



Read me first!

Everything you need to know
to get started is in here.







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What's inside

- OneTouch Verio Flex® meter
- Test strips to get you started
- App download instructions
- Meter use instructions
- Diabetes support team info

How to get the app and pair it with your meter

1. Go to your phone's settings and make sure your Bluetooth® is on

2. Go to your app store


3. Search for OneTouch Reveal® and download it

4. Open the app, log in with the username and password you created when you enrolled online, then follow the prompts to pair your new meter with the app
5. If you already had the app on your phone, you'll need to go to My Meters under the menu and select the OneTouch Verio Flex® meter

How to use your meter

1. If this is the first time using your meter, set the time and date by following the instructions included in the meter's box
2. Insert a OneTouch Verio® test strip
3. Apply blood to the end of the strip
4. Read your results – the arrow indicates if your blood glucose is in range
5. Your readings are auto-recorded in the OneTouch Reveal® app on your phone
6. Open the app so your readings can be reviewed by your diabetes specialist team to offer support when you need it



Your diabetes support team

With diabetes remote monitoring, you have a team of specialists dedicated to you and your health – reviewing your blood glucose readings, staying in touch to help you stay on track, and available to answer any questions you have.

855.723.6099

Mon-Fri, 9:00 a.m. – 5:30 p.m.,
Eastern Time