

# HealthMate Smart Glucometer

## QUICK START GUIDE

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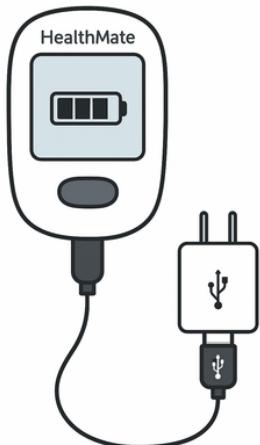
# HealthMate Smart Glucometer

## WHAT'S IN THE BOX

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



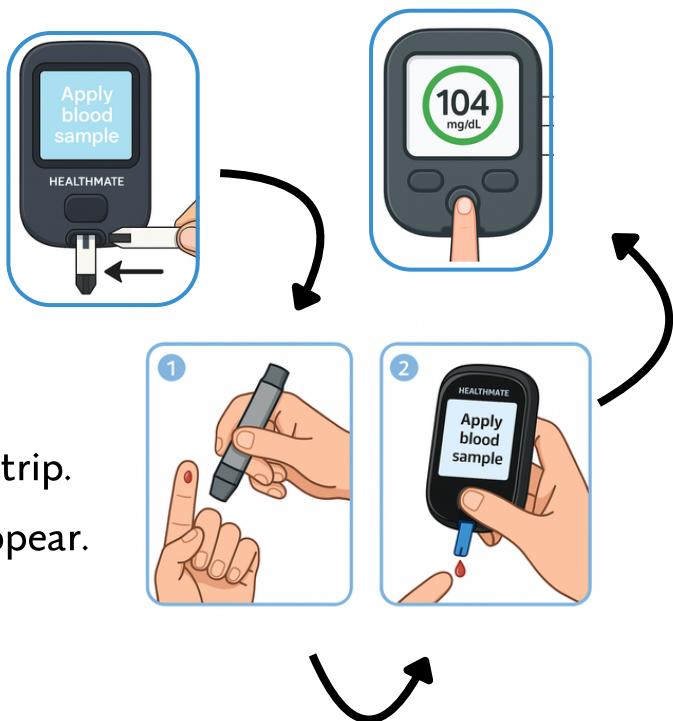
## BEFORE YOU BEGIN



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.

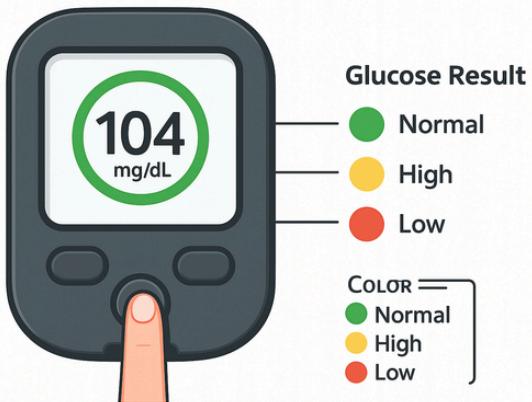


# HealthMate Smart Glucometer

## 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](http://www.healthmate.com)

App: HealthMate Mobile App