

Meter and Electronic Logbook In One



Quick Start Guide

TESTING

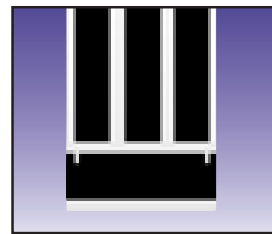
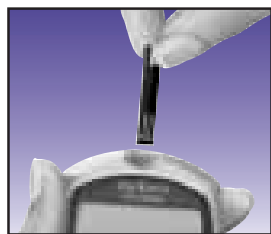


Important:
Read detailed instructions in your OneTouch® UltraSmart® Owner's Booklet before testing.

1

Code the Meter

CAUTION: Matching the code on the meter and the code on the test strip vial is essential to obtain accurate results. Each time you test, check to make sure the code numbers match.



STEP 1

Insert a test strip, contact bars end first and facing up, to turn on the meter. Push it all the way in until it will go no further.




STEP 2

--- will appear on the display. This means there is no code number stored in memory.



STEP 3

Find the code number on the test strip vial. Use the Arrow button  to move up or down to the same number on the meter display. The code number will flash briefly.

(Example)



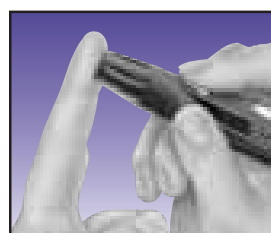
STEP 4

When "Apply Blood" appears on the display, you can begin testing using a fingertip blood sample. (There are important differences in the procedures for fingertip testing and alternate site testing. For complete directions on glucose testing using an alternate site sample or control solution, read the OneTouch® UltraSmart® Owner's Booklet carefully.)

Note: If you do not apply blood or control solution within three minutes, the meter will turn off automatically. Remove the test strip and then insert it back into the test port to turn the meter back on.

2

Get a Drop of Blood



STEP 1

Select a puncture site on the fingertip.



STEP 2

Hold the OneTouch® UltraSoft® Adjustable Blood Sampler firmly against the side of your finger. Press the release button.

STEP 3

Gently squeeze and/or massage your fingertip until a round drop of blood **at least 1 µL in volume (• actual size)** forms on your fingertip. **Do Not** squeeze excessively on the puncture site. Be careful not to smear the blood sample.

OneTouch® UltraSmart® Meter

OneTouch® Ultra® Test Strip

Test Port
The meter turns on when you insert a OneTouch® Ultra® Test Strip here.

Back Button (Off Button)
Go back to previous display on certain screens. Press and hold for two seconds to turn off the meter.

Exercise SmartButton®
Enter exercise amount and level.

Health SmartButton®
Enter information on health.

FastFacts® SmartButton®
Review test results and logbook memory.



Arrow Button
Scroll through menus, code numbers, and logbook.

OK Button (Backlight Button)
Accept entries and move to the next display. Press and hold for two seconds to turn on backlight.

Food SmartButton®
Enter meal and snack information.

Medication SmartButton®
Enter insulin and diabetes pill information.

Note: Insert a test strip or press any SmartButton® to turn on the meter.

OneTouch® Ultra® Test Strip

Top Edge
Apply a drop of blood to the narrow channel here in the top edge of the test strip.

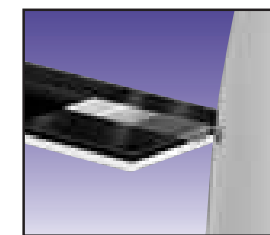
Confirmation Window
Check here to confirm if enough blood has been applied.

Contact Bars
Insert this end of the test strip, contact bars facing up, into the meter. Push it all the way in until it will go no further.



3

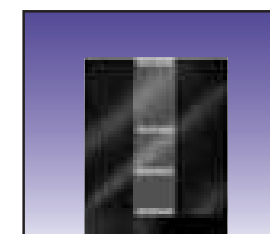
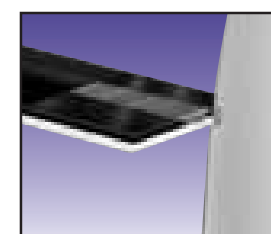
Apply Blood to the Test Strip



STEP 1

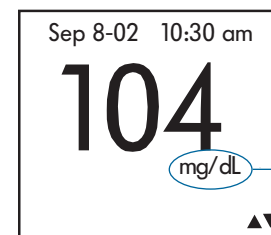
With "Apply Blood" on the display, **touch and hold the drop of blood to the narrow channel in the top edge** of the test strip.

- **Do Not** apply blood to the front or back of the test strip.
- **Do Not** push your finger against the test strip.
- **Do Not** apply a smeared sample.



STEP 2

Hold the drop of blood to the top edge of the test strip **until the confirmation window is full before the meter begins to count down.**



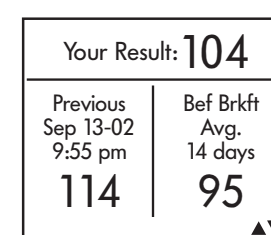
(Example)

STEP 3

The meter will count down from 5 to 1 and display the test result with date and time.

WARNING: If mg/dL does not appear with the test result, call LifeScan Customer Service at 1 800 227-8862.


Note: You may also add a comment to your test result that will appear in the electronic logbook. See next section. If you do not wish to add a comment, remove the test strip to turn off the meter.



(Example)

STEP 4 (OPTIONAL)

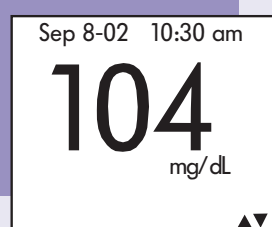
Compare with Other Results.

To compare this glucose test result with your last test and your average for this time of day, use the "down" Arrow button . If you are testing for the first time, no previous result will be displayed.

COMMENTS

How to Add a Comment

A "Comment" is additional information about exercise, health, or mealtimes that you store in the electronic logbook along with the test result. Comments are helpful when reviewing your test results.



(Example)

To add a comment on food, health, or exercise, press the OK button **OK** while the test result is on the display.

Note: If you do not comment within one minute, the meter will turn off automatically. To turn the meter back on and add a comment:

- Press the FastFacts® SmartButton® **i**.
- Press the OK button **OK** with "Logbook" highlighted.
- The logbook will display your test results by date and time.
- With your most recent result highlighted, press the OK button **OK** to add the comment.



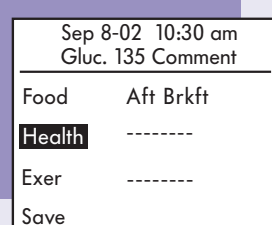
(Example)

If your test result is outside of the pre-set range of 90–130 mg/dL (or a target glucose range you enter in the Custom Meter Set-up sequence), the meter will prompt you to add a comment.

Types of Comments You Can Add

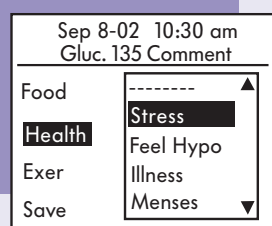
TYPE	COMMENTS
Exercise	When was the test done in relation to the exercise? Before During After
Health	Were you experiencing any of these conditions at the time of the test? Stress Menses Feel Hypo Vacation Illness Other
Food	When was the test performed? Before Breakfast Before Dinner After Breakfast After Dinner Before Lunch Night After Lunch

Comment Example



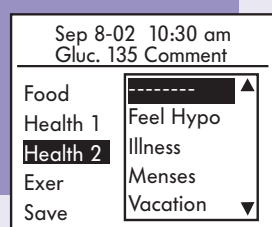
Health is always highlighted first. To enter a health comment, press the OK button **OK**. A menu of comment choices will appear.

Note: A food comment is added based on your pre-set or personal meal schedule (see Owner's Booklet). To change a food comment, move to "Food" and press the OK button **OK**.



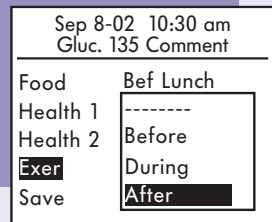
• To add a health comment, move to your choice and press the OK button **OK** to enter it.

• After adding your first health comment, "Health 2" will appear. To add additional health comments, press the OK button **OK** and select another comment. Note that your previous comment is no longer available. You may add up to 6 health comments.



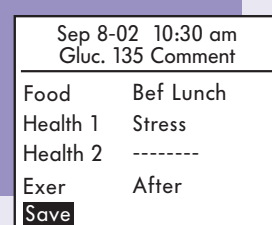
• To add an exercise comment, move to and highlight "Exer" with the Arrow button **↔** and press the OK button **OK**.

• You can comment on a test result as occurring before, during, or after exercise. Move to your choice and press the OK button **OK** to enter it.



• Move to "Save" using the Arrow button **↔**.

• Press the OK button **OK**.



Note: Glucose (Gluc.) results are always saved. After completing all of your comments, **you must save them**.

ELECTRONIC LOGBOOK ENTRIES

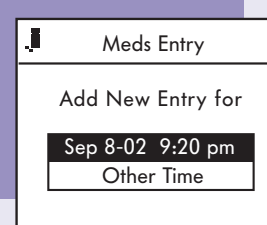
The electronic logbook is used just like a paper logbook to store information concerning exercise, health, medication, and food. To make an electronic logbook entry, press a SmartButton® to turn on the meter and enter the menu for that type of entry.

Note: You do not have to perform a blood glucose test in order to add logbook entries to your electronic logbook.

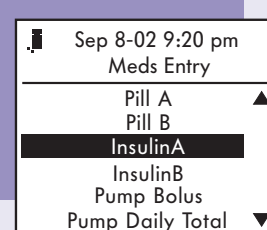
Types of Logbook Entries You Can Make

BUTTON	DEFINITION	LOGBOOK ENTRIES
	Exercise	Level of Exercise: Mild Hard Moderate Duration (minutes)
	Health	Health Notes (Conditions present): Stress Menses Feel Hypo Vacation Illness Other Health Checks (Test results and/or dates): Ketones Eye Exam HbA1c Foot Exam Microalbumin Weight/Height Cholesterol Dr. Visit Blood Pressure
	Medication	Pills (Types and amounts) Insulin (Types and units) Insulin Pump (Bolus and Daily Totals)
	Food	Details about food intake: Carbohydrates Fats Calories Proteins

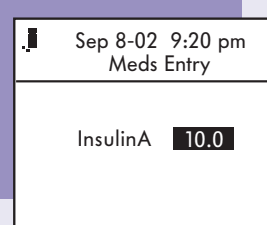
Logbook Entry Example (Insulin Dosage)



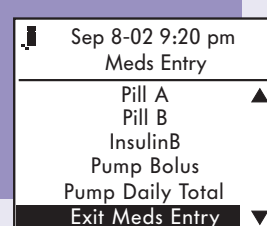
Press the Medication SmartButton® **i** to access the menu. You may track your diabetes pills, insulin types and dosages, and insulin pump information. Press the OK button **OK** to select the current date and time or "Other Time" (see Owner's Booklet).



To enter an insulin dose, scroll to the insulin type using the Arrow button **↔**. When you first turn on the meter, the insulin choices will be "InsulinA" and "InsulinB". You can personalize your insulin choices (see Owner's Booklet). Press the OK button **OK** after you have made your choice.

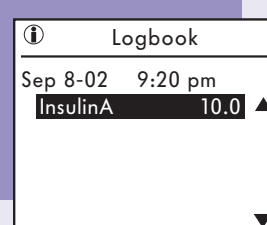


Then record the units of insulin. Use the Arrow button **↔** to scroll to the unit and press the OK button **OK**.



• "Exit Meds Entry" is highlighted automatically. If you wish to record a second insulin, choose from the list, and then repeat the entry step.

• Press the OK button **OK**.



The insulin dosage will be saved this way in your electronic logbook.

All comments will be saved with the test result, date, and time in your electronic logbook. To change a comment, see *Adding, Changing, or Deleting Logbook Information* in your Owner's Booklet.