FreeStyle FREEDOM™

Blood Glucose Monitoring System
Sistema de monitoreo de glucosa en sangre

Virtually Pain-Free Testing

Pruebas prácticamente Sin Dolor

Owner's Booklet
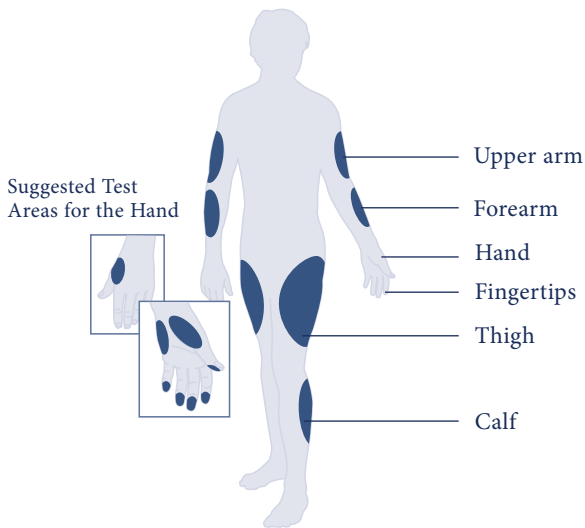
Manual del propietario

Abbott

Table of Contents

The FreeStyle Freedom™ System Uses the World's Smallest Sample So You Can Test on a Variety of Locations

Most Test Sites Available

Suggested Test Areas for the Hand

Upper arm

Forearm

Hand

Fingertips

Thigh

Calf

The human figure above shows the areas where you can test with all the FreeStyle Blood Glucose Monitoring Systems. Avoid moles, veins, bones and tendons.

WARNING:
We recommend that you test on your fingers or palm (at the base of the thumb) if you are testing for hypoglycemia (low blood glucose) or if you suffer from hypoglycemia unawareness.

Important Information About Your FreeStyle Freedom™ Blood Glucose Monitoring System

How the FreeStyle System Should Be Used

- The FreeStyle Freedom System is intended for use outside the body (in other words, *in vitro* diagnostic use only).

- The FreeStyle Freedom System is used for measuring blood glucose (also known as *blood sugar*) from samples taken from the forearm, upper arm, hand, thigh, calf, or fingers.

- The FreeStyle Freedom Meter should only be used with FreeStyle® Test Strips and FreeStyle Control Solution. Using other brands of test strips and control solutions with the FreeStyle Meter can produce inaccurate results.

Do use the FreeStyle Freedom Meter for:

- Testing blood glucose.
- Testing only with fresh capillary whole blood samples.

Do not use the FreeStyle Freedom Meter for:

- The diagnosis of diabetes.
- Testing on newborns.
- Testing of arterial blood.

WARNING:

- Patients receiving peritoneal dialysis solutions containing icodextrin should not use the FreeStyle Blood Glucose Monitoring System.

- The FreeStyle Freedom System contains small parts that may be dangerous if swallowed.

Caution: Please read all the instructions provided in this *Owner's Booklet* and practice the testing procedures before using the FreeStyle Freedom System. Blood glucose monitoring should be done with the guidance of a healthcare professional.

Important Health-Related Information

- Severe dehydration and excessive water loss may cause false low results. If you believe you are suffering from severe dehydration, consult your physician immediately.

- The injection of solutions containing Galactose ≥13mg/dL or Maltose ≥20mg/dL (present in some human immunoglobulin preparations) will cause overestimation of blood glucose results.

- Test results below 60 mg/dL mean low blood glucose (hypoglycemia).

- Test results greater than 240 mg/dL mean high blood glucose (hyperglycemia).

- If you get results below 60 mg/dL or above 240 mg/dL, and do not have symptoms of hypoglycemia or hyperglycemia, repeat the test. If you have symptoms or continue to get results that fall below 60 mg/dL or above 240 mg/dL, follow the treatment advice of your healthcare professional.

- If you are experiencing symptoms that are not consistent with your blood glucose test *and* you have followed all instructions described in the *FreeStyle Freedom Owner's Booklet,* call your healthcare professional.

Important Health-Related Information

- Changes in blood glucose may be observed in finger or palm (at the base of the thumb) blood samples sooner than blood samples from the forearm and other alternative sites. Vigorous rubbing of the alternative test sites before lancing will help to minimize the difference between finger or palm (at the base of the thumb) and alternative site test results. The palm (at the base of the thumb) is an alternative site that does not require vigorous rubbing before testing.

- Physiologic differences in the circulation between the finger or palm (at the base of the thumb) and other test sites like the forearm, upper arm, top of hand, thigh, and calf may result in differences in blood glucose measurements from these test sites and your finger or palm (at the base of the thumb). Differences in blood glucose measurement between the other test sites and your finger or palm (at the base of the thumb) may be observed after eating, insulin medication, or exercise.

WARNING:
We recommend that you test on your fingers or palm (at the base of the thumb) if you are testing for hypoglycemia (low blood glucose) or if you suffer from hypoglycemia unawareness.

The FreeStyle Freedom™ Meter and How It Works

Data Port

Download test results for diabetes data management. Refer to "Transferring Data" section for more information.

Display Screen

Displays your test results and other important information.

m (Mode) Button

- Move to different mode settings.
- Changes the test strip code (scrolls backward).
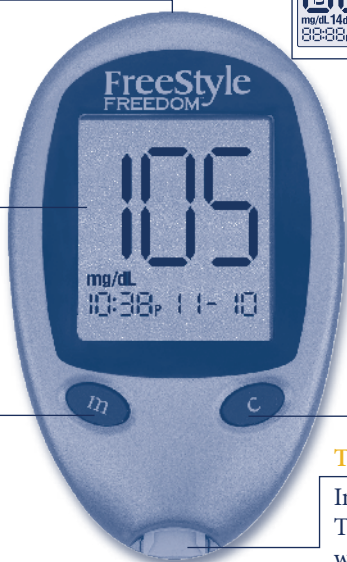- Silences an alarm.

Sample Areas (dark-colored half-circles on Test Strip Edge)

Apply blood or control solution to one Test Strip Edge only. Insert printed side up (with the dark-colored rectangle going into the meter).
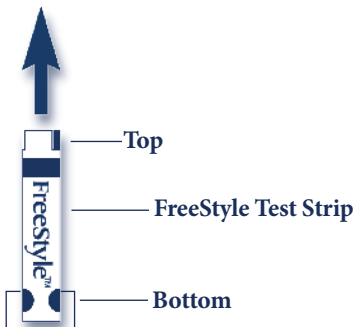
c (Configure) Button

- Marks a control solution test.
- Changes the test strip code (scrolls forward), date, time, alarm settings, sound options, and reviews stored readings.

Test Strip Port

Insert the **Top** end of a new FreeStyle® Test Strip here. The meter powers on when you insert the test strip.

Top

FreeStyle Test Strip

Bottom

Sample Area/Test Strip Edge

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The FreeStyle Freedom™ Meter Display
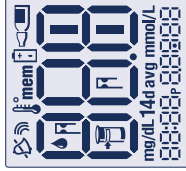
System Check Screen

This screen always appears when meter is first powered on so that you can make sure the display is working properly. All display elements should appear.

Sound Level Symbols

Indicates high, low, or off sound volume.

Thermometer Symbol

Appears if your meter is out of temperature range.

Memory Symbol

Shows you test results stored in the meter memory. The meter stores your last 250 blood glucose test results.

Battery Symbol

Appears when you should replace the battery.
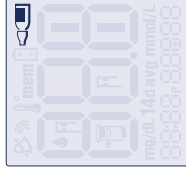
Control Solution Test Symbol

Shows that you have marked a test result as a control solution test.

Call Customer Care Toll Free at 1-888-522-5226   www.AbbottDiabetesCare.com

The FreeStyle Freedom™ Meter Display

Test Result Area
Test results appear here.
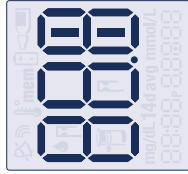
mg/dL (U.S. Standard)
Indicates unit of measurement.
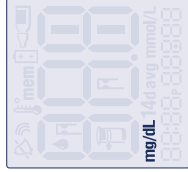
Blood Drop and Test Strip Symbols
These symbols work together in an animation to tell you when the meter is ready for you to apply blood or control solution.
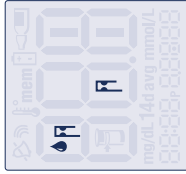
14-Day Average Symbol
Shows the average value of glucose readings from the last 14 days.
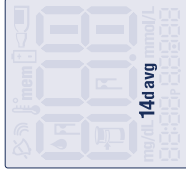
Test Strip Code Symbol
Appears when you should check and set the test strip code.
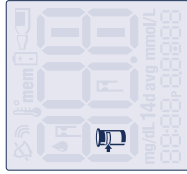
Message Area
Displays date, time, number of tests, and software version.
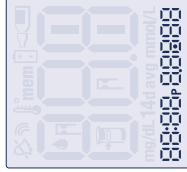
The FreeStyle® Test Strip

Apply blood or control solution to only *one Test Strip Edge* per test.

Important: Use only one Test Strip Edge per test. Do not apply blood to both edges. Test strips may be used only once. Discard used test strips. You can continue to fill the test strip for up to 60 seconds. Be sure to reapply the sample to the same Test Strip Edge.

Test Strip Edge

> **WARNING:**
> The vial cap is a choking hazard. The cap or vial contains drying agents that may be harmful if inhaled or swallowed and may cause skin or eye irritation.

Important Test Strip Information

- The FreeStyle Freedom™ System has an operating range of 40º to 104º F (4º to 40º C).
- Store the test strip package in a cool, dry place between 37º to 86º F (3º to 30º C).
- Use test strips only within the system operating temperature range.
- Keep away from direct sunlight and heat.
- Store your test strips in their original vial only; never transfer them to another vial or any other container.
- Never store individual test strips outside the vial.
- After removing a FreeStyle Test Strip from the vial, immediately replace the vial cap and close tightly.
- With clean, dry hands, you may gently touch the test strip anywhere when removing it from the vial or inserting it into the meter.
- Do not use test strips beyond the expiration date. This may cause inaccurate results.
- Do not bend, cut, or alter FreeStyle Test Strips in any way.

Note: For further information, refer to the FreeStyle Test Strip package insert.

The FreeStyle® Control Solution

FreeStyle Control Solution is a red liquid that contains a fixed amount of glucose that is used to:

- Practice testing without having to use your own blood.
- Ensure that your meter and test strips are working together properly.

A control solution test should be performed

- When you question your results and want to confirm that your monitor and test strips are working properly.

For information on how to obtain Control Solution, call Customer Care at 1-888-522-5226.

Important Control Solution Information

FreeStyle Control Solution is good for three months after opening the bottle or until the expiration date printed on the label, whichever comes first.

Important: *Count forward three months from the date you open a new bottle of control solution. This is your discard date. Write this date on the side of the control solution bottle.*

Example: You open the control solution on January 15th. Count forward three months to April 15th. This is the discard date that you record on the bottle.

Ensuring Accurate Control Solution Results

- Use only FreeStyle® Control Solution with your FreeStyle Freedom™ System.
- Replace the cap on the control solution bottle immediately after using.
- Do not use control solution past the expiration date, this may cause inaccurate results.
- Do not add water or any liquid to control solution.
- Control solution tests are specified to be accurate only when performed between 59º to 104º F (15º to 40º C).
- The control solution test results should fall within the range printed on the test strip vial label.

Important: The control solution range is a target range for control solution test results only. It is not a target range for your blood glucose level or blood glucose test results.

- If control solution results are out of this range, *repeat the test*.
- If your control solution test results continue to fall out of range, do not use the FreeStyle Freedom System to test your blood glucose. Contact Customer Care at 1-888-522-5226.

Caution: Results from FreeStyle Control Solution tests do not reflect your blood glucose level.

Performing a Control Solution Test

1 Insert the top of the test strip into your meter until it stops. This will power on the meter.

2 The code number on the display must match the code number on the side of your test strip vial. (Refer to "Setting the Test Strip Code")

Wait for the meter to display the Blood Drop and Test Strip Symbols.

Note: Be ready to adjust the code on the meter to match the code number on the test strip vial.

3 Gently touch only the *Sample Area* of the Test Strip Edge to the control solution.

Important: Do not apply control solution to both Test Strip Edges.

When the test strip is full. A short line moves clockwise around the display screen while the sample is processing. If the sound volume is on, your meter will beep.

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The result will appear on the display screen and if the sound is on, your meter will beep twice. To mark the result as a control solution test result, press and hold the "**c**" button for two seconds until the control solution symbol (⊲▣) appears at the top of the display screen.

If you have marked a result as a control solution test by mistake, you can unmark it by pressing and holding the "**c**" button again for two seconds.

4   Compare your control solution test result to the range printed on your test strip vial. Your control solution test results should fall within this range. The range shown in picture is only an example.

Out of range test results may be caused by:

- Expired or bad control solution
- Expired or bad test strip
- Error in performing test
- Watered-down control solution
- Code on test strip vial does not match code set in meter
- Meter malfunction
- Control solution test done outside 59º to 104º F (15º to 40º C)

To power off the meter, remove the test strip.

The FreeStyle® Lancing Device

- Cocking Handle
- Depth Settings Dial
- Depth Indicator Window
- Release Button
- Clear Cap (for testing sites other than the fingers)

Dark Cap
(for finger testing)
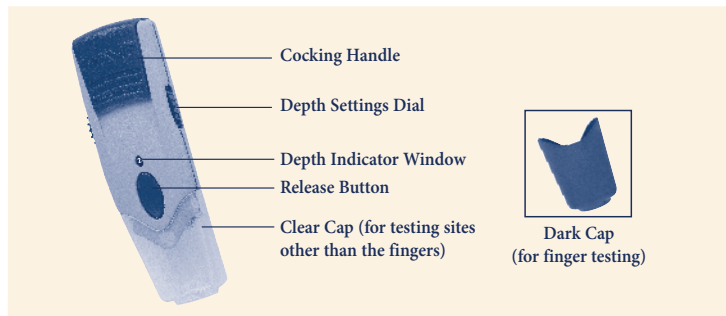
Using the Lancing Device

1

Remove Cap
Snap off the cap on the lancing device at an angle.

2

Insert Lancet
Insert a new FreeStyle® Lancet firmly into the white lancet holder cup. (Pushing the lancet into the cup may cock the device; this is okay.)

3

Twist Off the Rounded Top
Hold the lancet firmly in place with one hand; use your other hand to twist off the rounded top.

15

4
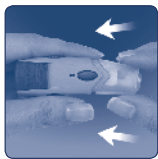
Replace Cap

Replace the cap until it snaps or clicks into place. Be careful not to touch the exposed needle on the lancet.

Important: Use the clear cap on the lancing device for the following test sites: forearm, upper arm, hand, thigh, and calf.

Use the dark cap for finger tests.

5

Set the Lancing Level

The FreeStyle® Lancing Device offers four different settings. Move the dial to the desired setting as shown in the depth indicator window. For most test sites, we recommend that you start at Level 2.

Level 1 is the shallowest depth; Level 4 is the deepest.

To lance your finger, we recommend that you start at Level 1.

6

Cock the Handle

Pull the dark Cocking Handle out until it clicks. (You may have already cocked the handle in step 2; this is okay.)

You are now ready to perform a blood glucose test.

Testing Your Blood Glucose

Important: *To ensure accurate results, wash your hands and test site (for example, your forearm) with soap and water. Make sure there is no cream or lotion on the test site. Thoroughly dry your hands and test site.*

- With the FreeStyle Freedom™ Meter, you can test your blood glucose on your forearm, fingers, upper arm, hand, thigh, or calf.
- Testing with the FreeStyle Freedom Meter requires a very small sample size, just 0.3 microliter of blood; about the size of a pinhead (**example: •**).
- Most healthcare professionals recommend testing when blood glucose values are stable: before meals and before bedtime. However, when blood glucose is changing, blood from the fingertips or palm (at the base of the thumb) may show these changes sooner than blood from other sites.

WARNING:
We recommend that you test on your fingers or palm (at the base of the thumb) if you are testing for hypoglycemia (low blood glucose) or if you suffer from hypoglycemia unawareness.

Times when you may be checking for low blood glucose include:

- When you are feeling symptoms such as weakness, sweating, nervousness, headache, or confusion.
- When you have delayed a meal after taking insulin.
- When your healthcare professional advises you to do so.

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Performing a Blood Glucose Test

1

Prepare Your Meter

Insert a new test strip into the meter until it stops. The meter will power on.

Note: If you do not start the test within two minutes, the meter will power off. To restart your meter, take out the unused test strip and reinsert it into the meter.

System Check

Setting the Test Strip Code

When the meter powers on, four display screens appear.
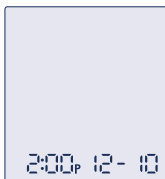
Date and Time

Code Number

Setting the Test Strip Code *(cont)*

- When you see the word "COdE" and a code number on the display screen, use the "**c**" (configure) button to scroll forward or the "**m**" (mode) button to scroll backward until the number matches the number on your test strip vial. The FreeStyle Freedom™ Meter has a total of 50 codes.
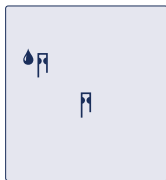
Blood Drop and Test Strip Symbols

- After you set your code number, the Blood Drop and Test Strip symbols will appear on the display screen.
- If you want to return to the code number display screen after the Blood Drop and Test Strip symbols appear, press the "**c**" button.

Note: To ensure accurate test results, make sure the code number on your meter always matches the number in the box outlined in blue, located on the side of the test strip vial.

Caution: Take care to not press the "**c**" or "**m**" buttons when you are holding the meter while performing the blood test. If you do, you might change the code and get an incorrect reading or an Error 6.

2

Lancing Your Forearm, Upper Arm, Hand, Thigh, or Calf

To bring fresh blood to the surface of the test site, rub the test site vigorously for a few seconds until you feel it getting warm. Lance the test site with the lancing device:

a. Hold the clear cap down against the top of your test site. Press the release button. **Do not lift up**.

b. Continue to hold the lancing device and **gradually** increase pressure for several seconds.

c. While holding the lancing device on your test site, look through the clear cap; the blood sample should be about the size of a pinhead (**example: •**).

d. Lift the lancing device straight up; be careful not to smear the blood sample on your test site.

Important:
- *Avoid lancing areas with obvious veins or moles to avoid excess bleeding.*
- *Avoid lancing areas where tendons or bones stick out (for example, hand bones and wrist bones).*

Lancing Your Palm

When lancing on the palm (at the base of the thumb) use the clear cap as you would for any alternative site, but there is no need for vigorous rubbing.

- Physiologic differences in the circulation between the finger or palm (at the base of the thumb) and other test sites like the forearm, upper arm, top of hand, thigh, and calf may result in differences in blood glucose measurements from these test sites and your finger or palm (at the base of the thumb). Differences in blood glucose measurement between the other test sites and your finger or palm (at the base of the thumb) may be observed after eating, insulin medication, or exercise.

Lancing Your Finger

a. Set the depth setting on the lancing device to its shallowest depth (1).

b. Lightly touch the lancing device (with the dark cap) against your fingertip.

c. Press the release button.

d. Gently squeeze your finger, if needed, until a blood drop the size of a pinhead forms (**example: •**).
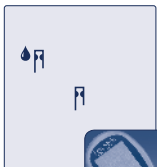
3 **Filling the Test Strip with Blood**

a. Make sure that the test strip is in the meter and the meter is powered on and the Blood Drop and Test Strip Symbols are showing. (If the meter is powered off, take out the test strip and reinsert into the meter.) You are now ready to apply the blood sample.

b. Bring the test strip to the blood sample at a slight angle.

Important: Use only one Test Strip Edge per test. Do not apply blood to both edges, or you may get an inaccurate result. Test strips may be used only once. Discard used test strips.

c. The test strip acts like a sponge and pulls the blood into the strip through the Test Strip Edge.

Test Strip Edge

STOP
- **Do not** *press* the test strip against the test site.
- **Do not** scrape the blood onto the test strip.
- **Do not** apply blood to the flat side of the test strip.
- **Do not** apply blood to the test strip when the test strip is out of the meter.
- **Do not** put blood or foreign objects into the test strip port.

4

Waiting for Result
- Do not pull the test strip away until you see the short line moving clockwise on your meter screen and you may hear *one* beep (if your sound volume is on). This means you have enough blood and the meter is reading your glucose.

- If after five seconds your meter does not show a short line moving around the display screen, the sample may be too small. You may add blood to the same Test Strip Edge from which you started for up to 60 seconds from the time of the first application.

- Your blood glucose test result is shown on the display screen. If the sound volume is on you will hear two beeps.

- The time that the meter takes depends on your blood glucose level. The higher your glucose level, the longer it takes to get a result.
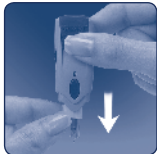
5 **Removing the Lancet**

When you have finished testing, snap off the cap from the lancing device.

Pinch the white clip that holds the lancet until the lancet falls out.

Potential Bruising

It is possible you may experience bruising at the test site. If bruising does occur, you may choose to lance another test site.

Maintenance

Use isopropyl alcohol or soap and water to wipe the outside of the lancing device. If you wish, remove the cap, wash it in warm water and rinse well.

Important: Do not immerse the body of the lancing device in water or any other liquid.

LO and HI Readings

Important: Low or high blood glucose readings can indicate a potentially serious medical condition. The FreeStyle Freedom™ Meter displays test results from 20 to 500 mg/dL.

```
LO
1:28 03- 12
```
LO Reading

If your test result is lower than 20 mg/dL, LO will appear on the meter display screen. This reading indicates severe hypoglycemia (low blood glucose).

LO Reading *with* Symptoms
IF you have a LO reading and have symptoms such as weakness, sweating, nervousness, headache, or confusion, **THEN** follow your doctor's recommendations to treat hypoglycemia.

LO Reading *without* Symptoms
IF you have a LO reading, but have no symptoms of low blood glucose, **THEN** retest with a new test strip on your fingers or palm (at the base of the thumb). If you still have a LO reading, follow your doctor's recommendation to treat hypoglycemia.

```
HI
1:28 03- 12
```
HI Reading

If your test result is higher than 500 mg/dL, HI will appear on the meter display screen. This reading indicates severe hyperglycemia (high blood glucose).

HI Reading *with* Symptoms
IF you have a HI reading and have symptoms such as fatigue, thirst, excess urination, or blurry vision, **THEN** follow your doctor's recommendation to treat hyperglycemia.

HI Reading *without* Symptoms
IF you have a HI reading, but have no symptoms of high blood glucose, **THEN** retest with a new test strip. If you still have a HI reading, follow your doctor's recommendation to treat hyperglycemia.

Meter Set-Up

Setting Up Your Meter

- ***To Enter Setup Mode***
  Start with the meter off (and no test strip inserted). Press and firmly hold the "**m**" (mode) button until the set display screen appears. The first set screen is "Alarm Settings".

- ***To Exit at Any Time***
  Press and hold the "**m**" button until the meter powers off.

- ***To Move Through the Screens***
  Press the "**m**" button to move through all the setup screens such as sound level, time, date, and so on.

- ***To Change Settings Within the Screen***
  Press the "**c**" (configure) button.

Setting the Alarms

There are four alarms that you can set. When an alarm goes off, you hear the sound for up to 15 seconds. You can silence the alarm by pressing either the "**m**" or "**c**" buttons or by inserting a test strip. You may set up any or all of the alarms (1-4).

Note: An alarm will never sound during a test.

To set an alarm or multiple alarms follow these steps:

Select alarm

1. With the "0" blinking, press the "**c**" button to review the current alarm settings.

   To move to the first alarm press the "**c**" button once; "1" will blink. You are now ready to set alarm 1.

Note: Press the "**m**" button when "0" is blinking to move to the next set-up screen without setting any alarms.

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Select hour

2. Press the "**m**" button to move to the hour setting.
3. With the hour blinking, press the "**c**" button until the correct hour appears.

Select minute

4. Press the "**m**" button to move to the minute setting.
5. With the minute blinking, press the "**c**" button until the correct minute appears.

Select alarm volume

6. Press the "**m**" button to move to the alarm volume setting. Default setting is off.
7. Press the "**c**" button to select the desired volume setting: low, high, or off.
8. Press the "**m**" button to finalize your alarm setting. This will bring you back to the alarm setting 𝖲𝖤𝖳 mode.

   If you wish to set multiple alarms press "**c**" to move to alarm 2. Repeat steps 2-8 to set each of the 4 alarms.

Note: Press the "**m**" button when "0" is blinking to move to the next set-up screen without setting any alarms.

Setting the Sound

Off   Low   High

There are three sound volume options to let you know when the test strip is full, when the reading is done, and when an error occurs:

1. Press the "**c**" button until the desired sound level appears.

2. Press the "**m**" button to move to "Setting the Time."

Setting the Time

1. With the hour blinking, press the "**c**" button until the correct hour appears. The default for the meter is the 12-hour time format. The "**P**" displays for "PM" times.

2. Press the "**m**" button to move to minute setting.

3. With the minute blinking, press the "**c**" button until the correct minute appears.

4. Press the "**m**" button to move to "Setting the Time Format."

Setting the Time Format

1. With the hour mode blinking, press the "**c**" button to move between 12-hour and 24-hour format. The time automatically updates to the format selected.

2. Press the "**m**" button to move to "Setting the Date."

Setting the Date

1. With the month blinking, press the "**c**" button until the correct month appears.
2. Press the "**m**" button to move to the day setting.

3. With the day blinking, press the "**c**" button until the correct day appears.
4. Press the "**m**" button to move to the year setting.
5. With the year blinking, press the "**c**" button until the correct year appears.
6. Press the "**m**" button to move to "Setting the Date Format."

Setting the Date Format
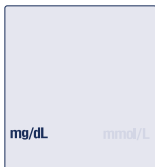
Year-Month-Day

1. With the date blinking, press the "**c**" button to select month-day or day-month format. The date automatically updates to the format selected.
2. Press the "**m**" button to move to the "Unit of Measurement."

Year-Day-Month

Unit of Measurement

1. The Unit of Measurement for your FreeStyle Freedom™ Meter is milligrams per deciliter (mg/dL).

2. Press the "**m**" button to move to "Software Version Display."

Software Version Display

This is the software version programmed in your FreeStyle Freedom™ Meter. It is for display only, and cannot be changed. The picture here is an example. Your meter may have a different number.

You have completed Meter Set-Up.

• To move to "Setting the User Alarms" press the "**m**" button.

• To exit press and hold the "**m**" button.

Meter Results

Meter Memory

- ***To Enter***
  Start with the meter off (no test strip inserted). Press the "**m**" button and release; the first memory screen to appear will be your 14-day average.

- ***To Exit at Any Time***
  Press the "**m**" button until the meter powers off.

14-Day Average

The first memory display screen you see is your 14-day average. This includes all the readings from the last 14 days starting from the current date and time shown on the meter. (Control solution, LO and HI readings are not included in the average.)

14d avg = your 14-day average
n = indicates the number of test results included in your 14-day average.

Test Results

The meter stores the last 250 test results with time and date. You may scroll through all of the test results by pressing and holding the "**c**" button. The first test result you see is the most recent.

As you continue to push the "**c**" button the meter will scroll back to older test results. Eventually it will scroll to the most recent test result.

Temperature: A test result with a thermometer symbol indicates that the reading was taken outside of the meter's specified operating temperature range and may be less accurate. This value is included in your 14-day average.

ENGLISH

Test Results *(cont)*

LO Reading: A LO reading (under 20 mg/dL) is included in the memory; it is **not** included in your 14-day average. Values under 20 mg/dL are recorded in memory as LO.

HI Reading: A HI reading (over 500 mg/dL) is included in the memory; it is **not** included in your 14-day average. Values over 500 mg/dL are recorded in memory as HI.

Blood Glucose Test

A test result without a control solution symbol (⊲◼) indicates that it is a blood glucose reading. The date and time of the test will appear on the bottom of the screen.
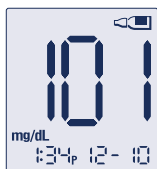
Control Solution Test

A value with a control solution symbol (⊲◼) indicates that you have marked this reading as a control solution test.

This result is **not** included in your 14-day average. The date and time of the control solution reading will appear on the bottom of the screen.

Transferring Data

The "PC" symbol displays when a data cable is inserted in the meter data port. You cannot perform a test while the data cable is in the meter data port.

The meter will display "PC" until the cable is removed from the data port. (Requires FreeStyle Data Cable and FreeStyle data management software or other software programs that accept FreeStyle Freedom data.)

For more information, please go to our website or call Customer Care. 31

Meter Maintenance

Battery

Your FreeStyle Freedom™ Meter comes with one #2032, 3 volt, lithium battery installed. The battery provides enough power to perform about 1,000 tests. If your battery runs low, the battery symbol ( ) appears on every display screen until you change the battery.

Important: When this symbol appears, you should replace the battery immediately.

- To avoid losing the time and date settings, replace the battery *within one (1) minute* of removing the old battery.

- If you take more than one (1) minute to replace the battery, you must reset the time and date to get the correct 14-day average.

- If the time and date settings are not reset, test results will be stored in memory with a time of 12:00 a.m. (00:00) and a date of 00-00.

- Removing the battery does not affect the meter's memory log or previously-stored user settings (for example, the calibration code and date format).
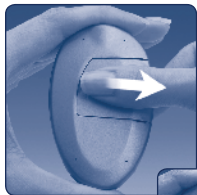
1 **Replacing the Battery**
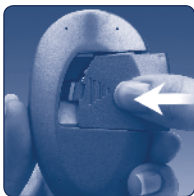

Turn the meter over. Slide the battery door to the right to open.
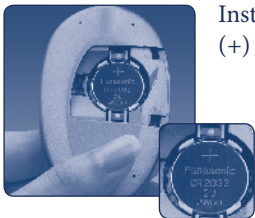
2 Install the battery with the positive (+) sign facing up towards you.

3 To close, slide the battery door in until it snaps into place.

Caring for Your Meter

Avoid getting dirt, dust, blood, control solution, water or any other liquid in the meter's test strip and data ports. Clean the outside of the meter using a cloth dampened with one of the following:

- Mild detergent/mild soap and water.
- 70% isopropyl alcohol.
- A mix of one part household bleach, nine parts water.

Important: *Never the immerse the meter in water or any other liquid.*

System Troubleshooting

Error Messages

Er 1

Error 1

Possible Causes

- Sample is too small.
- Problem with the test strip.
- Problem with the meter.
- **Very** low blood glucose (less than 20 mg/dL).

What You Should Do

1. If you have symptoms such as weakness, sweating, nervousness, headache, or confusion, follow your doctor's recommendation for treating hypoglycemia.

2. Conduct a control solution test using a new test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new test strip.

3. If the retest using control solution does not work, or the error persists, call Customer Care.

Error 2

Possible Causes

- Problem with the test strip.
- Problem with the meter.
- **Very** high glucose (above 500 mg/dL).
- HIGH control solution applied when temperature is too cold.
  (This applies only to control solution that is labeled as HIGH.)

What You Should Do

1. If you have symptoms such as thirst, fatigue, excess urination, or blurry vision, follow your doctor's recommendation for treating hyperglycemia.

2. Conduct a control solution test using a new test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new test strip.

3. If the retest using control solution does not work, or the error persists, call Customer Care.

Error 3

Possible Causes

- Incorrect test procedure. For example, putting blood on the test strip before inserting the test strip into the meter, or blood applied before the Blood Drop and Test Strip Symbols display.
- Problem with the test strip.
- Problem with the meter.

What You Should Do

1. Be sure you see the Blood Drop and Test Strip Symbols on the display screen before you apply blood or control solution.
2. Conduct a control solution test using a new test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new test strip.
3. If the retest using control solution does not work, or if the error persists, call Customer Care.

Error 4

Possible Causes

- Problem with test strip.
- Problem with the meter.

What You Should Do

1. Conduct a control solution test using a new test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new test strip.
2. If the retest using control solution does not work, or if the error persists, call Customer Care.

Error 5

Note: Error 5 is not used.

Error 6

Possible Causes

A button on the meter was pushed when applying blood sample or control solution.

What You Should Do

1. Retest using a new test strip. Do not touch the "**m**" or the "**c**" button while applying blood or control solution to the test strip.

2. If the error persists, call Customer Care.

Troubleshooting

ISSUE: Meter does not power on after inserting a test strip.

Probable Cause	What to Do
The battery is dead.	Replace the battery and reset the date and time (if necessary).
The battery is installed incorrectly.	Check that the battery is installed correctly with the positive (+) sign facing upward, toward you.
There is no battery in the meter.	Install battery.
Test strip inserted upside down, wrong end in, or incompletely inserted into the meter.	Insert the test strip with the printed side up and the top of the strip in the meter. Make sure the test strip is fully inserted.
Defective meter or test strips.	Call Customer Care.
Blood or foreign objects put into test strip port.	Call Customer Care.

ISSUE: Test does not start after applying the blood sample.

Probable Cause	What to Do
Blood sample is too small.	You may add blood to the Test Strip Edge for up to 60 seconds from the time of the first application. If necessary, perform another test using a new test strip and a larger blood sample.
Defective test strip.	Repeat the test with a new test strip.
Sample applied after automatic shutoff (two minutes).	Repeat the test using a new test strip. Wait until you see the Blood Drop and Test Strip Symbols on the display screen before you apply the blood sample
Defective meter or test strips.	Call Customer Care.

FreeStyle Freedom™ System Specifications

Assay Method	Coulometric electrochemical sensor
Automatic Shutoff	Two minutes after last user action
Battery Life	1,000 tests
Calibration	Plasma equivalent
Hematocrit	15% to 65%
Measurement Units	mg/dL (milligrams per deciliter)
Meter Storage Temp.	-4º to 140º F (-20º to 60º C)
Memory	250 blood glucose and control solution tests with date and time
Operating Relative Humidity	5% to 90% (non-condensing)
Operating Temperature	40º to 104º F (5º to 40º C)
Power Source	One #2032 battery, 3 volt lithium replaceable
Result Range	20 to 500 mg/dL
Sample	Whole blood, capillary
Sample Size	0.3 microliter (300 nanoliters)
Size	Width 2.00" x Length 3.30" x Thickness 0.63" (at thickest point)
Test Time	Average of 5 seconds
Weight	1.43 oz. (including battery)

Abbott Diabetes Care Inc.
1360 South Loop Road
Alameda, CA 94502

Customer Care is available 24 hours a day, 7 days a week.
El departamento de atención al cliente está disponible las 24 horas
del día, 7 días a la semana.

www.AbbottDiabetesCare.com

Call Customer Care
Toll Free at 1-888-522-5226

Llame al teléfono gratuito de atención
al cliente: 1-888-522-5226