Target Ranges

Your healthcare professional can tell you what blood glucose range is appropriate for you. It is very important to stay within your target range.

Target Ranges can be set from a lower limit of 60–100 mg/dL to an upper limit of 101–300 mg/dL.

Options	Function
Off	Arrow symbols for above, within, or below target ranges do not appear with the blood glucose results.
Single Range	Set lower limit and upper limit for the target range. You will be prompted to turn on Patterns if desired (see the **Patterns** section of this chapter for details).
2 Ranges	Set lower limits and upper limits for Before meal and After meal target ranges. You must mark your blood glucose results with a comment for the meter to detect above, within, or below Before Meal or After Meal test results (see the **Adding Comments to Blood Glucose Results** section in the chapter **Blood Glucose Tests** for details). You will be prompted to turn on Patterns if desired (see the **Patterns** section of this chapter for details).

When Target Ranges is **On**, the following symbols appear with blood glucose results.

Symbol	Meaning
	The blood glucose result is below the target range.
	The blood glucose result is within the target range.
	The blood glucose result is above the target range.

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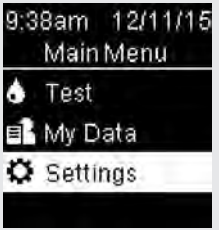
5 Meter Settings

Target Ranges

WARNING

This function is no substitute for hypoglycemia training by your healthcare professional.

1



Turn the meter on by briefly pressing OK. From **Main Menu**, press ▼ to highlight **Settings**. Press OK.

2

Press ▼ to highlight **More Options**. Press OK.

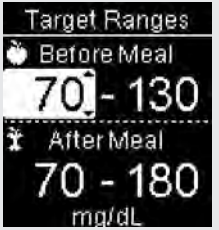
3

Target Ranges is highlighted. Press OK.

4

Press ▼ or ▲ to highlight **Off**, **Single Range**, or **2 Ranges**. Press OK to select an option (the example here is **2 Ranges**).

5



Press ▼ or ▲ to adjust the lower limit of the **Before Meal** target range. Press OK to set and move to the next field.

Continue to set the upper limit for the **Before Meal** target range and the lower and upper limits for the **After Meal** target range. Press OK.

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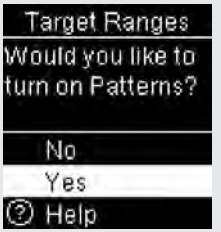
The ✓ appears next to the option you selected.

Press ↩ to return to the previous menu.



The meter may prompt you to turn on Patterns.

Press ▼ or ▲ to highlight **Yes** or **No**.

Press OK to set the option and return to the previous menu (see the **Patterns** section of this chapter for details).

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NOTE

Analyzing your blood glucose results stored in the meter is an effective way for you and your healthcare professional to determine how well you are controlling your diabetes. This analysis is a valuable tool for making improvements to your diabetes management. Use care when adding comments to blood glucose results. Incorrect comments can cause inaccurate patterns to be detected by the meter when Patterns is **On**.

Patterns

A Pattern is detected by the meter when 2 below-target (Low Pattern) or 3 above-target (High Pattern) test results with the same comment are detected within a 7-day period.

- The meter does NOT detect a pattern for the "Other" comment added to blood glucose results.
- It is very important to have the correct time and date set in the meter. Having the correct time and date setting helps ensure accurate interpretation of information by you and your healthcare professional.
- Only blood glucose results marked with comments will be included in Patterns. If LO or HI test results are marked with comments, the results become part of Patterns (see the chapter **Blood Glucose Tests** for more details).
- Target Ranges must be set in the meter to use Patterns. If Target Ranges are not set, the meter prompts you to set them.

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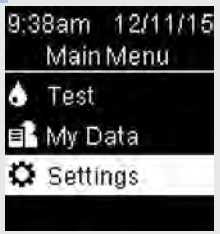
1



Turn the meter on by briefly pressing OK. From **Main Menu**, press ▼ to highlight **Settings**. Press OK.

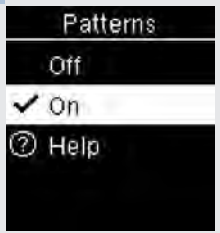
2

Press ▼ to highlight **More Options**. Press OK.

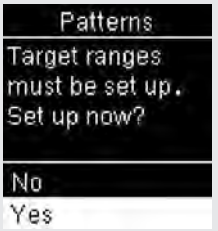
3

Press ▼ to highlight **Patterns**. Press OK.

4

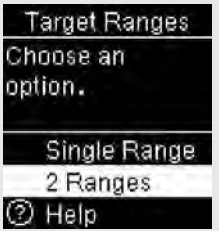


Press ▼ to highlight **On**. Press OK to move ✓ to the option. Press OK.



This message appears if Target Ranges is Off:
Press ▼ to highlight **Yes**. Press OK.

(To turn Patterns **Off**, select **No**. Press OK to return to **Patterns**.)



Target Ranges appears on the display. (See the **Target Ranges** section of this chapter for details on setting target ranges).

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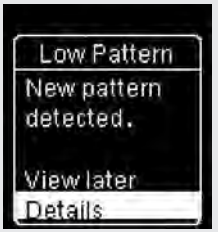
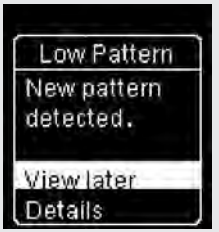
If Patterns is **On** and a new pattern is detected with a blood glucose result, a message appears on the display.



Press ▼ to select **Details** to view the blood glucose results that make up that pattern.

or



Press OK to highlight **View Later**.

Press OK to return to the previous screen.

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Reminders

You can set up to 4 general test Reminders per day to remind you to test. A series of beeps sound and is displayed for Reminders set in the meter.

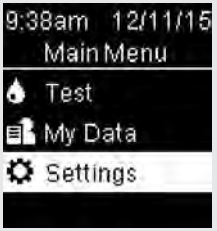
Reminders:

- turn off by inserting a test strip or pressing any button.
- are postponed until the next test reminder if a test was performed within 15 minutes of a test reminder.
- do not appear/beep if the meter is on at the test reminder time (including when the meter is connected to a USB cable).
- do not appear/beep if the meter is connected and communicating to a Continua Certified® manager.
- do not beep if the meter's beeper is set to off.
- do not appear/beep if the batteries need to be replaced.

Set Reminders

- Reminder times are pre-set in the meter for 8:00 am, 12:00 pm, 6:00 pm, and 10:00 pm. You may change reminder times by following the instructions below.
- If a general test Reminder is set for the same time as a Post Meal reminder, the Post Meal reminder will appear/beep instead of the general Reminder (see the **Post Meal Reminders** section of this chapter for details).

1

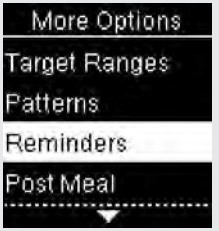


Turn the meter on by briefly pressing OK. From **Main Menu**, press ▼ to highlight **Settings**. Press OK.

2

Press ▼ to highlight **More Options**. Press OK.

3



Press ▼ or ▲ to highlight **Reminders**. Press OK.

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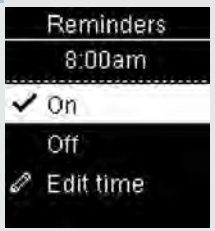
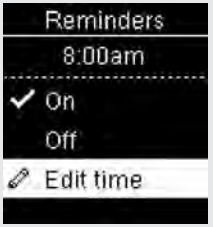
4

Pre-set reminder times appear on the display. Press ▼ to highlight a reminder time. Press OK.

5



The pre-set reminder time appears. Press ▼ or ▲ to select **On** or **Off**. Press OK to move ✓ to the option.



To change the Reminder time shown:

Press ▼ to highlight **Edit time**. Press OK.

Press ▼ or ▲ to adjust each field. Press OK to move to the next field. Press OK to return to the previous menu.

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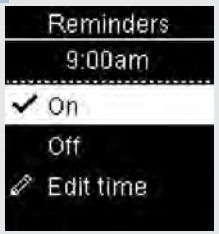
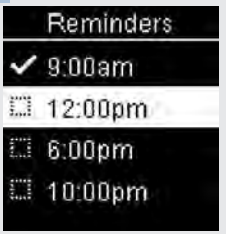
6



A ✓ indicates the reminder is set for the time shown and automatically set to **On**. To turn the reminder off, press ▼ to highlight **Off**.

Press OK to return to **Reminders**.

7



The reminder time appears.

Press ▼ to continue to set additional reminders or press ↩ to return to **More Options**.

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Post Meal Reminders

Post Meal reminders can be set to remind you to test again later when you add a Before Meal comment to a blood glucose result. When a reminder occurs, a series of beeps sound and is displayed.

Post Meal reminders:

- turn off by inserting a test strip or pressing any button.
- are postponed until the next test reminder if a test was performed within 15 minutes of a test reminder.
- do not appear/beep if the meter is on at the test reminder time (including when the meter is connected to a USB cable).
- do not appear/beep if the meter is connected and communicating to a Continua Certified® manager.
- do not beep if the meter's beeper is set to off.
- do not appear/beep if the batteries need to be replaced.

Set Post Meal Reminders

- Adding a Before Meal comment to a blood glucose result sets a Post Meal reminder in the meter.
- Marking blood glucose results with a Post Meal comment provides more information about your test results to help you and your healthcare professional in the management of your diabetes.
- Talk to your healthcare professional to determine your Post Meal test time.
- Select 1 hour, 1.5 hours, or 2 hours for Post Meal reminders to occur.

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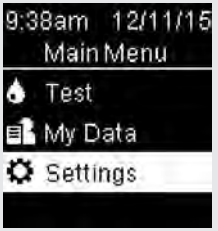
1



Turn the meter on by briefly pressing OK. From **Main Menu**, press ▼ to highlight **Settings**. Press OK.

2

Press ▼ to highlight **More Options**. Press OK.

3

Press ▼ to highlight **Post Meal**. Press OK.

5 Meter Settings

Post Meal Reminders

4

Press ▼ or ▲ to highlight **On**. Press OK to move ✓ to the option.

5

Press ▼ to highlight **Edit time**. Press OK.

6

Press ▼ or ▲ to highlight **1 hour**, **1.5 hours**, or **2 hours** after a meal for **Post Meal** reminders to occur.

Press OK to move ✓ to the option.

Press OK to set and return to the previous menu.

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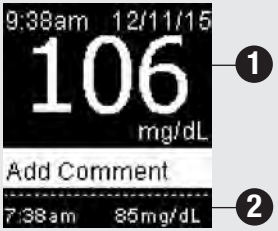
Last Result

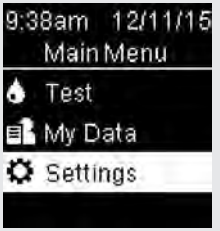
Select whether the previous blood glucose result appears with the current blood glucose result.
Test results older than 24 hours do not appear.



Off – only the current blood glucose result ❶ appears.

On – the previous blood glucose result ❷ appears with the current blood glucose result.

1



Turn the meter on by briefly pressing OK. From **Main Menu**, press ▼ to highlight **Settings**. Press OK.

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5 Meter Settings

Last Result

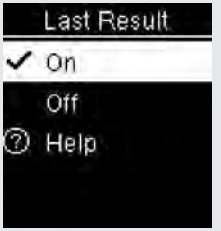
2

Press ▼ to highlight **More Options**. Press OK.

3

Press ▼ to highlight **Last Result**. Press OK.

4



Press ▼ or ▲ to highlight **On** or **Off**. Press OK to move ✓ to the option.

Press OK to set the option and return to the previous menu.

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