ONETOUCH Select *Plus* Simple™
Blood Glucose Monitoring System

# Owner's Guide

Instructions for Use

**Simply insert a test strip to turn the meter on and begin testing.**



Table of contents



## Meter symbols and icons

- Low battery
- Battery empty
- History mode (last result)
- Apply sample
- Range Indicator Arrow

## Other symbols and icons

- Cautions and Warnings: Refer to the Owner's Guide and inserts that came with your system for safety-related information.
- Direct current
- IVD — In Vitro Diagnostic Device



**IMPORTANT SAFETY INSTRUCTIONS:**

- This meter and lancing device are for single patient use only. **Do Not** share them with anyone else, including family members! **Do Not** use on multiple patients!
- After use and exposure to blood, all parts of this kit are considered biohazardous. A used kit may potentially transmit infectious diseases even after you have performed cleaning and disinfection.

## Before you begin

Before using this product to test your blood glucose, carefully read this Owner's Guide and the inserts that come with the OneTouch Select® Plus Test Strips, OneTouch Select® Plus Control Solution and the OneTouch™ Lancing Device.

## Intended use

The OneTouch Select Plus Simple™ Blood Glucose Monitoring System is intended to be used for the quantitative measurement of glucose (sugar) in fresh capillary whole blood samples drawn from the fingertip. The system is intended to be used by a single patient and should not be shared.

The OneTouch Select Plus Simple™ Blood Glucose Monitoring System is intended for self-testing outside the body (*in vitro* diagnostic use) by people with diabetes at home and with their healthcare professionals in a clinical setting as an aid to monitor the effectiveness of diabetes control.



The OneTouch Select Plus Simple™ Blood Glucose Monitoring System is not to be used for the diagnosis of or screening of diabetes or for neonatal use.

The OneTouch Select Plus Simple™ Blood Glucose Monitoring System is not for use on critically ill patients, patients in shock, dehydrated patients or hyperosmolar patients.

## Test principle

Glucose in the blood sample mixes with the enzyme Glucose Oxidase in the test strip and a small electric current is produced. The strength of this current changes with the amount of glucose in the blood sample. Your meter measures the current, calculates your blood glucose level, displays the result, and stores it in its memory.

Use only OneTouch Select® Plus Control Solutions and Test Strips with the OneTouch Select Plus Simple™ Meter.





LifeScan self-test blood glucose monitoring devices conform to the following EU Directives:

**IVDD (98/79/EC):**

CE 0344 Blood Glucose Meter, Test Strips, and Control Solution

**MDD (93/42/EEC):**

CE 0120 Lancing System

Kindly contact Customer Service at 1800 225544 or visit www.onetouchdiabetes.co.in.

Marketed by:
Johnson & Johnson Pvt. Ltd.,
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Manufactured for:
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Meter Made in China


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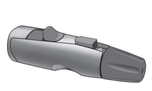
# 1 Getting to know your system

## Your OneTouch Select Plus Simple™ Blood Glucose Monitoring System

**Included with your kit:**

OneTouch Select Plus Simple™ Meter (CR2032 lithium coin cell battery included)



Lancing device

Lancets

OneTouch Select® Plus Mid Control Solution*

OneTouch Select® Plus Test Strips*



***NOTE:*** If any item is missing or defective in your kit, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Guide.

***NOTE:*** If another type of lancing device was included, see the separate instructions for that lancing device.

**Available separately:**

**Items listed below are required, but may not be included in your kit:**

They are sold separately. Refer to your meter carton for a list of included items.



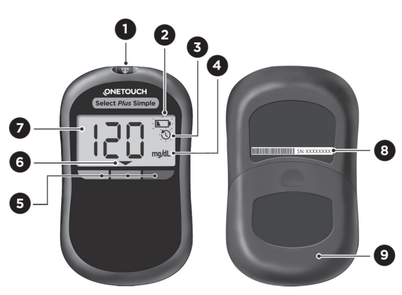
*Lancets, OneTouch Select® Plus Control Solution and Test Strips are available separately. For availability of lancets, test strips and control solution, contact Customer Service or your healthcare professional.

**⚠WARNING: Keep the meter and testing supplies away from young children. Small items such as the battery door, batteries, test strips, lancets, protective covers on the lancets, and control solution vial cap are choking hazards. Do Not ingest or swallow any items.**



## Getting to know your OneTouch Select Plus Simple™ Blood Glucose Monitoring System

Meter



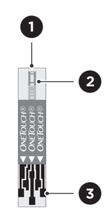

| | |
|---|---|
| 1 | Test strip port |
| 2 | Battery icon |
| 3 | Last result icon |
| 4 | mg/dL is the pre-set unit of measure |

| | |
|---|---|
| 5 | Colour Range Indicator Bars |
| 6 | Range Indicator Arrow |
| 7 | Display |
| 8 | Serial number |
| 9 | Battery cover |



## Getting to know your OneTouch Select® Plus Test Strip

Test strip




| | |
|---|---|
| 1 | Edge to apply sample |
| 2 | Confirmation window |
| 3 | Contact bars<br>Insert into test strip port |

***NOTE:*** Store unused test strips only in their original vial.



## The Range Indicator feature

The OneTouch Select Plus Simple™ Meter automatically lets you know if your glucose result is below, above or within the meter's range limits. It does this by displaying your current glucose result with a Range Indicator Arrow pointing to a corresponding Colour Range Indicator Bar below the meter display. It will also beep in different ways if your result is low or high. Use the Range Indicator Arrow and Colour Bar together with the beeping to interpret your results.

A Range Indicator Arrow will appear just below your result after each test.



**Range Indicator**

| Low | In range | High |
|---|---|---|
| ▼ | ▼ | ▼ |

**Colour Range Indicator Bars**

| | | |
|---|---|---|
| *(Blue)* | *(Green)* | *(Red)* |
| Below range | In range | Above range |


**Example**
In range result

For details about the Range Indicator, see *"Viewing your result"* in Section 2.



# 2 Blood glucose testing

## Test your blood glucose

***NOTE:*** Many people find it helpful to practise testing with control solution before testing with blood for the first time. See *"Preparing your meter for a control solution test"* in Section 3.

## Preparing for a test

**Have these things ready when you test:**

OneTouch Select Plus Simple™ Meter

OneTouch Select® Plus Test Strips

Lancing device

Sterile lancets

***NOTE:***

- Use only OneTouch Select® Plus Test Strips.
- Make sure your meter and test strips are about the same temperature before you test.



- **Do Not** test if there is condensation (water build-up) on your meter. Move your meter and test strips to a cool, dry spot and wait for the meter surface to dry before testing.
- Keep test strips in a cool, dry place between 5°C and 30°C.
- **Do Not** open the test strip vial until you are ready to remove a test strip and perform a test. Use the test strip **immediately** after removing it from the vial, especially in high humidity environments.
- Tightly close the cap on the vial immediately after use to avoid contamination and damage.
- Store unused test strips only in their original vial.
- **Do Not** return the used test strip to the vial after performing a test.
- **Do Not** re-use a test strip that had blood or control solution applied to it. Test strips are for single use only.
- **Do Not** test with a test strip that is bent or damaged.
- With clean, dry hands, you may touch the test strip anywhere on its surface. **Do Not** bend, cut or modify the test strip in any way.

***IMPORTANT:*** If another person assists you with testing, the meter, lancing device and cap should always be cleaned and disinfected prior to use by that person. See *"Cleaning and disinfection"* in Section 4.



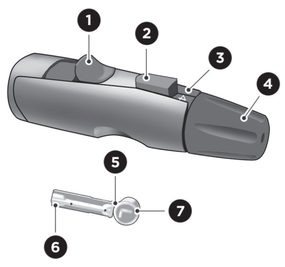
***NOTE:*** Comparing your blood glucose test results taken with this meter to your results taken from a different meter is not recommended. Results may differ between meters and are not a useful measure of whether your meter is working properly. To check your meter accuracy, you should periodically compare your meter results to those obtained from a lab. See *"Comparing meter results to laboratory results"* in Section 7.

**⚠CAUTION:**

- **Do Not** use the OneTouch Select Plus Simple™ System when PAM (Pralidoxime) is known or suspected to be in the patient's whole blood sample, as it may cause inaccurate results.
- **Do Not** use your test strips if your vial is damaged or left open to air. This could lead to error messages or inaccurate results. Contact Customer Service immediately if the test strip vial is damaged. Contact information for Customer Service is listed at the end of this Owner's Guide.
- If you cannot test due to a problem with your testing supplies, contact your healthcare professional. Failure to test could delay treatment decisions and lead to a serious medical condition.
- The test strip vial contains drying agents that are harmful if inhaled or swallowed and may cause skin or eye irritation.
- **Do Not** use test strips after the expiry date printed on the vial.



## Getting to know your OneTouch™ Lancing Device




| | |
|---|---|
| 1 | Cocking control |
| 2 | Release button |
| 3 | Depth indicator |
| 4 | Lancing device cap |

| | |
|---|---|
| 5 | Lancet point |
| 6 | Sterile lancet |
| 7 | Protective cover |



***NOTE:***

- If another type of lancing device was included, see the separate instructions for that lancing device.
- The OneTouch Select Plus Simple™ Blood Glucose Monitoring System has not been evaluated for Alternate Site Testing (AST). Use only fingertips when testing with the system.

## Lancing precautions

**⚠CAUTION:**

To reduce the chance of infection and disease spread by blood:

- Make sure to wash the sample site with soap and warm water, rinse and dry before sampling.
- The lancing device is intended for a single user. Never share a lancet or lancing device with anyone.
- Always use a new, sterile lancet each time you test.

Continued below and to the left.

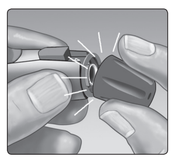


- Always keep your meter and lancing device clean (See *"Cleaning and disinfection"* in Section 4).
- The meter and lancing device are for single patient use only. **Do Not** share them with anyone, including family members! **Do Not** use on multiple patients!
- After use and exposure to blood, all parts of this kit are considered biohazardous. A used kit may transmit infectious diseases even after you have performed cleaning and disinfection.



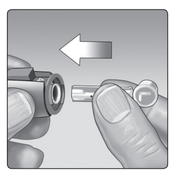
## Preparing the lancing device

**1. Snap off the lancing device cap**



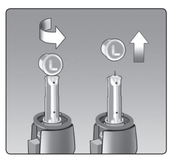
**2. Insert a sterile lancet**

Firmly push the lancet into the holder.



**3. Twist off the protective cover and save it for later use**

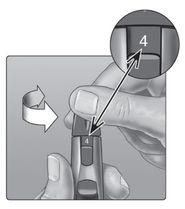
**4. Replace the lancing device cap**



**5. Adjust the depth setting**

Twist the lancing device cap until the desired setting appears. Smaller numbers are for a shallower punctures, which may be less painful.

Shallower punctures work for children and most adults. Deeper punctures work well for people with thick or callused skin.






**6. Cock the lancing device**

Slide the cocking control back until it clicks.

If it does not click, that's okay. It may have been cocked when you inserted the lancet.


## Prepare the meter and view the last result

**Insert a test strip to turn the meter on**

Insert a test strip into the test strip port with the contact bars facing you.

Contact bars


Test strip port

***NOTE:*** No separate step to code the meter is required.

A start-up screen will appear for a few seconds. All segments shown here should appear briefly on the display, indicating your meter is working properly.


**⚠CAUTION:**

If any segments shown here are missing in the start-up screen, there may be a problem with the meter. Contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Guide.

If the meter does not power on, check the battery. See *"Replacing the battery"* in Section 5.

Your last result will then appear and the last result icon will blink (). If this is your first time using the meter, dashes will appear instead of a result. See *"Error and other messages"* in Section 6.


Next, the meter will beep and the flashing blood drop icon () will appear on the display. You can now apply your blood sample to the test strip.



## Getting a blood sample from the fingertip

Choose a different puncture site each time you test. Repeated punctures in the same spot may cause soreness and calluses.

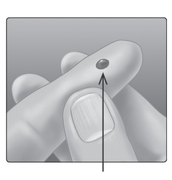
**Before testing, wash your hands thoroughly with warm, soapy water. Rinse and dry completely.**

**1. Puncture your finger**

Hold the lancing device firmly against the side of your finger. Press the release button. Remove the lancing device from your finger.


**2. Get a round drop of blood**

Gently squeeze and/or massage your fingertip until a round drop of blood forms on your fingertip.



Approximate size

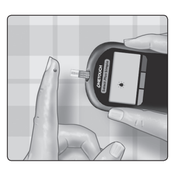


***NOTE:*** If the blood smears or runs, **Do Not** use that sample. Dry the area and gently squeeze another drop of blood or puncture a new site.

## Applying blood and reading results

**Prepare to apply the sample**

Keeping your finger extended and steady, move the meter and test strip toward the blood drop.



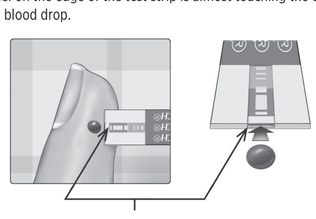

**Do Not** apply blood on the top of the test strip.



**Do Not** hold the meter and test strip underneath the blood drop. This may cause blood to run into the test strip port and damage the meter.

## Applying the sample

Line up the test strip with the blood drop so that the narrow channel on the edge of the test strip is almost touching the edge of the blood drop.



Narrow channel

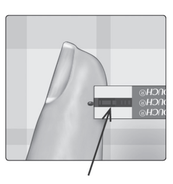
Gently touch the channel to the edge of the blood drop.

- **Do Not** press the test strip too firmly against the puncture site or the channel may be blocked from filling properly.
- **Do Not** smear or scrape the drop of blood with the test strip.
- **Do Not** apply more blood to the test strip after you have moved the drop of blood away.
- **Do Not** move the test strip in the meter during a test or you may get an error message or the meter may turn off.
- **Do Not** remove the test strip until the result is displayed or the meter will turn off.

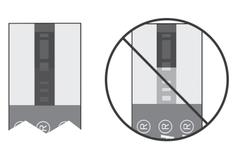


**Wait for the confirmation window to fill completely.**

The blood drop will be drawn into the narrow channel and the confirmation window should fill completely.



Confirmation window full



Full Not full

**⚠CAUTION:**

You may get an error message or an inaccurate result if the blood sample does not fill the confirmation window completely. Discard the used strip and re-start the test process with a new test strip.

When the confirmation window is full, this means you have applied enough blood. The Countdown screen will appear. Now you can move the test strip away from the drop of blood and wait for the meter to count down (about 5 seconds).

**Countdown screen**



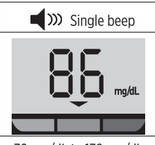
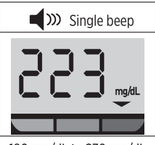
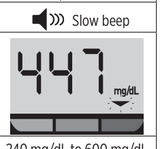
## Viewing your result

Your result appears on the display, along with the unit of measure.

After your blood glucose result appears, the meter will display a Range Indicator Arrow below your glucose result to indicate if your result is below, above or within the meter's range limits (see *"The Range Indicator feature"* in Section 1). The arrow will point to the appropriate Colour Range Indicator Bar on the meter as a visual reminder. It will also beep repeatedly if your glucose result is low or high.

***NOTE:*** When testing with blood, if the Range Indicator Arrow is not shown along with your blood glucose reading, and the meter does not beep, the meter has detected a problem with the test strip. A possible cause is test strip damage. Repeat the test with a new test strip.



| | Below range | In range | Above range | Above range |
|---|---|---|---|---|
| **Colour Bar:** | Blue | Green | Red | Red |
| **Range Indicator Arrow:** | Blinks | Does not blink | Does not blink | Blinks |
| **Sound:** | Fast beep | Single beep | Single beep | Slow beep |
| **Screen:** |  |  |  |  |
| **Blood glucose range:** | 20 mg/dL to 69 mg/dL | 70 mg/dL to 179 mg/dL | 180 mg/dL to 239 mg/dL | 240 mg/dL to 600 mg/dL |



**⚠CAUTION:**

**Do Not** make immediate treatment decisions based on the Range Indicator feature. Treatment decisions should be based on the numerical result and healthcare professional recommendation and not solely on where your result falls within the meter's range limits.

**⚠WARNING: Confirm that the unit of measure mg/dL is displayed. If your display shows mmol/L rather than mg/dL, stop using the meter and contact Customer Service.**

***NOTE:*** If you get an error message instead of a result, see *"Troubleshooting error and other messages"* in Section 6.



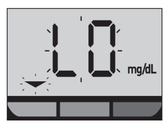
## Interpreting unexpected results

Refer to the following cautions when your results are higher or lower than what you expect.

**⚠CAUTION:**

**Low results**

If your result is below 70 mg/dL or is shown as **LO** (meaning the result is less than 20 mg/dL), it may mean hypoglycaemia (low blood glucose). This may require immediate treatment according to your healthcare professional's recommendations. Although this result could be due to a test error, it is safer to treat first, then do another test.




**⚠CAUTION:**

**Dehydration and low results**

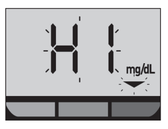
You may get false low results if you are severely dehydrated. If you think you are severely dehydrated, contact your healthcare professional immediately.



**⚠CAUTION:**

**High results**

- If your result is above 179 mg/dL, it may mean hyperglycaemia (high blood glucose) and you should consider re-testing. Talk to your healthcare professional if you are concerned about hyperglycaemia.
- **HI** is displayed when your result is over 600 mg/dL. You may have severe hyperglycaemia (very high blood glucose). Re-test your blood glucose level. If the result is **HI** again, this indicates a severe problem with your blood glucose control. Obtain and follow instructions from your healthcare professional immediately.






**⚠CAUTION:**

**Repeated unexpected results**

- If you continue to get unexpected results, check your system with control solution.
- If you are experiencing symptoms that are not consistent with your results and you have followed all instructions in this Owner's Guide, call your healthcare professional. Never ignore symptoms or make significant changes to your diabetes management programme without speaking to your healthcare professional.

**Unusual red blood cell count**

A haematocrit (percentage of your blood that is red blood cells) that is either very high (above 55%) or very low (below 30%) can cause false results.

## Turning the meter off

There are two ways to turn your meter off:

- Remove the test strip.
- Leave your meter alone for two minutes and it will turn off by itself.















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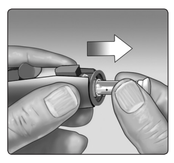
8/31/18 12:02 PM

### Removing the used lancet

**1. Remove the lancing device cap**

**2. Place the lancet protective cover on a hard surface and push the lancet tip into the cover**

**3. Remove the lancet and place it in a container for sharp objects**



**4. Replace the lancing device cap**

It is important to use a new lancet each time you obtain a blood sample. **Do Not** leave a lancet in the lancing device. This will help prevent infection and sore fingertips.

### Disposing of the used lancet and test strip

Discard the used lancet carefully after each use to avoid unintended lancet stick injuries. Used lancets and test strips may be considered biohazardous waste in your area. Be sure to follow your healthcare professional's recommendations or local regulations for proper disposal.

Wash hands thoroughly with soap and water after handling the meter, test strips, lancing device and cap.

## 3 Control solution testing

### Control solution testing precautions

OneTouch Select® Plus Control Solution is used to check that the meter and test strips are working together properly and that the test is performing correctly. (Control solution is available separately.)

***NOTE:***

- When you first open a new vial of control solution, record the discard date on the vial label. Refer to the control solution insert or vial label for instructions on determining the discard date.
- Tightly close the cap on the control solution vial immediately after use to avoid contamination or damage.
- **Do Not** open the test strip vial until you are ready to remove a test strip and perform a test. Use the test strip **immediately** after removing it from the vial, especially in high humidity environments.
- Control solution tests must be done at room temperature (20-25°C). Make sure your meter, test strips and control solutions are at room temperature before testing.

**⚠CAUTION:**

- **Do Not** swallow or ingest control solution.
- **Do Not** apply control solution to the skin or eyes as it may cause irritation.
- **Do Not** use control solution after the expiry date (printed on the vial label) or the discard date, whichever comes first, or your results may be inaccurate.

### Do a control solution test

- Whenever you open a new vial of test strips.
- If you suspect that the meter or test strips are not working properly.
- If you have had repeated unexpected blood glucose results.
- If you drop or damage the meter.

### Preparing your meter for a control solution test

**1. Insert a test strip to turn the meter on**

Insert the test strip with the test strip port and contact bars facing you.


**2. Wait for the flashing blood drop icon (🩸) to appear on the display**



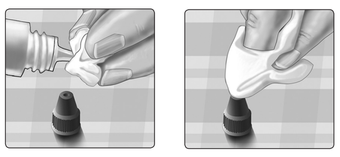
### Preparing the control solution

**1. Before removing the cap, shake the vial gently**

**2. Remove the vial cap and place it on a flat surface with the top of the cap pointing up**

**3. Squeeze the vial to discard the first drop**

**4. Wipe both the tip of the control solution vial and the top of the cap with a clean, damp tissue or cloth**







**5. Squeeze a drop into the small well on the top of the cap or onto another clean, non-absorbent surface**

### Applying the control solution

**1. Hold the meter so that the narrow channel at the top edge of the test strip is at a slight angle to the drop of control solution**

**2. Touch the channel on the top edge of the test strip to the control solution**

**3. Wait for the channel to fill completely**



### Viewing your control solution result

After the control solution is applied, the meter will count down until the test is complete. Your result is displayed along with the unit of measure. Your meter will not display a Range Indicator Arrow and will not beep with a control solution result.


***NOTE:*** Your meter does not store a control solution result after it is turned off. When you turn your meter on, your last blood glucose result will appear along with the History Mode icon (🕘).

### Checking if the result is in range

Each vial of test strips has the OneTouch Select® Plus Mid Control Solution range printed on its label. Compare the result displayed on the meter to the OneTouch Select® Plus Mid Control Solution range printed on the test strip vial.


**Example range**
OneTouch Select® Plus Mid Control Solution Control Range 102-138 mg/dL



If your control solution result falls outside the expected range, repeat the test with a new test strip.

**⚠CAUTION:**

The control solution range printed on the test strip vial is for control solution tests only **and is not a recommended range for your blood glucose level**.

### Causes of out-of-range control solution results

Out-of-range results may be due to:

- Not following the instructions for performing a control solution test.
- Control solution is contaminated, expired, or past its discard date.
- Test strip or test strip vial is damaged or past its discard date.



- Meter, test strips and/or control solution were not all at the same temperature when the control solution test was performed.
- A problem with the meter.
- Dirt or contamination in the small well on the top of the control solution cap.

**⚠CAUTION:**

If you continue to get control solution results that fall outside the range printed on the test strip vial, **Do Not** use the meter, test strips, or control solution. Contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Guide.

### Cleaning the control solution cap

**Clean the top of the control solution cap with a clean, damp tissue or cloth.**



## 4 Caring for your system

### Storing your system

Store your meter, test strips, control solution and other items in your carrying case. Keep in a cool, dry place between 5°C and 30°C. **Do Not** refrigerate. Keep all items away from direct sunlight and heat.

### Cleaning and disinfection

Cleaning and disinfection are different and both should be performed. Cleaning is part of your normal care and maintenance and should be performed prior to disinfection, but cleaning does not kill germs. Disinfection is the only way to reduce your exposure to disease.

### Cleaning your meter, lancing device and cap

The meter, lancing device and cap should be cleaned whenever they are visibly dirty and before disinfection. Clean your meter at least once per week. For cleaning obtain regular strength liquid dish soap and a soft cloth. Prepare a mild detergent solution by stirring 2.5 mL of regular strength liquid dish soap into 250 mL of water.



- **Do Not** use alcohol or any other solvent.
- **Do Not** allow liquids, dirt, dust, blood or control solution to enter the test strip port. (See *"Getting to know your OneTouch Select Plus Simple™ Blood Glucose Monitoring System"* in Section 1.)
- **Do Not** spray cleaning solution on the meter or immerse it in any liquid.

**1. Holding the meter with the test strip port pointed down, use a soft cloth dampened with water and mild detergent to wipe the outside of the meter**

Be sure to squeeze out any excess liquid before you wipe the meter.

**2. Wipe dry with a clean, soft cloth**



### Disinfecting your meter, lancing device and cap

The meter, lancing device and cap should be disinfected periodically. Clean your meter, lancing device and cap prior to disinfecting. For disinfecting, obtain regular household bleach (*containing a minimum* of 5.5% sodium hypochlorite as the active ingredient)*. Prepare a solution of 1 part household bleach and 9 parts water.

*Follow manufacturer's instruction for handling and storage of bleach.

**1. Use a soft cloth dampened with this solution to wipe the outside of the meter and lancing device until the surface is damp**

Be sure to hold the meter with the test strip port pointed down.

**2. After wiping, cover the surface you are disinfecting with the soft cloth dampened with the bleach solution for 1 minute**

Then wipe with a clean, damp, soft cloth.

Wash hands thoroughly with soap and water after handling the meter, lancing device and cap.

If you see signs of wear, please contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Guide.



## 5 Battery

### Replacing the battery

Your OneTouch Select Plus Simple™ Meter uses one CR2032 lithium coin cell battery.

***IMPORTANT:*** Use only one CR2032 lithium coin cell battery with your meter. **Do Not** use rechargeable batteries. The meter will not function if an incorrect battery type is installed.

If the meter does not turn on, you may need to replace the battery. See below for instructions.

**⚠WARNING: Certain batteries may cause leaking which can damage the meter or cause the battery to lose power sooner than normal. Replace leaking battery immediately.**

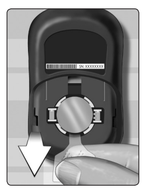
**1. Remove the old battery**

Start with the meter turned off. Remove the battery cover by sliding it downward.

Battery cover



Pull up on the battery ribbon to lift the battery out of the compartment.



**2. Insert the new battery**

Insert one CR2032 lithium coin cell battery on top of the battery ribbon, with the plus (+) side up.



**3. Replace battery cover by sliding it upwards onto the meter**

If the meter does not power on after you have replaced the meter battery, check that the battery is correctly installed. If the meter still does not power on, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Guide.

**4. Dispose of battery**

Dispose of the battery according to your local environmental regulations.



## 6 Troubleshooting

### Troubleshooting error and other messages

The OneTouch Select Plus Simple™ Meter displays messages and will beep twice when there are problems with the test strip or with the meter. Your meter displays a LO message with fast beeping if your glucose level is below 20 mg/dL. It displays a HI message with slow beeping if your glucose level is above 600 mg/dL. Improper use may cause an inaccurate result without producing an error message.

### LO and HI blood glucose messages

#### What it means

You may have a very low blood glucose level (severe hypoglycaemia), below 20 mg/dL.


***NOTE:*** Both the **LO** and the Range Indicator Arrow will flash on the meter screen and the meter will beep fast.

#### What to do

**This may require immediate treatment.** Although this message could be due to a test error, it is safer to treat first and then do another test. Always treat according to your healthcare professional's recommendations.



#### What it means

You may have a very high blood glucose level (severe hyperglycaemia), over 600 mg/dL.


***NOTE:*** Both the **HI** and the Range Indicator Arrow will flash on the meter screen and the meter will beep slowly.

#### What to do

**Re-test your blood glucose level.** If the result is **HI** again, obtain and follow instructions from your healthcare professional right away.



### Temperature messages

#### What it means

The meter is too hot (above 44°C) to perform a test.


#### What to do

Move the meter and test strips to a cooler area. Insert a new test strip when the meter and test strips are within the operating range (10-44°C). If you do not get another **HI .t** message, you can proceive with testing.

#### What it means

The meter is too cold (below 10°C) to perform a test.


#### What to do

Move the meter and test strips to a warmer area. Insert a new test strip when the meter and test strips are within the operating range (10-44°C). If you do not get another **LO.t** message, you can proceed with testing.

If you continue to get **HI .t** or **LO.t** messages, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Guide.



### Error and other messages

If there is a problem with your meter or test strip, there are six possible error screens that may appear. If you cannot resolve the error, contact Customer Service. Contact information for Customer Service is listed at the end of this Owner's Guide.

#### What it means

There is a problem with the meter.


#### What to do

**Do Not** use the meter. Contact Customer Service.

#### What it means

Error message could be caused either by a used test strip or a problem with the meter.


#### What to do

Repeat the test with a new test strip. See *"Test your blood glucose"* in Section 2 or *"Control solution testing precautions"* in Section 3. If this message continues to appear, contact Customer Service.



#### What it means

The sample was applied before the meter was ready.


#### What to do

Repeat the test with a new test strip. See *"Test your blood glucose"* in Section 2 or *"Control solution testing precautions"* in Section 3. Apply a blood or control solution sample only after the flashing 🩸 symbol appears on the display. If this message continues to appear, contact Customer Service.

#### What it means

The meter has detected a problem with the test strip. Possible cause is test strip damage.


#### What to do

Repeat the test with a new test strip. See *"Test your blood glucose"* in Section 2 or *"Control solution testing precautions"* in Section 3. If the error message appears again, contact Customer Service.



#### What it means

*One of the following may apply:*


- Not enough blood or control solution was applied.
- Blood or control solution was added after the meter began to count down.
- The test strip may have been damaged or moved during testing.
- The sample was improperly applied.
- There may be a problem with the meter.

#### What to do

Repeat the test with a new test strip. See *"Test your blood glucose"* in Section 2 or *"Control solution testing precautions"* in Section 3. If the error message appears again, contact Customer Service.



#### What it means

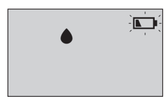
The meter has detected a problem with the test strip. Possible cause is test strip damage.


#### What to do

Repeat the test with a new test strip. See *"Test your blood glucose"* in Section 2 or *"Control solution testing precautions"* in Section 3. If the error message appears again, contact Customer Service.

#### What it means

Meter battery power is low but there is still enough battery power to perform a test. The flashing low battery (🔋) icon will continue to appear until the battery is replaced.



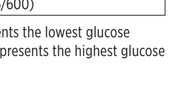
#### What to do

Replace the meter battery soon.



#### What it means

There is not enough battery power to perform a test.



#### What to do

Replace the battery immediately.

#### What it means

No result in memory, such as the first time use of the meter.

*or*

Your meter was unable to recall the last result.




#### What to do

Contact Customer Service to report this occurrence, **unless** this is your first use of the meter. You can still perform a blood glucose test or control solution test and get an accurate result.



## 7 Detailed information about your system

### Comparing meter results to laboratory results

If you wish to check your meter's accuracy, compare it to a lab result. See *"Guidelines for obtaining an accurate meter to lab comparison"*. Results obtained from the OneTouch Select Plus Simple™ Meter and laboratory tests are reported in plasma-equivalent units. However, your meter result may differ from your lab result for any of several reasons. Your meter measures glucose (sugar) in capillary blood, but the lab measures glucose in venous blood. When your blood sugar is changing because you have eaten, exercised, or taken medication, the difference between venous and capillary blood may be greater than when you are fasting. For example, if you have eaten recently, a result from fingertip testing may be up to 70 mg/dL higher than a lab test using blood drawn from a vein.[1] Therefore, when comparing a meter to a lab, it is important to fast for at least 8 hours. (It is OK to drink water.)



Meter results can be affected by factors that do not affect lab results in the same way. Specific factors that may cause your meter result to vary from your lab result may include:

- Your haematocrit is above 55% or below 30%.
- You are severely dehydrated.

For additional information, refer to the OneTouch Select® Plus Test Strip Insert.

According to an international standard[2] a result from your OneTouch Select Plus Simple™ Meter is considered accurate when it is within ±15 mg/dL of a laboratory method when the glucose concentration is lower than 100 mg/dL and within ±15% of laboratory method when the glucose concentration is 100 mg/dL or higher.

[1]Sacks, D.B.: "Carbohydrates." Burtis, C.A., and Ashwood E.R. (ed.), *Tietz Textbook of Clinical Chemistry*, Philadelphia: W.B. Saunders Company (1994), 959.

[2]ISO 15197:2013. *In vitro diagnostic test systems — Requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus.*



### Guidelines for obtaining an accurate meter to lab comparison

#### Before going to the lab:

- Perform a control solution test to make sure your meter is working properly.
- **Do Not** eat for at least 8 hours before you test your blood.
- Take your meter and testing supplies with you to the lab.

#### Testing with your OneTouch Select Plus Simple™ Meter at the lab:

- Test within 15 minutes of the lab test.
- Use only a fresh, capillary blood sample from your fingertip.
- Follow all instructions in this Owner's Guide for performing a blood glucose test.

#### Comparing your meter results to those taken from another meter

Comparing your blood glucose test results taken with this meter to your results taken from a different meter is not recommended. Results may differ between meters and are not a useful measure of whether your meter is working properly.



### Technical Specifications

| | |
|---|---|
| **Assay method** | Glucose Oxidase biosensor |
| **Automatic shutoff** | Two minutes after last action |
| **Battery ratings** | 3.0 V d.c. (CR2032 lithium coin cell battery) ⎓ |
| **Battery type** | One replaceable 3.0 Volt CR2032 lithium coin cell battery |
| **Biological source** | Aspergillus Niger |
| **Calibration** | Plasma-equivalent |
| **Memory** | Last glucose test result only |
| **Operating ranges** | Temperature: 10-44°C<br>Relative humidity: non-condensing 10-90%<br>Altitude: up to 3048 metres<br>Haematocrit: 30-55% |
| **Reported result range** | 20-600 mg/dL |
| **Sample** | Fresh capillary whole blood |
| **Sample volume** | 1.0 µL |
| **Size** | 52(W) x 86(L) x 16(T) millimetres |
| **Test time** | Average test time is 5 seconds |
| **Unit of measure** | mg/dL |
| **Weight** | Approximately 50 grams |



### System Accuracy

Diabetes experts have suggested that glucose meters should agree within 15 mg/dL of a laboratory method when the glucose concentration is lower than 100 mg/dL, and within 15% of a laboratory method when the glucose concentration is 100 mg/dL or higher. Samples from 100 patients were tested using both the OneTouch Select Plus Simple™ System and the YSI 2300 Glucose Analyzer laboratory instrument.

### System Accuracy Results for Glucose Concentrations <100 mg/dL

Percent (and number) of meter results that match the laboratory test

| Within ±5 mg/dL | Within ±10 mg/dL | Within ±15 mg/dL |
|---|---|---|
| 61.3% (103/168) | 94.6% (159/168) | 99.4% (167/168) |



### System Accuracy Results for Glucose Concentrations ≥100 mg/dL

Percent (and number) of meter results that match the laboratory test

| Within ±5% | Within ±10% | Within ±15% |
|---|---|---|
| 69.0% (298/432) | 95.4% (412/432) | 99.1% (428/432) |

### System Accuracy Results for Glucose Concentrations Between 39.9 mg/dL and 451 mg/dL

Percent (and number) of meter results that match the laboratory test

| Within ±15 mg/dL or ±15% |
|---|
| 99.2% (595/600) |

***NOTE:*** Where 39.9 mg/dL represents the lowest glucose reference value and 451 mg/dL represents the highest glucose reference value (YSI value).



### User Performance Accuracy

A study evaluating glucose values from fingertip capillary blood samples obtained by 160 lay persons showed the following results:

96.6% within ±15 mg/dL of the medical laboratory values at glucose concentrations below 100 mg/dL, and 94.7% within ±15% of the medical laboratory values at glucose concentrations at or above 100 mg/dL.

95.0% of the total number of samples were within ±15 mg/dL or ±15% of the medical laboratory values.

### Regression Statistics

Samples were tested in duplicate on each of three test strip lots. Results indicate that the OneTouch Select Plus Simple™ System compares well with a laboratory method.

| # of Subjects | # of Tests | Slope | Intercept (mg/dL) |
|---|---|---|---|
| 100 | 600 | 1.00 | -2.19 |

| 95% CI Slope | 95% CI Intercept (mg/dL) | Std. Error ($S_{y.x}$) (mg/dL) | $R^2$ |
|---|---|---|---|
| 0.99 to 1.00 | -3.64 to -0.73 | 9.19 | 0.99 |



### Precision

Within Run Precision (300 Venous Blood Samples Tested per Glucose Level)

Data generated using the OneTouch Select Plus Simple™ Meter.

| Target Glucose (mg/dL) | Mean Glucose (mg/dL) | Standard Deviation (mg/dL) | Coefficient of Variation (%) |
|---|---|---|---|
| 25 | 25.43 | 1.50 | 5.88 |
| 40 | 40.33 | 1.56 | 3.86 |
| 65 | 63.01 | 2.11 | 3.35 |
| 120 | 117.43 | 3.07 | 2.61 |
| 200 | 196.55 | 4.42 | 2.25 |
| 350 | 349.25 | 7.83 | 2.24 |
| 560 | 562.88 | 11.61 | 2.06 |

Results show that the greatest variability observed between test strips when tested with blood is 2.11 mg/dL SD or less at glucose levels less than 100 mg/dL, or 2.61% CV or less at glucose levels at 100 mg/dL or above.



### Total Precision (600 Control Solution Tests per Glucose Level)

Data generated using the OneTouch Select Plus Simple™ Meter.

| Glucose Level Ranges (mg/dL) | Mean Glucose (mg/dL) | Standard Deviation (mg/dL) | Coefficient of Variation (%) |
|---|---|---|---|
| 20-30 | 25.74 | 1.13 | 4.41 |
| 30-50 | 46.19 | 1.29 | 2.80 |
| 96-144 | 111.93 | 2.27 | 2.03 |
| 280-420 | 362.94 | 6.09 | 1.68 |
| 420-600 | 546.34 | 10.27 | 1.88 |

### Guarantee

LifeScan guarantees that the OneTouch Select Plus Simple™ Meter will be free of defects in material and workmanship for three years, valid from the date of purchase. The guarantee extends only to the original purchaser and is not transferable.



### Electrical and safety standards

This meter complies with CISPR 11: Class B (Radiated Only). Emissions of the energy used are low and not likely to cause interference in nearby electronic equipment. The meter has been tested for immunity to electrostatic discharge as specified in IEC 61326-2-6. This meter complies with immunity to radio frequency interference as specified in IEC 61326-1 and 61326-2-6.

The meter meets the requirements for immunity to electrical interference at the frequency range and test level specified in international standard ISO 15197.

Use of this meter near electrical or electronic equipment that are sources of electromagnetic radiation, may interfere with proper operation of this meter. It is advisable to avoid testing in close proximity to sources of electromagnetic radiation.

Common sources of electromagnetic radiation include mobile phones, walkie talkies or garage door openers.

**Do Not** use the equipment where aerosol sprays are being used, or when oxygen is being administered.



### Customer service

Kindly contact Customer Service at 1800 225544 or visit www.onetouchdiabetes.co.in.

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| LIFESCAN Description: Owner's Guide SPS IN | | Art Agency: AMPLEXOR | Job No.: 44809 |
| AW No./Rev.: 07067602A | | LFS Contact: Jane O'Callaghan | |
| CPS Reference No.: Refer to References Section in Enable for CPS No. | | JDE Item No.: N/A | Rev. Date: 08-Aug-18 |
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