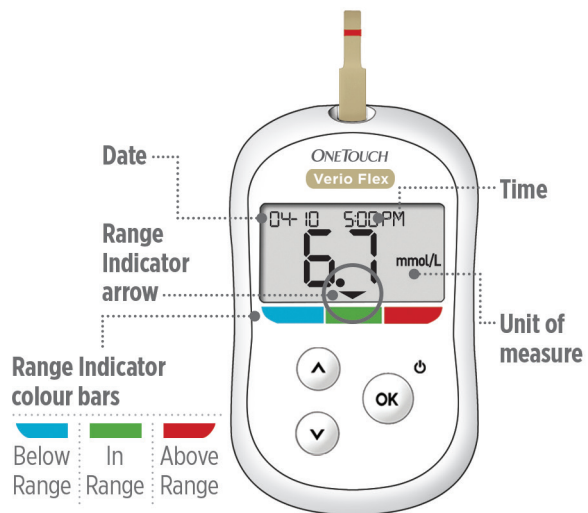


Apply blood sample to the channel on either side of the test strip. Wait for the channel to fill.

The channel turns red and the meter counts down from 5 to 1.

3

View your reading



Example of an In Range reading

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



Example of a Below Range reading



Example of an Above Range reading

4

Optional: Connect to a mobile device

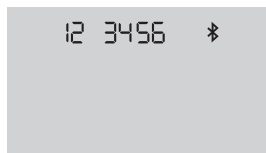
Your meter comes with **Bluetooth®** technology. This allows you to wirelessly send your readings to a mobile device such as a phone or a tablet, where you can view and graph them. To learn more about using your meter's wireless feature and view a complete listing of compatible devices and software applications, visit us at www.OneTouch.ca.

Connecting your meter

Press **OK** and **^** at the same time to turn the **Bluetooth®** feature on and off. When prompted by your mobile device, enter the PIN shown on your meter into your device.



The  symbol means **Bluetooth®** is on.



Example of a PIN number.

Meter symbols

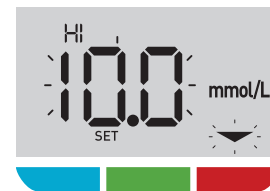
	Meter power		Bluetooth® feature on
	Low battery		History Mode (past readings)
	Battery empty		Apply sample
	Control solution		Range Indicator arrow
	Syncing	SET	Setting mode

About the Range Indicator

Your meter comes with a Range Indicator that automatically lets you know if your reading is below, above or within your range limits. The high and low range limits used by the Range Indicator are pre-set as follows:



Pre-set low range limit



Pre-set high range limit

For details about changing the pre-set range limits to suit your needs, refer to your Owner's Booklet.

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Contact the OneTouch® Customer Care Line at 1 800 663-5521, Monday-Friday, 9am-8pm Eastern, 6am-5pm Pacific, or visit www.OneTouch.ca.

Manufactured by:
LifeScan Europe GmbH
Dammstrasse 19
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Switzerland

Consult instructions for use.

Meter Made in China
OneTouch®
Rev. Date: 01/2023
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