WELCOME

Welcome to your iHealth Wireless Smart Gluco-Monitoring System (the iHealth system). Designed to be used with the free iHealth Gluco-Smart App (the app), the system will help you manage your diabetes in an easy and convenient way.

Contents of the Wireless Smart Gluco-Monitoring System

• iHealth Smart Glucose Meter (the meter)

• Clear Cap for Alternate Site Testing

• iHealth Test Strip

• iHealth Lancing Device

• Lancet

• Travel Case

• USB Charging Cable

• iHealth Control Solution

• Owner's Manual

• Quick Start Guide

These contents may vary according to geographic markets. Please refer to the package contents listed on the package you purchased.

FIRST TIME SETUP INSTRUCTIONS

· **Download the companion app**

  Prior to first use, download and install the free iHealth Gluco-Smart App from the App Store to your iOS device. Follow the on-screen instructions to create your iHealth ID.

· **Access iHealth Cloud**

  You can use your iHealth ID to gain access to free and secure Cloud Services. Go to www.ihealthlabs.com and click on "Sign In".

· **Charge the battery**

  Out of the box

  Your meter is powered by a built-in, rechargeable battery. Plug one end of the charging cable into the side of the meter and the other end into your computer's USB port. Charge it for two to four hours before first use. A fully charged battery can typically take up to 200 tests depending on your daily usage.

  Low battery message

  After you have used your meter for some time, $\boxed{Er0}$ appears for 2 seconds when the battery in your meter is low on power. You must recharge the battery before using it again. After 2 seconds, the meter shuts off automatically. The meter does not take any measurement when the battery is low.
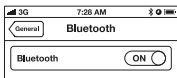
  Important: If battery is completely drained, fully charge the

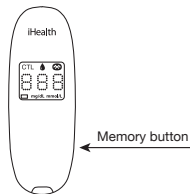battery and launch the app to sync the meter before using it again.

· **Sync the meter**

Prior to first use, follow the steps below to connect the meter to the app on your iOS device to set your meter's time and date. By connecting the two, the date and time of the meter will be synced with your iOS device.
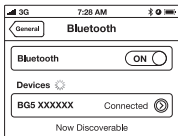
1. Enable *Bluetooth* on your iOS device.

2. Press and hold the "Memory" button for three seconds to turn the meter on.
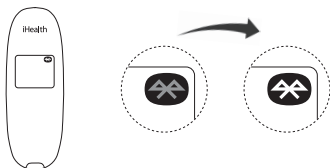

Memory button

3. Select the model name "BG5xxxxxx" in the *Bluetooth* menu to pair and connect.

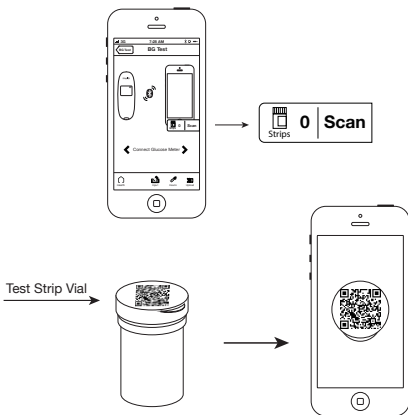4. Launch the app to connect the meter to the app. The *Bluetooth*

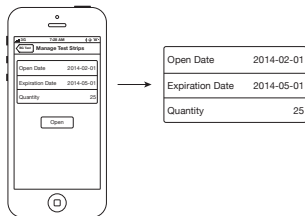symbol " "will flash and remain lighted on the meter.

Note: Repeat steps 1-4 when switching to a different iOS device.

· **Scan the test strip vial**

Scan the QR code, located on the top of the iHealth test strips vial, one time, and each time a new vial is opened. Each vial contains 25 test strips. Scanning the QR code enables the app to track and show you the quantity of test strips in the vial as well as expiration information.

Test Strip Vial

When all 25 strips in a vial have been used, `Er d` appears on the meter to alert you that it is time to open a new vial, and the meter shuts off automatically. Launch the app and scan a new vial of iHealth test strips. The meter does not take any measurement when "Er d" appears on the meter.
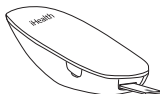
· **Test blood glucose level**
If you have synced your meter to the app on your iOS device, scanned the QR code of a test strip vial, and want to take a reading with the app:

[1] Turn the *Bluetooth* on and launch the app.

If you have synced your meter to the app on your iOS device, scanned the QR code of test strip vial, and want to take a reading without the app launched: Skip step [1].
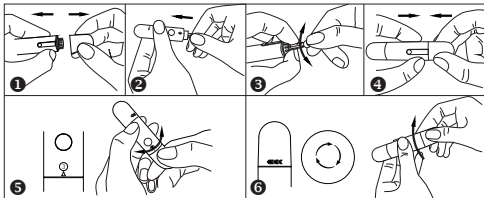
[2] Insert the test strip into the meter's strip port.
Insert the test strip into the strip port with the contact bars facing toward you.

[3] Prepare the lancing device.
- ❶ Snap off the lancet device cap
- ❷ Insert a new lancet firmly into the lancing holder cup
- ❸ Twist the lancet cover off
- ❹ Replace the lancing device cap
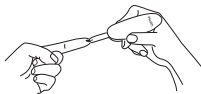- ❺ Set the lancing level
- ❻ Cock the handle until it clicks

[4] Obtain a blood sample.

Press the lancing device against the site to be lanced. Press the release button to puncture the site. Squeeze your finger until a drop of blood forms. Wipe away the first blood drop and squeeze until a second small blood drops forms.
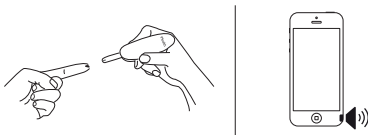
[5] Apply the blood sample to the test strip.

Quickly apply the blood sample to the absorbent hole of the test strip. Make sure the confirmation window of the test strip is completely filled with the blood sample.
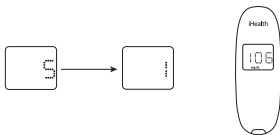
Quickly remove your finger from the test strip when the countdown (from 5 to 1) begins on the meter display, or when you hear a sound alert from your iOS device.
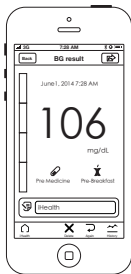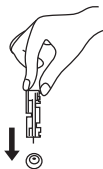

[6] Read the test results.
-If the meter is not connected to the app, the test result will appear on the meter after counting down from 5 to 1.

- If the meter is connected to the app, the test result will appear on the app.
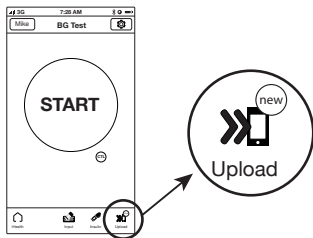
[7] Discard the used test strip and lancet. Remove the used test strip from the meter using a small amount of tissue paper. Discard the used test strip and lancet properly. (Tip: Prior to disposal, stick the lancet into the cover.)

DATA SYNCING

The meter can save up to 500 of the most recent blood glucose test results. When the meter needs to save a new test result and has already stored 500 test results, the oldest test result will be overwritten by the new test result.

When the meter is connected to the app on your iOS device, tap the "Upload" button to upload the saved data from the meter to the app.

CUSTOMER SERVICE

If you need additional iHealth test strips, iHealth control solution, lancing devices, and lancets, please contact:
USA:
Tel: 855.816.7705 (8:30 A.M. – 5:30 P.M. PST, Monday to Friday except holidays)

Email: support@ihealthlabs.com

Europe:
Tel: +33(0)1 44 94 04 81 (9:00 A.M. – 5:30 P.M., Monday to Friday except holidays)
Email: support@ihealthlabs.eu

For additional product information, please go to www.ihealth-labs.com.

IMPORTANT SAFETY INSTRUCTIONS: Use only iHealth test strips. The meter and lancing device are for single patient use only. Don't share them with anyone, including other family members. Please refer to the iHealth Wireless Smart Gluco-Monitoring System Owner's Manual for more information.