

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [ONETOUCH](#) /

› [OneTouch Verio Reflect Blood Glucose Monitoring System Instruction Manual](#)

## ONETOUCH Verio Reflect

# OneTouch Verio Reflect Blood Glucose Monitoring System

Model: Verio Reflect | Brand: ONETOUCH

### INTRODUCTION

This instruction manual provides essential information for the safe and effective use of your OneTouch Verio Reflect Blood Glucose Monitoring System. This kit is designed to help individuals monitor their blood glucose levels for diabetes management. Please read this manual thoroughly before first use and keep it for future reference.

### WHAT'S INCLUDED

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

- 1 OneTouch Verio Reflect Blood Glucose Meter
- 30 OneTouch Verio Test Strips
- 30 OneTouch Delica Plus Lancets
- 1 OneTouch Delica Plus Lancing Device



Image: Complete OneTouch Verio Reflect Blood Glucose Monitoring System kit, showing the meter, lancing device, test strips, and lancets.

## SETUP GUIDE

### Inserting Test Strips

1. Remove a OneTouch Verio Test Strip from its vial. Close the vial cap immediately to protect the remaining strips.
2. Insert the test strip into the test strip port of the OneTouch Verio Reflect Meter. The meter will automatically turn on.
3. Wait for the meter to display the "Apply Blood" symbol, indicating it is ready for a blood sample.



ColorSure® Plus technology signals if you are approaching a high or low reading.



Image: The OneTouch Verio Reflect meter displaying a blood glucose reading, with color indicators for low, in-range, and high readings using ColorSure Plus technology.

## Preparing the Lancing Device

1. Unscrew the cap from the OneTouch Delica Plus Lancing Device.
2. Insert a new sterile OneTouch Delica Plus Lancet firmly into the lancet holder.
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 by rotating the dial. Start with a lower setting and increase if needed to get a sufficient blood sample.
6. Pull back the cocking control until it clicks, indicating the device is ready to use.



Experience virtually  
pain-free testing  
with the OneTouch® Delica®  
Plus lancing device.

**ONETOUCH®**  
**Delica® Plus**



Image: Close-up of the OneTouch Delica Plus Lancing Device, highlighting its design for virtually pain-free testing.

## OPERATING INSTRUCTIONS

### Performing a Blood Glucose Test

1. Wash your hands thoroughly with soap and warm water. Dry them completely.
2. Hold the lancing device firmly against the side of your fingertip. Press the release button to prick your finger.
3. Gently squeeze your finger to obtain a small drop of blood.
4. Touch the tip of the test strip to the blood drop. The blood will be drawn into the strip automatically. Do not apply blood to the top of the test strip.
5. The meter will display your blood glucose result in 5 seconds.
6. After testing, carefully remove the used test strip and dispose of it properly. Unscrew the lancing device cap, remove the used lancet, and dispose of it in a puncture-resistant container.



## How to take a reading.

Dispense one test strip

1



Put test strip in meter

2



Collect blood sample

3



See results on meter

4



Image: Visual guide illustrating the four steps to take a blood glucose reading: dispense test strip, put strip in meter, collect blood sample, and see results on meter.

### Understanding Your Results

The OneTouch Verio Reflect Meter uses ColorSure® Plus technology and Blood Sugar Mentor™ messages to provide personalized guidance.

- **ColorSure® Plus Technology:** Each time you test, the ColorSure® Dynamic Range Indicator points out if your reading is low (blue), within range (green), or high (red). This visual cue helps you understand your results at a glance.
- **Blood Sugar Mentor™ Messages:** The meter provides personalized messages based on your blood glucose readings, offering guidance and encouragement to help you manage highs and lows.





Personalized guidance,  
insight and  
encouragement  
with Blood Sugar  
Mentor™ messages.



Treatment decisions should be based on current numerical blood glucose reading and healthcare professional recommendation.

**ONETOUCH®**



Image: The OneTouch Verio Reflect meter displaying various Blood Sugar Mentor messages, offering guidance and encouragement based on blood glucose patterns.

### Connecting to the OneTouch Reveal App

The OneTouch Verio Reflect Meter can wirelessly connect to the OneTouch Reveal® mobile app via Bluetooth. This app provides additional guidance and insight to help you manage your diabetes by tracking trends and patterns.

- Download the free OneTouch Reveal® app from the App Store or Google Play.
- Follow the in-app instructions to pair your meter with your smartphone.
- Your readings will automatically sync to the app, allowing you to view your history, identify patterns, and share data with your healthcare provider.



Works with the  
OneTouch  
Reveal® app to  
provide  
guidance and  
insight

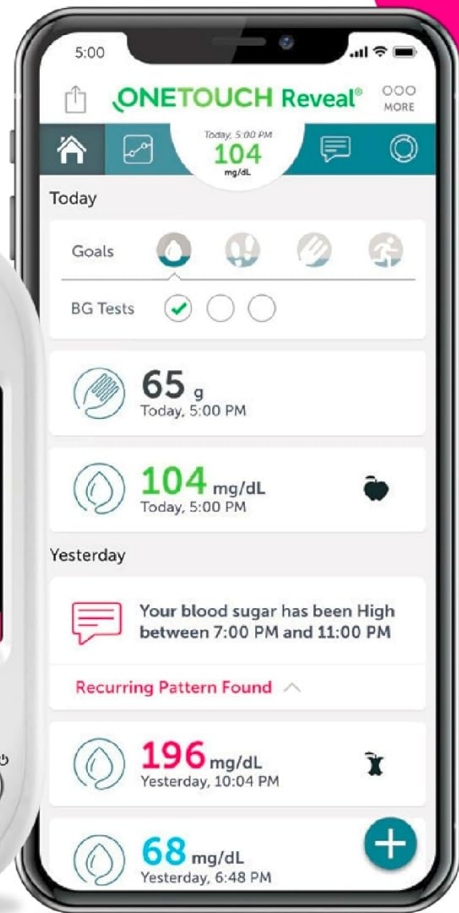


Image: The OneTouch Verio Reflect meter shown alongside a smartphone displaying the OneTouch Reveal app interface, demonstrating connectivity and data tracking.

## MAINTENANCE AND CARE

- **Cleaning:** Clean the meter and lancing device regularly with a soft, damp cloth. Do not immerse the devices in water or use harsh cleaning agents.
- **Storage:** Store the meter, test strips, and lancets in a cool, dry place between 41°F and 86°F (5°C and 30°C). Keep them away from direct sunlight and heat.
- **Battery Replacement:** The meter uses 2 Lithium Metal batteries (included). Replace them when the low battery indicator appears on the display.

## TROUBLESHOOTING

If you encounter issues with your OneTouch Verio Reflect system, refer to the table below for common problems and solutions:

Problem	Possible Cause	Solution
Meter displays Error 4 or Error 5	Test strip issue (e.g., insufficient blood, damaged strip, expired strip)	Ensure adequate blood sample. Use a new, unexpired test strip. Refer to the Owner's Booklet for specific error codes.
Meter turns off unexpectedly	Low battery or meter malfunction	Replace batteries. If the issue persists, contact customer support.
Difficulty obtaining blood sample with lancing device	Incorrect depth setting or improper technique	Increase the depth setting on the lancing device. Ensure proper technique as described in the Operating Instructions.

## PRODUCT SPECIFICATIONS





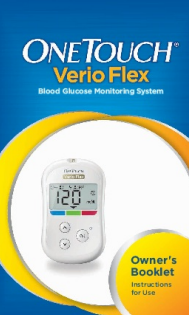

Feature	Specification
Product Dimensions	3.85"L x 3.02"W x 6.41"H
Weight	8.78 ounces
Batteries	2 Lithium Metal batteries (included)
Operating Time	5 Seconds (for test results)
Model Name	Verio Reflect
Date First Available	December 7, 2020

## WARRANTY AND SUPPORT

For specific warranty information regarding your OneTouch Verio Reflect Blood Glucose Monitoring System, please refer to the documentation included with your product packaging or visit the official OneTouch website. For technical support, troubleshooting assistance, or to order replacement parts, please contact OneTouch customer service directly.  
Manufacturer: OneTouch

### Related Documents - Verio Reflect



	<p><a href="#">OneTouch Verio Reflect Quick Start Guide: Setup, Testing, and Features</a></p> <p>A concise guide to setting up and using the OneTouch Verio Reflect blood glucose monitoring system, including testing procedures, reading results, and connecting to the mobile app.</p>
	<p><a href="#">OneTouch Verio Reflect® Blood Glucose Monitoring System Owner's Booklet</a></p> <p>This Owner's Booklet provides comprehensive instructions for using the OneTouch Verio Reflect® Blood Glucose Monitoring System. Learn about meter symbols, meal and event tags, patterns, test tracking, awards, and Bluetooth® wireless technology for seamless data management.</p>
	<p><a href="#">OneTouch UltraMini Blood Glucose Monitoring System User Guide</a></p> <p>User guide for the OneTouch UltraMini Blood Glucose Monitoring System by LifeScan. Learn how to set up, test, review results, care for your device, and troubleshoot common errors.</p>
	<p><a href="#">OneTouch Verio Flex Blood Glucose Monitoring System Quick Start Guide</a></p> <p>A quick start guide for the OneTouch Verio Flex Blood Glucose Monitoring System, covering meter setup, taking a test, viewing readings, and connecting to a mobile device. Includes essential instructions and manufacturer information.</p>
	<p><a href="#">OneTouch Verio Flex Blood Glucose Monitoring System Owner's Booklet</a></p> <p>Comprehensive guide to the OneTouch Verio Flex Blood Glucose Monitoring System, covering setup, testing, result interpretation, and wireless connectivity features for effective diabetes management.</p>
	<p><a href="#">OneTouch Reveal® Web Application User Manual for Patients</a></p> <p>Comprehensive user manual for the OneTouch Reveal® web application, guiding patients through setup, data transfer, report analysis, and settings management for diabetes care. Includes detailed explanations of features, troubleshooting, and glossary terms.</p>