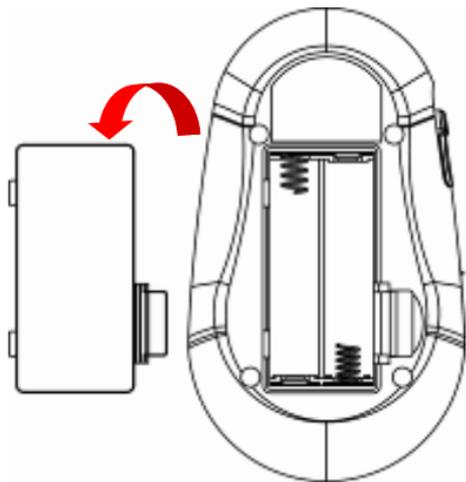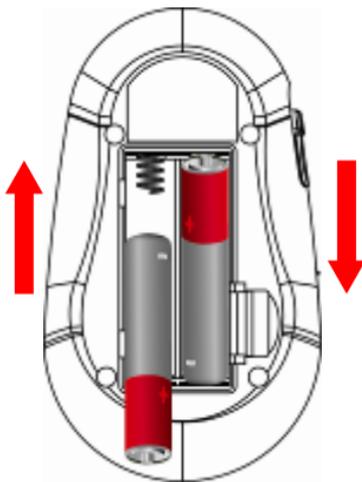# EME

Self-Monitoring Blood Glucose System

Quick Reference Guide
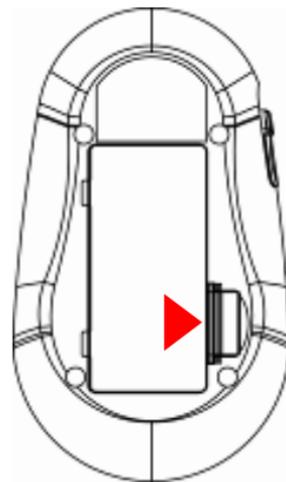
Inserting Batteries

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.
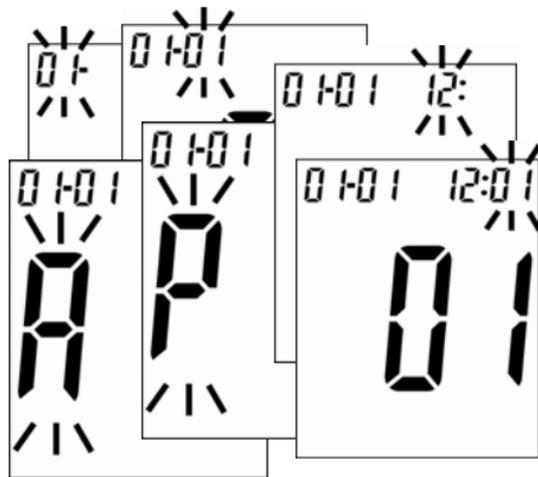
2. Insert two batteries and the meter beeps.

3. Put the battery door back in place and snap it closed. The meter turns on automatically.

Setting The Time and Date

Setting the current time and date in your meter is important if you use the meter memory.
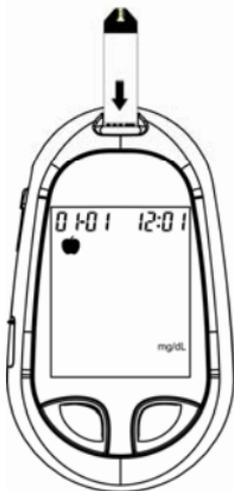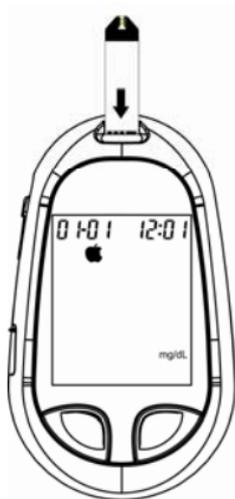

1. Press ➜ (right button) to turn the meter on.

2. The display shows the last 2-digit of the year that flashes at the top of display as well. Press ← (left button) to adjust the year and press ➜ (right button) to confirm the setting.

3. Repeat step 2 to set the date and time. The flashing field is the one you are currently setting. (A=AM, P=PM)
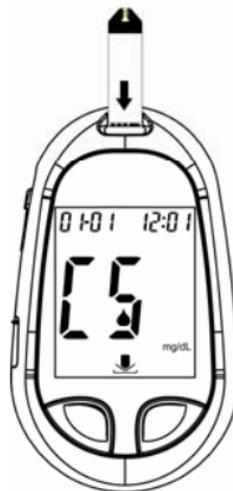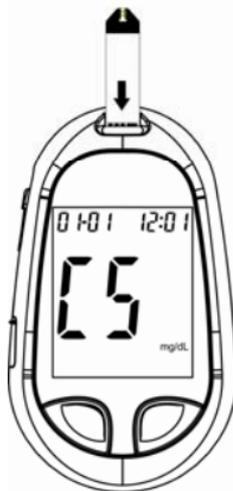
3

Running a Control Solution Test

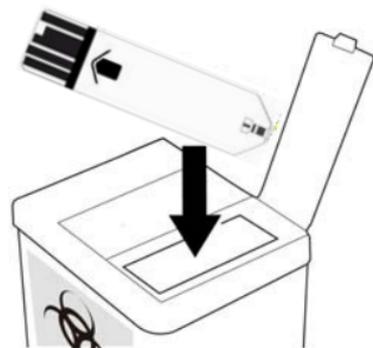You need the meter, a test strip, and control solution.
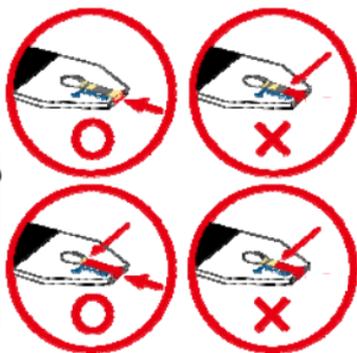

1. Put a test trip into the meter as the direction of the arrow on the test strip. The meter turns on automatically.

2. Press ← (left button) to set ● (AC), ● (PC) or CS Mode, then press → (right button) to confirm the setting.

3. The icons ↓ (insert strip) and ● (apply blood) show themselves.

4. Place the meter on a flat surface, like a table.

5. Remove the control solution bottle cap and wipe the tip of the bottle with a tissue.

6. Squeeze the bottle until a tiny drop forms at the tip of the bottle.

7. Touch the drop to the Blood collection area at the tip of the test strip. **Do not put control solution on top of the test strip.**

8. The meter starts to count down from 5 seconds and then shows the test result.

9. Do not remove the test strip yet. Check if the reading falls within the range printed on the test strip bottle.

10. Push the Strip Ejector to Remove the test strip.

11. Throw the test strip away after you have compared the reading to the range printed on the test strip bottle.
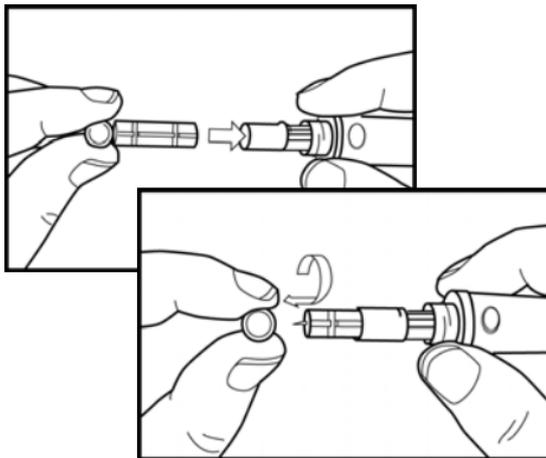
⚠️ **Be aware that there are Normal and High ranges listed on your test strip bottle. The Normal and High refer to the three different control solutions that are available. Please be sure that you are looking at the correct range.**
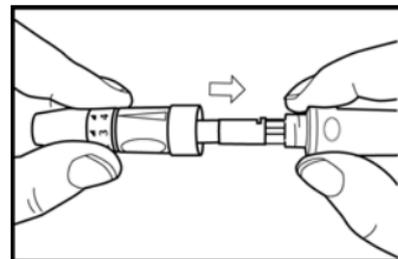
Inserting a Lancet into the Lancing Device

You must first load the lancet into the lancing device to get it ready for use.
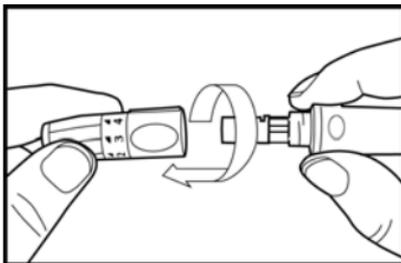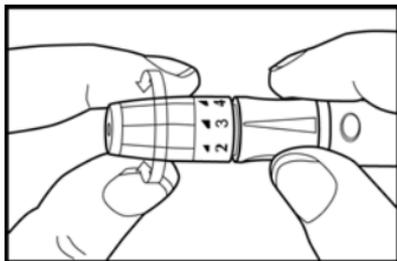
1. Unscrew the Cap.

2. Insert the lancet into the lancing device firmly then twist off the protective cover.
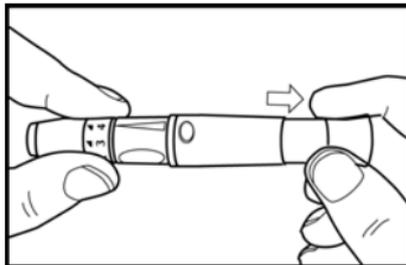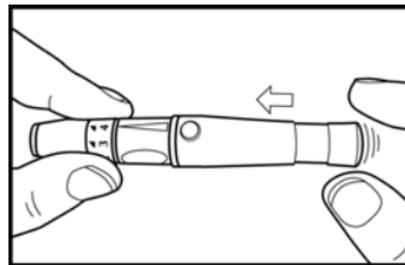
3. Recap the front cap.

⚠

Lancets are for use only and a new, sterile lancet should be used each time you perform a test.

4. Select the desired penetration depth.

5. Pull on the sliding barrel of the lancing device until it clicks and then release.
Now the lancing device is ready.
Do not prick your finger until your meter and strip are prepared.

6. Set the lancing device aside until later in the test.

⚠️

1. Select 1-2 for soft or thin skin, 3 for average, and 4-5 for thick or calloused skin.
2. Lancing device and lancets are not to be shared between users. Sharing lancing devices and lancets may transmit blood borne pathogens, such as viral hepatitis.
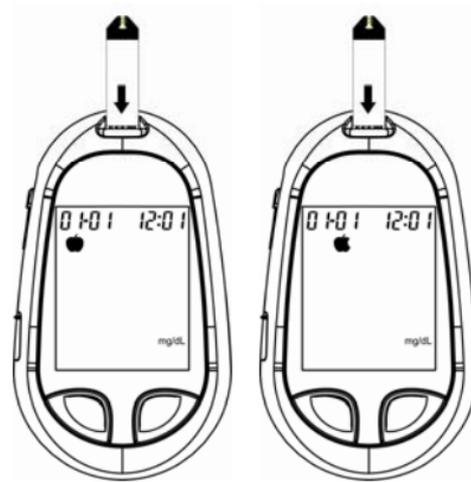
Running a Blood Glucose Test with Blood from Your Fingertips

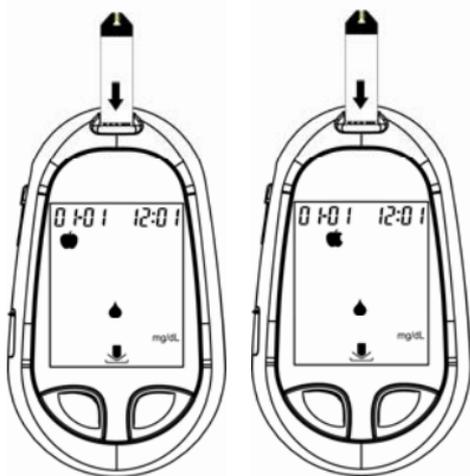**1.** Wash your hands with soap and warm water. Rinse and dry thoroughly.

2. Put a test strip into the meter in the direction of the arrow. The meter turns on automatically.
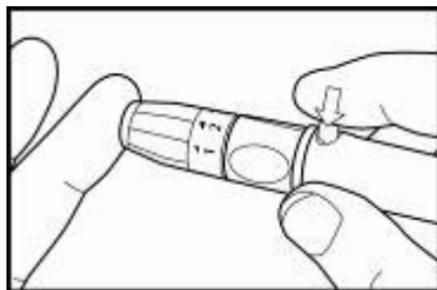
**3.** Press ← (left button) to set 🍎 (AC) or 🍎 (PC) Mode, then press → (right button) to confirm the setting.

⚠️ **You can also turn on the meter by inserting a test strip.**

4. The icons ⍖ (insert strip) and ● (apply blood) show themselves.
When the blood drop flashes on the display, obtain a drop of blood from your finger.

5. Hold the lancing device firmly against the side of your finger. Press the trigger button. Then remove the lancing device from your finger.
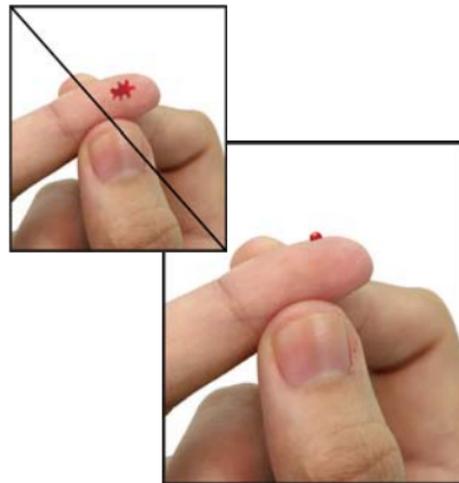
6. Gently squeeze and/or massage your fingertip until a round drop of blood on your fingertip.

7. Wipe away the first drop with a tissue and use the second drop.

⚠ **Please make sure to apply blood when the blood drop appears on the display.**
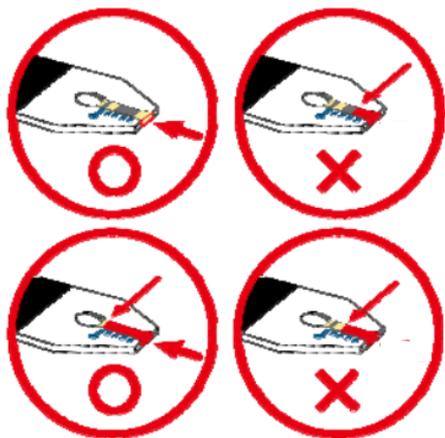
8. Touch the drop to the tip of the transparent window of the test strip.
Do not put blood on top of the strip.
Be sure to get enough blood in the strip's confirmation window. Otherwise, an inaccurate reading may yield.

9. The meter starts to count down from 5 seconds and then shows the test result.
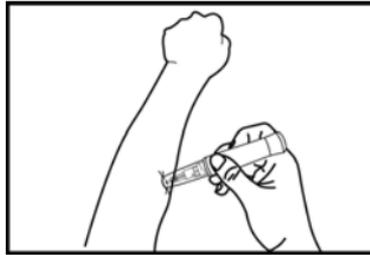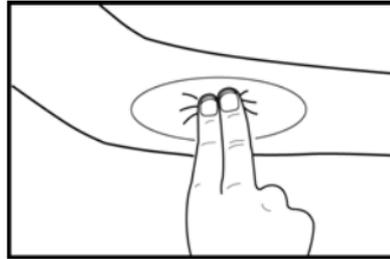
10. Push the Strip Ejector to remove the test strip.
11. Throw it away after you have compared the reading to the range printed on the test strip bottle.

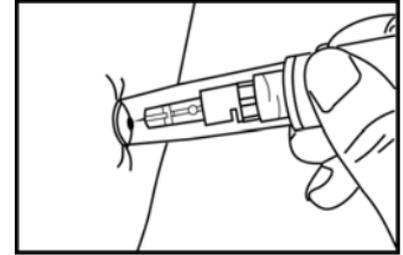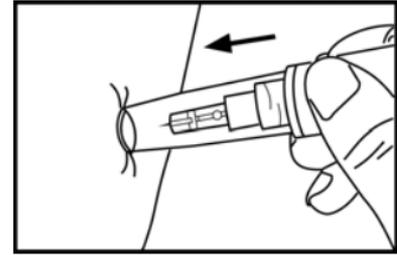## Running a Blood Glucose Test with Blood from Your Forearm

Please use the clear cap with the lancing device for AST testing.
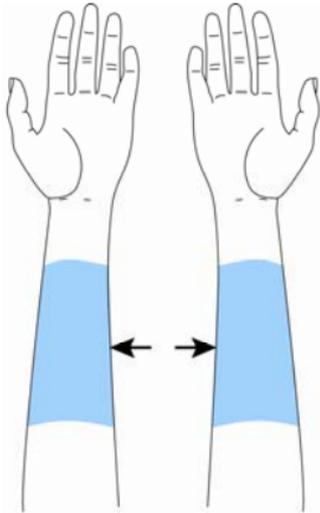
**1.** This graphic shows where the meter cleared for alternate site testing.

2. Massage the puncture area of forearm for a few seconds.

3. Press and hold the device with a clear adjustable tip against the forearm.

4. Press the trigger button to activate the lancing device.

5. Hold the device against forearm and increase pressure until the blood sample size is sufficient.

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Running a Blood Glucose Test with Blood from Your Palm
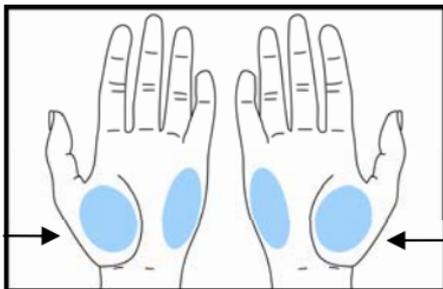
1. Massage the puncture area of palm for a few seconds.

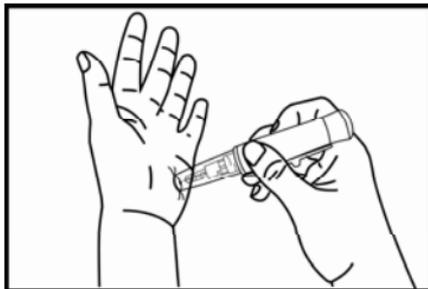**2.** Press and hold the device with a clear adjustable tip against the palm.

3. Press the trigger button to activate the lancing device.
4. Hold the device against palm and increase pressure until the blood sample size is sufficient.
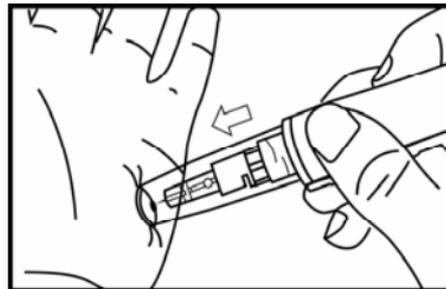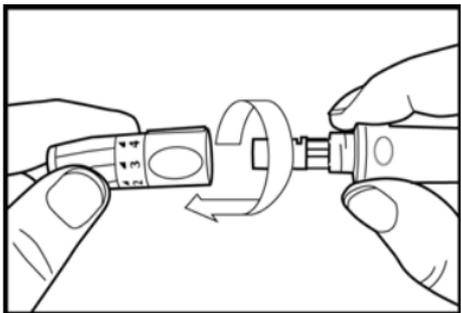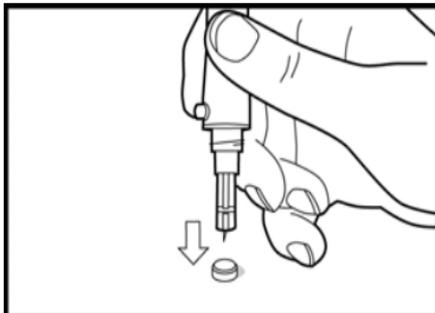
1. Check with your healthcare professional before testing sites other that the fingertip.
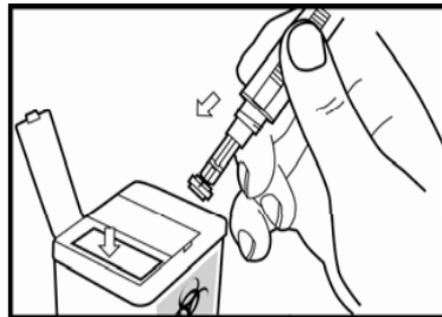**2. Please do NOT use the first drop of blood sample.**

Discarding Used Lancets

1. Unscrew and remove the cap.


2. Without touching the used lancet, stick the lancet tip into its protective cover.

3. Pointing the lancing device toward a container for sharp or biohazard material, slide the ejection button up to release the covered lancet into the container.

Viewing Test Results

The meter provides 7, 14, 30 and 90 days averaging to help track your blood glucose result soundlessly.
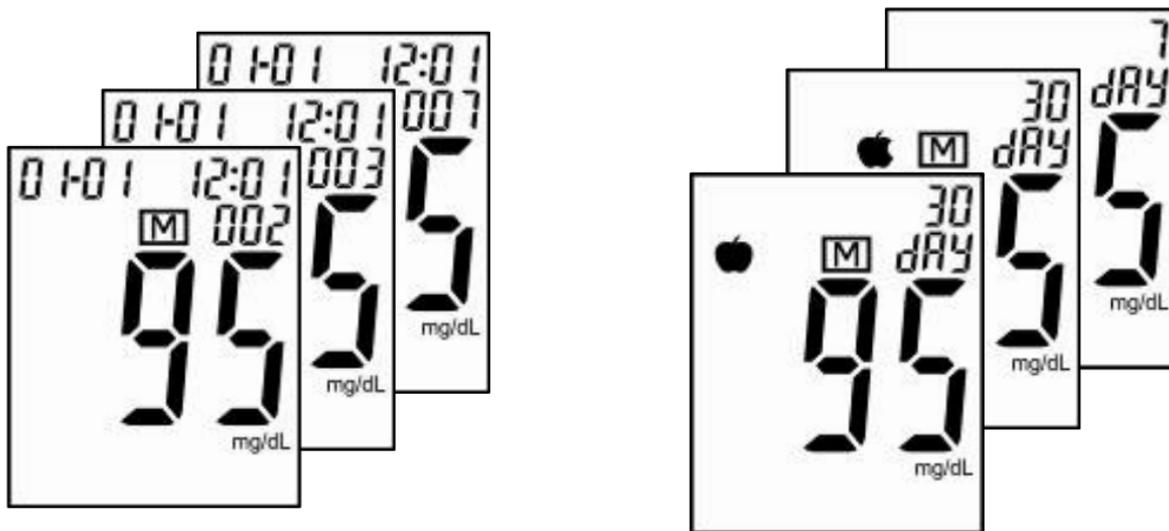
1. Press → (right button) until turning the meter on.
2. Press ← (left button) to view the latest test result.
3. All results are shown in turn from records of M480 to M001.

4. Press →to view averages of 30day-AC/PC and 7/14/30/90 days.

Screen Messages and Troubleshooting

Never make treatment decisions based on an error message. If you have any concerns, please contact your healthcare provider.
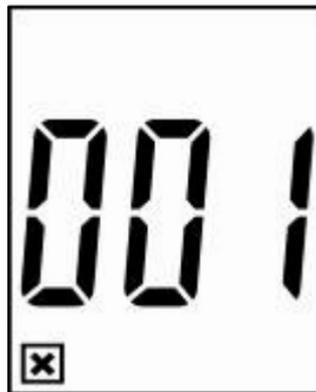

Humidified/Used strips
Action: Replace with a new strip.

Low power
Action: Replace with new batteries.

System fault
Action: Replace the batteries first. If **ERROR 001** appears again, please contact your local dealer.

System fault
Action: Replace the batteries first. If Err appears again, please contact your local dealer.

Test result is higher than 630 mg/dL (35.0 mmol/L).
Action: Test again. If the result is still the same, try a control solution test and if the control solution test falls within the correct range, please call your healthcare provider.

**The test result is lower than 20 mg/dL (1.1 mmol/L).**
Action: Test again. If the result is still the same, try a control solution test and if the control solution test falls within the correct range, please call your healthcare provider.

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Err message. Not enough sample was drawn into the test strip for measurement.
Action: Discard the test strip and repeat the test..

The "Ht" and thermometer icon appears. Temperature is too high, outside the required range of 10°C - 40°C (50°F - 104°F). This alerts users that an incorrect result may occur if the test continues.
Action: Relocate the meter to a location with temperature between 10°C - 40°C (50°F - 104°F).
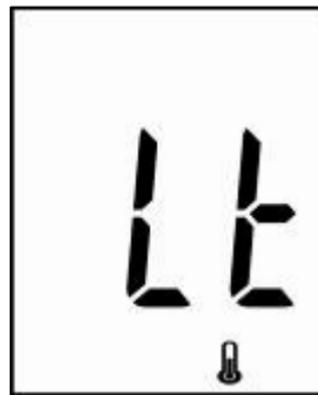
The "Lt" and thermometer icon appears. Temperature is too low, outside the required range of 10°C - 40°C (50°F - 104°F). This alerts users that an incorrect result may occur if the test continues.
Action: Relocate the meter to a location with temperature between 10°C - 40°C (50°F - 104°F).

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