

ACCU-CHEK® Guide

Roche

User's Manual

Blood Glucose Meter



ACCU-CHEK®

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Introduction

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 are intended for in vitro diagnostic self-testing by people with diabetes.

The Accu-Chek Guide test strips with the Accu-Chek Guide meter are intended for in vitro diagnostic use by healthcare professionals in clinical settings. Venous, arterial, and neonatal blood testing is limited to healthcare professional use.

This system is not for use in diagnosis 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.**

- **Keep new and used batteries away from children. Ingestion or insertion into the body may cause chemical burns, perforation of soft tissues, and death. Severe burns may occur within 2 hours of swallowing. If you think a battery might have been swallowed or placed inside any part of the body, seek medical attention immediately.**

- **If the battery compartment does not close securely, stop using the product and keep it away from children. Contact Roche.**

- **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 – KEEP BATTERIES OUT OF REACH OF CHILDREN

- **In Australia: If you suspect your child has swallowed or inserted a button battery, immediately call the Australian 24-hour Poisons Information Centre on 13 11 26 for fast, expert advice.**

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

- It is strongly recommended to have a back-up testing method available. Failure to test could cause a delay in therapy decisions and lead to a serious medical condition. Examples of back-up testing methods include a back-up meter and test strips. Ask your healthcare professional or pharmacist about other possible back-up methods.
- 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.

1 Your New System

The Accu-Chek Guide Meter



1. Display

Shows results, messages, and test results stored in memory.

2. Back Button

Returns to a previous screen 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.

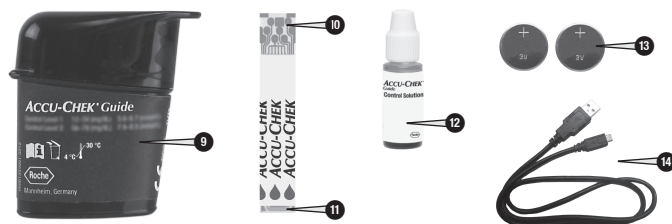
7. Micro USB Port

Transfers data from meter to a computer (PC).

8. Test Strip Ejector

Press to remove test strip.

1 Your New System



9. Test Strip Container*
(for example)

10. Test Strip* — Metallic End
Insert this end into meter.

11. Test Strip* — 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.

1 Your New System

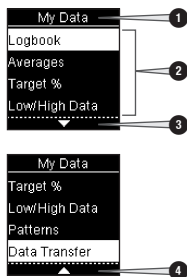
Button Functions

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 screen. 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 screen. Press to save an option. With the meter off, press and hold to check the meter display. <div><div>Display Check</div><div></div></div>

1 Your New System

Meter Menus




















1. Title of screen or menu
2. Menu options
3. Scroll down
4. 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.
	<p>Highlighted option (Test)</p> <p>Press OK to enter the Test menu.</p>
	<p>Highlighted field (HH=Hour)</p> <p>Press or to increase or decrease the hour. Press OK to set the hour and move to the minutes field.</p>

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
	Flight mode
	Help
	Low battery
	My data
	No comment

Symbols	Description
	Other
	Overall
	Settings
	Test reminder
	Warning
	Within target range

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 **OK**. **Language** appears.

2

Language

Dansk

✓ Deutsch

Español

Français

Press **✓** or **↵** to highlight the language. Press **OK** to set the desired language and return to **Main Menu**.

1 Your New System

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**.

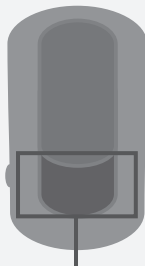
NOTE

If you select the wrong language and cannot correct it, contact Roche.

2 Blood Glucose Tests

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. If the meter shows the wrong unit, contact Roche. 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

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** > .

2 Blood Glucose Tests

1



Wash your hands with warm soapy water and dry thoroughly. Prepare the lancing device.

5



When **Apply drop** appears, prick your finger with the lancing device.

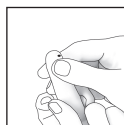
2



Check the use by date on the test strip container.

Do not use test strips past the use by date.

6



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

3



Remove a test strip from the test strip container.

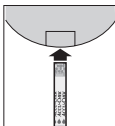
Close the cap tightly.

7

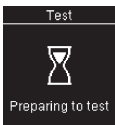


Touch the **yellow edge** of the test strip to the blood drop. Remove your finger from the test strip when **Analyzing** appears. Do not put blood on top of the test strip.

4



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



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

2 Blood Glucose Tests

8

7:38 12/11/16

85

mg/dL

Add Comment

.....

OR

7:38 12/11/16

4.7

mmol/L

Add Comment

.....

The test result appears on the display.

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

9

Add Comment

85 mg/dL

Before meal

After meal

Fasting

Bedtime

.....

OR

Add Comment

4.7 mmol/L

Before meal

After meal

Fasting

Bedtime

.....

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

10

7:38 12/11/16

85

mg/dL

Before meal

.....

OR

7:38 12/11/16

4.7

mmol/L

Before meal


.....

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

Press **OK** to return to **Add Comment**.

11

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



Press here to eject test strip

Blood Glucose Warnings

If your blood glucose result is outside the measuring range of the meter, a warning is displayed. Press **OK** 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.

9:38 12/11/16

LO

Add Comment

.....

Blood glucose may be lower than the measuring range of the system. See the Unusual Blood Glucose Results section of this chapter.

2 Blood Glucose Tests

⚠ WARNING
HI Result
Consider checking
BG, ketones, and
insulin.

9:38 12/11/18
HI
Add Comment
.....

Blood glucose may be higher than the measuring range of the system. See the Unusual Blood Glucose Results section of this chapter.

Adding Comments to Blood Glucose Results

NOTE

Analysing 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 analyse 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	

2 Blood Glucose Tests

*	Other comment	You can use this comment to mark an event such as an Alternative Site Testing (AST) result or exercise.
--	No entry	<ol style="list-style-type: none"> 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.

1

7:38 12/11/15

85

mg/dL

Add Comment

or

7:38 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 **OK** to add a comment.

If Patterns is On:

Before Meal

Breakfast

Lunch

Dinner

Snack

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

2

Add Comment

85 mg/dL

Before meal

After meal

Fasting

Bedtime

or

Add Comment

4.7 mmol/L

Before meal

After meal

Fasting

Bedtime

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

3

9:38 12/11/15

85

mg/dL

Before breakfast

or

9:38 12/11/15

4.7

mmol/L

Before breakfast

The final result appears with the comment symbol. Press **OK** or **OK** to set the comment and return to **Main Menu**.

To change the comment, press **OK** to select the comment.

Press **OK** to return to **Add Comment**.

2 Blood Glucose Tests

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

WARNING

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

You have the option of obtaining a blood sample from other sites on your body besides the fingertip. Alternative sites

include the palm, forearm, and upper arm.

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

If blood from the 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 and palm than in the 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 following before testing from the forearm or upper arm.

You may perform a forearm or upper arm test	<ul style="list-style-type: none">• immediately before a meal.• while fasting.
You may NOT perform a forearm or upper arm test	<ul style="list-style-type: none">• 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 (hypoglycaemia).• if you sometimes do not notice when your blood glucose is low.

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

To obtain an AST cap and detailed AST instructions, contact Roche.

Unusual Blood Glucose Results

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

Troubleshooting Checks	Action
Did you wash your hands?	Wash your hands with warm soapy water and dry thoroughly. Repeat the blood glucose test with a new test strip.

2 Blood Glucose Tests

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 Roche 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 Roche.

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

High blood glucose (hyperglycaemia): Symptoms of hyperglycaemia 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 or palm. If your blood glucose result is displayed as LO or HI, contact your healthcare professional immediately.

3 Control Tests

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 recognises 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.

Performing a Control Test

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

1



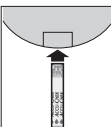
Check the use by date on the test strip container. Do not use test strips past the use by date.

2

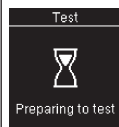


Remove a test strip from the test strip container.
Close the cap tightly.

3



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

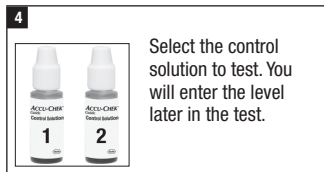


The meter turns on.
Preparing to test appears.

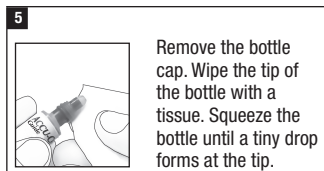
3 Control Tests



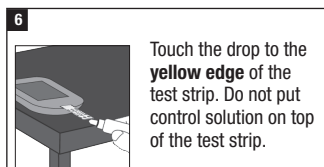
Apply drop appears.



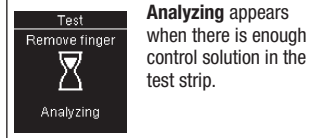
Select the control solution to test. You will enter the level later in the test.



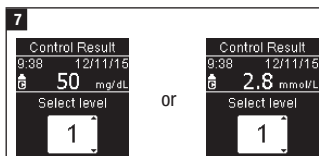
Remove the bottle cap. Wipe the tip of the bottle with a tissue. Squeeze the bottle until a tiny drop forms at the tip.



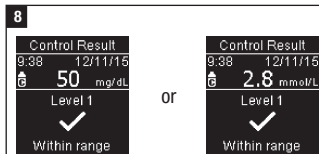
Touch the drop to the **yellow edge** of the test strip. Do not put control solution on top of the test strip.



Analyzing appears when there is enough control solution in the test strip.



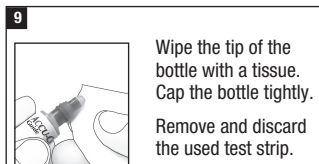
Control Result and the control bottle symbol appear. Press or to select the control level you tested. If you do not select a level, the control result is saved without a control level. Press .



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



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



Wipe the tip of the bottle with a tissue. Cap the bottle tightly. Remove and discard the used test strip.

3 Control Tests

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.

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 the following 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 Roche.

4 Meter Settings

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.

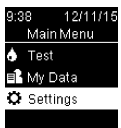
Setting	Options	Function
Time/Date	Time / Date	Set the time and date.
Beeper	On / Off	Select On or Off.
Wireless	Select wireless communication settings. See the chapter Wireless Communication and Meter Pairing.	
Target Ranges	Off / Single Range / 2 Ranges	Select the blood glucose target range appropriate for you.
		<div>NOTE</div> <p>Consult your healthcare professional for the appropriate target range for you.</p> <p>Off – no target range arrow symbols appear with the blood glucose result. Patterns is Off (see the Patterns section of this chapter for details).</p>
	70–160 mg/dL (pre-set target range) 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 70–110 mg/dL (pre-set target range) 3.9–6.1 mmol/L (pre-set target range) After Meal Range 70–160 mg/dL (pre-set target 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.

4 Meter Settings

Setting	Options	Function
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.
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




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

2



Time/Date is highlighted. Press **OK**.

3



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

4 Meter Settings

- 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

9:38 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 **Beeper**. Press **OK**.

3

Beeper

✓ On

Off

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

Press **OK** to set the option and return to the previous menu.

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 60–100 mg/dL (3.3–5.5 mmol/L) to an upper limit of 101–300 mg/dL (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).

22




5_07790953051_07790953050_02.indd 22

5/28/2020 11:33:21 AM

4 Meter Settings

2 Ranges	<p>Set lower limits and upper limits for Before Meal and After Meal target ranges.</p> <p>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).</p> <p>You will be prompted to turn on Patterns if desired (see the Patterns section of this chapter for details).</p>
----------	--

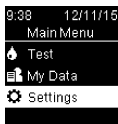
When Target Ranges is on, the following symbols appear with blood glucose results.

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 hypoglycaemia training by your healthcare professional.

1




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

2




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

3



Target Ranges is highlighted. Press **OK**.

4



Press **▼** or **▲** to highlight **Off**, **Single Range**, or **2 Ranges**. Press **OK** to select an option (the example here is **2 Ranges**).

4 Meter Settings

5

Target Ranges

Before Meal

70 - 130

After Meal

70 - 180

mg/dL

or

Target Ranges

Before Meal

3.9 - 7.2

After Meal

3.9 - 9.9

mmol/L

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** target range and the lower and upper limits for the **After Meal** target range. Press .

6

Target Ranges

Off

Single Range

2 Ranges

Help

The appears next to the option you selected.

Press to return to the previous menu.

Target Ranges

Would you like to turn on Patterns?

No

Yes

Help

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

Analysing 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**.

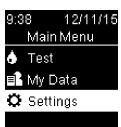
Patterns

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 test 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 it.

4 Meter Settings

1



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

2



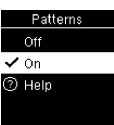
Press **▼** to highlight **More Options**. Press **OK**.

3



Press **▼** to highlight **Patterns**. Press **OK**.

4



Press **▼** to highlight **On**. Press **OK** to move **✓** to the option. Press **OK**.

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 **OK**.

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

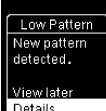
Target Ranges

Choose an option.

Single Range
2 Ranges

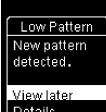
Target Ranges appears on the display (see the Target Ranges section of this chapter for details on setting target ranges).

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



Press **▼** to select **Details** to view the blood glucose results that make up that pattern.

or




Press **OK** to highlight **View later**.

Press **OK** to return to the previous screen.

4 Meter Settings

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.

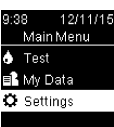
Reminders:

- 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 the 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 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, 12:00, 18:00, and 22:00. You may change reminder times by following the instructions below.
- 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



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

2




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

3



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

4



Pre-set reminder times appear on the display. Press **▼** to highlight a reminder time. Press **OK**.

4 Meter Settings

5

Reminders
8:00
✓ On
Off
Edit time

Reminders
8:00
✓ On
Off
Edit time

Reminders
Edit time
HH MM
9:00

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

Reminders
9:00
✓ On
Off
Edit time

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

Reminders
✓ 9:00
□ 12:00
□ 18:00
□ 22:00

The reminder time appears.

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

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:

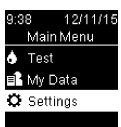
- turn off by inserting a test strip or pressing any button.
- are postponed until the next test reminder if a test was performed within 15 minutes of a test reminder.
- do not appear/beep if the meter is on at the test reminder time (including when the meter is connected to a USB cable).
- do not appear/beep if the meter is connected and communicating to a Continua Certified® manager.
- do not beep if the meter 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 an After 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.

4 Meter Settings

1



9:38 12/11/15
Main Menu
Test
My Data
Settings

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

2



Settings
Time/Date
Beeper
Wireless
More Options

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


3



More Options
Target Ranges
Patterns
Reminders
Post Meal

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


4



Post Meal
On
Off
Edit time
Help

Press **OK** or **OK** to highlight **On**. Press **OK** to move **OK** to the option.


5



Post Meal
On
Off
Edit time
Help

Press **OK** to highlight **Edit time**. Press **OK**.

6



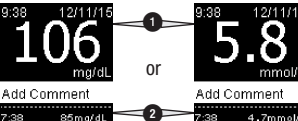
Post Meal
Remind after:
1 hour
1.5 hours
2 hours

Press **OK** or **OK** to highlight **1 hour**, **1.5 hours**, or **2 hours** after a meal for **Post Meal** reminders to occur. Press **OK** to move **OK** to the option.

Press **OK** to set and return to the previous menu.

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.**

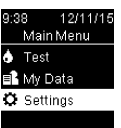


9:38 12/11/15 106 mg/dL OR 9:38 12/11/15 5.8 mmol/L
Add Comment Add Comment
7:38 85mg/dL 7:38 4.7mmol/L

Off – only the current blood glucose result **1** appears.

On – the previous blood glucose result **2** appears with the current blood glucose result.

1




9:38 12/11/15
Main Menu
Test
My Data
Settings

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

4 Meter Settings

2



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

2



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

3



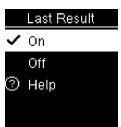
Press **▼** to highlight **Last Result**. Press **OK**.

3



Press **▼** to highlight **Language**. Press **OK**.

4



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

Press **OK** to set the option and return to the previous menu.

4



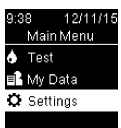
Press **▼** or **▲** to highlight the desired language. Press **OK** to move **✓** to the option.

Press **OK** to set the language and return to the previous menu.

Language

Choose the language that appears on the meter.

1




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

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 **OK**. From **Main Menu**, press **▼** to highlight **Settings**. Press **OK**.

4 Meter Settings


2





Settings
Time/Date
Beeper
Wireless
More Options

Press  to highlight **More Options**. Press .

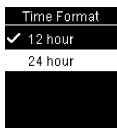
3







More Options
Post Meal
Last Result
Language
Time Format


Press  to highlight **Time Format**. Press .

4



Time Format
✓ 12 hour
24 hour

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.

5 Review Your Data

Overview

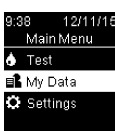
- Blood glucose results are stored from the newest to the oldest.
- The meter automatically stores up to 720 blood glucose results in memory with the time and date of the test and any test result comments.
- Once 720 blood glucose results are in memory, adding a new blood glucose result deletes the oldest 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.


Logbook

1



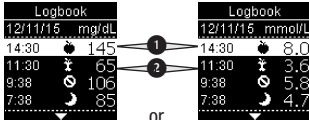
Turn the meter on by briefly pressing **ON**. From **Main Menu**, press **My Data**. Press **ON**.

2



Logbook is highlighted. Press **ON**.

3



or

Press **Left Arrow** or **Right Arrow** to scroll through **Logbook**.

The most recent test result **1**.

The 2nd most recent test result **2**.

5 Review Your Data

4

To view details about a test result, press **▼** or **▲** to highlight the test result. Press **OK**. Test result details shown below only appear if **Target Ranges** is on or comments were added to a test result.

The most recent test result

Logbook 14:30 12/11/15

145
mg/dL

↑ Above target

or

Logbook 14:30 12/11/15

8.0
mmol/L

↑ Above target

The 2nd most recent test result

Logbook 11:30 12/11/15

65
mg/dL

↓ Below target
After lunch

or

Logbook 11:30 12/11/15

3.6
mmol/L

↓ Below target
After lunch

Averages

1

9:38 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

Logbook

Averages

Target %

Low/High Data

Press **▼** to highlight **Averages**. Press **OK**.

3

Averages

Overall

Before meal

After meal

Fasting

Press **▼** to highlight a category (the example here is **Overall**). Press **OK**.

4

Average

Overall

7 days

14 days

30 days

90 days

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

5

Average Overall 90 days

106
mg/dL

Tests: 720

or

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.

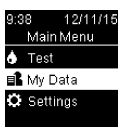
Target Percent (%)

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.

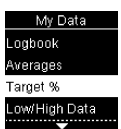
5 Review Your Data

1




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

2



Press **▼** to highlight **Target %**. Press **OK**.

3



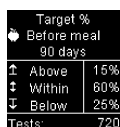
Press **▼** to highlight a category (the example here is **Before meal**). Press **OK** to select the option.

4



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

5



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

Analysing 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 test 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 test 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

9:38 12/11/16
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
Logbook
Averages
Target %
Low/High Data

Press **▼** to highlight **Low/High Data**. Press **OK**.

3

Low/High Data
Low BG Data
High BG Data

If Target Ranges is on: Press **▼** to select **Low** or **High BG Data** (the example here is **High BG Data**). Press **OK**.


or

Low/High Data
No data available.
Enable target ranges to track low/high BG data.

If Target Ranges has 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).


5 Review Your Data

4



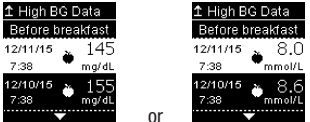
Press to highlight a category (the example here is **Before meal**). Press .

If test 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 **Breakfast**). Press .

5



or

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.

NOTE

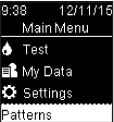
Analysing your blood glucose results stored in the meter is an effective way for you and your healthcare professional to determine how well you are controlling your diabetes. This analysis is a valuable tool for making improvements to your diabetes management. Use care when adding

comments to blood glucose results. Incorrect comments can cause inaccurate patterns to be detected by the meter if Patterns is **On**.

Patterns

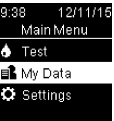
- Patterns displays only active Low Patterns or High Patterns based on comments added to blood glucose results within the last 7 days.
- A Pattern is generated when 2 below-target or 3 above-target test results with the same comment are detected within a 7-day period.

Patterns may be viewed on the meter in 3 ways:




when a Patterns option is displayed at the bottom of **Main Menu**.

or



from **My Data** on **Main Menu**.

or



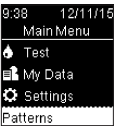
if a **New pattern detected** message appears on the display when performing a blood glucose test.

5 Review Your Data

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

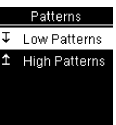
Patterns	High and low patterns have been detected	Patterns may include the following blood glucose results marked with comments:
High Pattern(s)	One or more high patterns have been detected	Before breakfast, After breakfast, Before lunch, After lunch, Before dinner, After dinner, Before snack, After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

1



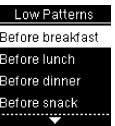
Turn the meter on by briefly pressing **OK**. From **Main Menu**, press **▼** to highlight the **Patterns** option at the bottom of the screen (the example here is **Patterns**). Press **OK**.

2



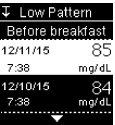
Press **▼** or **▲** to highlight **Low Patterns** or **High Patterns** (the example here is **Low Patterns**). Press **OK** to select the option.

3

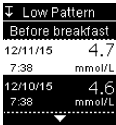


Press **▼** to highlight a category to review (the example here is **Before breakfast**). Press **OK**.

4



or



Press **▼** to scroll through test results. Press **OK** to return to the previous menu.

5 Review Your Data

Data Transfer Using Wireless

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

1

9:38 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

Help

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

4

Pair Device

No paired device. Pair now?

No

Yes

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).

or

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

Choose Device

✓ Device1234

Device2345

Device3456

Device4567


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

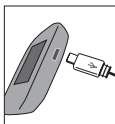
The meter transfers the data to the device.

5 Review Your Data

Data Transfer Using USB Cable

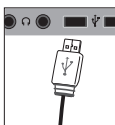
This feature allows you to transfer data from your meter to special software for diabetes management on a PC using a USB cable.

1



Plug the small end of the USB cable into the meter.

2



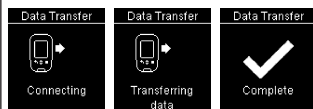
Plug the large end of the USB cable into a USB port on the PC.

If the meter is off, it turns on.

3

Start the diabetes management software and initiate a data transfer.

4



The meter transfers the data to the software.

6 Wireless Communication and Meter Pairing

Overview

You can wirelessly and automatically synchronise 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 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.
Sync Time	On / Off	Select whether to synchronise the time and date to the default paired device. On – the time and date on the meter synchronise to the time and date on the default paired device. Off – the time and date on the meter do not synchronise 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.

6 Wireless Communication and Meter Pairing

First-Time Pairing

The steps below are for first-time pairing.

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

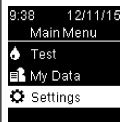
Each device must be paired with the meter one at a time.

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

1

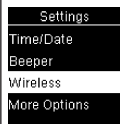
Prepare the device for pairing. Refer to the device's instructions for information about pairing.

2



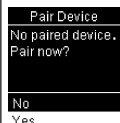
Turn the meter on by briefly pressing **OK**. From **Main Menu**, press **▼** to highlight **Settings**. Press **OK**.

3



Press **▼** to highlight **Wireless**. Press **OK**.

4



Pair Device appears. To pair a device, press **▼** to highlight **Yes**. Press **OK**.

5

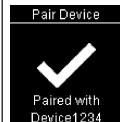


The meter displays its code.

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

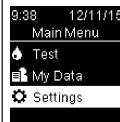


When pairing is complete, **✓** and the name of the paired device appear. Press **OK** to return to the previous menu.

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



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

6 Wireless Communication and Meter Pairing

2

Press to highlight **Wireless**. Press .

1

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

3

Flight Mode is highlighted. Press .

2

Press to highlight **Wireless**. Press .

4

Press or to highlight **On** or **Off**. Press to move to the option.

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

Main Menu with meter in Flight Mode.

3

Press to highlight **Default Device**. Press .

4

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.

Default Device

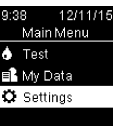
If more than 1 device is paired, select the default paired device for the **Auto-Send** and **Sync Time** features.

Auto-Send

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

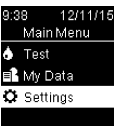
6 Wireless Communication and Meter Pairing

1



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

1



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

2



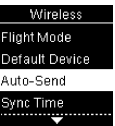
Press **▼** to highlight **Wireless**. Press **OK**.

2



Press **▼** to highlight **Wireless**. Press **OK**.

3



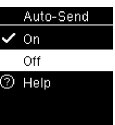
Press **▼** to highlight **Auto-Send**. Press **OK**.

3



Press **▼** to highlight **Sync Time**. Press **OK**.

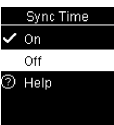
4



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

Press **OK** to set the option and return to the previous menu.

4



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

Press **OK** to set the option and return to the previous menu.

Sync Time

Select whether to synchronise the time and date to the default paired device.

Pairing Additional Devices

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

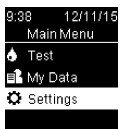
You can pair 5 devices.

6 Wireless Communication and Meter Pairing

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



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

2



Press **▼** to highlight **Wireless**. Press **OK**.

3



Press **▼** to highlight **Pairing**. Press **OK**.

4



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

If there are less than 5 paired devices:

Pair Device appears. Proceed to Step 5.

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 **OK**.




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



5

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

6




The meter displays its code.

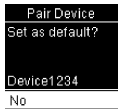
6 Wireless Communication and Meter Pairing

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.

8 When pairing is complete, ✓ and the name of the paired device appear. Press **OK**.



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 **OK** to set the option and return to **Pairing**. Press **◀** to return to the previous menu.



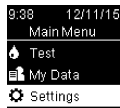
Delete Pairing

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



2 Press **▼** to highlight **Wireless**. Press **OK**.



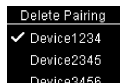
3 Press **▼** to highlight **Pairing**. Press **OK**.



4 Press **▼** or **▲** to highlight **Delete Pairing**. Press **OK**.



5 Press **▼** or **▲** to highlight the device to delete. Press **OK** to set the option.



6 Wireless Communication and Meter Pairing

6



If the selected device is not the default device:

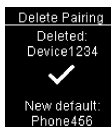
The pairing is deleted. The name of the deleted device and ✓ appear.




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.

7 Meter Maintenance and Troubleshooting

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 Roche.

WARNING

Keep new and used batteries away from children. See the warning in the Introduction of this User's Manual for additional information.

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



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

3



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

NOTE

- Always have a spare set of batteries.
- Battery life may vary due to factors such as temperature and battery manufacturer.
- The meter uses two 3-volt lithium batteries, coin cell type CR2032. This type of battery can be found in many stores.
- 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

Cleaning and Disinfecting the Meter

Keep the meter free of dust. If you need to clean or disinfect it, follow these guidelines carefully to help you get the best performance possible.

WARNING

- If the meter is being operated by a second person who is providing testing assistance to the user, the meter should be disinfected prior to use by the second person.
- Do not clean or disinfect the meter while performing a blood glucose test or control test.
- Do not allow liquid to enter any openings in the meter.
- Do not spray a cleaning solution directly onto the meter.
- Do not immerse the meter in liquid.

When to clean or disinfect the meter:

- Clean the meter to remove visible dirt or other material.
- Disinfect the meter between each patient use.

What to clean or disinfect:

- The area around slots and openings
- The meter display
- The entire meter surface

1

Make sure the meter is turned off.

Gently wipe the meter surface with a soft cloth slightly dampened (wring out any excess liquid) with one of these solutions:

To clean the meter

Mild dishwashing liquid mixed with water

To disinfect the meter

70 % isopropyl alcohol

Note: Make sure the meter surface stays wet for at least 2 minutes.

2

Dry the meter thoroughly with a soft cloth.

Error Messages

WARNING

- Never make therapy decisions based on an error message.
- If you have any concerns or see any other error message, contact Roche.

7 Meter Maintenance and Troubleshooting



The meter will not turn on or the display is blank.

- Batteries are dead.

Insert new batteries.

- Display is damaged. / Meter is defective.

Contact Roche.

- Extreme temperatures.

Move the meter to a location with a more moderate temperature.

⚠ Test Not Allowed

Remove strip or USB cable.

The meter is connected to a PC and a test cannot be performed.

EITHER remove the USB cable and perform a test OR remove the test strip and start a data transfer.

⚠ Connection Lost

Reconnect USB cable and retry.

The connection between the meter and PC was lost.

Disconnect and reconnect the USB cable and retry the connection. Contact Roche if the connection is lost again.

⚠ No Connection

Connect USB cable to continue.

There is no connection between the meter and PC.

Connect the USB cable and retry the connection.

⚠ Transfer Failed

Ensure paired device is within range and turned on.

Blood glucose results were not transferred to a paired device.

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

7 Meter Maintenance and Troubleshooting

⚠ Connection Failed

Check PC or USB cable.

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

Check the PC or USB cable.

⚠ Results Excluded

One or more results may be excluded from target % data.

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

⚠ Transfer Not Allowed

Wireless communication not allowed in flight mode.

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.

⚠ 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.

⚠ Results Excluded

One or more results may be excluded from averages.

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

⚠ 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.

7 Meter Maintenance and Troubleshooting

⚠ 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.

7 Meter Maintenance and Troubleshooting



A meter or test strip error has occurred.

This error message could appear if the cap on the test strip container was not closed tightly. The test strips may have been damaged due to improper storage or handling.

Never make therapy decisions based on an error message.

Repeat the blood glucose test. If a second E-3 error message appears, perform a control test with the control solution and a new test strip. See the section Performing a Control Test in the chapter Control Tests. If you continue to receive an E-3 error message, use an alternate method for testing your blood glucose, such as a back-up meter and test strip. If the alternate method gives an extremely high blood glucose result, or if an alternate method is not available, **contact your healthcare professional immediately.**

In rare cases, an E-3 error message may indicate that your blood glucose is extremely high and above the system's measuring range. **See the Unusual Blood Glucose Results section in the chapter Blood Glucose Tests for other possible causes of the error message.**



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.

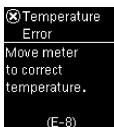
Discard the test strip and repeat the blood glucose or control test.



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.

7 Meter Maintenance and Troubleshooting



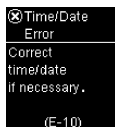
The temperature is above or below the proper range for the system.

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.



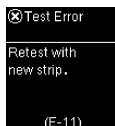
The batteries may be out of power.

Turn the meter back on. **If you are in a cold environment, move to a location with a more moderate temperature and retest.** If the message continues to appear after several attempts, replace the batteries. 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.

7 Meter Maintenance and Troubleshooting



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

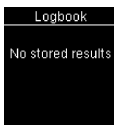
Remove and reinsert the test strip or repeat the blood glucose or control test with a new test strip. If the problem persists, contact Roche.



An electronic error has occurred.
Contact Roche.



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



There are no results in the Logbook.



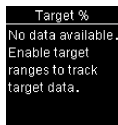
OR



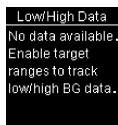
There is an invalid result in the Logbook.



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.

7 Meter Maintenance and Troubleshooting

↑ High BG Data

No high BG data available

↓ Low BG Data

No low BG data available

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

Patterns

No active patterns based on last 7 days of data.

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

Patterns

No data available. Turn on Patterns in Settings to show patterns for results marked

Patterns

with comments.

Patterns is **Off**.

9.38 12/11/15

LO

Add Comment

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

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



The batteries are almost out of power.

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

9.38 12/11/15

HI

Add Comment

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

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

8 Technical Information

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	Refer to the test strip package insert.
Sample type	
Measuring time	
Measuring range	
Test strip storage conditions	
System operating conditions	Temperature: -25–70 °C
Meter storage conditions	
Memory capacity	
Automatic off	
Power supply	
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	USB: micro-B connector; <i>Bluetooth®</i> low energy technology; Continua Certified® to a Continua Certified manager.
Radio frequency connectivity	Bluetooth low energy technology operating in the frequency band of 2.402 GHz to 2.480 GHz with a maximum transmitted power of 0 dBm (1 mW).

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 – Hereby, Roche declares that the radio equipment type Accu-Chek Guide blood glucose meter is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
<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

8 Technical Information

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*.

- **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.**

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.**
- **Keep new and used batteries away from children. See the warning in the Introduction of this User's Manual for additional 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.
	The compliance mark indicates that the product complies with the applicable standard and establishes a traceable link between the equipment and the manufacturer, importer or their agent responsible for compliance and for placing it on the Australian and New Zealand market.
	Temperature limitation (store at)
	Use by
	Manufacturer

8 Technical Information

	Catalogue number
	Batch code
	In vitro diagnostic medical device
	Global Trade Item Number
	Serial number
	This product fulfils the requirements of the European Directive 98/79/EC on in vitro diagnostic medical devices.
	3-volt coin cell type CR2032
	Keep new and used batteries away from children.

Additional Supplies

Test Strips: Accu-Chek Guide test strips

Control Solutions: Accu-Chek Guide control solutions

Information for Healthcare Professionals

WARNING

Healthcare Professionals: Follow the infection control procedures appropriate for your facility. Refer to the test strip package insert for additional healthcare professional information.

Sample Handling

Always wear gloves when handling blood-contaminated items. Always adhere to the recognised procedures for handling objects that are potentially contaminated with human material. Follow the hygiene and safety policy of your laboratory or institution. Prepare the selected blood collection site per facility policy.

Refer to the test strip package insert for additional information regarding acceptable sample types, anticoagulants, and handling instructions.

Recommending Alternative Site Testing to Patients

Decisions about whether to recommend Alternative Site Testing (AST) should take into account the motivation and knowledge level of the patient and his or her ability to understand the considerations relative to diabetes and AST. If you are considering recommending AST for your patients, you need to understand that there is a potential for a significant difference between fingertip or palm test results and test results obtained from the forearm or upper arm. The difference in capillary bed concentration and blood perfusion throughout the body can lead to sample site-to-site differences in blood glucose results. These physiological effects vary between individuals and can vary within a single individual based upon his or her behaviour and relative physical condition.

Our studies involving alternative site testing of adults with diabetes show that most persons will find their glucose level changes more quickly in blood from the fingertip or palm than in blood from the

8 Technical Information

forearm or upper arm. This is especially important when blood glucose levels are falling or rising rapidly. If your patient is used to making therapy decisions based upon fingertip or palm test results, he or she should consider the delay, or lag time, affecting the test results obtained with blood from the forearm or upper arm.

9 Guarantee

Guarantee

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

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Australia

Roche Diabetes Care Australia Pty. Limited
Accu-Chek Enquiry Line: 1800 251 816
www.accu-chek.com.au

Roche Diabetes Care South Africa (Pty) Ltd.
Hertford Office Park, 90 Bekker Road
Vorna Valley, Midrand

South Africa

1686

Email: info@accu-chek.co.za

Call Toll Free: 080-34-22-38-37 (SA only);
+254 20 523 0560 (Kenya only);
+27 (11) 504 4677 (Other countries)

Bahrain / Egypt / Iran / Kuwait / Lebanon / Oman / Qatar / Saudi Arabia / Sudan / United Arab Emirates / Yemen

Roche Diabetes Care Middle East FZCO
Tel: +971 (0) 4 805 2222
www.rochediabetescareme.com
or contact Roche local authorized
representative in your country

Colombia

Accu-Chek Responde: 018000125215
www.accu-chek.com.co

Hong Kong

Enquiry hotline: +852-2485 7512 (office
hours)
www.accu-chek.com.hk

India

Accu-Chek Customer Helpline:
1800 120 6020 (Toll-free)
www.accu-chek.in

Indonesia

Customer Support and Service Centre
Hotline: 0-800-1-222-999
www.accu-chek.com

Islamic Republic of Pakistan

Hotline number: 0800-76243 /
0800-ROCHE
www.accu-chek.com.pk

Luxembourg

PROPHAC S.à r.l.
5, Rangwee
L-2412 Howald
B.P. 2063
L-1020 Luxembourg
Phone +352 482 482 500
diagnostics@prophac.lu

Malaysia

Customer Support and Service Centre:
Toll-Free Line: 1-800-88-1313
www.accu-chek.com.my

Philippines

Accu-Chek Customer Hotline:
Phone: (02) 718 7575 / (02) 718 7588 /
+63 917 8978000
www.accu-chek.com.ph

Singapore

Accu-Chek ExtraCare line: 6272 9200
www.accu-chek.com.sg

대한민국

고객 지원 및 서비스 센터
무료상담전화: 080-909-2222
(월-금 오전 9시 - 오후 5시)
www.accu-chek.co.kr

Thailand

Customer Service Line: +66 (0) 2791 2222
www.accu-chek.co.th

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Roche Diabetes Care GmbH
Sandhofer Strasse 116
68305 Mannheim, Germany
www.accu-chek.com



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