Gmate

VOICE

Quick Reference Guide

Thank you for purchasing the Gmate® VOICE System. Please read this Quick Reference Guide carefully before use. Please keep in a safe place for your future reference.

www.Gmate.com

Call customer service Toll Free at
1-855-GO-GMATE (1-855-464-6283) / 24 hours a day, 7 days a week.
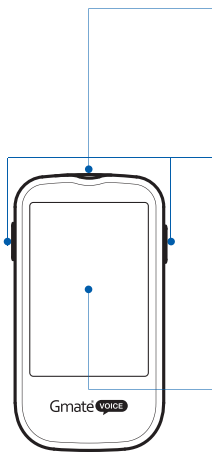
1004R3   Rev. Date 2013-1

Test Strip Port

Insert the end of a Gmate® Test Strip into the test strip port to begin a blood glucose test. The Gmate® VOICE Meter will automatically power on when you insert the test strip.

Buttons

The two side buttons power the Gmate® VOICE Meter on/off, recall the stored test results in memory, change the meter modes, and adjust various other features in the meter such as the date, time, alarm, timer, and language settings. Please refer to the section in this Gmate® VOICE User Manual (see page 14) for a complete explanation of how to use and set your Gmate® VOICE Meter.

Display Screen

Large LCD screen displays test results and other information.

Front View

ABOUT THE GMATE® VOICE SYSTEM

Intended Use

- The Gmate® VOICE Blood Glucose Monitoring System is intended for the quantitative measurement of glucose (sugar) in fresh capillary whole blood samples drawn from the fingertips, hand, upper arm, forearm, calf or thigh as an aid in monitoring the effectiveness of diabetes management in the home by individuals with diabetes. The Gmate® VOICE Blood Glucose Monitoring System is intended to be used by a single user and should not be shared with any other person.

- The Gmate® VOICE Blood Glucose Monitoring System is for self-testing outside the body (in vitro diagnostic use only) by people with diabetes at home as an aid to monitor the effectiveness of diabetes control. The Gmate® VOICE Blood Glucose Monitoring System should not be used for the diagnosis or screening of diabetes or for neonatal use. Alternative site testing should be done only during steady-state times (when glucose is not changing rapidly).

- The Gmate® VOICE Blood Glucose Monitoring System includes a speaking feature that provides audible test results for diabetic users.

- The Gmate® Blood Glucose Test Strips are for use with the Gmate® VOICE Meter for the quantitative measurement of glucose (sugar) in fresh capillary whole blood samples drawn from the fingertips, hand, upper arm, forearm, calf or thigh.

- The Gmate® Control Solution is for use with the Gmate® VOICE Blood Glucose Monitoring System and is intended as a quality control measure to verify the accuracy of your blood glucose test results and to ensure that the Gmate® VOICE meter and Gmate® Test Strips are working properly. The Gmate® Control Solution is intended for use by people with diabetes at home.

Error Messages

E01

Indicates a used test strip has been inserted. Re-test with a new test strip.
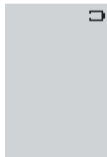
E04

Indicates that the environmental temperature is ABOVE or BELOW the system operational range. System operational range is 50°F-104°F (10°C-40°C). Repeat the test after the meter and test strip have reached the correct temperature range.

E03

Indicates that there may be a possible meter malfunction. Review the instructions and re-test with a new test strip. If this message appears again, contact your local supplier or Gmate® technical support.
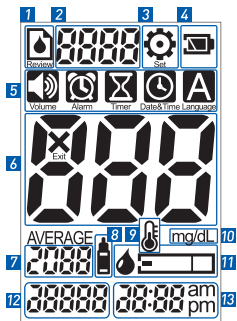
108 mg/dL

3

2012 1-25 4:42 pm

Battery is low. You can still perform a few more tests. Replace the battery soon.

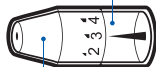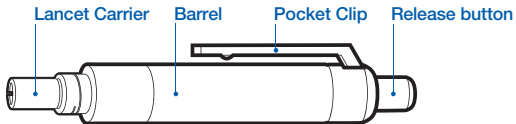Battery is too low to perform a test. Replace the batteries immediately.

Display

1. Review Mode
2. Displays the number of test results
3. Set Mode
4. Warning that the battery is low or needs to be replaced
5. Features within the Set Mode;
   Volume, Alarm, Timer, Date and Time, Language
6. Displays test results, average, and error messages
7. Year
8. Indicates control solution test
9. Indicates abnormal temperature warning
10. Measuring Unit
11. Test strip and blood drop
12. Date
13. Time

Lancing Device Cover

Adjustable Tip

Lancet Carrier   Barrel   Pocket Clip   Release button

Lancing Device

STEP 1

Insert the Gmate® Test Strip with the electrode end facing up into the test strip port of the Gmate® VOICE Meter. Make sure that the test strip is inserted all the way. The meter will automatically power on and you will hear a chime.

STEP 2

The screen will display the code, date and time. A test strip symbol with a blood drop will appear and flash. The meter and test strip are now ready to test your blood sample.
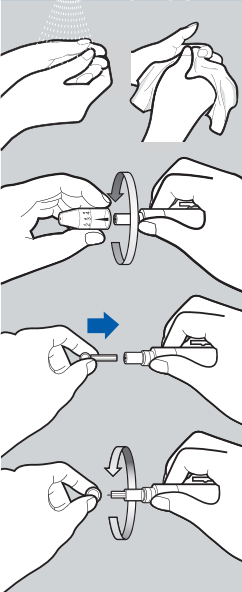
STEP 3

Before you begin, make sure the code number displayed on the screen is the same as the code number printed on the test strip vial. If the code number is different, insert a new test strip. If the code number still does not match, call Gmate® Customer Service toll-free at 1-855-GO-GMATE (1-855-464-6283).

Special Note to Caregivers

If you are a home health aide, family member, or other caregiver providing assistance to the owner of this Gmate® VOICE Blood Glucose Monitoring System, it is important that you take steps to prevent the spread of diseases while using this product. Always clean and disinfect the meter and lancing device following the steps on pages 48-51 before assisting the owner of this Gmate® VOICE Monitoring System.

Wash your hands thoroughly both before and after assisting the patient. We also recommend that you wear gloves while assisting another person with their meter. Parts of the system, particularly the test strips and lancets after being exposed to blood, are potential biohazards and can spread diseases such as HIV, hepatitis B and hepatitis C. For more information, please contact your local department of health or the toll-free help line at 1-855-GO-GMATE (1-855-464-6283).

STEP 1

Wash your hands with soap and warm water. Dry your hands thoroughly until the finger or designated puncture site is completely dry.

STEP 2

Take your lancing device. Hold the barrel firmly and twist off the device cover by turning it counter-clockwise.

STEP 3

Insert a new sterile lancet into the bottom of the lancet carrier.

STEP 4

Twist off the protective cap from the lancet.

STEP 4

Using the lancing device to obtain the blood sample, place the blood from your finger to the tip of the Gmate® Test Strip. <u>**Do NOT press your finger against the test strip.**</u> The test strip will automatically draw the blood. Continue to keep your finger on the test strip until the meter chimes indicating that the volume of blood is sufficient and the meter will begin calculating your blood glucose level. The reading will only take 5 seconds.

Important

The volume of the blood sample must be at least 0.5 microliter.

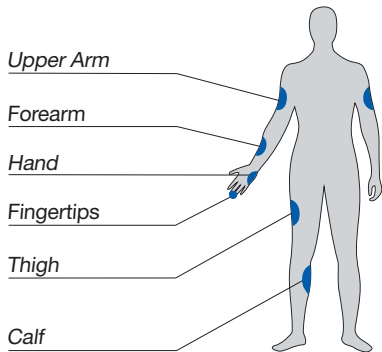Please make sure that the control solution completely fills the designated area of the Gmate® Test Strip.

STEP 5

When the test is complete, your blood glucose test result will be displayed on the LCD screen.
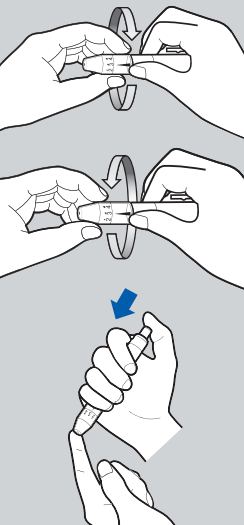
The Gmate® VOICE Blood Glucose Monitoring System allows you to test your blood from the Upper Arm, Forearm, Hand, Thigh or Calf. Obtaining a blood sample from these "alternate sites" may be considered less painful than your fingertip. The following figure shows the areas where you can test your blood with the Gmate® Voice Blood Glucose Monitoring System.

Upper Arm

Forearm

Hand

Fingertips

Thigh

Calf

STEP 5

Place the device cover back onto the lancing device.

STEP 6

Select the desired puncture depth that is suitable for your skin type by turning the adjustable tip: 1-2 for delicate skin, 3 for normal skin 4-5 for thick or calloused skin.

STEP 7

Place the end of the lancing device against the designated puncture site. Press and release the top button. Remove the lancing device after the puncture is complete.

STEP 8

After you perform your blood glucose test, twist off the device cover and remove the lancet. Dispose the lancet in an approved sharps container. Replace the lancing device cover.

STEP 6

Discard the used test strip. The test result will automatically be stored in memory.
The meter will power off automatically after one minute of nonuse.

Caution

Used test strips and lancets may be considered a bio-hazardous waste in your area. Make sure to follow your healthcare provider's recommendation for proper disposal.

Unexpected Results

- If your test result is above 600 mg/dL, "HI" will appear on the display screen. If your test result is below 20 mg/dL, "Lo" will appear on the display screen. Immediately contact your physician or healthcare professional if you receive a "Lo" or "HI" result.

Repeat the test:

- If your test result is below 50 mg/dL or above 250 mg/dL.
- If your second blood test result is also unusual, perform a control solution test to ensure that your meter is working properly (see Control Solution testing in this User Manual on page 41). Retest your blood.
- If you continue to get unexpected results, immediately contact your physician or healthcare professional.