



Check blood glucose



Always wash your hands with warm, soapy water and dry them thoroughly before beginning a check. Meter turns on when you insert the strip into the meter. Metallic end of the strip goes in the meter.



When a flashing drop symbol appears, perform a finger prick with the lancing device.



Touch the **yellow edge** of the test strip to the blood drop. Remove your finger from the test strip when the flashing hourglass symbol appears on the display.



The test result appears on the display in less than 4 seconds. The arrow shows if your test result falls above, within, or below the target range. The target range can be individualised to suit your personal therapy goals.



Set the time and date



1. Press **▲** to turn the meter on.

The flashing strip symbol appears on the display.



2. Press and hold **▼** until **set-up** appears on the display. The hour flashes.

Press **▲** to increase the hour or press **▼** to decrease the hour.



3. Press and hold **▲** to set the hour and move to the next field. The minutes flash.

Press **▲** to increase the minutes or press **▼** to decrease the minutes.



4. Repeat step 3 to adjust each field. After setting the year, press and hold **▼** until the flashing strip symbol appears to save your settings.

Note

- The meter prompts you to set the time and date the first time you turn the meter on or if an error occurs.
- Press and hold **▼** at any time until the flashing test strip symbol appears to perform a test.
- The time and date on the meter synchronises to the time and date on the paired device each time the meter sends data to the paired device.

Review blood glucose results in memory



1. With the meter off, press **▼** to view the most recent blood glucose result.



2. Continue to press **▼** to view previous test results from newest to oldest.

Note

Press **▲** to move back through oldest to newest test results.

Review 7, 14, 30, and 90-day averages



1. With the meter off, press **▼** to turn the meter on. The most recent blood glucose result appears on the display.



2. Press **▲** to see the 7-day average. Continue to press **▲** to move through your 7, 14, 30, and 90-day averages.

The number of test results in the average = n.



Note

- Press **▼** to move back through averages to the most recent blood glucose result.
- If the memory contains a result that is HI or LO, or is corrupt, then the time period and **day/ave** will blink to alert you that those results are not included in the average.

Connect the Accu-Chek Instant meter to the mySugr® app

1.



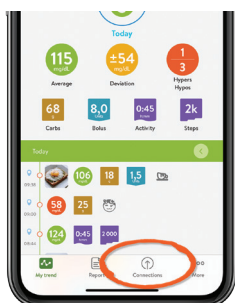
Using your smartphone, **download the mySugr® app*** from the App Store or Google Play and **create your mySugr account**.

2.



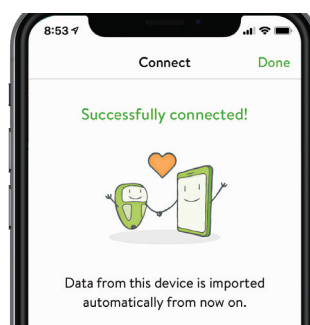
Turn on Bluetooth® on your smartphone (if it's not on already).

3.



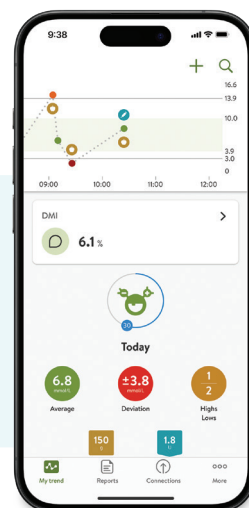
Open the mySugr app, and select **Connections** on the menu. Select **Accu-Chek Instant**, and then **Connect now**. Follow the step-by-step directions for pairing.

4.



After your meter is successfully connected to the mySugr app, **data from your device is imported** automatically. Now you can easily keep your diabetes data under control!

Download the mySugr app
to set up your account.



Visit accu-chek.co.uk or accu-chek.ie
for more information today!



4.6 stars user experience rating.**
**Average app rating in App Store and Google Play

*mySugr: You must be at least 18 years old to register for the Accu-Chek Account. Please see the manual for intended use.

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