



Manuals.plus /

› Verio /

› Verio OneTouch Flex Blood Glucose Monitoring System User Manual

Verio Verio Flex

Verio OneTouch Flex Blood Glucose Monitoring System User Manual

Model: Verio Flex

INTRODUCTION

The OneTouch Verio Flex Blood Glucose Monitoring System is designed to help you monitor your blood sugar levels effectively. This compact, on-the-go system provides quick and accurate results, integrating seamlessly with the free OneTouch Reveal mobile app for enhanced insights into your blood sugar management.

This manual provides essential information on setting up, operating, and maintaining your Verio OneTouch Flex system. Please read it thoroughly before first use.

WHAT'S IN THE BOX

Your Verio OneTouch Flex Blood Glucose Monitoring System kit includes the following components:

- OneTouch Verio Flex Blood Glucose Meter
- OneTouch Delica Plus Lancing Device
- 10 OneTouch Delica Plus Lancets
- Carrying Case
- Owner's Booklet (this manual)
- Quick Start Guide



Image: The OneTouch Verio Flex Blood Glucose Monitoring System kit, showing the meter, lancing device, lancets, and carrying case.

SETUP

1. Insert Battery

The meter comes with a pre-installed battery. If the battery needs replacement, open the battery compartment cover on the back of the meter and insert a new CR2032 lithium coin cell battery, ensuring correct polarity (+ side up).

2. Set Up Lancing Device

1. Remove the cap from the OneTouch Delica Plus Lancing Device.
2. Insert a sterile OneTouch Delica Plus Lancet firmly into the lancing device.
3. Twist off the protective cap from the lancet and save it for safe disposal.
4. Replace the lancing device cap.
5. Adjust the depth setting on the lancing device to your preferred level (start with a lower setting and adjust as needed).

3. Prepare Meter for First Use

Upon first power-on, the meter will guide you through setting the date and time. Follow the on-screen prompts to configure these settings.

OPERATING INSTRUCTIONS: BLOOD GLUCOSE TESTING

Follow these steps to perform a blood glucose test:

1. **Wash Hands:** Wash your hands thoroughly with warm, soapy water and dry them completely.
2. **Insert Test Strip:** Insert a OneTouch Verio Test Strip into the test strip port of the meter. The meter will turn on automatically.
3. **Prepare Lancing Device:** Pull back the sliding barrel of the lancing device until it clicks, indicating it is cocked.
4. **Obtain Blood Sample:** Place the lancing device firmly against the side of your fingertip and press the release button. A small drop of blood will form.
5. **Apply Blood Sample:** Gently bring the meter with the inserted test strip to the blood drop. Touch the narrow channel of the test strip to the blood drop. The blood will be drawn into the strip. Do not apply blood to the top of the strip.
6. **Read Results:** The meter will display your blood glucose result in 5 seconds.
7. **Record Results (Optional):** The meter automatically stores your results. You can also sync them with the OneTouch Reveal mobile app.
8. **Dispose of Lancet and Strip:** Carefully remove the used test strip and lancet. Dispose of them in a puncture-resistant container (sharps container).

UNDERSTANDING YOUR RESULTS

Colorsure Technology

The Verio OneTouch Flex meter features Colorsure Technology. After each test, the meter instantly displays a color indicator to show if your blood sugar numbers are within, above, or below your target range. This visual cue helps you quickly understand your results.

- **Blue:** Indicates a result above your target range.
- **Green:** Indicates a result within your target range.
- **Red:** Indicates a result below your target range.

Consult your healthcare professional to determine your personal target ranges.

OneTouch Reveal Mobile App

The meter is Bluetooth-enabled and can sync data seamlessly with the free OneTouch Reveal mobile app. This app provides additional insights and guidance for managing your blood sugar levels. Download the app from your device's app store and follow the in-app instructions to pair your meter.

MAINTENANCE AND CARE

Cleaning the Meter

Clean the exterior of the meter regularly to ensure proper function. Wipe the meter with a soft cloth dampened with water or a mild cleaning solution. Do not immerse the meter in water or use harsh chemicals.

Storage

Store the meter and test strips in a cool, dry place, away from direct sunlight and extreme temperatures. Keep them in the provided carrying case for protection.

Battery Replacement

When the battery indicator appears on the display, replace the CR2032 lithium coin cell battery promptly to ensure continuous operation.

TROUBLESHOOTING

If you encounter issues with your Verio OneTouch Flex system, refer to the following common solutions:

- **Error Message:** If an error code appears, consult the full Owner's Booklet for specific error code meanings and troubleshooting steps.
- **No Power:** Check the battery. Replace it if necessary.
- **Inaccurate Results:** Ensure test strips are not expired and are stored correctly. Verify proper blood sample application. Perform a control solution test if available.
- **Bluetooth Pairing Issues:** Ensure Bluetooth is enabled on your mobile device and the meter. Follow the pairing instructions in the OneTouch Reveal app.

If problems persist, contact customer support.

SPECIFICATIONS

- **Model Name:** Verio Flex
- **Brand:** Verio
- **Operating Time:** 5 Seconds (for test results)
- **Blood Sample Volume:** 0.4 μ L
- **Battery Type:** CR2032 Lithium Coin Cell
- **Item Weight:** 4.96 ounces
- **Connectivity:** Bluetooth
- **Manufacturer:** LifeScan IP Holdings, LLC

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included with your product or visit the official Verio website. Keep your purchase receipt as proof of purchase.

Customer Support: For assistance, please contact the manufacturer's customer service department. Contact details are typically found in the full Owner's Booklet or on the product packaging.

