

ONETOUCH[®]

Select[™]

Blood
Glucose
Monitoring
System

Easy to Use. Results You Can Trust.



**Read Me
First!**

Starter Guide

Setting up your meter

Taking a test

Starter Guide (This Guide)

This starter guide is designed to walk you through your first test with the OneTouch® Select™ system.

- Setting up your meter
- Taking a test (fingertip)

Owner's Booklet

Includes more detailed information, plus:

- Reviewing past results
- Alternate site testing
- Downloading results to a computer
- Control solution testing
- Care and maintenance/Battery
- Error and other messages
- Details about your system

Please read the detailed instructions in your OneTouch® Select™ Owner's Booklet carefully.

Package Inserts

Detailed information about your test strips and control solutions

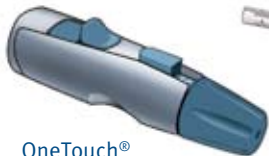
Setting up your meter

1. Have these things ready when you test

OneTouch® Select™
Meter (battery included)



Carrying Case



OneTouch®
Lancing Device



OneTouch®
UltraSoft®
Sterile Lancets



OneTouch® Select™
Test Strips
(sold separately)

2. Get to know your meter



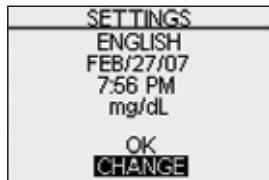
- Press **OK** for two seconds to turn the meter on and get to the main menu.
- Press and release **OK** to save your selections.
- Press **OK** for three seconds to turn the meter off.

Press **▲** or **▼** to scroll between menu options and highlight your choice.

3. Set the meter language, date and time

When you turn the meter on for the first time, the **SETTINGS** screen will appear on the meter display.

If your settings are not correct, highlight **CHANGE** and press **OK**.

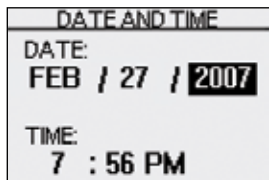


Setting up your meter

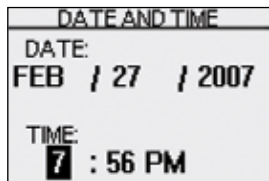
Now, press **▲** or **▼** to highlight the language of your choice and press **OK**.



In the DATE AND TIME screen, press **▲** or **▼** to change the year and press **OK**.



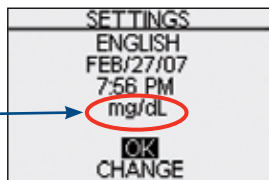
Next, press **▲** or **▼** to set the hour and press **OK**.



Repeat these steps to set the minutes and AM or PM.



If the settings are correct press **OK** to save them. If they are not correct, highlight CHANGE and press **OK** to start over.



➡ Confirm that the correct unit of measure mg/dL is displayed here.

4. Code the meter

- ➡ Matching the code on the meter and the code on the test strip vial is essential to obtaining accurate results.

Find the code that is printed on the test strip vial.

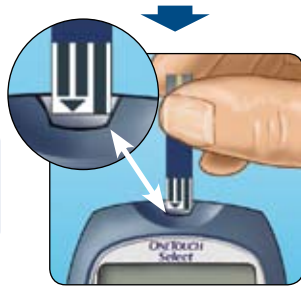
Insert a test strip this way to turn the meter on and display the code from your last test.

- ➡ A flashing “—” will appear on the display the first time you use your meter.

Press ▲ or ▼ to change the code on the meter to match the code on the test strip vial. Then, press **OK**.

If the codes already match, press **OK** to proceed to testing.

When no button is pressed after five seconds, the display will advance to the **APPLY SAMPLE** screen.



Taking a test (fingertip)

- Before testing, be sure to wash your hands and the puncture site.

1. Prepare the lancing device

Remove the blue cap by snapping it off.



Insert a sterile lancet, twist off the protective disk and snap the cap back on.




2. Get a blood drop

Adjust the depth setting by twisting the cap. Larger numbers are for deeper punctures. Slide the cocking control back to cock the lancing device.



Taking a test (fingertip)

Puncture your finger.

➡ See the Owner's Booklet  for complete information on using the OneTouch® Lancing Device and on alternate site testing.



Obtain a drop of blood.
Massage or squeeze your
fingertip as needed.

Do Not use a
blood sample
that smears or
runs.



3. Apply blood drop to test strip

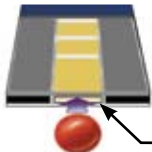
Move the meter and the test
strip toward the blood drop.

Do Not hold the
meter and test
strip underneath
the blood drop.

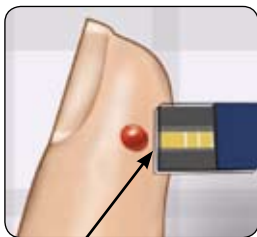


Taking a test (fingertip)

Line up the blood drop with the inner narrow channel on the test strip.



Narrow Channel



Gently touch the channel to the blood drop.

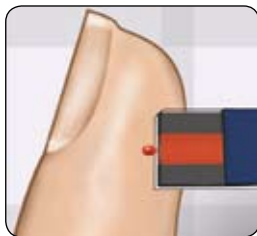
Do Not apply blood on the top of the test strip.



4. Wait for your result to appear on the meter

Blood will be drawn into the test strip and the confirmation window will fill completely.


Move the test strip away from the blood drop and wait for the meter to count down from 5 to 1.




- ▶ Be careful not to push the test strip against your fingertip or the test strip may not fill completely. If the blood sample does not fill the confirmation window completely, you may get an ERROR 5 message or an inaccurate result. Discard the test strip and start again with a new test strip.

Taking a test (fingertip)

Read your result on the meter.

- ▶ See the Owner's Booklet  for instructions on what to do if you get results that are higher than, lower than, or not what you expect.

Turn off your meter. Remove the test strip or press  for three seconds.



(Example)

5. Dispose of your used test strip and lancet

When you remove the used test strip, be sure to dispose of it properly.

Cover the exposed lancet tip with the protective disk. Then, remove the lancet and place it in a container for sharp objects.



Congratulations! You have successfully completed a glucose test with your OneTouch[®] Select[™] Meter.

Additional resources



www.LifeScan.com



Customer Service
1 800 227-8862

Call Customer Service toll-free,
24 hours a day, 7 days a week

English **1 800 227-8862**

Español **1 800 381-7226**

Or

Visit us at www.LifeScan.com



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