Before you use your **OneTouch**® Ultra® blood glucose meter please ensure that you have read the Owner's booklet provided.

OneTouch® Ultra® blood glucose meter Owner's booklet.
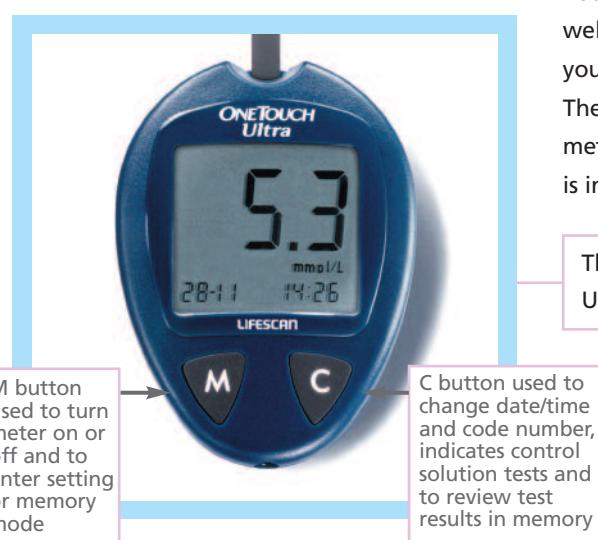
You will need to code your meter as well as set the date and time before you start to take your first reading. The procedure for coding your meter and setting the date and time is included in the Owner's Booklet.

The **OneTouch**® Ultra® meter.

M button used to turn meter on or off and to enter setting or memory mode

C button used to change date/time and code number, indicates control solution tests and to review test results in memory

The Bluetooth Cradle

Status Light

Transmit Button

Battery Cover
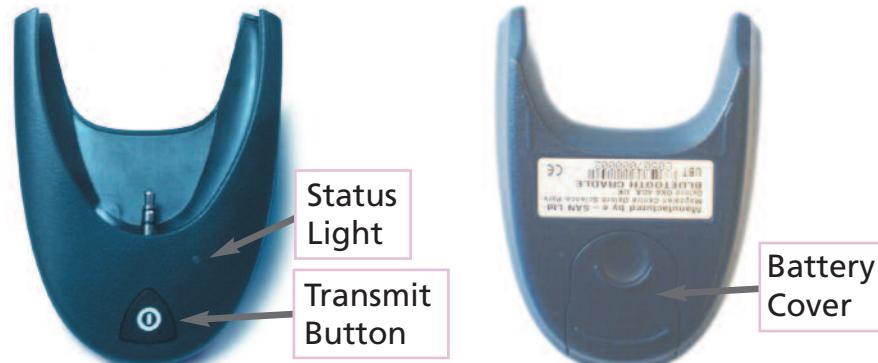
The Bluetooth cradle collects information from the One Touch Ultra meter and using Bluetooth technology sends it wirelessly over a short distance (up to 1.5m) to a compatible mobile phone.

Bluetooth Cradle Controls

Transmit button
- press briefly to turn cradle on or off
- press and hold while the status light is on (at least 7 seconds) then release the button when the light goes off to pair the Bluetooth cradle and your phone

Status light
- Not lit – the cradle is off
- Lit – the cradle is on
- Flashing – Bluetooth communication in progress

Assembling the One Touch Meter and Bluetooth Cradle

Slide the One Touch Ultra meter into the two guides at the top of the Bluetooth cradle and down onto the jack that sticks out from it. Then push the OneTouch firmly onto the cradle to ensure a good connection between them. You can and should leave the One Touch Ultra meter in the cradle at all times.

Before using t+ diabetes you should check your phone is compatible and set up to use certain features of the network.

t- diabetes uses GPRS, a method of sending data over the mobile phone network, to communicate between the t+ diabetes server and your mobile phone.

If you are not sure whether GPRS has been enabled on your phone, then please contact your operator. The operator will send you a message which will automatically update the settings in your phone.

Here are contact details for some of the mobile phone network operators, please refer to your handset or operator handbook for other numbers.

COMPANY	COMPANY NUMBER
Vodafone	08700 776 655
Orange on Pay As You Go	07973 100 450
Orange on Pay Monthly	07973 100 150
O2	0870 600 3009
T-Mobile	0845 412 5000
Virgin	0845 6000 789
Fresh	0870 111 5000
Tesco	0870 900 4455
Sainsburys	0870 990 9694

Your mobile phone will be able to send data back to the t+ diabetes system when you are abroad on holiday as long as you have set up the facility with your operator to be able to make calls when abroad.

Getting Started

When you first use the t+ diabetes system you will need to perform some extra steps, these are:
- Install the t+ diabetes software onto your phone
- Fit the One Touch Ultra meter into your Bluetooth cradle
- Pair the Bluetooth cradle with your phone

Overview of Taking A Blood Glucose Reading

Normally you will perform the following steps to take a blood glucose reading and send the information to your phone and t+ diabetes server:
- Take a blood glucose reading using the One Touch Ultra meter
- Start the t+ diabetes software on your phone
- Send the reading to your phone using the Bluetooth cradle
- Enter diary information
- View the feedback graphs on your phone

Summary of Phone Software Functions

With the t+ diabetes software the following functions are available:

- **Take a Test** – upload blood glucose readings from a One Touch Ultra meter then enter diary information
- **Diary Entry** – this allows you to enter diary information without taking a blood glucose reading
- **Order prescriptions** – Order repeat prescription medication if you are signed up to the service with your local participating pharmacy
- **Messages** – this allows you to read messages from your pharmacy , DSN or GP (if they have subscribed to the service and you consent to them viewing your data)
- **View Feedback at any time** – show the graphs and data from recent readings
- **Get Diary Update** – refresh the questions in the diary
- **Change cradle** – if you swap to a new cradle the phone needs to be setup to work with it
- **Settings** – on some types of phone it is possible to view your account settings

Before you start please ensure that your phone is charged and that you have some call credit if you are on a pay as you go tariff.

When you register with t+ diabetes you will automatically be sent 2 messages which will appear on your phone as normal messages. Figure 1

The installation process differs slightly on different handset models, so the following is a general guide to installation. **If you have any problems with the installation process or if you haven't received these messages then please call us on 0844 8000 167.**

We cannot guarantee the order in which the messages will arrive on your phone but it is important to open them in the correct order.

First open the message usually marked 'Configuration', alternatively 'Browser Update', Figure 1 shows a typical phone inbox, where the configuration message is at the bottom of the list.

Once you have opened the message, (Figure 2), your phone should prompt you to save this message. If asked to 'set as default access point?' *select* **YES**

If you are asked for a passcode this is **'1234'** for most phones and **'12345'** for the Nokia 6230.

Now exit the message back to your phone's inbox.

Second open the 't+ diabetes' message, this is usually marked with the symbol of a globe instead of an envelope. (as in Figure 1)

This message will have an internet address which you need to select to download the t+ diabetes software to your phone.

figure 1
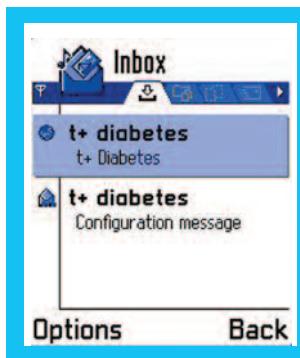
figure 2
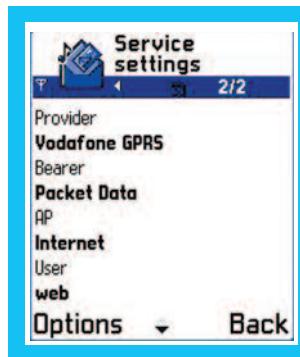
When the download has completed the phone may ask you whether you wish to install t+, *press* **YES,** then if required *select* **INSTALL***

*If you get a message indicating that the application is untrusted, (e.g. Figure 3), this is simply because the message didn't originate from your network provider, simply *select* **YES** to continue installation and *select* **YES** to install t+.

*If you are asked if you wish to keep your old settings *select* **NO**

Once the installation has finished *press* **EXIT** and return to the main menu.

You have now successfully installed t+ diabetes onto your phone.

figure 3