

## CARELIVING BGM101

# CARELIVING BGM101 Blood Glucose Monitor Kit Instruction Manual

Model: BGM101 | Brand: CARELIVING

## INTRODUCTION

The CARELIVING BGM101 Blood Glucose Monitor Kit is designed to provide accurate and reliable blood glucose measurements for effective diabetes management. This kit is equipped with advanced technology for a user-friendly experience, offering quick results and memory storage for tracking your blood sugar levels.

## WHAT'S IN THE BOX

Your CARELIVING BGM101 Diabetes Test Kit includes the following components:

- 1 Blood Glucose Monitor
- 100 Test Strips
- 100 Lancets
- 1 Lancing Device
- 1 Control Solution
- 1 Product Instruction Manual
- 1 Quick Start Guide
- 1 Carrying Bag



An overview of the complete CARELIVING BGM101 Blood Glucose Monitor Kit, including the meter, test strips, lancets, lancing device, control solution, and carrying bag.

## SETUP

### 1. Inserting Batteries

The blood glucose monitor requires 2 AAA batteries (included in the kit). Open the battery compartment on the back of the device and insert the batteries, ensuring correct polarity. Close the compartment securely.

### 2. Setting Up the Lancing Device

1. Unscrew the cap of the lancing device.
2. Insert a new 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 penetration depth by rotating the top of the cap. There are 12 customizable depth settings to match your comfort level.

6. Pull back the cocking mechanism until it clicks, indicating it is ready for use.

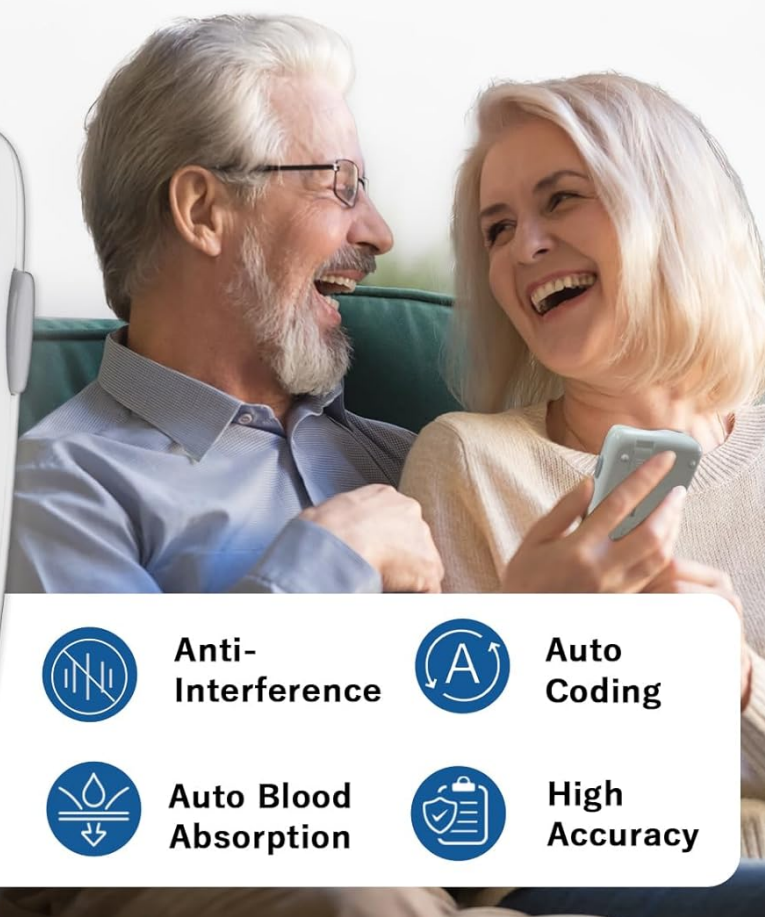
## All In One, Great Value



The lancing device features 12 customizable depth settings for comfortable blood sampling.

# Auto Coding, Reduce Error

The technology minimizes interference for more stable and accurate readings



**Anti-Interference**



**Auto Coding**



**Auto Blood Absorption**



**High Accuracy**

This image highlights the lancing device's micro lancet for minimal pain and a 1  $\mu$ L blood sample requirement. **Warm Tip:** Do not insert the lancet too deep into the lancing device, otherwise it may not be able to puncture your finger.

### 3. Inserting a Test Strip

Remove one test strip from the vial and immediately replace the cap tightly to protect the remaining strips from moisture. Insert the test strip into the test port of the blood glucose monitor. The meter will automatically turn on.



# Track and Manage the Data

Test Every Day, Predict Anytime

- **14 and 30 Day Average Test Results**
- **350 Memories**



A user inserts a test strip into the top slot of the blood glucose meter, which automatically powers on.

## OPERATING INSTRUCTIONS

### Performing a Blood Glucose Test

Follow these steps for an accurate blood glucose reading:

1. **Wash Your Hands:** Thoroughly wash your hands with soap and warm water, then dry them completely.
2. **Prepare the Lancing Device:** Load the lancing device with a new lancet and set the desired depth.
3. **Insert Test Strip:** Insert a test strip into the meter. The meter will turn on, display a code, and then a flashing blood drop icon will appear, indicating it's ready for a blood sample.
4. **Obtain Blood Sample:** Press the lancing device firmly against the side of your fingertip and press the release button. Gently squeeze your finger to obtain a small drop of blood (1  $\mu$ L).
5. **Apply Blood Sample:** Touch the tip of the test strip to the blood drop. The blood will be automatically drawn into the strip.
6. **Read Results:** The meter will count down for 5 seconds, and your blood glucose result will be displayed on

the screen.



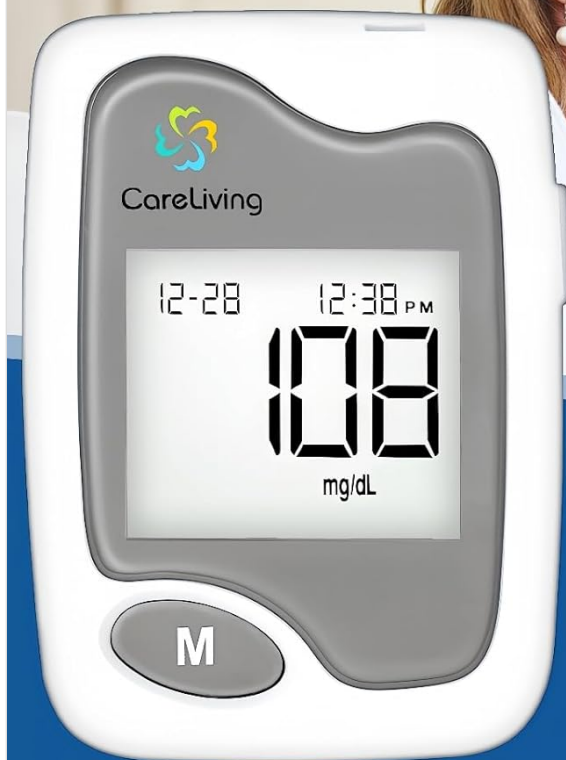
A visual guide detailing the six simple steps to measure blood glucose: wash hands, load lancing device, insert strip, collect blood, apply blood sample, and get results.

An official video tutorial demonstrating the step-by-step process of using the CareLiving Blood Glucose Meter, including inserting a test strip, preparing the lancing device, and obtaining a blood sample.

## Reading and Tracking Results

The CARELIVING BGM101 monitor provides results in less than 5 seconds. It can store up to 350 test results and calculates 14 and 30-day average blood glucose values, helping you track your levels and manage your diabetes treatment effectively.

# Auto Coding, 5s Reading



Advanced  
Accuracy



5s  
Reading



1  $\mu$ L  
Blood Sample



No  
Coding

The blood glucose monitor shows a clear digital reading of 108 mg/dL, indicating ease of readability.



The monitor's memory stores up to 350 test results and provides 14 and 30-day average blood glucose values for effective tracking.

## MAINTENANCE

### Test Strip Storage

Store test strips in their original vial with the cap tightly closed. Keep them in a cool, dry place between 39.2-86°F (4-30°C). Do not freeze. Discard test strips 3 months after opening the vial. Ensure the code on the vial matches the code on your meter display.

### Cleaning the Device


Wipe the meter and lancing device with a soft, damp cloth. Do not immerse the devices in water or use harsh cleaning agents.

## TROUBLESHOOTING

### Factors Affecting Accuracy & Solutions


### 6 Steps For Measuring Your Blood Glucose Levels

Step1




Wash your hands

Step2




Load lancing device

Step3




Insert strip into meter

Step4




Collect blood sample

Step5



Apply blood sample

Step6



Get results in 5 seconds

This table provides common reasons for inaccurate blood sugar readings, such as alcohol on skin or insufficient blood, along with corresponding solutions.

### Error Message Description and Solutions

### Tips for getting accurate test results

#### Before You Begin

1 .Make sure the strips are not contaminated, damp, or expired.

2. Wash and dry your hands thoroughly: remove any dirt or oil that may affect the reading

#### Collect a Blood sample

1.The fingertips are the most common and reliable test site.


2.Please check if the blood sample is sufficient(1 µL)

#### Take a Test

1.Avoid contact with the absorption hole of the test strip except at the site of blood collection.

2.For more accurate results, it is recommended to use a second drop of blood to test.

3.Squeeze out a drop of blood and place it with the edge of the strip.



A comprehensive guide to understanding error messages displayed on the monitor, including 'CH' for checking strip, 'E-E' for calibration error, and 'E-U' for used strip, with recommended actions.

### Differences in Readings Between Brands



# Why were results different after measuring blood sugar twice in a row?

Factors that affect the accuracy	Solutions
Alcohol, dirt, or other substances on your skin	Wash (or use an alcohol pad), then thoroughly dry your hands and test site before puncturing the skin.
Not enough blood on the test strip	Make sure you have enough blood (0.5ul) for the test
Wipe off tissue contains in your blood	Wipe off the first drop of blood, then collect the second drop on the test strip, making sure you have enough blood
Test strip problems	Store test strips in capped vial between 39.2-86°F. Do Not Freeze. Discard test strips over 3 months after first opening. The code on the vial of test strips must match the code on your meter display.
Testing site location	If you're using a site other than your fingertip and you think the reading is wrong, test again using blood from afingertip
The Interval between 2 same blood tests	If the 2 consecutive tests using the same blood are done within 5-10 sec, there is a slightly different in readings (within±13%). If 2 readings are very different, please check the operation or the above factors, and then test again.

This section clarifies why blood glucose meters from different brands may show varying results due to different algorithms, emphasizing the importance of consulting a healthcare provider.

## SPECIFICATIONS

Feature	Specification
Model Name	BGM101
Operating Time	5 Seconds
Battery Cell Composition	Zinc
Item Weight	10.5 ounces
Package Dimensions	7.36 x 7.28 x 2.36 inches
Included Components	Blood Glucose Monitor, Test Strips, Lancets, Lancing Device, Control Solution, Instruction Manual, Quick Start Guide, Carrying Bag

## WARRANTY AND SUPPORT

We are committed to your satisfaction. If you encounter any product problems or require immediate assistance, please contact us. We guarantee a response and active resolution within 24 hours. For further information or support, please refer to the detailed product instruction manual included in your kit or visit our official website.