

Get to know your system

OneTouch® Verio® Test Strip

Side filled design lets you apply a drop of blood to either side of the test strip.

It's the only test strip that works with your OneTouch® Verio® Meter.

OneTouch® Verio® Meter

Large display makes it easy to see your results.

Colour-coded range indicator helps you understand your results.

Side buttons make it easy to use.

OneTouch® Delica® Lancing Device

Designed for comfortable testing

See Owner's Booklet for additional details.

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



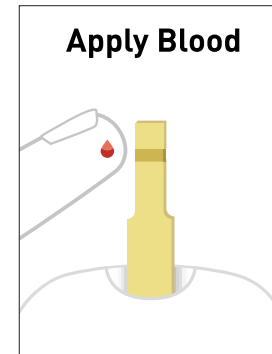
Symbols on the display

- High Pattern
- Low Pattern
- Above Range
- In Range
- Below Range
- Control solution

Buttons on the side

- Press and hold to turn meter on/off; press and release to confirm a selection
- Scroll up through screen entries
- Scroll down through screen entries
- Press and release to go back; press and hold to go to Main Menu

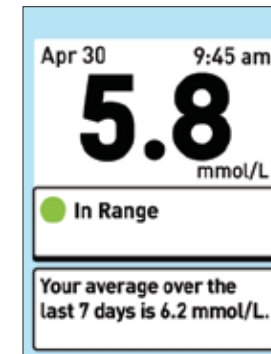
Get started testing



Insert a test strip and wait for the **Apply Blood** screen to appear.

Get a drop of blood and apply it to either side of the test strip.

Wait for the meter to count down and display your glucose test result.

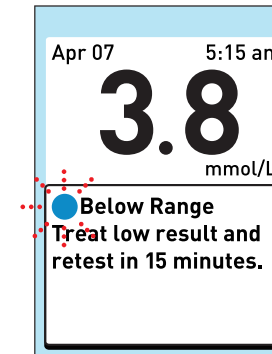


Messages will automatically appear to help you understand your results.

Your **7 Day Average** shows up automatically when you test two or more times over the past 7 days.

Know if you are in range or out of range

- Above Range
- In Range
- Below Range



Treat Low Result Message

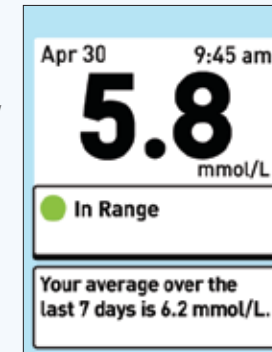
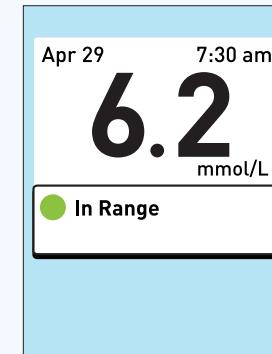
A colour dot and message appear below your result to let you know if you're within, below or above your range limits.

The range limits are the ones you set in the meter.

When your result is below the low range limit, your meter will prompt you to treat and retest.

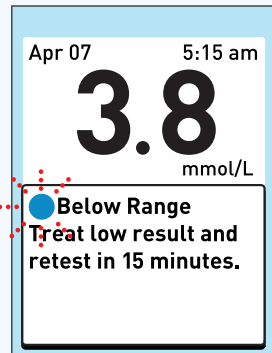
Quick Tips: In Range results

- 4 types of **In Range** messages tell you when you are on the right track.
 - **In Range** message
 - **In Range / 7 Day Average** message
 - 2 types of Progress Notes; Achievement and Consistency
- Identify the things that are working and continue these good habits.
- Consider how your eating habits – foods, portions or schedule – affect your ability to stay **In Range**.
- Consider how physical activity levels impact your glucose levels.

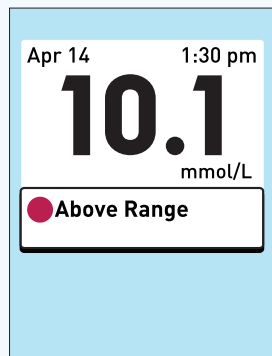


Quick Tips: Low & High results

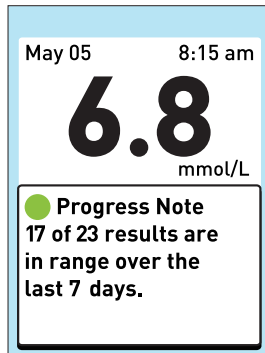
- Below Range messages tell you when you are below your low range limit. **Low Pattern** messages let you know if this is happening consistently.
- Could a change in your eating habits (e.g., skipped meal) or an increase in activity be the cause?



- Above Range messages tell you when you are above your high range limit. **High Pattern** messages let you know if this is happening consistently.
- Could a change in your eating habits (e.g., too many carbs) or reduced activity be the cause?

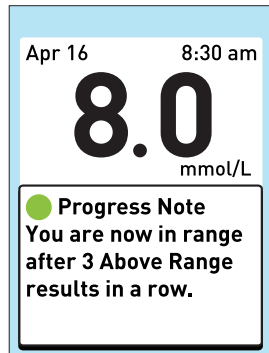


Know when you're making progress



Consistency Message

A Consistency Message tells you how often your past several results have been in range during the past 7 days.

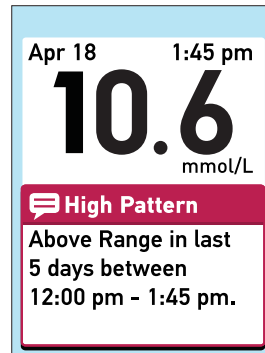


Achievement Message

An Achievement Message tells you when your current result is in range following three or more results in a row that were above your high range limit.

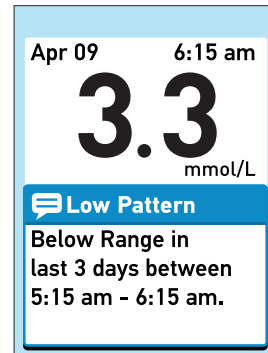
NOTE: The Progress Note (Consistency and Achievement) message must be turned on for these messages to be displayed.

Know when you've developed a pattern



High Pattern Message

High Pattern messages tell you when your results are consistently above your high range limit around the same time of day.



Low Pattern Message

Low Pattern messages tell you when your results are consistently below your low range limit around the same time of day.

NOTE: Pattern messages must be turned on for these messages to be displayed.

Know your glucose history

Results Log	
	mmol/L
Apr 30 11:52 am	10.1
Apr 29 10:45 pm	5.4
Apr 29 7:30 am	6.4
Apr 28 10:12 am	24.7

Review your individual glucose results on the **Results Log** screen.

For *in vitro* diagnostic use. For self-testing.

Patented
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Averages	
	mmol/L
7 Days 57 Results	6.4
14 Days 133 Results	8.9
30 Days 242 Results	10.6
90 Days 500 Results	7.2

Check your glucose averages over several time periods on the **Averages** screen.

Manufactured by:
LifeScan Europe
Division of Cilag
GmbH International
Gubelstrasse 34
6300 Zug
Switzerland

The OneTouch® Verio® System



Get more information*
automatically

*More than just a number



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