

Glucometer

Readings should be taken at the time checked below:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours After Lunch	Before Dinner	2 Hours After Dinner	Before Bed

CRITICAL	Less than or equal to 54 mg/dL
OUT-OF-RANGE CONCERN	55 – 70 mg/dL (or with any reported symptoms)
LOW	71-79 mg/dL
NORMAL	80 – 130 mg/dL
HIGH	131 - 299 mg/dL
OUT-OF-RANGE CONCERN	300 – 399 mg/dL (or with any reported symptoms)
CRITICAL	Greater than or equal to 400 mg/dL

**Your blood sugar goal is 80-130 before meals and less than 180, two hours after meals (unless noted).
If your blood sugar is over 400 with NO OTHER SYMPTOMS contact us at 1-888-580-1060 to speak to a
HealthLinc nurse.**

If your blood sugar is 70 or under:

Eat 15 grams of carbohydrates and retake your blood sugar in 15 minutes, if it remains below 80, repeat until your blood sugar levels are 80.

Examples of 15 grams of carbs:

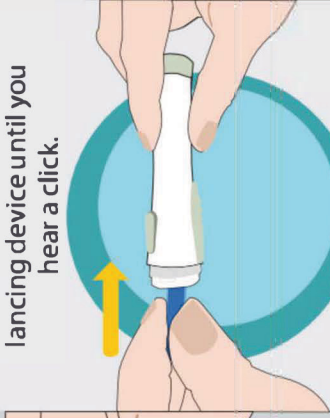
- ½ a banana
- ½ cup (4 oz) of orange juice
- 6 oz of regular (not diet) soda
- 1 tablespoon of honey
- 4-5 saltine crackers
- 3-4 glucose tablets

Call 911 or report to the emergency room if your blood sugar is over 400 AND YOU FEEL UNWELL (vomiting, drowsy or disoriented) OR person is unresponsive due to low blood sugar.

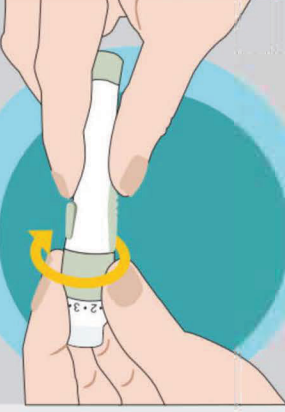
Wash your hands with a fragrance-free soap.



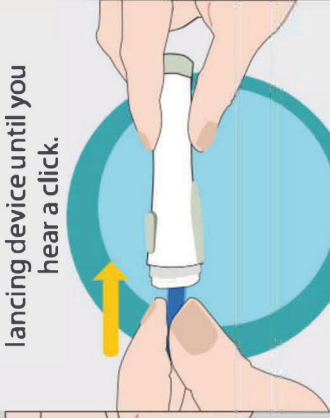
Firmly insert the lancet into the bottom half of the lancing device until you hear a click.



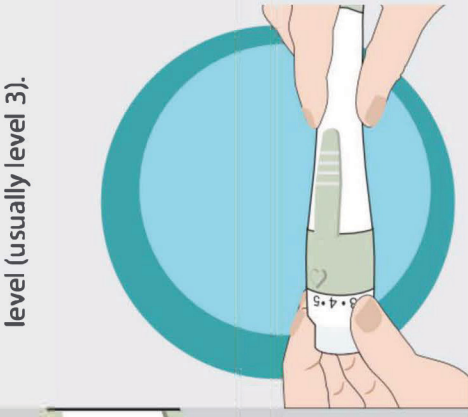
Screw the lancing device cap off.



The bottom grey portion of the pen must be pulled to lock the lancet in place.



Place the cover back and adjust the proper level (usually level 3).



1

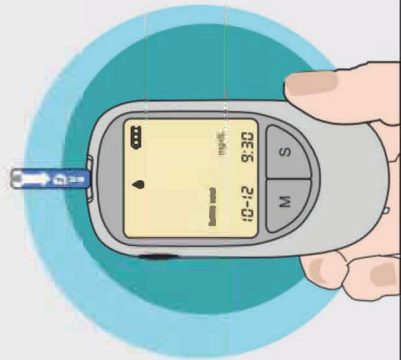
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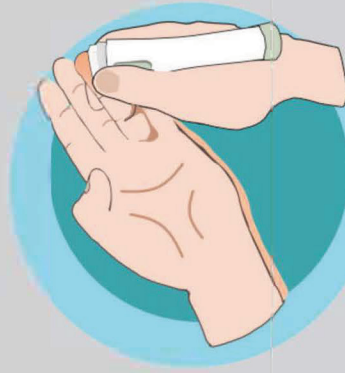
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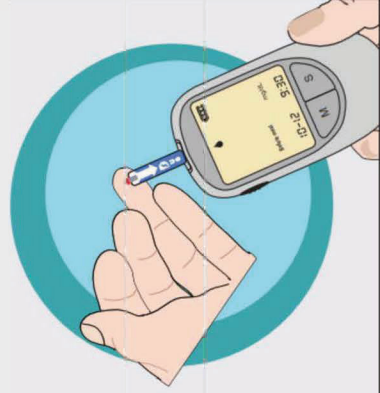
Make sure your device is not plugged in and insert a test strip, blue side facing up into your device.



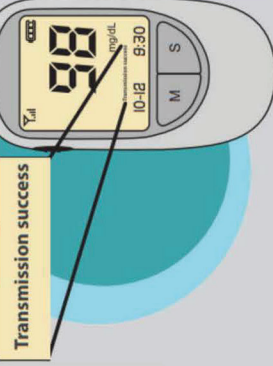
Squeeze finger until a slight change in color.



Then prick the side of your fingertip by pressing the button under the heart symbol.



Place the tip of the strip near the drop of blood. Hold until the blood enters the strip.



Countdown will begin and the left bottom corner will appear while flashing "in transit". Wait until your device displays "Transmission success" and it will shut off on its own.

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Eject the used test strip and push the ejection button to discard the used lancet in the plastic carton.

