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Easy touch glucose meter how to use

Dan Race/Shutterstock If you have recently been diagnosed with diabetes, or perhaps you are a long-time diabetic, it is crucial that you obtain a blood glucose meter to keep you updated on your blood glucose level. Being aware of your blood glucose level enables you to manage the symptoms of diabetes effectively. Blood glucose meters are however expensive, mainly due to the additional expenses of buying daily testing strips. Nevertheless, you can still get a glucose meter free from some places including manufacturers, hospitals and health fairs as discussed below. Health Insurance Most health insurance companies offer free blood glucose meters to their diabetic clients if they have a prescription from a qualified doctor. The first thing you will need to do is to consult your doctor about recommending an ideal blood glucose meter and then contact your insurance company to find out whether the recommended blood glucose meter and test strips are covered under your health insurance plan. Some insurance companies have partnered with pharmacies across the country to provide free blood sugar meters as well as a 90-day supply of test strips. Blood Glucose Meter Manufacturers Most manufacturers offer free blood glucose meters with a requirement that you will continue to buy their brand of test strips even after finishing the first batch. Some companies will even advertise that on their websites, so do some research online about blood glucose meter manufacturers and browse their pages. Nonetheless, before deciding on a suitable blood glucose meter, always consider other important factors like sites of testing, display size, ease of use, cost and availability of test strips and memory size. Don't only go for a blood glucose meter because it's free. Do Research in Pharmacies Around You Pharmacies may also provide free glucose meters with the expectation of loyalty and continuous purchase of the test strips. You may need to research to find the participating pharmacies. Ensure that you ask for free meters with regular test strip covered by your insurance to enable you to avoid incurring additional expense in the future. Some stores that have pharmacies including Costco, Target, Walmart and others run promotions for free glucose meters. Enter promotions like this for your chance to win a free glucose meter. You can always switch back to your old pharmacy if need be. Special Offers Online shopping websites such as Amazon usually provide special offers on glucose test meters. In such offers prices are considerably reduced or the meters are even given out for free when purchasing test strips. However, ensure that you purchase only the prescribed glucose meter and that the test strips are easily available in your area. To find out about special offers, keep an eye on big online shopping platforms or use search engines entering the term "free" in all your searches. It's important to compare the costs of test meters from different sources to get the best option. Giveaways Most blood glucose meter manufacturers regularly conduct glucose meter giveaways, especially on World's Diabetes Day on 14 November each year. Diabetes organizations such as the International Diabetes Federation also offer free blood glucose meters on this particular day to create awareness for diabetes. You may also consult your local diabetes organization to find out if there are any giveaways this year. Nevertheless, if you are going to receive a glucose meter free, make sure the test strips are available in your area and that they are of high quality. If you don't qualify for a discount, be sure to shop around to get the best deals. MORE FROM BLOGLINES Photo Courtesy: Pixabay If you're diabetic, glucose testing at home is an important part of your routine for managing your diabetes. You have to know how different foods, exercise and even stress affect your blood sugar levels. That's why you want to make sure you have a blood glucose meter that's accurate and easy for you to use. Before you buy your next device, check out the blood glucose meters that made our list. MORE FROM CONSUMERSEARCH.COM Page 1 Easy•Touch ® Glucose Monitoring System User Manual... Page 2 Easy•Touch ® Glucose Monitoring System See our other products at www.EasyTouchProducts.com... Table of Contents Important Information3 Introduction7 About the Product8 ® About the EasyTouch Meter9 ® About the EasyTouch Meter Display11 ® About the EasyTouch Test Strip13 ® About the EasyTouch Test Strip Vial14 Installing/Replacing the Battery15 Setting Up the Meter16 Setting Up the Date, Time17 Page 4 The Control Solution Test21 Testing Your Blood Glucose Level25 Preparing the Test Strip26 Obtaining a Blood Sample.....27 ® Applying Blood Sample to the EasyTouch Test Strip28 Memory Features31 Transfer Test Results to a Computer33 Care and Storage34 Important Information Available Alternate Sites Testing : Palm and Forearm. Alternate Site Testing (AST) means you can use other parts of the body other than your more sensitive fingertips to check your blood glucose levels. ® 1. The EasyTouch Glucose Monitoring System allows you to test on the palm and the forearm with the equivalent results to fingertip testing. Page 6 Alternate site results differ from fingertip results when glucose levels are changing rapidly such as after a meal, after taking insulin, during exercise, or when you are ill or under stress. Use blood from a fingertip rather than an alternative site if • ... Page 7 2. Talk to your doctor to see if alternate site testing is right for you. With a little bit of education, you can give your fingertips a rest and maybe test more often than you do now. For people with diabetes, more frequent testing is a good thing. Page 8 • Low or high blood glucose readings can indicate a potentially serious medical condition. If your blood glucose reading is unusually low or high, or if you do not feel the way your reading indicates, repeat the test with a new test strip. If your reading is not consistent with your symptoms or if your blood glucose result is less than 60 mg/dL (3.3 mmol/L) or higher than 240 mg/dL (13.3 mmol/L) you should contact your healthcare professional. Introduction ® Thank you for choosing the EasyTouch Glucose Monitoring System, the latest advancement in biosensor technology. ® Recognized for its ease of use and quick response time, the EasyTouch Glucose Monitoring System is designed to process accurate results utilizing ® ... About the Product ® The EasyTouch Glucose Meter & Monitoring System is available in two different package options with the following contents: ® A. Your EasyTouch Glucose Monitoring System contains: ® • EasyTouch Meter • One Lancing Device • Ten Lancets • ... About the EasyTouch Meter Easy•Touch ® BLOOD GLUCOSE METER For In Vitro Diagnostic Use Only Made in Taiwan to Specs of MHC Medical Products, LLC 8695 Seward Road Fair eld, OH 45011 Toll #: 877.358.4342 DH-083011.5 • Rev. date: 09/2011 S/N:M05B13286... Page 12 1. Display Your test results are displayed here. The large, easy to read screen guides you through the test by using numbers and symbols. 2. M Button The M (mode) button is used to set time, alarm, enters the memory mode to show the consecutive 7/14/30-day average results and turns the Meter on and off. ® About the EasyTouch Meter Display 1. Date 2. Time 3. Control Solution Test Appears when doing a control solution test and marking the result as a control solution test. 4. Memory Symbol Indicates in memory mode. 5. Units of Measurement Unit of mmol/L or mg/dL will appear with the test result. Page 14 6. Battery Symbol Appears when the battery is low or must be replaced. 7. Blood Drop Symbol Flashes when it is ready to apply sample to Test Strip. 8. Warning Symbol Appears when result is out of the range of your setting reference value. 9. ® About the EasyTouch Test Strip ® The EasyTouch Test Strip is used to perform the blood glucose test in conjunction with the ® EasyTouch Meter. Each strip can be used only once. The Test Strip consists of the following parts: 1. Discard 3 months after opening. Discard Date: Made in Taiwan to Specifications of Discard 3 months after opening. MHC Medical Products, LLC 8695 Seward Rd, Fair eld, OH 45011 Made in Taiwan to Specifications of DH-080411.6 • Rev date: 09/2011... Installing/Replacing the Battery When the battery is low, the Meter will show a warning signal. When this display appears, it is time to replace a new battery. When the low battery warning signal is shown, the Meter will provide accurate results for approximately 50 more measurements. Setting Up the Meter To turn the Meter on, first insert a battery, then press the reset button located at the back of the Meter and proceed with the following instructions. Setting Up the Date & Time 1. Press the M button to enter this mode. Press and release S button to choose "24hr"... 4. To set the day and move on to choose the hour setting, press the M button. (Fig.3) 5. To change the hour, press the S button. To set the hour and move on to change the minutes, press the M button. (Fig.4) (Fig.4) 6. Page 20 8. To set the second alarm, press the M button (yes). If you press S button (no), it will be moved on to health management alarm setting (step 11). To change the hour, press S button. To set the hour and move on to change the minutes, press M button. Meters used in the United States must be set to read in mg/dL. Easy•Touch ® BLOOD GLUCOSE METER For In Vitro Diagnostic Use Only MHC Medical Products, LLC, 8695 Seward Road Fair eld, OH 45011 Toll #: 877.358.4342 www.EasyTouchProducts.com S/N:M05B13286... When to Perform a Control Solution Test ® ® Easy•Touch Control Solution can be used to verify that the Easy•Touch Glucose Monitoring system is working correctly and giving accurate results. The system is performing correctly if the control solution test result falls within the specific control solution range listed on your Test Strip vial. Page 24 To Perform a Control Solution Test 1. Make sure the Control Solution is at room temperature (59°F to 95°F or 15°C to 35°C) prior to testing. 2. Insert a Test Strip, white side face up with the Contact Bar's end first. Push all the way into test port until meter automatically turns on. Page 25 5. Discard the first drop of Control Solution and squeeze a small drop of Control Solution on a clean nonabsorbent surface (such as a clean piece of wax paper). Do not apply Control Solution to the Test Strip directly from the bottle. 6. Comparing Control Solution Results ® The EasyTouch Glucose Monitoring System is functioning properly if the results fall inside the specified range printed on the Test Strip vial. If the test results fall outside the specified range, repeat the test. Results falling outside the specified range may be caused by • ... Testing Your Blood Glucose Level Before testing blood glucose, you need the following items: ® 1. EasyTouch Meter ® 2. EasyTouch Test Strip 3. Adjustable Lancing Device 4. Sterile Lancet Caution: To reduce the chances of infection: • Never share a lancing device and lancet with another person. • ... Preparing the Test Strip 1. Wash hands using soap and warm water. Rinse and dry thoroughly. 2. Pull out a Test Strip from the vial and re-cap the vial immediately. 3. Insert a Test Strip, white side face up with the Contact Bar's end first. Push all the way into test port until meter automatically turns on. Obtaining a Blood Sample SAMPLE MAY BE OBTAINED FROM FINGER, PALM or FOREARM For further instructions please see the insert provided with lancing device. 1. Unscrew and remove the endcap of the lancing device. 2. Insert the lancet into the lancet holder. 3. ® Applying Blood Sample to the EasyTouch Test Strip 1. After obtaining a blood sample, place the drop onto the test well of the Test Strip. Blood is automatically drawn into the Test Strip. 2. As soon as enough blood has filled the Confirmation Window (see picture) of the Test Strip, the Meter will beep and begin counting down from 5 to 1. Page 31 3. After the test result appears, if no further tests are performed, the Meter will automatically shut off after 3 minutes. After finishing the test, we recommend using a tissue to remove the used strip from the Meter for proper disposal. Page 32 HI and LO Readings 1. The test results range between 20 to 600 mg/dL (1.1 to 33.3 mmol/L). If a "HI" message appears on the display, your Meter has detected that your blood glucose level is higher than 600 mg/dL(33.3 mmol/L). It is suggested that you review your testing procedure and test again with a new Test Strip to confirm the result. Memory Features ® The EasyTouch Meter automatically stores the 300 most recent blood glucose results with date and time in its memory. It also provides you with a consecutive 7/14/30-day average of your blood glucose test results. 1. Press M button to turn on the meter. All segments of the LCD display will appear. Page 34 6. Press S button, the most recent test result will appear. If it has 14-day average result, it will show under the screen at the same time. Each time you press the S button, the meter will recall the last 300 test results accordingly. When the memory is full, the oldest result is removed and replaced with the newest result. Transfer Test Results to a Computer ® With the EasyTouch Glucose Monitoring System, it is easy to transfer test results to your personal computer. Follow these simple instructions: 1. Obtain the required software and USB cable For order information please call Customer Service at 1.877.358.4342 2. Care and Storage 1. Handle the meter with care. Dropping or throwing the meter may cause damage to the device. 2. Do not expose the meter, Test Strips, and Control Solution to extreme conditions, such as high humidity, heat, freezing cold or dust. 3. Display Messages DISPLAY WHAT IT MEANS ACTION System check for verifying No action necessary that all segments of the meter are functioning. The system is ready to You may now apply a accept a blood sample. blood sample. The system is ready to You may now apply a accept a Control Solution drop of Control Solution... Page 36 DISPLAY WHAT IT MEANS ACTION Indicate the result is For your reference or you can change the default HIGHER than the "HI setting value 100 mg/dL alarm setting" of the health according to page 19. management. Indicate the result is For your reference or you LOWER than the "LO can change the default... Page 39 DISPLAY WHAT IT MEANS ACTION Meter detects low blood glucose level is lower than level. Repeat test. If result 20 mg/dL (1.1 mmol/L), still occurs, consult your physician immediately. Result may be larger Temperature is high during variation. Page 40 DISPLAY WHAT IT MEANS ACTION Temperature is too high to Repeat the test in a cooler perform the test. setting (10 - 40°C or 50 - 104°F). Wait 15 minutes before re-testing. Temperature is too low to Repeat the test in a warmer perform the test. Page 41 DISPLAY WHAT IT MEANS ACTION Press "reset" button and an error message check the meter again with indicating a problem with the test strip. If the problem the meter, persists, contact Customer Service for help. Battery power is low. Meter Replace with a new 3-Volt will provide approximately lithium battery (CR-2032). Page 42 DISPLAY WHAT IT MEANS ACTION All testing values recorded Press M or S button or wait in the memory have been for 3 minutes to turn off the shown. meter. The setting alarm is ringing Press M or S button to shut to remind of doing the off or the alarm will turn off blood glucose test. Page 43 Other problems that may occur Action Review the instructions and re-insert The Test Strip has not been inserted the Test Strip correctly (white side into the meter properly. face up). Replace with a new Test Strip. Defective Test Strip. Insufficient blood sample. Repeat the test with new Test Strip. Specifications Meter Operating Conditions Temperature 10°C - 40°C(50°F - 104°F) Humidity 10-90% RH Hematocrit 35 - 55% Test Sample Capillary Whole Blood from Fingertip, Palm and Forearm Sample Volume >0.5 µl Measuring Unit mg/dL or mmol/L Measuring Range 20-600 mg/dL (1.1-33.3 mmol/L) Test Time 5 sec Memory Capacity... Limitations of the Procedure ® Caution: The EasyTouch Glucose Monitoring System is designed for in vitro diagnostic use only and is not intended to test on newborns. Any ® change or administer of medication based on the EasyTouch Glucose test results without the consent advice of a physician or healthcare professional is not recommended. Service and Warranty MHC Medical Products, LLC cannot endorse the performance of the ® EasyTouch Meter when used with Test Strips other than those designed ® ® for the EasyTouch Glucose Monitoring System. The EasyTouch Glucose Monitoring System manufacturer warranty is valid only when used properly within the guidelines of the provided User's Manual and is invalid when the... Page 47 TRUE Lifetime Warranty MHC Medical Products, LLC guarantees that this device will be free of defects in materials and workmanship for lifetime duration from the date ® of original purchase. Our company will repair or replace any EasyTouch Glucose Monitoring System found defective with a new unit at our discretion. Test Strip and all other supplies available. This will allow us to answer any of your questions with speed and efficiency. Made in Taiwan to Specifications of MHC Medical Products, LLC B04Q106100(02) 8695 Seward Rd, Fairfield, OH 45011 Rev. date: 12/2011... Page 49 ® Toll: 1.877.358.4342 Web: www.EasyTouchProducts.com Email: info@EasyTouchProducts.com 8695 Seward Road, Fairfield, Ohio 45011...

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