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.

1. Set the Meter

Press the set button to start setting. Year flashes first. Press down to increase the number more quickly. Press the set button to move on to the next step.

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2. Set the Lancing Device

Twist and pull off the cap of the lancing device. Insert a lancet into the lancet holder and push down firmly until it is fully secured. Replace and twist the cap to the right to close the lock as shown in the picture until you hear the click. When the lock is properly closed lock indicator is in the extreme right position.

3. Test Your Blood Glucose

Tear off the security label (Tamper Seal). When opening the vial for the first time, record the date on the label. Insert a test strip to turn on the monitor. The sequences of LCD display are: “CHK” and “c::” flashing “•” with date and time.

Wash and dry your hands thoroughly. Take a test strip out and then close the vial tightly. Insert a test strip to turn on the monitor. The sequences of LCD display are: “CHK” and “c::” flashing “•” with date and time.

While “•” is flashing on the display, hold and touch the absorbent hole of the test strip to the drop of blood until the confirmation window is completely filled.

Gently squeeze around the punctured area to obtain enough blood.

Eject the used test strip. Discard your test result will appear along the used lancet and test strip with the date and time and will be automatically stored in the memory.

After the meter counts down to 0, Eject the used test strip. Discard the used lancet and test strip according to the recommendations of your healthcare provider.

4. Read Your Result

Your blood glucose result will display the following messages:

<table>
<thead>
<tr>
<th>Appears</th>
<th>When glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lo</td>
<td>&lt; 20 mg/dL (1.1 mmol/L)</td>
</tr>
<tr>
<td>Hi</td>
<td>&gt; 600 mg/dL (33.3 mmol/L)</td>
</tr>
<tr>
<td>KETONE?</td>
<td>≥ 240 mg/dL (13.3 mmol/L)</td>
</tr>
</tbody>
</table>

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)


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.