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Thanks for choosing OneTouch®!

The OneTouch Select Plus Flex™ Blood Glucose Monitoring System is one of the latest product innovations from OneTouch®. Your OneTouch Select Plus Flex™ Meter is designed to connect (sync) with a variety of compatible wireless devices running software applications that let you review and graph your results, and help identify patterns. Meter results are sent to the compatible devices either through BLUETOOTH® (wireless) or USB cable connection.

Every OneTouch® Meter is designed to help you test your blood glucose and manage your diabetes.

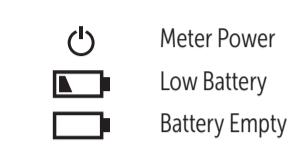
This Owner's Guide offers a complete explanation of how to use your new meter and testing supplies. It reviews the do's and don'ts of testing your blood glucose level. Please keep your Owner's Guide in a safe place; you may want to refer to it in the future.

We hope OneTouch® products and services will continue to be a part of your life.

Compatible wireless devices

Visit www.myOneTouch.co.uk for information on which wireless devices are compatible with your OneTouch Select Plus Flex™ Meter, and where/how to download the software application on your compatible wireless device.

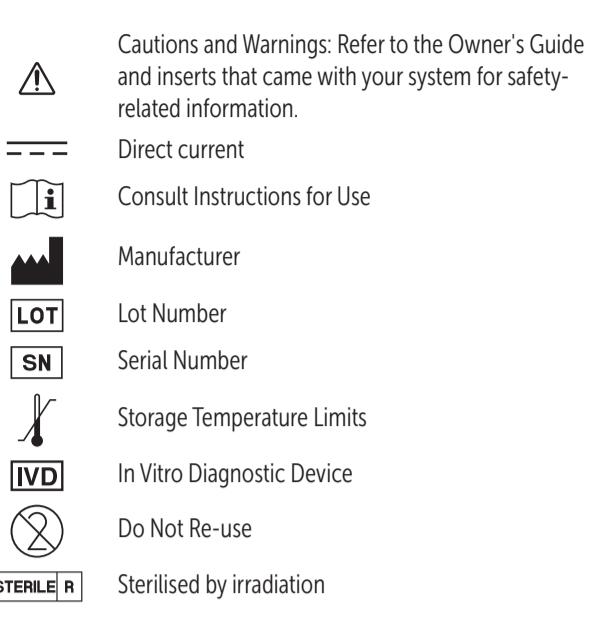
Meter symbols and icons



-1-

- Control Solution
- Syncing
- BLUETOOTH® Feature On
- History Mode (Past results)
- Apply Sample
- Range Indicator Arrow
- Setting Mode

Other symbols and icons



-2-

- Not for general waste
- Use by Date
- Contains sufficient for n tests
- Medical Device
- EC REP Authorized representative in the European Community

Before you begin

Before using this product to test your blood glucose, carefully read this Owner's Guide, and then insert that come with your OneTouch Select® Plus Test Strips, OneTouch Select® Plus Control Solution and the OneTouch® Delica® Plus Lancing Device.

IMPORTANT SAFETY INSTRUCTIONS:

- This meter and lancing device are for single patient use only. Do Not share them with anyone else, including family members! Do Not use on multiple patients!
- After use and exposure to blood, all parts of this kit are considered biohazardous. A used kit may transmit infectious diseases even after you have performed cleaning and disinfection.

Intended use

The OneTouch Select Plus Flex™ Blood Glucose Monitoring System is intended to be used for the quantitative measurement of glucose (sugar) in fresh capillary whole blood samples drawn from the fingertip. The system is intended to be used by a single patient and should not be shared.

Use only OneTouch Select® Plus Control Solution and Test Strips with the OneTouch Select Plus Flex™ Meter. Use of OneTouch Select® Plus Test Strips with meters for which they are not intended may yield inaccurate results.

BLUETOOTH® wireless technology

BLUETOOTH® wireless technology is used by some smartphones and many other devices. Your OneTouch Select® Plus Flex™ Meter uses BLUETOOTH® wireless technology to pair and to send your glucose results to compatible wireless devices.

The OneTouch Select Plus Flex™ Meter is designed to work with the OneTouch Reveal® Mobile App and many other diabetes applications on compatible wireless devices.

LifeScan self-test blood glucose monitoring devices conform to the following EU Directives:

IVDD (98/79/EC):

Blood Glucose Meter,

O344 Control Solution

MDD (93/42/EEC):

CE Lancets

1639

CE Lancing Device

RED (2014/5/EU):

CE Blood Glucose Meter

EC REP Lifescan Deutschland GmbH

Niederkasseler Lohweg 18

40547 Düsseldorf, Germany

Patent <https://www.onetouch.co.uk/patents>



NOTE: Some diabetes management apps, including the OneTouch Reveal® Mobile App, may not be available in your country. Visit www.myOneTouch.co.uk to learn if the OneTouch Reveal® Mobile App is available in your country.

Visit www.myOneTouch.co.uk for information on which wireless devices are compatible with your OneTouch Select Plus Flex™ Meter, and where/how to download the software application on your compatible wireless device.

When using the OneTouch Select Plus Flex™ System, we suggest you pair your OneTouch Select Plus Flex™ Meter with a compatible wireless device and track your results. See "Pairing Instructions" for pairing instructions.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

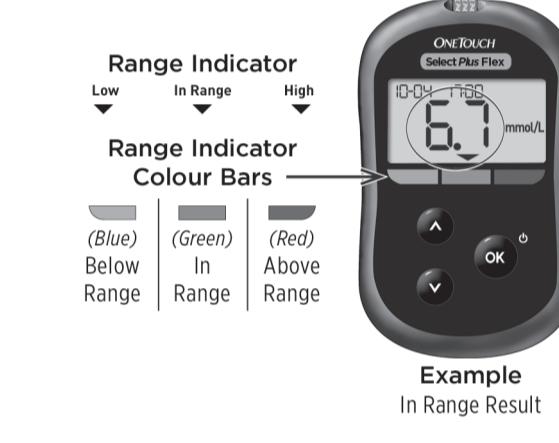
Your meter is subject to and complies with applicable Worldwide Radio regulations and guidelines. Generally, these rules state two conditions specific to the operation of the device.

1. This device may not cause harmful interference.

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The Range Indicator feature

The OneTouch Select Plus Flex™ Meter automatically lets you know if your current result is below, above or within your range limits. It does this by displaying your current result with a Range Indicator Arrow, pointing to a corresponding Range Indicator Colour Bar below the meter display. Use the Range Indicator Arrow and Colour Bar together to interpret your results.



2. This device must accept any interference received, including interference that may cause undesirable operation.

These guidelines help ensure that your meter will not affect the operation of other nearby electronic devices. Additionally, other electronic devices should not affect the use of your meter.

If you experience meter interference problems, try moving your meter away from the source of the interference. You can also move the electronic device or its antenna to another location to solve the problem.

WARNING: The BLUETOOTH® feature on your meter sends test results to your compatible wireless device. To prevent other people's results from being sent to your compatible wireless device, Do Not let anyone else use your meter to test their blood glucose. This meter is for single patient use only.

WARNING: In locations where cell phone use is not permitted, such as hospitals, some healthcare professional offices and airplanes, you should turn the BLUETOOTH® feature off. See "Turning the BLUETOOTH® feature on or off" for more information.

Do Not leave your meter unattended or in a public place so that others may change your personal parameters or make physical connections to it.

The meter has been designed defensively to ward off malicious intent and has been tested accordingly.

BLUETOOTH® trademark

The BLUETOOTH® word mark and logos are registered trademarks owned by the Bluetooth SIG, Inc. and any use of such marks by LifeScan Scotland Ltd. is under licence. Other trademarks and trade names are those of their respective owners.

3 Possible Range Indicator Displays

A Range Indicator Arrow will appear just below your result after each test depending upon how you set your low and high range limits in the meter.



Things you should know before using the Range Indicator feature:

- The meter comes with pre-set range limits. The pre-set low range limit is 3.9 mmol/L and the pre-set high range limit is 10.0 mmol/L. You can change these limits as needed to meet your needs. See "Editing your range limits" for details on the pre-set range limits and on editing your range limits.
- If you decide to change your range limits, the Range Indicator Arrows stored with previous results in meter memory will not change. However, any new tests will display Range Indicator Arrows which reflect your changes.

CAUTION: If you see any missing segments within the start-up screen, there may be a problem with the meter. Contact Customer Care. Contact OneTouch® Customer Care on 0800 121 200 (UK) or 1800 535 676 (Ireland).

NOTE: If you turned the meter on for the first time by inserting a test strip instead of pressing **OK**, you will not be able to perform a glucose test until you complete the first time setup.

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1 Getting to know your system

Your OneTouch Select Plus Flex™ Blood Glucose Monitoring System

Included with your kit:



NOTE: If any item is missing or defective in your kit, contact Customer Care. Call OneTouch® Customer Care on 0800 121 200 (UK) or 1800 535 676 (Ireland). Lines open 9am-5pm Monday - Friday. www.myOneTouch.co.uk

NOTE: If another type of lancing device was included, see the separate instructions for that lancing device.

Available separately:

Items listed below are required, but may not be included in your kit:

They are sold separately. Refer to your meter carton for a list of included items.



*Lancets, OneTouch Select® Plus Control Solution and Test Strips are available separately. For availability of lancets, test strips and control solution, contact Customer Care or your healthcare professional.

WARNING: Keep the meter and testing supplies away from young children. Small items such as the battery door, batteries, test strips, lancets, protective covers on the lancets, and control solution vial cap are choking hazards. Do Not ingest or swallow any items.

First time setup

To turn your meter on, press and hold **OK** until the start-up screen appears. Once the device is on, release **OK**. The meter will now automatically prompt you to set the time and date. The SET icon will appear on the screen to indicate that the meter has entered setup mode.

Setting the time

Hour will flash

- If the hour displayed is correct, press **OK** to confirm.
- If the hour displayed is not correct, press **OK** or **OK** to change the hour and press **OK** to confirm.

Minutes will flash

- If the minutes displayed is correct, press **OK** to confirm.
- If the minutes displayed is not correct, press **OK** or **OK** to change the minutes and press **OK** to confirm.

Day will flash

- If the day displayed is correct, press **OK** to confirm.
- If the day displayed is not correct, press **OK** or **OK** to change the day and press **OK** to confirm.

Setting the date

After completing the time setup, the meter will automatically move to the date setup mode.

Year will flash

- If the year displayed is correct, press **OK** to confirm.
- If the year displayed is not correct, press **OK** or **OK** to change the year and press **OK** to confirm.

Month will flash

- If the month displayed is correct, press **OK** to confirm.

- If the month displayed is not correct, press **OK** or **OK** to change the month and press **OK** to confirm.

Day will flash

- If the day displayed is correct, press **OK** to confirm.

- If the day displayed is not correct, press **OK** or **OK** to change the day and press **OK** to confirm.

You are now ready to take a test. See the section **Testing your blood glucose** in Chapter 3.

NOTE: After completing first time setup, a screen with three dashes will appear. Once you begin testing, your last result will appear in place of the three dashes, along with the date and time the test was taken.

Adjusting the time and date settings after first time setup

You can adjust the meter's time and date settings after first time setup. Press and hold **OK** to turn the meter on, then press and hold **OK** and **OK** at the same time. The SET screen will appear. See "Editing time and date".

After adjusting the settings, your meter will exit settings mode and your last result screen will appear.

Setting the date

After completing the time setup, the meter will automatically move to the date setup mode.

Year will flash

- If the year displayed is correct, press **OK** to confirm.
- If the year displayed is not correct, press **OK** or **OK** to change the year and press **OK** to confirm.

Month will flash

- If the month displayed is correct, press **OK** to confirm.

- If the month displayed is not correct, press **OK** or **OK** to change the month and press **OK** to confirm.

Day will flash

- If the day displayed is correct, press **OK** to confirm.

- If the day displayed is not correct, press **OK** or **OK** to change the day and press **OK** to confirm.
</

CAUTION:
Dehydration and low results
You may get false low results if you are severely dehydrated. If you think you are severely dehydrated, contact your healthcare professional immediately.

CAUTION:
High results
• If your result is above 10 mmol/L, it may mean hyperglycaemia (high blood glucose) and you should consider re-testing. Talk to your healthcare professional if you are concerned about hyperglycaemia.
• HI is displayed when your result is over 33.3 mmol/L. You may have severe hyperglycaemia (very high blood glucose). Re-test your blood glucose level. If the result is HI again, this indicates a severe problem with your blood glucose control. Obtain and follow instructions from your healthcare professional immediately.

NOTE: When your glucose result is above 33.3 mmol/L, both the HI and the Range Indicator Arrow will flash on the meter screen.

CAUTION:
Repeated unexpected results
• If you continue to get unexpected results, check your system with control solution.



1 HI 19.15 mmol/L

LifeScan® Description: OG SPF mmol EMEA en (LED)		Art Agency: Aceted	Job No.: 84789
File Name: AW07311301	MC Rev.: A	Agency Contact: Henry Umeh	
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ADS No./Rev.: DEV-REC-00000561 Rev 10	ADS ID: GUD-09	DieLine No./Rev.: N/A	No. of Covers: <input checked="" type="checkbox"/> N/A <input type="checkbox"/>
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