

HealthMate Smart Glucometer

QUICK START GUIDE



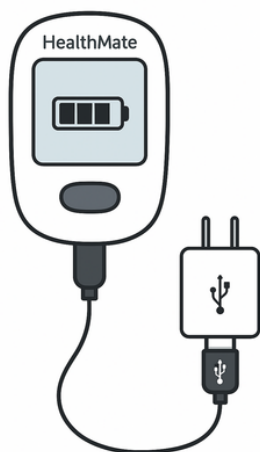
HealthMate Smart Glucometer

WHAT'S IN THE BOX

- Glucometer Device
- 10 Test Strips
- 10 Lancets
- USB Charging Cable
- Carrying Case
- Quick Start Guide



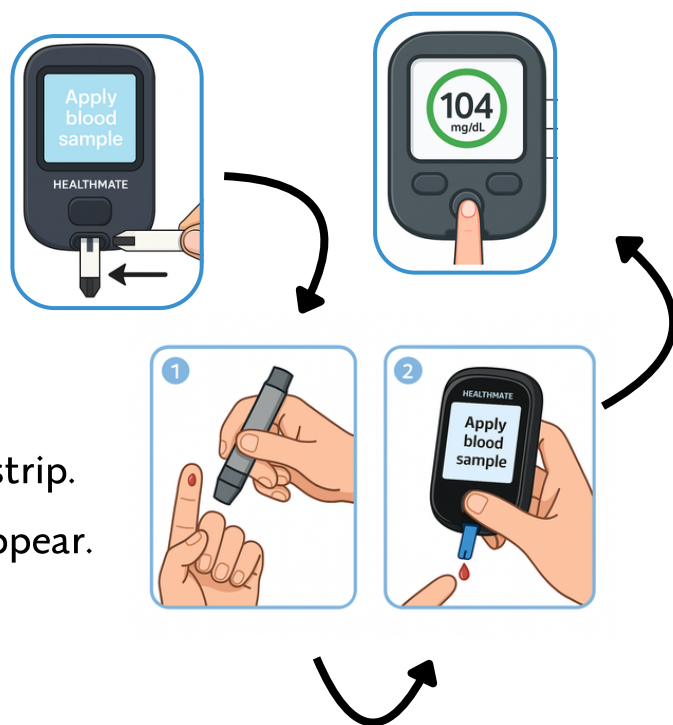
BEFORE YOU BEGIN



1. Charge the device using the USB cable provided.
2. Download the HealthMate app and pair via Bluetooth.
3. Wash and dry your hands before testing.

USING THE DEVICE

1. Insert a new test strip into the device.
2. Use a sterile lancet to prick your finger.
3. Apply a small drop of blood to the test strip.
4. Wait a few seconds for the reading to appear.

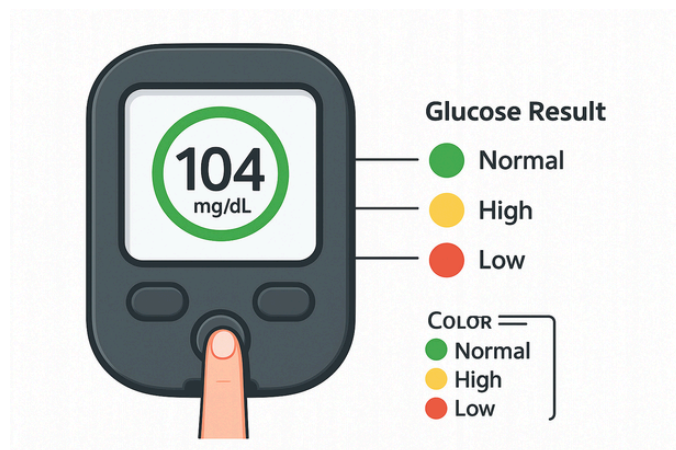


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UNDERSTANDING YOUR RESULTS

- Normal: 70–130 mg/dL (before meals)
- High: Above 180 mg/dL (after meals)
- Low: Below 70 mg/dL

Consult your doctor for medical advice.



SAFETY & MAINTENANCE TIPS

- Clean the device with a dry soft cloth.
- Store in a cool, dry place.
- Do not share lancets.
- Keep out of reach of children.

TROUBLESHOOTING

- E1 – Strip Error: Reinsert the test strip.
- E2 – Low Sample: Add more blood.
- Battery Icon – Recharge the device.



CUSTOMER SUPPORT

Phone: 1-800-555-1234

Email: support@healthmate.com

Website: www.healthmate.com

App: HealthMate Mobile App