ForaCare™

Premium V10

BLOOD GLUCOSE
Monitoring System

Quick Start User Guide

For self-testing. Read instructions before use. For *In vitro* diagnostic use.

Distributed by Fora Care
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Dear ForaCare Premium V10 System Owner:

Thank you for choosing ForaCare Premium V10 System Blood Glucose Monitoring System to take control of your diabetes.
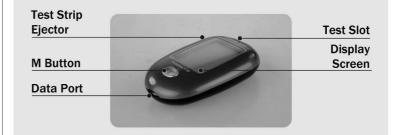
ForaCare Premium V10 System will help you keep track of your blood glucose levels.

The Quick Start User Guide will assist you in setting up the system and testing your blood glucose levels. Please read it carefully before use. For complete information on the system's use and features, please refer to the Owner's Manual.

Test Strip Vial   **Test Strips**   **Lancets**   **Control Solution**

Clear Cap
(for obtaining blood from places other than your fingertip)

Please note: Use only ForaCare Premium V10 System test strips with ForaCare Premium V10 System meter.

Lancing Device

Cap   Depth Indicator   Arrow
Adjustable Tip   Ejector   Release Button   Cocking Control

Lancing device, lancets and clear cap may not be included.
If your lancing device differs from the one shown here, please refer to the manufacturer's manual to ensure proper usage.

Please Note: Your lancing device may differ from the one shown in here.

Front View of Meter

Test Strip Ejector   Test Slot
M Button   Display Screen
Data Port

Rear View of Meter

Battery Cover
Battery Compartment
Set Button   Test Strip Ejector

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1. Set the Meter

1.1
Press the set button to start setting. Year flashes first.

1.2
Press Ⓜ to change values. Hold down Ⓜ to increase the number more quickly. Press the set button to move on to the next step.

1.3
1.	2.	3.
11-08	12h	10:03 PM
4. dEL	5. UoL	6. L1/L2

Date flashes. Follow **1.2** to make changes. The sequence of settings is:
(1) the date   (2) 12h
(3) time   (4) memory deletion
(5) volume   (6) language

The meter will automatically turn off when the setting is complete. For memory deletion, please refer to the Owner's Manual for details.

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2. Set the Lancing Device

2.1
Twist and pull off the cap of the lancing device.

2.2
Insert a lancet into the lancet holder and push down firmly until it is fully secured.

2.3
Twist the protective disk off the lancet.

2.4
Replace and twist the cap to the right to close the lock as shown in the picture until you hear the click. When the lock is properly closed lock indicator is in the extreme right position.

2.5
Holding the cap select on the depth of penetration by turning the adjustable tip in either direction so that the arrow on the cap points to the desired depth.

2.6
Pull the cocking control back until it clicks. You will see a color change inside the release button when it is ready.
► If it does not click, the device may have been cocked when the lancet was inserted.

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3. Test Your Blood Glucose

3.1
Tear off the security label (Tamper Seal). When opening the vial for the first time, record the date on the label.

3.2
Wash and dry your hands thoroughly. Take a test strip out and then close the vial tightly.

3.3
Insert a test strip to turn on the monitor. The sequences of LCD display are: "CHK" and " ⟶ " → flashing " ◊ " with date and time.

3.4
Take the pre-set lancing device. Hold the lancing device firmly against the puncture site. Press the release button to obtain a drop of blood.

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3. Test Your Blood Glucose

3.5
Gently squeeze around the punctured area to obtain enough blood.

3.6
While " ◊ " is flashing on the display, hold and touch the absorbent hole of the test strip to the drop of blood until the confirmation window is completely filled.

3.7
After the meter counts down to 0, your test result will appear along with the date and time and will be automatically stored in the memory.

3.8
Eject the used test strip. Discard the used lancet and test strip according to the recommendations of your healthcare provider.

For testing with control solution, please refer to the Owner's Manual. for detailed information.

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4. Read Your Result

Your blood glucose result will display the following messages:

Appears	When glucose
Lo	< 20 mg/dL (1.1 mmol/L)
Hi	> 600 mg/dL (33.3 mmol/L)
KETONE?	≥ 240 mg/dL (13.3 mmol/L)

Time of day	Normal plasma glucose range for people without diabetes (mg/dL)
Fasting and before meal	< 100 mg/dL (5.6 mmol/L)
2 hours after meals	< 140 mg/dL (7.8 mmol/L)

Source:
American Diabetes Association (2010). Clinical Practice Recommendations. Diabetes Care, 33 (Supplement 1): S1–S100.

Please work with your doctor to determine a target range that works best for you.