

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.



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ONETOUCH

1

Set the time and date on your meter

Turn it on

Press and hold until the start-up screen appears.

Use buttons to edit each setting and press to confirm.

Set the time on the first SET screen

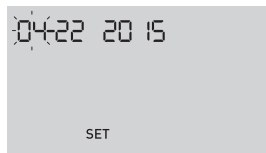
- > Hour flashes. Press if correct or edit and confirm.
- > Minutes flash. Press if correct or edit and confirm.

Set the date on the next SET screen

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

Ready to test

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



2

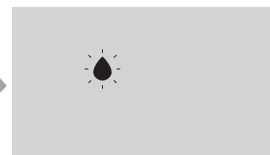
Take a test

Silver prongs



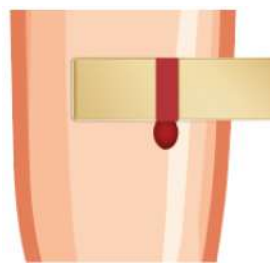
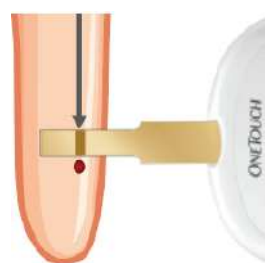
Test port

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



Flashing blood drop appears on the screen.

Channel

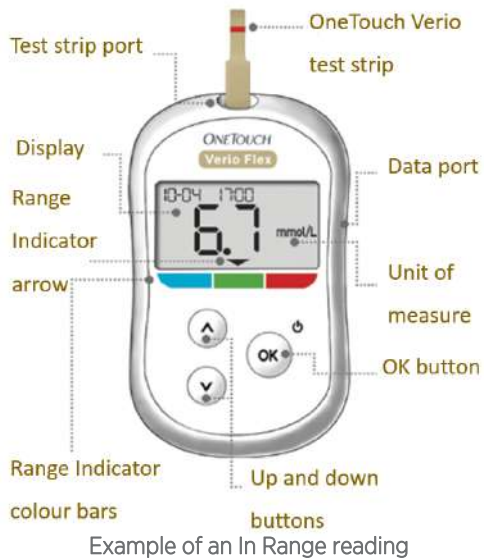


Apply blood sample to the channel on either side of the test strip. Wait for the channel to fill.

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

3

View your reading



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.

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.



Example of a Below Range reading



Example of an Above Range reading

Meter symbols

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

Australian-based Customer Care



Call: **1300 851 056** (Monday to Friday, between 7am – 6pm) or email: **diabetes@amsl.com.au**

For more information on the OneTouch glucose meters, please contact us on **1300 851 056** or at **diabetes@amsl.com.au**

amsl diabetes.com.au



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