

ONETOUCH
Verio Flex®

Blood Glucose Monitoring System

Owner's Guide

Instructions for Use

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Thanks for choosing OneTouch®!

The OneTouch Verio Flex® Blood Glucose Monitoring System is one of the latest product innovations from OneTouch®.

Your OneTouch Verio 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.OneTouch.com for information on which wireless devices are compatible with your OneTouch Verio Flex® Meter, and where/how to download the OneTouch Reveal® Mobile App on your compatible wireless device.

Meter symbols and icons

- Meter Power
Low Battery
Battery Empty

- Control Solution
Syncing
BLUETOOTH® Feature On
History Mode (Past results)
Apply Sample
Range Indicator Arrow
SET Setting Mode
Other symbols and icons
Cautions and Warnings: Refer to the Owner's Guide and inserts that came with your system for safety-related information.
Direct current
Underwriters Laboratories certification

Before you begin

Before using this product to test your blood glucose, carefully read this Owner's Guide, and the inserts that come with the OneTouch Verio® Test Strips, OneTouch Verio® Control Solutions 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 potentially infectious or potentially infectious. A used kit may contain transmit infectious diseases even after you have performed cleaning and disinfection.

For more information see: FDA Public Health Notification: "Use of Fingertick® Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens: Initial Communication" (2010) http://wayback.archive-it.org/7993/20170110110314/http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm224025.html.

CDC website on "Infection Prevention during Blood Glucose Monitoring and Insulin Administration" (2010) http://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html.

Intended use

The OneTouch Verio 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 OneTouch Verio Flex® Blood Glucose Monitoring System is intended for self-testing outside the body (in vitro diagnostic use) by people with diabetes at home as an aid to monitor effectiveness of diabetes control.

Limitations

The OneTouch Verio Flex® Blood Glucose Monitoring System is intended to be used by a single patient and should not be shared. The system is not to be used for the diagnosis of or screening of diabetes or for neonatal use. The system is not for use on critically ill patients, patients in shock, severely dehydrated patients or hyporesponsive patients.

Problems

Glucose in the blood sample mixes with the enzyme FAD-GDH (see "Technical specifications") in the test strip and a small electric current is produced. The strength of this current calculates your blood glucose level. It then displays the blood glucose result and stores it in the meter memory.

Use only OneTouch Verio® Control Solutions and Test Strips with the OneTouch Verio Flex® Meter. Use of OneTouch Verio® 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 Verio Flex® Meter uses BLUETOOTH® wireless technology to pair and to send your glucose results to compatible wireless devices.

The OneTouch Verio Flex® Meter is designed to work with the OneTouch Reveal® Mobile App.

Visit www.OneTouch.com for information on which wireless devices are compatible with your OneTouch Verio Flex® Meter and where/how to download the OneTouch Reveal® Mobile App on your compatible wireless device.

When using the OneTouch Verio Flex® System, we suggest you pair your OneTouch Verio 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.

As your partner in diabetes care, we welcome you to contact us (Monday to Friday, 8:00 AM - 8:00 PM Eastern Time) at 1 888 567-3003 (English), 1 888 567-3010 (Español), or www.OneTouch.com.

For assistance outside of these hours, please contact your healthcare professional.

Meter Made in China

Manufactured by:
LifeScan Europe GmbH
Dammstrasse 19
6300 Zug
Switzerland

Patent https://www.onetouch.com/patents

LifeScan

FILE-PF-051118 Rev01
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IP Holdings, LLC
Rev. Date: 11/2025

This equipment complies with portable FCC radio frequency exposure limits set forth for an uncontrolled environment.

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. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
Increase the separation between the equipment and receiver.
Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
Consult the dealer or an experienced radio/TV technician for help.

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 license. Other trademarks and trade names are those of their respective owners.

1 Getting to know your system

Your OneTouch Verio Flex® Blood Glucose Monitoring System

Included with your kit:



NOTE: If any item is missing or defective in your kit, contact Customer Service. As your partner in diabetes care, we welcome you to contact us (Monday to Friday, 8:00 AM - 8:00 PM Eastern Time) at 1 888 567-3003 (English), 1 888 567-3010 (Español), or www.OneTouch.com.

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

Available separately:

Items pictured 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.

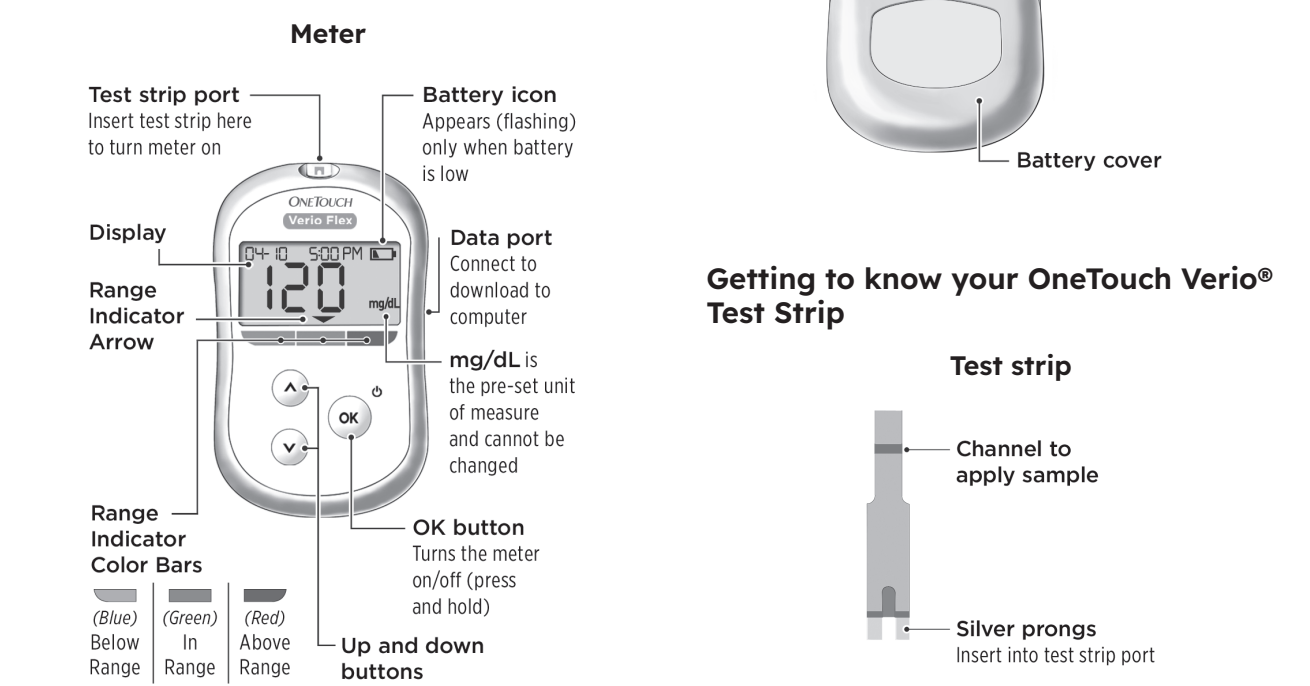


*OneTouch Verio® Control Solution and Test Strips are available separately. For availability of test strips and control solution, contact Customer Service or ask your pharmacist or healthcare professional.

You can use either OneTouch Verio® Level 3 Control Solution or OneTouch Verio® Level 4 Control Solution with your OneTouch Verio Flex® Meter.

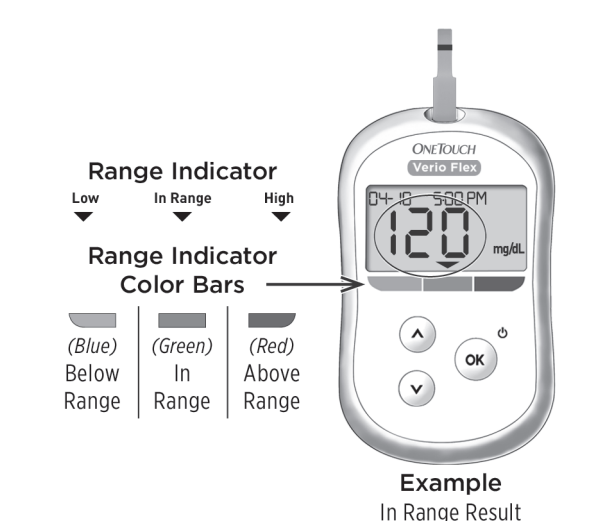
⚠WARNING: Keep the meter and testing supplies away from young children. Small items such as the battery door, batteries, test strips, lancets, protective covers on the lancets, and control solution vial cap are choking hazards. Do Not ingest or swallow any items.

Getting to know your OneTouch Verio Flex® Blood Glucose Monitoring System



The Range Indicator feature

The OneTouch Verio 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 Color Bar below the meter display. Use the Range Indicator Arrow and Color Bar together to interpret your results.



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 70 mg/dL and the pre-set high range limit is 180 mg/dL. 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, only new tests will display Range Indicator Arrows which reflect your changes.

2 Setting up your system

Setting up your meter

Turn your meter on

To turn your meter on, press and hold [ON] until the start-up test screen appears. Once the device is on, release [ON]. You can also turn the meter on by inserting a test strip.

Every time you turn your meter on, a start-up screen will appear for a few seconds. All segments of the display should appear briefly, indicating your meter is working properly. If the meter does not power on, check the battery.

⚠CAUTION:

If you see any missing segments within the start-up screen, there may be a problem with the meter. Contact Customer Service. Contact us at 1 888 567-3003.

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

First time setup

To turn your meter on, press and hold [ON] until the start-up screen appears. Once the device is on, release [ON]. 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 [UP] or [DOWN] 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 [UP] or [DOWN] to change the minutes and press [OK] to confirm.

AM/PM will flash

- If the AM/PM displayed is correct, press [OK] to confirm.
If the AM/PM displayed is not correct, press [UP] or [DOWN] to change AM/PM and press [OK] to confirm.

Setting the date

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

Year will flash

- If the year displayed is correct, press [OK] to confirm.
If the year displayed is not correct, press [UP] or [DOWN] 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 [UP] or [DOWN] 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 [UP] or [DOWN] 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 [ON] to turn the meter on, then press and hold [UP] and [DOWN] at the same time. The SET screen will appear. See "Editing time and date".

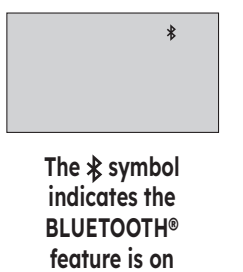
After adjusting the settings, your meter will exit settings mode and your last result screen will appear.

Connecting to a compatible wireless device

Turning the BLUETOOTH® feature on or off

In order to connect your meter with your compatible wireless device, the BLUETOOTH® feature will need to be turned on. The [BT] symbol will appear on the meter screen when the BLUETOOTH® feature is on. When the [BT] symbol is not present on the screen the BLUETOOTH® feature is off.

- To turn the BLUETOOTH® feature on press [ON] and [UP] at the same time.
To turn the BLUETOOTH® feature off press [ON] and [DOWN] at the same time.



NOTE: The BLUETOOTH® feature will turn OFF during a blood glucose test.

Pairing Overview

Pairing allows your OneTouch Verio Flex® Meter to communicate with compatible wireless devices. The devices must be within 26 feet of each other to pair and sync. Download the OneTouch Reveal® Mobile App from the appropriate app store before pairing your meter and compatible wireless device.

Multiple OneTouch Verio Flex® Meters can be paired with your compatible wireless device. For example, your compatible wireless device can be paired with a meter at home and another at work. To pair multiple meters, repeat the pairing instructions for each meter. See "Pairing Instructions" for pairing instructions.

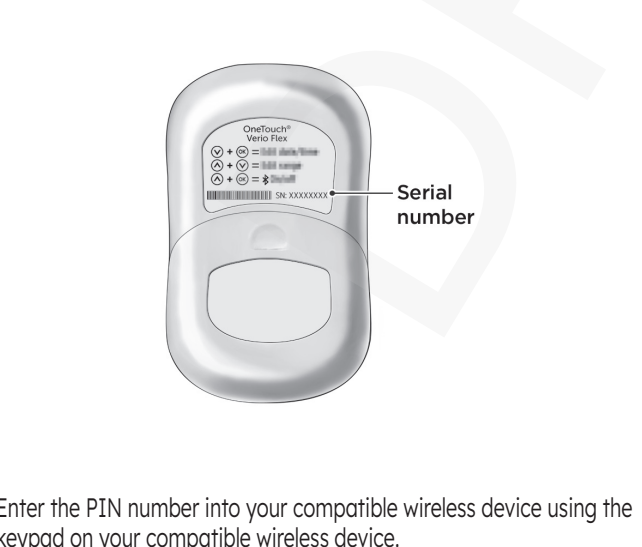
Your OneTouch Verio Flex® Meter can be paired with multiple compatible wireless devices. To pair multiple compatible wireless devices, repeat the pairing instructions for each compatible wireless device.

Pairing Instructions

- 1. Start by turning your meter on using the [ON] button.
2. The BLUETOOTH® feature is turned on by pressing [ON] and [UP] together.
The [BT] symbol will appear to indicate that the BLUETOOTH® feature is on.
3. Open the OneTouch Reveal® Mobile App and follow instructions to pair meter with your compatible wireless device

4. Look for "OneTouch" and the last 4 characters of the meter serial number on the compatible wireless device display to correctly identify your meter

5. When prompted by the OneTouch Reveal® Mobile App, the meter will display a six digit PIN number



Enter the PIN number into your compatible wireless device using the keypad on your compatible wireless device.

⚠CAUTION:

Make sure the PIN you enter on your compatible wireless device matches the PIN on your meter display. If a PIN number unexpectedly appears on your meter display, cancel the PIN request by either inserting a test strip to take a test or press the [ON] button to enter History Mode.



6. Wait for your compatible wireless device to indicate that your meter and compatible wireless device are paired

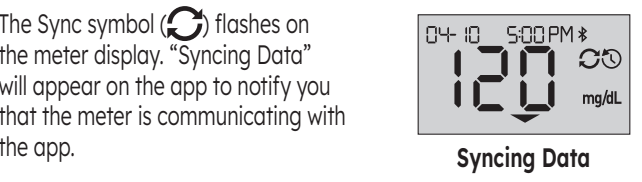
Syncing to send results wirelessly to the OneTouch Reveal® Mobile App

After pairing the meter with your compatible wireless device, you are ready to send results to the OneTouch Reveal® Mobile App.

1. Open the OneTouch Reveal® Mobile App on your compatible wireless device

2. Press and hold [ON] to turn the meter on and make sure the BLUETOOTH® feature is ON as indicated by [BT]

If needed, press [ON] and [DOWN] at the same time to turn the BLUETOOTH® feature on.



After syncing, the Sync symbol will disappear, the "Syncing Data" message will disappear on the app, and the app will display a list of any new results sent from the meter.

NOTE: Inserting a test strip during the transmission will cancel the transfer of all results. The flashing [BT] symbol appears on the screen and you can proceed with testing.

Turning the meter off

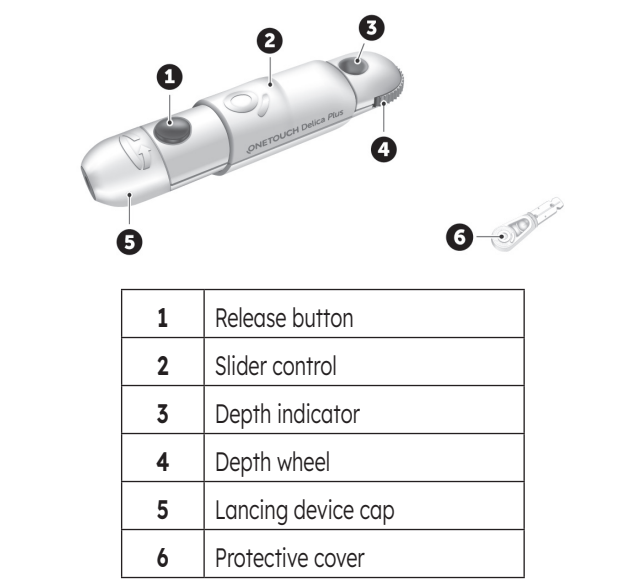
- There are three ways to turn your meter off:
Press and hold [ON] for several seconds until the meter turns off.
Remove the test strip.
Your meter will turn off by itself if left alone for two minutes.
NOTE: Following a glucose test, the meter will still be available for BLUETOOTH® connection for up to 4 hours. See "Sending your results to the app" for more details.

- Do Not open the test strip vial until you are ready to remove a test strip and perform a test. Use the test strip immediately after removing it from the vial.
Tightly close the cap on the vial immediately after use to avoid contamination and damage.
Store unused test strips only in their original vial.
Do Not return the used test strip to the vial after performing a test.
Do Not re-use a test strip that had blood, control solution, or any contaminants applied to it. Test strips are for single use only.
With clean, dry hands, you may touch the test strip anywhere on its surface. Do Not bend, cut or modify the test strip in any way.
When you first open a vial of test strips, record the discard date on the label. Refer to the test strip insert or vial label for instructions on determining the discard date.
Comparing your blood glucose test results taken with this meter to your results taken from a different meter is not recommended. Results may differ between meters and are not a useful measure of whether your meter is working properly.
IMPORTANT: If another person assists you with testing, the meter should always be cleaned prior to use by that person. See "Cleaning and disinfection".

⚠CAUTION:

- The OneTouch Verio Flex® Blood Glucose Monitoring System should not be used within 24 hours of receiving a D-xylose absorption test as it may cause inaccurately high results.
Do Not use the OneTouch Verio® Family of Meters when PAM (Pralidoxime) is known or suspected to be in the whole blood sample.
Do Not use your test strips if your vial is damaged or left open to air. This could lead to error messages or inaccurate results. Contact Customer Service immediately if the test strip vial is damaged. Contact us at 1 888 567-3003.
If you cannot test due to a problem with your testing supplies, contact your healthcare professional. Failure to test could delay treatment decisions and lead to a serious medical condition.
The test strip vial contains drying agents that are harmful if inhaled or swallowed and may cause skin or eye irritation.
Do Not use test strips after the expiration date (printed on the vial) or the discard date, whichever comes first, or your results may be inaccurate.

Getting to know your OneTouch® Delica® Plus Lancing Device



- NOTE:
The OneTouch® Delica® Plus Lancing Device uses OneTouch® Delica® or OneTouch® Delica® Plus Lancets.
If another type of lancing device was included, see the separate instructions for that lancing device.

- The OneTouch Verio Flex® Blood Glucose Monitoring System has not been evaluated for Alternate Site Testing (AST). Use only fingertips when testing with the system.
The OneTouch® Delica® Plus Lancing System does not include the materials needed to perform Alternate Site Testing (AST). The OneTouch® Delica® Plus Lancing System should not be used on the forearm or palm with the OneTouch Verio Flex® Blood Glucose Monitoring System.
Keep the lancing device away from young children. Patients younger than 18 years old should be supervised by adults when using the OneTouch® Delica® Plus Lancing Device and OneTouch® Delica® Plus Lancets. The lancing device, cap, lancets and lancet protective covers are choking hazards.

Lancing precautions

⚠CAUTION:

- To reduce the chance of infection and disease spread by blood:
Make sure to wash the sample site with soap and warm water, rinse and dry before and after sampling. Contaminants on the skin may affect results.
The lancing device is intended for a single user. Never share a lancet or lancing device with anyone.
Always use a new, sterile lancet each time you test. Used lancet blades must be safely discarded after a single use.
Always keep your meter and lancing device clean, disinfect reusable components according to manufacturer's instructions between each use. (See "Cleaning and disinfection".)

- The meter and lancing device are for single patient use only. Do Not share them with anyone, including family members! Do Not use on multiple patients! Improper use of blood lancets can increase the risk of inadvertent transmission of bloodborne pathogens, particularly in settings where multiple patients are tested.
After use and exposure to blood, all parts of this kit are considered infectious or potentially infectious. A used kit may transmit infectious diseases even after you have performed cleaning and disinfection.
Do Not use lancets after the expiration date printed on the lancet packaging.
Risk of injury. If the penetration depth is too deep, the puncture can injure children. Before using the lancing device for the first time on children, ask your healthcare professional. Start with the lowest penetration depth.

Preparing your lancing device

1. Remove the lancing device cap

Remove the cap by rotating it and then pulling it straight off the device.

2. Insert a sterile lancet into the lancing device

Align the lancet as shown here, so that the lancet fits into the lancet holder. Push the lancet into the device until it snaps into place and is fully seated in the holder.

Twist the protective cover one full turn until it separates from the lancet. Save the protective cover for lancet removal and disposal. See "Removing the used lancet".

3. Replace the lancing device cap

Place the cap back onto the device; turn the cap or push the cap straight on to secure it.

Ensure the cap is aligned as shown in the image.

4. Adjust the depth setting

The device has 15 puncture depth settings (each dot shown between numbers 1 to 7 on the Depth Wheel indicates an additional available depth setting). Adjust the depth by turning the depth wheel.

Smaller numbers are for a shallower puncture and larger numbers for a deeper puncture.

NOTE: Try a shallower setting first and increase the depth until you find the one deep enough to get a blood sample of the proper size.

5. Cock the lancing device

Pull the slider back until it clicks. If it does not click, it may already have been cocked when you inserted the lancet.

Preparing the meter

1. Insert a test strip to turn the meter on

Insert a test strip into the test strip port with the gold side of the test strip and the two silver prongs facing you.

NOTE: No separate step to code the meter is required.

The flashing blood drop icon (BD) appears on the display. You can now apply your blood sample to the test strip.

Sampling blood from the fingertip

Choose a different puncture site each time you test. Repeated punctures in the same spot may cause soreness and calluses.

Before testing, wash your hands and the sample site with warm, soapy water. Rinse and dry completely. Contaminants on the skin may affect results.

1. Puncture your finger

Hold the lancing device firmly against the side of your finger. Press the release button. Remove the lancing device from your finger.

2. Get a round drop of blood

Gently squeeze and/or massage your fingertip until a round drop of blood forms.

NOTE: If the blood smears or runs, Do Not use that sample. Dry the area and gently squeeze another drop of blood or puncture a new site.

Applying blood and reading results

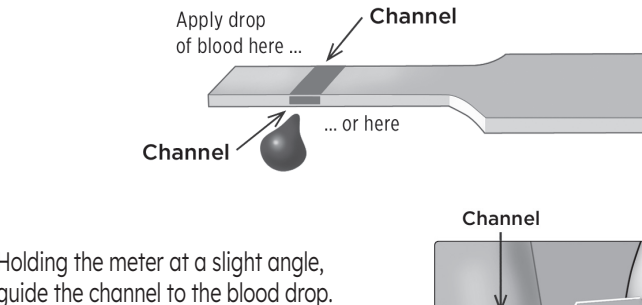
Applying the sample

1. Apply the sample to the test strip

You can apply blood to either side of the test strip.

Apply your sample to the opening of the channel.

Be sure to apply your sample immediately after you get a drop of blood.



Holding the meter at a slight angle, guide the channel to the blood drop.

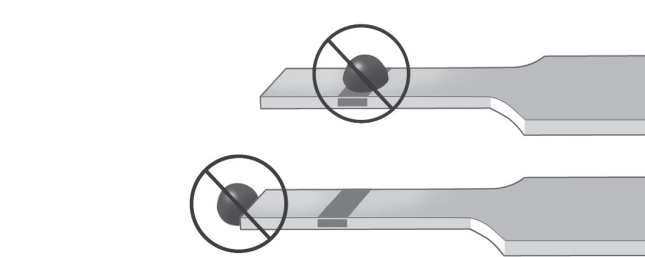
When it touches your sample, the test strip wicks blood into the channel.

2. Wait for the channel to fill completely

The blood drop will be drawn into the narrow channel. The channel should fill completely.

The channel turns red and the meter will count down from 5 to 1.

Blood should not be applied on the top of the test strip or to the top edge of the test strip.



NOTE:

- Do Not smear or scrape the sample with the test strip.
Do Not press the test strip too firmly against the puncture site or the channel may be blocked from filling properly.
Do Not apply more blood to the test strip after you have moved the drop of blood away.
Do Not move the test strip in the meter during a test or you may get an error message or the meter may turn off.
Do Not remove the test strip until the result is displayed or the meter will turn off.

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