



# DUO-CARE™

Blood Glucose & Wrist Blood Pressure Monitor

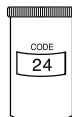
## Quick Guide

### Measuring Blood Glucose

Testing blood glucose (sugar) is important in controlling your diabetes. Follow the steps below for quick and easy testing.\*




1. Gently insert 1 test strip into the test strip port located at the bottom of your monitor.



2. Check to see if the codes match between your monitor and test strip bottle.

- a. If the codes match, go to the next step.
- b. If the codes do not match, see **Matching Test Strip Codes** below.

3. Wait for your  symbol to appear to continue.






4. Apply your rounded drop of blood (0.5 microliters) to the test strip's absorbent tip before your monitor begins to count down. (For more information see **Getting a Drop of Blood** below.)

5. Read your blood glucose results.



### Matching Test Strip Codes\*

1. For accurate results, the code numbers on the monitor display and the test strip bottle must match. Program your monitor before first using it and after opening a new bottle of test strips.
2. Insert the test strip and click the CODE or MEMORY  button to scroll through the monitor's 49 code numbers. If  symbol appears before the code number is set, remove the strip and reinsert to start again. Stop scrolling once you have found the matching code number. Now wait 3 seconds for the  symbol to appear on your screen (this means your monitor is ready for testing). You can now apply your blood sample to the test strip.

### Getting a Drop of Blood\*

1. Take your lancet device and select a puncture site on your fingertip.
2. Gently massage the area.
3. Place the lancing device against the skin.
4. Press the release button and you will hear a click letting you know that the puncture is done.
5. Apply your rounded drop of blood to the test strip's absorbent tip.

\*For more detailed instructions, please refer to your user manual.  
Flip this card over to see simple steps to measure your blood pressure.



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## Blood Glucose & Wrist Blood Pressure Monitor

# Quick Guide

### Measuring Blood Pressure

Keep track of your blood pressure by following these simple steps.\*

#### Step 1

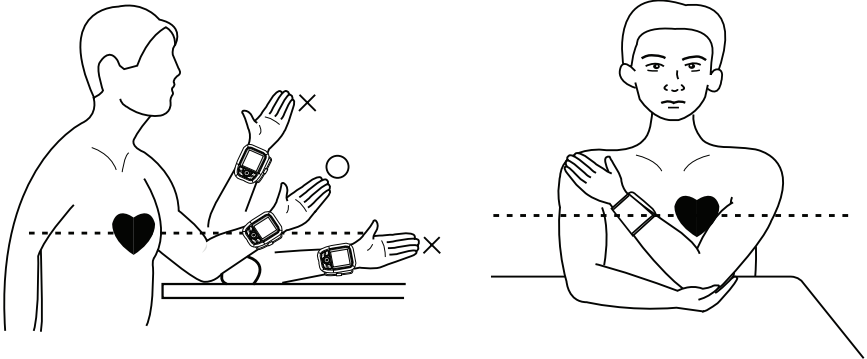
Wrap your blood pressure cuff around your left wrist with your palm facing up. Make sure that your monitor is on the inside of your left wrist and the cuff is about 1/4 inch to 1/2 inch below the fleshy part of your thumb; secure the Velcro.

#### Step 2

Relax your left hand with your palm facing up. Remember to keep your wrist unbent so your monitor is at the same height as your heart.

#### Step 3

Press the POWER button and relax. Your test will now begin. Your results will appear immediately after the cuff deflates.



\*For more detailed instructions, please refer to your user manual.  
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