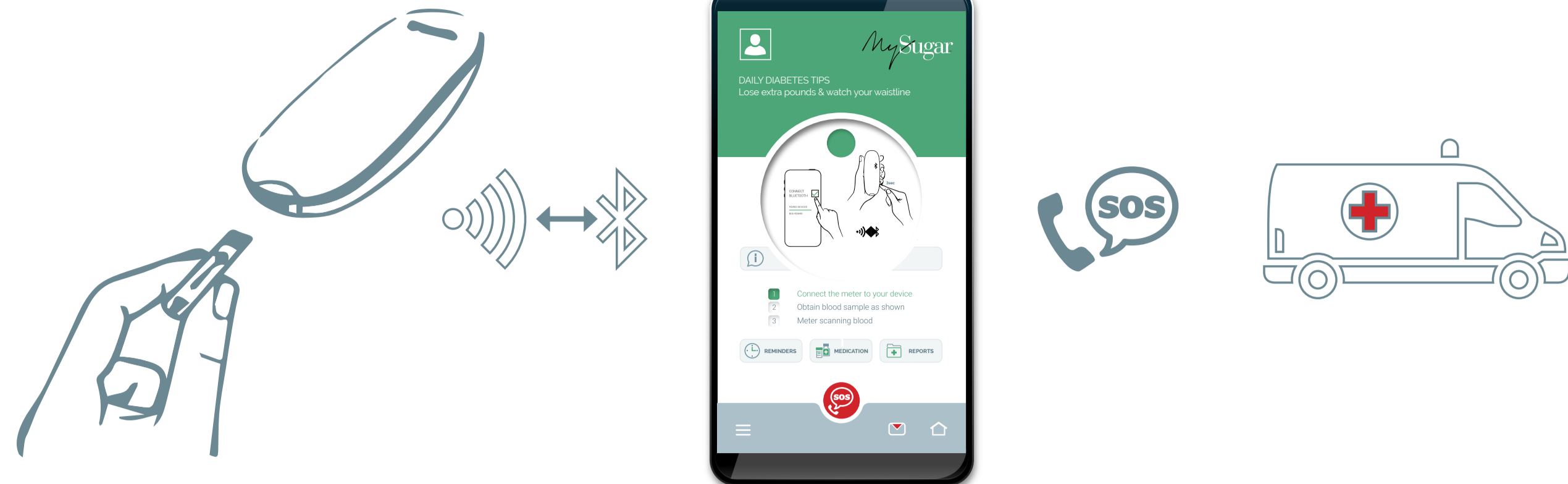




Blood Glucose USER GUIDE



ALWAYS ENSURE:

- Your Gluco Monitor is fully charged and switched on
- Your Bluetooth is activated and paired with your device:
 - Go to Settings
 - Switch Bluetooth on
 - Select model name BG5XXX to pair
- Your mobile is charged and has sufficient data or wifi to upload results
NB: Results stored on the device cannot be synched at a later stage
- Your GPS location is activated
- **Before testing, check:**
 - Expiry date of strips
 - Unit of Measure is set to mmol/L

STEP 1

Wash your hands with warm water and soap.
Dry thoroughly.

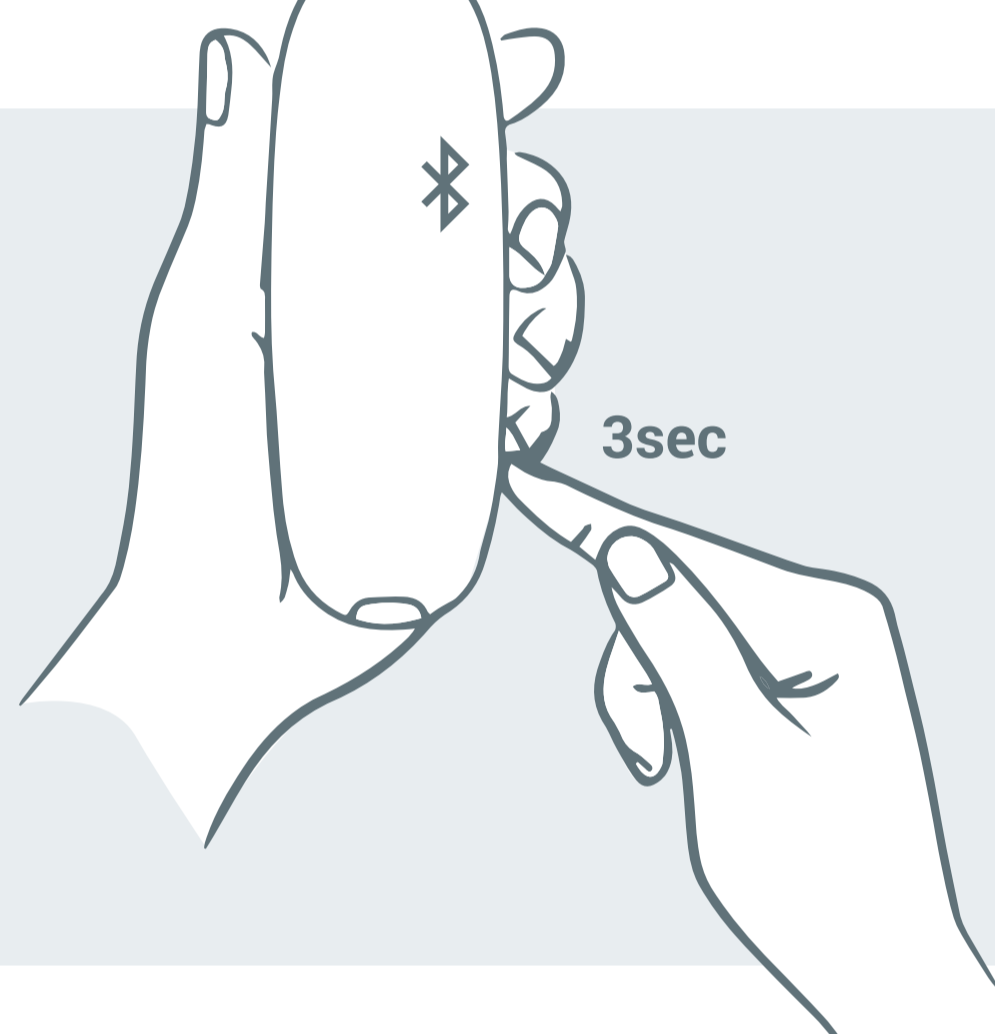


STEP 2

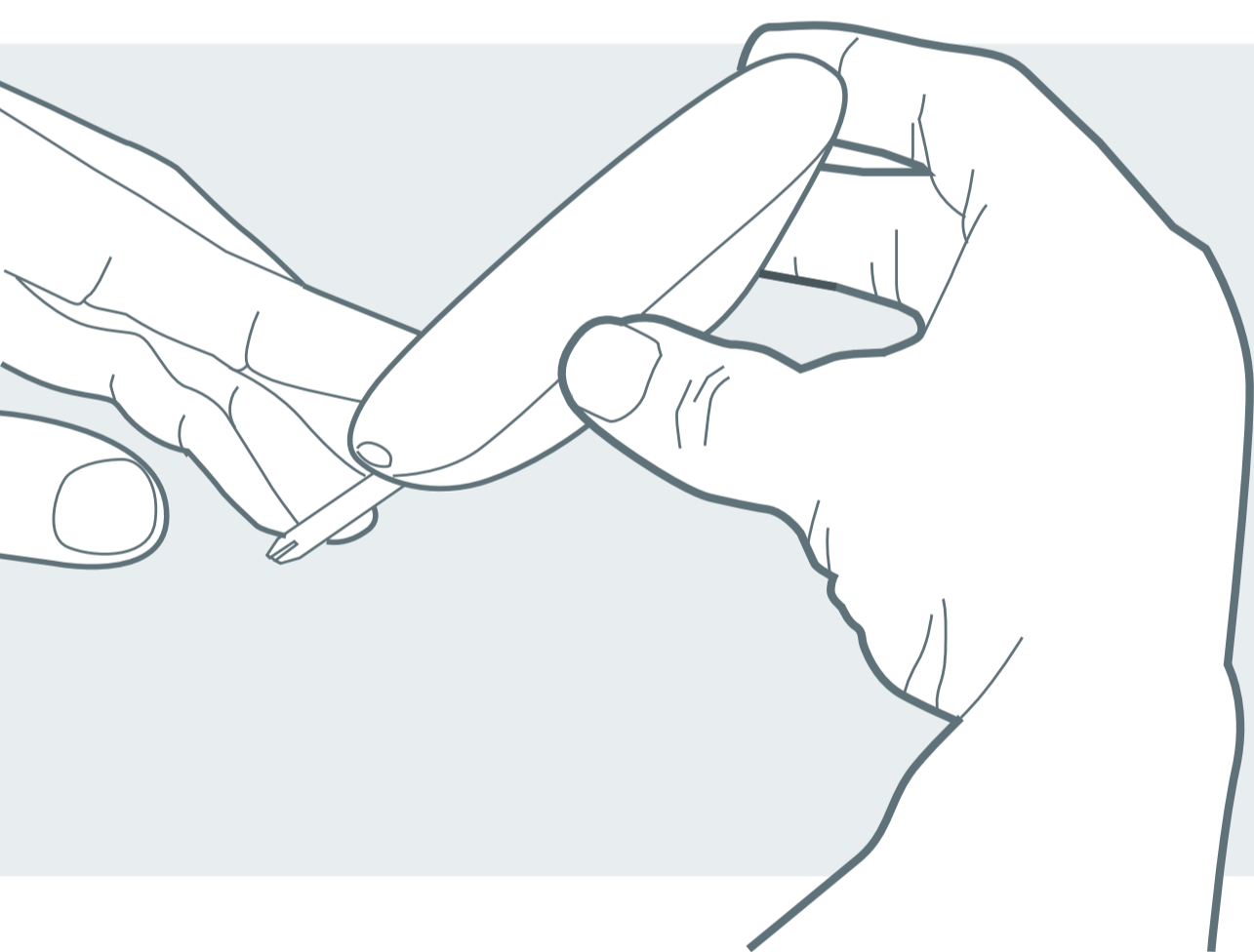
Click **My Devices**
Click **Blood Glucose Monitor**.

STEP 3

Switch on the device by holding the button for 3 seconds. Click **Connect** on the app screen.



STEP 4



Hold the test strip in the blue area to avoid touching the contact bars. Insert strip facing up.

STEP 5

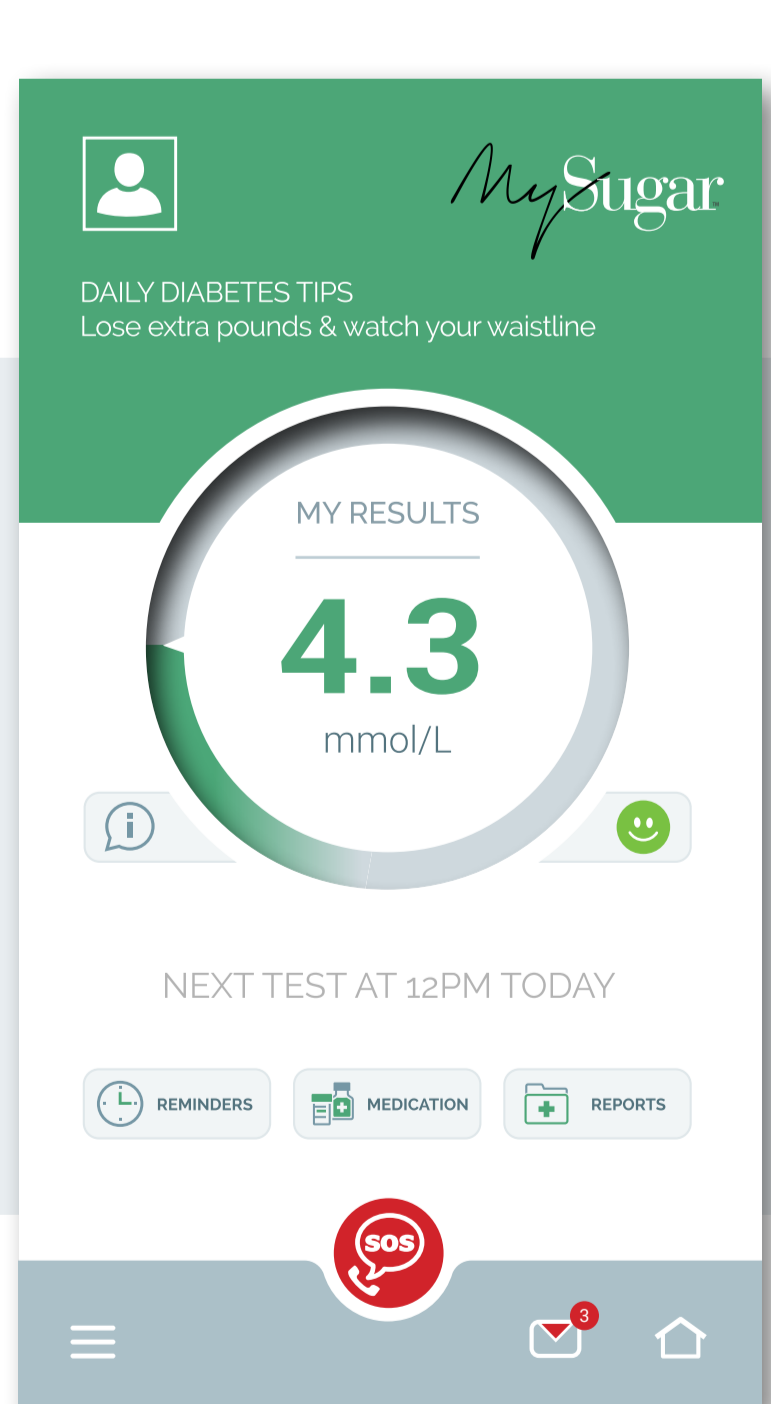
Follow prompts on the screen



STEP 6

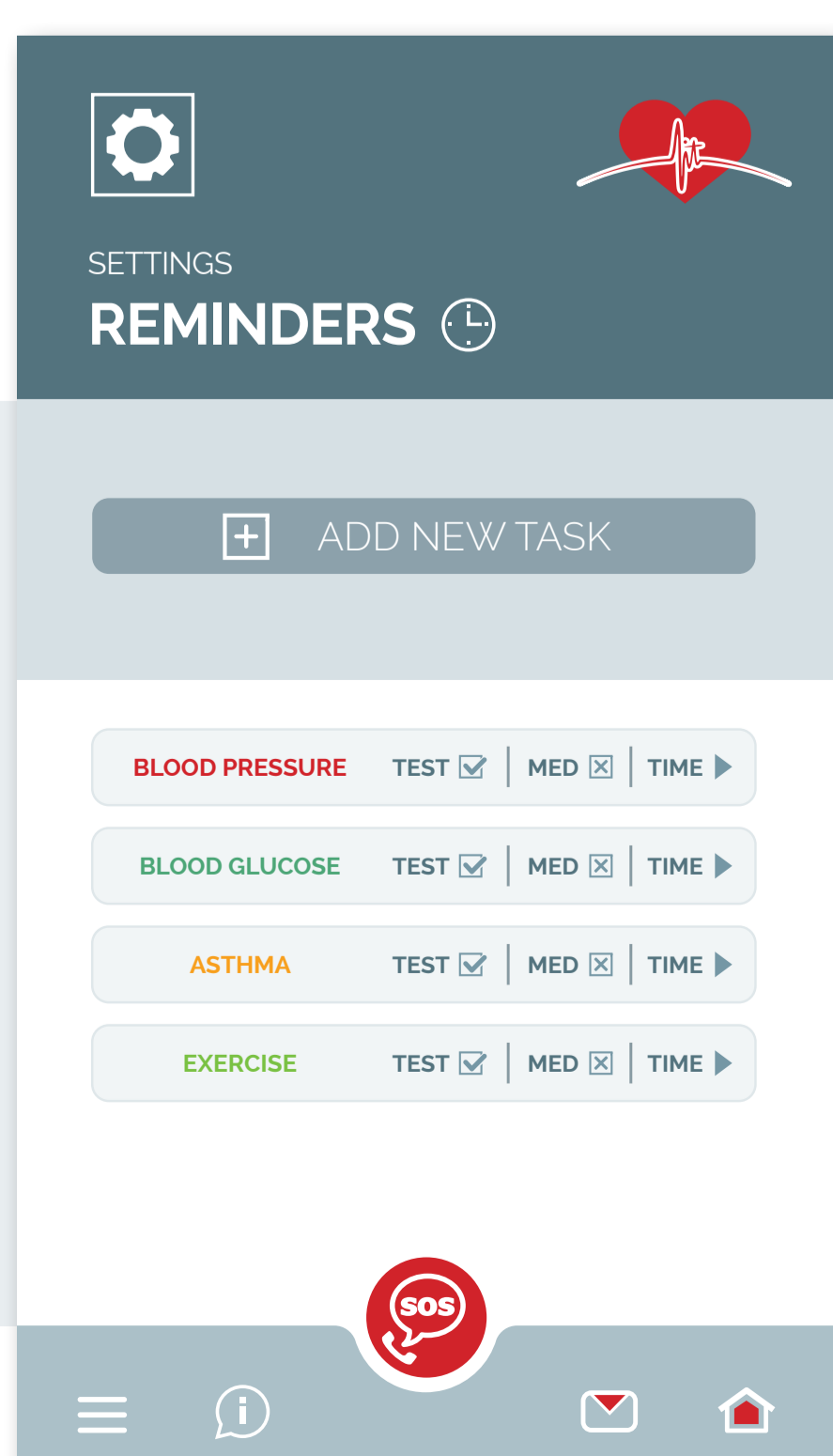
View your results.

You will be contacted by ER24 if your glucose is dangerously high or low.



STEP 7

Set a reminder to take your medication.
Set a reminder for your next Blood Glucose reading.



FOR YOUR CONVENIENCE YOU CAN ALSO WATCH OUR HOW TO TAKE YOUR BLOOD SUGAR TUTORIAL

<https://youtu.be/7aXLVB6-WmQ>