

# 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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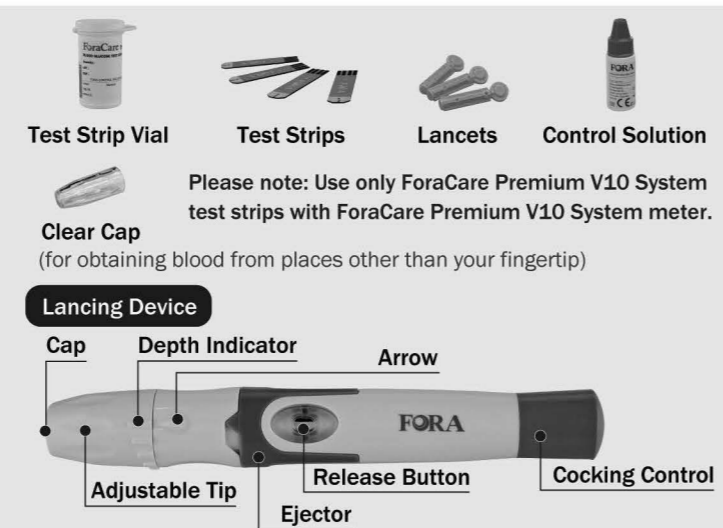
315-4124100-005

### 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.



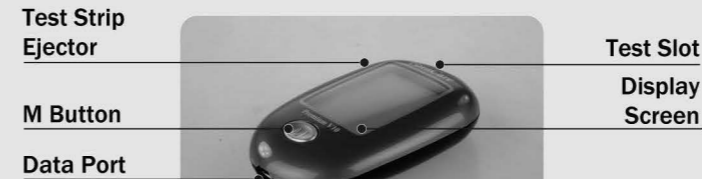
**Test Strip Vial**    **Test Strips**    **Lancets**    **Control Solution**

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

**Lancing Device**

**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.

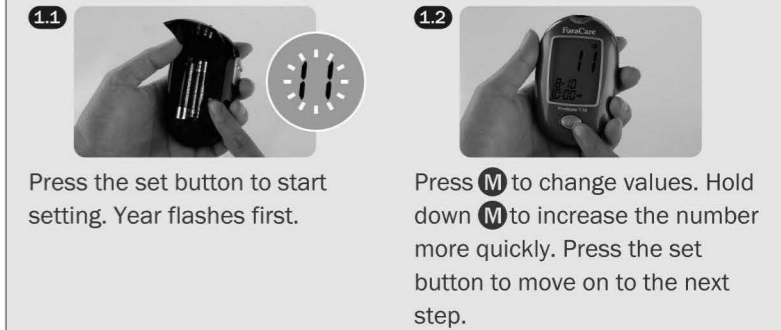
#### Front View of Meter



#### Rear View of Meter



### 1. Set the Meter



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

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

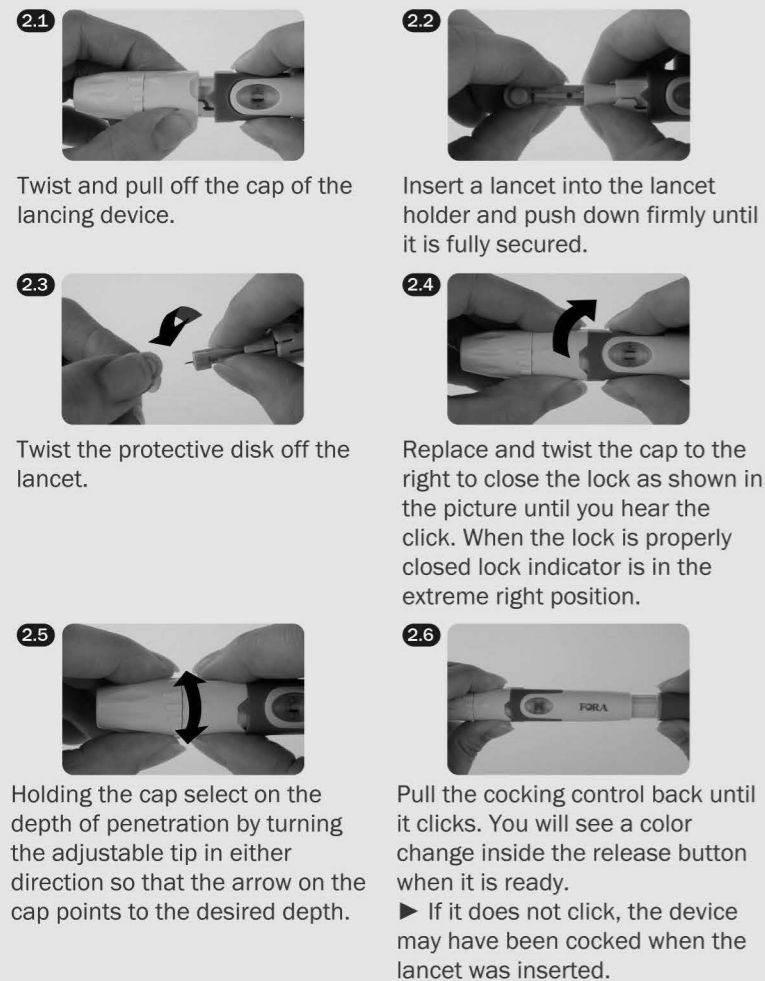


Date flashes. Follow **1.2** to make changes. The sequence of settings is:

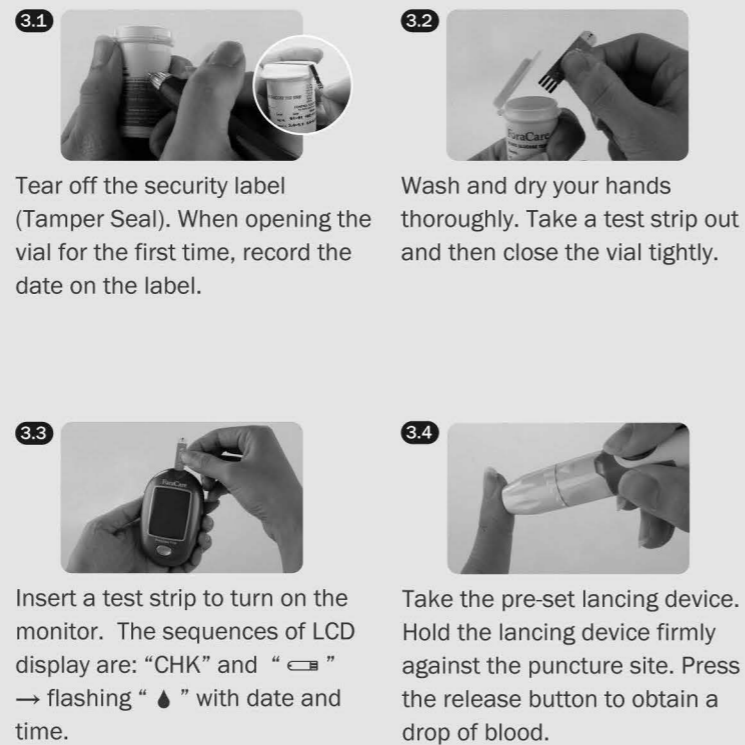
- (1) the date
- (2) 12h
- (3) time
- (4) memory deletion
- (5) volume
- (6) language

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

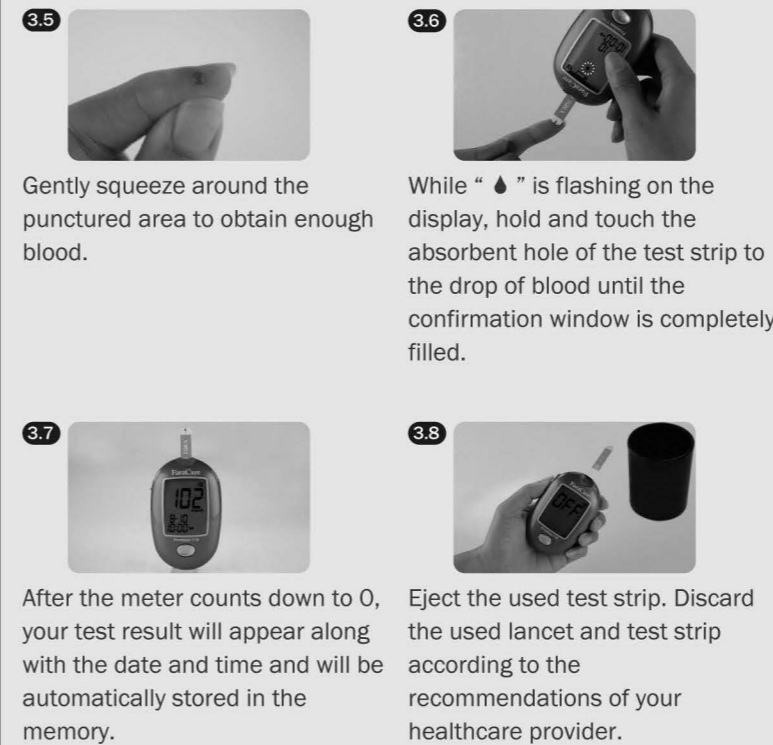
### 2. Set the Lancing Device



### 3. Test Your Blood Glucose



### 3. Test Your Blood Glucose



### 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.

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