The OneTouch Verio® System

Quick Start Guide

The OneTouch Verio® Meter helps you better understand your results without any extra work.

START HERE

See Owner's Booklet for additional details. As your partner in diabetes care, we welcome you to contact us (7 days a week, 8 a.m. - 10 p.m. Eastern Time) at 1-888-567-3003 (English), 1-888-567-3010 (español), or www.OneTouch.com.

Get to know your system

Symbols on the display

🗨 High Pattern

🗨 Low Pattern

🔴 Above Range

🟢 In Range

🔵 Below Range

Ⓒ Control solution

OneTouch Verio® Test Strip
Side-fill design lets you apply a drop of blood to either side of the test strip.

It's the only test strip that works with your OneTouch® Verio® Meter.

OneTouch Verio® Meter
Large display makes it easy to see your results.

Color-coded range indicator helps you understand your results.

Side buttons make it easy to use.

OneTouch® Delica® Lancing Device
Designed for comfortable testing.

Apr 29   7:30 am

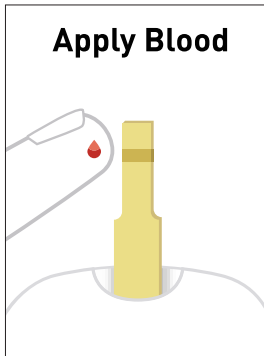**112** mg/dL

🟢 In Range

Buttons on the side

OK Press and hold to turn meter on/off; press and release to confirm a selection

⌃ Scroll up through screen entries
⌄ Scroll down through screen entries

↩ Press and release to go back; press and hold to go to Main Menu
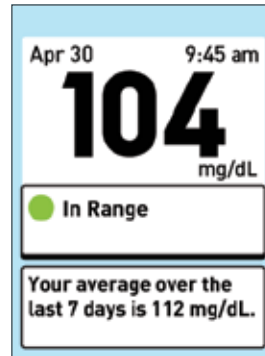
Get started testing

Apply Blood

Insert a test strip and wait for the **Apply Blood** screen to appear.

Get a drop of blood and apply it to either side of the test strip.

Wait for the meter to count down and display your glucose test result.

Apr 30   9:45 am

104 mg/dL

● In Range

Your average over the last 7 days is 112 mg/dL.

Messages will automatically appear to help you understand your results.

Your **7-Day Average** shows up automatically when you test two or more times over the past 7 days.

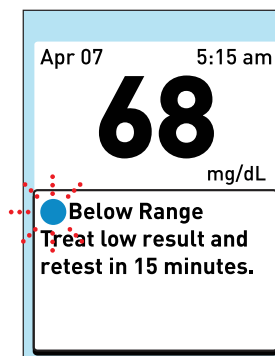## Know if you are in-range or out-of-range

● Above Range

● In Range

● Below Range

A colored dot and message appear below your result to let you know if you're within, below or above your range limits.
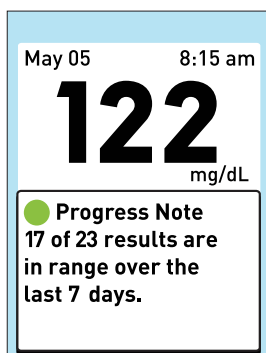
The range limits are the ones you set in the meter.

Apr 07   5:15 am

68 mg/dL

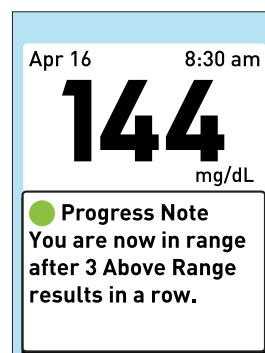● **Below Range** Treat low result and retest in 15 minutes.

Treat Low Result Message

When your result is below the low range limit, your meter will prompt you to treat and retest.

Know when you're making progress

May 05   8:15 am

122 mg/dL

● **Progress Note** 17 of 23 results are in range over the last 7 days.

Consistency Message

A **Consistency Message** tells you how often your past several results have been in range during the past 7 days.

Apr 16   8:30 am

144 mg/dL

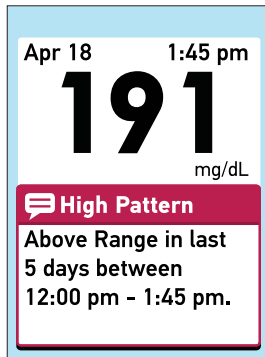● **Progress Note** You are now in range after 3 Above Range results in a row.

Achievement Message

An **Achievement Message** tells you when your current result is in range following three or more results in a row that were above your high range limit.
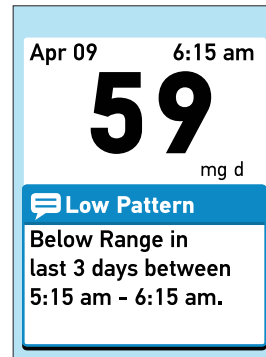
NOTE: The Progress Note (Consistency and Achievement) message must be turned on for these messages to be displayed.

Know when you've developed a pattern

Apr 18	1:45 pm

191
mg/dL

💬 High Pattern

Above Range in last 5 days between 12:00 pm – 1:45 pm.

High Pattern Message

High Pattern messages tell you when your results are consistently above your high-range limit around the same time of day.

Apr 09	6:15 am

59
mg d

💬 Low Pattern

Below Range in last 3 days between 5:15 am – 6:15 am.

Low Pattern Message

Low Pattern messages you when your results are consistently below your range limit around the same time of day.

NOTE: Pattern messages must be turned on for these messages to be displayed.

Know your glucose history

Results Log

mg/dL

Apr 30 11:52 am 💬	182
Apr 29 10:45 pm	98
Apr 29 7:30 am	115
Apr 28 10:12 am 💬	444

Review your individual glucose results on the Results Log screen.

Averages

mg/dL

7 Days 57 Results	115
14 Days 133 Results	160
30 Days 242 Results	190
90 Days 500 Results	130

Check your glucose averages over several time periods on the **Averages** screen.