Mobile App User Guide
Contents

Introduction................................................................................................................................................................................. 4
   OneTouch Reveal® mobile app..................................................................................................................................................4
   Supported Devices and System Requirements..........................................................................................................................4
   Apple® Legal Notice.................................................................................................................................................................4
   Bluetooth Trademark..............................................................................................................................................................4
   Intended Use..............................................................................................................................................................................4

Chapter 1: Getting Started..........................................................................................................................................................6
   Getting Started............................................................................................................................................................................6
   Creating your OneTouch Reveal® Account................................................................................................................................6
   Pairing......................................................................................................................................................................................6
      Instructions for pairing your OneTouch Verio® Sync meter..................................................................................................7

Chapter 2: App Overview..........................................................................................................................................................8
   Symbols and Icons used in the App...........................................................................................................................................8
   Navigation Menu......................................................................................................................................................................12
   Syncing your meter..................................................................................................................................................................15
   Synchronizing data across multiple compatible wireless devices with your OneTouch Reveal® Account.........................15

Chapter 3: Home..........................................................................................................................................................................16
   Home.........................................................................................................................................................................................17
   Data sharing (Share) feature....................................................................................................................................................18
   Readings (14, 30, 90 days)....................................................................................................................................................19
   Adding meal tags to your readings........................................................................................................................................19
   Adding notes to your readings..............................................................................................................................................19
   Averages..................................................................................................................................................................................19
   Patterns..................................................................................................................................................................................20
   Recent Events..........................................................................................................................................................................20
   Adding Events..........................................................................................................................................................................20
   Add Carbs...............................................................................................................................................................................20
   Add Insulin (medication data)..............................................................................................................................................20
   Add Activity.............................................................................................................................................................................21
   Add Reading (manually adding a blood sugar reading)........................................................................................................21

Chapter 4: Logbook.....................................................................................................................................................................22
   Logbook..................................................................................................................................................................................22
   Viewing/adding data............................................................................................................................................................22
   Viewing and adding details for each day................................................................................................................................22
   Viewing Patterns from the Logbook.......................................................................................................................................23

Chapter 5: Patterns.....................................................................................................................................................................24
   Detecting Patterns.................................................................................................................................................................24
   Viewing Pattern Details..........................................................................................................................................................27
   Receiving Pattern Messages..................................................................................................................................................27

Chapter 6: Graphs.........................................................................................................................................................................29
   Graphs.....................................................................................................................................................................................29
   Overall Graph.........................................................................................................................................................................31
OneTouch Reveal® mobile app

The OneTouch Reveal® Application (app) is a diabetes management tool that can help you track your blood sugar from your wireless device and easily share your readings with your healthcare professional and family members. The app works with compatible wireless devices such as your iOS phone or tablet. The app supports both Bluetooth® and Bluetooth Smart® wireless technologies to communicate with OneTouch® Blood Glucose Monitoring Systems.

Key Features:

• View simple, colorful visuals of your blood sugar readings.
• Add important information about your readings, such as food, exercise or insulin.
• Detect HIGH and LOW blood sugar patterns.
• Set reminders like when to test and when to take insulin or other medication.
• Share your Progress Report and your readings with your healthcare professional.
• Keep all of your data in one place.

Support:

• Help section within the app.
• User Guide (PDF) can be downloaded and printed from www.OneTouch.com.
• We welcome you to contact us for OneTouch Reveal® app support Monday-Friday, 9am-9pm Eastern Time, at 1 866 693-0599 or online at www.OneTouch.com.

Supported Devices and System Requirements

For the latest listing of compatible wireless devices and system requirements, visit www.OneTouch.com.

Apple® Legal Notice

"Made for iPod touch™", "Made for iPhone™" and "Made for iPad™" mean that an electronic accessory has been designed to connect specifically to iPod touch, iPhone or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod touch, iPhone or iPad may affect wireless performance.

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The use of “Bluetooth” in this owner’s booklet refers to both Bluetooth and Bluetooth Smart.

Intended Use

The OneTouch Reveal® mobile app is intended for use by people with diabetes to view, track, trend and share data from blood glucose meters to support diabetes management. The app is available for use on compatible Apple iOS devices, and is designed to work with wireless OneTouch® blood glucose meters.
CAUTION: The Bluetooth feature on your meter allows you to send readings to your compatible wireless device. The app should only be used for a single individual, DO NOT let anyone else use your meter to test their blood sugar. DO NOT pair another person’s meter with your compatible wireless device.
Chapter 1

Getting Started

1. Download the OneTouch Reveal® Mobile Application from the Apple App Store and install it on your compatible wireless device
2. Start by tapping the app icon

Figure 1: App icon

You must create a OneTouch Reveal® account to use the app.

3. Tap Create an Account and follow the prompts on the screen
   After you have created an account, you can start using the app right away.
4. If you already have a OneTouch Reveal® account, then simply tap Sign In

Creating your OneTouch Reveal® Account

Your OneTouch Reveal® Account allows you to view all your data across multiple compatible wireless devices. The account allows you to back up the data stored in the app and eliminates the need to sync your meters with every wireless device.

Once your account is created, you can access your data from additional compatible wireless devices using this same account. To use the app on additional compatible mobile devices, install the app on the device and then sign in to your account.

Pairing

Pairing your meter connects your meter to your wireless device and allows them to communicate. You only have to pair your meter and compatible wireless device once. The meter and device must be within a few feet of each other for successful pairing. See your meter owner’s booklet for the exact distance and for information about using your meter’s Bluetooth feature.

Multiple meters can be paired with multiple compatible wireless devices. For example, your meter can be paired with a mobile phone and a tablet. To pair multiple meters with multiple compatible wireless devices, simply repeat the Pairing Instructions for each meter.
CAUTION: DO NOT pair another person's meter with your compatible wireless device.

Instructions for pairing your OneTouch Verio®Sync meter:

1. Turn on the Bluetooth feature on your meter

   The ( ) symbol will appear to indicate that Bluetooth is now on.

2. Tap the Settings icon on the home screen of your Apple device

3. Then select General

4. Next select Bluetooth and set Bluetooth to ON

5. Look for a device named OneTouch®, followed by the beginning of the Serial Number on the back of your meter

6. Tap on the entry that represents your OneTouch® meter

7. Enter your meter PIN number using the keypad
   The PIN number can be found on the back of your meter.

8. Tap Pair

Congratulations! You have completed pairing.
## Chapter 2

### App Overview

### Symbols and Icons used in the App

Table 1: Event icons

<table>
<thead>
<tr>
<th>Symbols</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Blood Sugar Reading" /></td>
<td>Blood Sugar Reading</td>
</tr>
<tr>
<td><img src="image" alt="Carbs" /></td>
<td>Carbs</td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
<td>Activity</td>
</tr>
<tr>
<td><img src="image" alt="Insulin" /></td>
<td>Insulin</td>
</tr>
<tr>
<td><img src="image" alt="Before Meal" /></td>
<td>Before Meal</td>
</tr>
</tbody>
</table>
### Table 2: Other icons

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Share Icon" /></td>
<td>Share</td>
</tr>
<tr>
<td><img src="image" alt="Navigation Icon" /></td>
<td>Navigation</td>
</tr>
</tbody>
</table>

### Table 3: Table icons

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Note Icon" /></td>
<td>Note</td>
</tr>
</tbody>
</table>

### Table 4: Notification icons

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="High Pattern Icon" /></td>
<td>High Pattern</td>
</tr>
<tr>
<td><img src="image" alt="Low Pattern Icon" /></td>
<td>Low Pattern</td>
</tr>
</tbody>
</table>
Table 5: Graph icons

<table>
<thead>
<tr>
<th>Symbols and Icons used in the App</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Meal High</td>
</tr>
<tr>
<td>Before Meal In Range</td>
</tr>
<tr>
<td>Before Meal Low</td>
</tr>
<tr>
<td>After Meal High</td>
</tr>
<tr>
<td>After Meal In Range</td>
</tr>
<tr>
<td>After Meal Low</td>
</tr>
<tr>
<td>Untagged High</td>
</tr>
<tr>
<td>Untagged In Range</td>
</tr>
<tr>
<td>Untagged Low</td>
</tr>
</tbody>
</table>

The Home screen displays a summary of your recent blood sugar readings.
14 Day Overview

- In Range: 53%
- 4% Low
- 43% High

- Average: 167 mg/dL
- Readings: 47
- Readings/Day: 3.4

You have 4 patterns

Recent Events

Today

- 3:32 PM
- 165 mg/dL
Navigation Menu

Tap the navigation icon on the Home screen to display the Navigation Menu.
The Navigation Menu provides a quick way for you to access all the major functions of the app.

**Home**
- Summary of your blood sugar readings including total readings, averages, testing frequency, patterns and recent events.

**Logbook**
- Table of your blood sugar readings in the past 365 days.
- High and Low blood sugar patterns in the past 14 days.

**Patterns**
- High and Low blood sugar patterns in the past 14 days.

**Graphs**
- Graphs (14, 30 and 90 day periods) organized by Date and Time of Day.

**About Me**
- Personal information including gender, target blood sugar range (high and low limits), insulin use, and logbook schedule.

**Settings**
- Options to turn blood sugar patterns, manual entry and time change prompts on or off.

**Reminders**
- Option to set helpful alerts to prompt you to take important actions.

**Account**
- Information about your OneTouch Reveal® account.
- Sync the compatible wireless device with your account.

**Help**
- Display the Help file if you need assistance while using the app.
- Information about Terms of Use and Privacy.

**Contact Us**
- Web, Email and Phone customer service contact information.
Syncing your meter

Once you have paired your meter, it is important to make sure that your app and meter are synchronized often so your data is always up to date.

1. Turn your meter on and make sure that the Bluetooth on your meter is on
2. "Syncing with meter" will appear on the app to let you know the meter is communicating with the app
3. When complete, the app will display the last transferred reading and allow you to add additional details about the reading

NOTE:
• You have the option to cancel the data transmission in progress by turning the meter off or by tapping Cancel while the screen shows "Syncing with meter".
• Any interruption in synchronization will cancel the transmission of all readings.
• A pop-up will notify you if the synchronization was not successful.
• Blood sugar readings are always displayed in the app using the unit of measure (mg/dL) on your meter.
• Readings sent to the compatible wireless device with no date and time stamp will not be stored in the app.
• Control solution readings are never displayed in the app.

To ensure a successful synchronization, check the following:
• Meter is correctly paired and is on.
• Bluetooth feature on both the meter and compatible wireless device is turned on.

Synchronizing data across multiple compatible wireless devices with your OneTouch Reveal® Account

To access the data stored on multiple wireless devices, log in to your OneTouch Reveal® account on each compatible wireless device. Any data currently stored in your account will automatically be sent to the wireless device.
Chapter

3
14 Day Overview

In Range 53%

2

4% Low

25

3.4 Readings/Day

167 mg/dL

47 Readings

You have 4 patterns

Recent Events
The Home screen provides a snapshot of your recent activity. Tap any one of the Summary screen options to view additional information about each one.

**Last Sync**
Shows details from the last sync, including the meter, and date and time of the sync. Tap on the **Last Sync** section to see the readings that were transferred.

**Blood Sugar Overview**
The bar graph shows the percentage of your recent readings that are:
- Below your Low limit in blue
- Within your Target Range in green
- Above your High limit in red
Swipe left or right to view the other (14, 30, or 90 day) date ranges and tap on the bar to see more details.
See *About Me* on page 34 for information on setting your limits and Target Range.

**Averages**
Includes your overall blood sugar average over the past 14, 30 or 90 days, the average number of tests per day, and the number of readings included in the average.
Swipe left or right to view averages for the other (14, 30, or 90 day) date ranges and tap the averages to see additional details.

**Patterns**
High and Low blood sugar patterns for the last 14 days. This section only appears if there's a High or Low blood sugar pattern.

**Recent Events**
The Recent Events section provides you a list of recent activities in reverse chronological order. Tap any individual item to see additional details.

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**Data sharing (Share) feature**
The data sharing feature lets you share your blood sugar information to others via text or Email.
Data sharing is available only on screens containing the data share icon. Tap the Share icon.

Using the sharing feature, you can share:
- Your last blood sugar reading
- A PDF formatted progress report including your key blood sugar summaries and statistics and the logbook for 14, 30 or 90 days
- A CSV formatted file that displays your blood sugar information in simple table form for 14, 30 or 90 days

**NOTE:** Sharing options depend on capabilities of the compatible wireless device you are using.
Readings (14, 30, 90 days)

Blood sugar readings are displayed, organized by date, time of day, along with any associated meal tags. Manually entered readings (not sent from the meter to the app) are displayed in a handwritten font.

From the Home screen, tap on the bar graph to view the 14, 30 or 90 Day Details.

Swipe up and down to view each day.

Adding meal tags to your readings

To add meal tags to your readings, the Meal Tagging feature must be turned on (see About Me on page 34).

1. Tap any blood sugar reading to display the Edit Reading screen
2. Select Before Meal or After Meal to add a meal tag to this reading

Tap the back button in the upper left corner to save the tag and return to the previous screen.

NOTE:
- If meal tagging is on, your Before Meal and After Meal limits may be used to determine if a blood sugar reading should trigger a Pattern message (see About Me on page 34).
- Meal tags can also be added to a reading right after it has been synced with the app.
- Use care when adding meal tags to your blood sugar readings. Meal tag information impacts Averages, Patterns, Logbook and Graphs.

Adding notes to your readings

To add Notes to your readings, the Notes feature must be turned on, see Settings on page 36. Write your notes in the note field below your reading.

Averages

Tap AVERAGE on the Home screen

Your blood sugar average for the selected data range is calculated for each time period and organized by Before Meal ( ), After Meal ( ), and All Readings. See Logbook Schedule on page 35 for information on setting time periods in the Logbook Schedule, and Adding meal tags to your readings on page 19 for adding meal tags.

NOTE:
- Averages provide information from past readings. DO NOT use blood sugar reading averages to make immediate treatment decisions. Always consult your healthcare professional before making significant changes to your diabetes care plan.
- Manually entered readings are included in your averages.
- Readings that are HI (above 600 mg/dL) or LO (below 20 mg/dL) are included in your averages.
Patterns

The number of High or Low Patterns detected after the last sync are displayed.

Recent Events

Events for the past 14 days are displayed by time, starting with the most recent event. Events appear on separate rows and include readings with any meal tags you’ve added, food (carbs), activity, and insulin (medication) information.

NOTE: To view Recent Events, swipe up in the Recent Events area on the Home screen.

Tap any event to view additional details about that event and/or make any edits to the information.

Adding Events

Tap + to the right of Recent Events

On the Add Event screen you can add information about food (carbs), insulin (medication), activity, and readings.

NOTE: Only manually entered information, including blood glucose readings, can be edited.

Add Carbs

1. Tap the Carbs icon on the Add Event screen
2. Use the keypad to enter your carbs amount, from 0 to 250 grams
   Tap DONE.
3. Check the date and time for this entry
   If the date and time displayed for this entry is not correct, tap the date and use the calendar wheel to select a different date and time. Tap Done.
4. To add a Note to this carbs entry, tap Add Note
5. Tap Save to save this entry

Add Insulin (medication data)

1. Tap the Insulin icon on the Add Event screen
2. Use the keypad to enter your insulin amount, from 0 to 100 units
   Entering the units of insulin is required. If you do not want to make an insulin entry, enter zero (0).
   Tap DONE.
3. Next, tap Type and then select Rapid, Long, Mix, NPH or Other, depending on the type of insulin taken
4. Check the date and time for this entry
   If the date and time displayed for this entry are not correct, tap the date and use the calendar wheel to enter a different date and time. Tap Done.
5. To add another type of insulin or other medication note to this entry, tap 0 units, select Other, and tap Add Note
6. Tap Save to save this entry
Add Activity

1. Tap the Activity icon on the Add Event screen
2. Use the pop-up keypad to enter the minutes of activity
   Tap DONE.
3. Next, tap Light, Moderate or Intense, based on the intensity of your activity
4. To add a Note to this activity entry, tap Add Note
5. Check the date and time for this entry
   If the date and time displayed for this entry are not correct, tap the date and use the calendar wheel to enter a different date and time. Tap Done.
6. Tap Save to save this entry

Add Reading (manually adding a blood sugar reading)

You can add your blood sugar readings manually using the app.

1. Tap the Blood Sugar Reading icon on the Add Event screen
2. Use the pop-up keypad to enter your blood sugar reading, from 20 mg/dL to 600 mg/dL
   Tap DONE.
   Tap HI for readings above 600 mg/dL, or if shown as HI on your meter.
   Tap LO for readings below 20 mg/dL, or if shown as LO on your meter.
3. Check the date and time for this reading
   If the date and time displayed for this entry are not correct, tap the date and use the calendar wheel to enter a different date and time.
   Tap Done.
4. Select Before Meal or After Meal to add a meal tag to this reading
5. To add a Note to this reading, tap Add Note
   See Adding notes to your readings on page 19 for information on how to add Notes to your blood sugar readings.
6. Tap Save to save this entry

NOTE:

- When viewing blood sugar readings in the app, manually entered readings are displayed in a handwritten font, to differentiate them from readings sent from the meter.
- Manually entered blood sugar readings are NOT used to detect High and Low Patterns.
Chapter 4

Logbook

The Logbook automatically organizes your blood sugar readings and lets you see them by day for the past 365 days, starting with the most recent. Readings are assigned to an Over-Night, Breakfast, Lunch, Dinner, or Bed-Time time period. The 5 time periods can be changed to fit your personal schedule. See Logbook Schedule on page 35 for information on setting your Logbook time schedule. Before and After Meal readings are also displayed in separate columns for the Breakfast, Lunch, and Dinner times.

NOTE:

• Before and After Meal columns appear only if you are using the Meal Tagging feature.
• At least one reading must be tagged Before or After Meal for the reading to appear in the Before Meal or After Meal column. Untagged readings appear in between before/after meal columns.
• The Over-Night and Bed-Time time slots do not separate readings into Before and After Meal columns, even though meal tags may be assigned to these readings.
• Readings that are HI (above 600 mg/dL) or LO (below 20 mg/dL) are included in the Logbook.
• Manually entered readings are displayed with the number in a handwritten font, to differentiate them from results sent from the meter.
• Entries with a curled edge indicate additional readings, and/or information about the reading, are available.

Viewing/adding data

Viewing results

Swipe up to view older readings and swipe down to view more recent readings.

Readings displayed in black are within your Target Range. Readings above your High limit are displayed in red and those below your Low limit are in blue. See About Me on page 34 for information on setting your limits. Readings above 600 mg/dL appear as HI and readings below 20 mg/dL appear as LO.

Only your most recent reading for any given Logbook box is displayed. A curled edge on a particular reading indicates that more information about the reading is available. Tap any entry in the Logbook box to view details.

Viewing and adding details for each day

1. Tap any date in the left column of the Logbook screen to view the details for that day
   Day Detail is a summary of all of that day’s events, including readings, food (carbs), activity and insulin data.
   To view all of the information for that day, simply swipe up on the screen.
2. On the Day Detail screen, tap any entry to view or edit details
   To make any desired changes to the information, tap a reading or event.
3. Tap + in the upper right to add an event
 Viewing Patterns from the Logbook

1. Tap the **Patterns** button in the lower left hand corner to view only the readings that are part of a High or Low Pattern.
   High and Low Patterns are displayed for the most recent 14 days. See *Detecting Patterns* on page 24 for detailed information on High and Low Patterns.
   Low Pattern readings are connected with a blue line, and a red line connects High Pattern readings. Readings that are not part of a pattern will appear in a dimmed font. Tapping **Patterns** again will return you to the Logbook view without patterns.

   **NOTE:**
   • If there is more than one Pattern for a given date and time period, only the most recent Pattern is displayed.
   • A reading is only included in one Pattern at a time.

2. To view the details of a High or Low Pattern, tap any one of the readings that created the Pattern.
   Each blood sugar reading is displayed along with any meal tag. Carbs, activity or insulin (medication) data are also displayed, if the time stamp of these events is within 30 minutes prior to the time of the reading.

3. On the Pattern detail screen, tap any reading to view or edit details.
   To make any desired changes to the information, see *Viewing Pattern Details* on page 27.
Chapter 5

Patterns

Detecting Patterns
14 Day Patterns

4 Patterns

1 Low

3 High

Your blood sugar has been High between 2:56 PM and 2:58 PM

202 199 203 251

1/7 1/6 1/6 1/5

Your blood sugar has been High between 2:58 PM and 3:09 PM

217 190 240 204

1/4 1/3 1/3 1/1

Your blood sugar has been High between 6:30 AM and 5:59 AM
The app can let you know when your blood sugar readings develop a pattern below the Low limit or above the High limit you set in the app. Patterns must be ON in **Settings**.

In the Patterns screen, a red pattern icon identifies a HIGH Pattern and a LOW Pattern is identified by a blue pattern icon. See *About Me* on page 34 for information on setting your Low and High limits. Patterns are displayed for the most recent 14-Day period only.

**NOTE:**
- Readings that are HI (above 600 mg/dL) and LO (below 20 mg/dL) are included in Patterns.
- A single blood sugar reading is only included in one Pattern.
- Manually entered blood sugar readings are **not** included in Patterns.
- Changing your High and Low limits will impact the Patterns.

Pattern messages provide information from past readings and may help you to identify a need to consider making therapy or lifestyle adjustments. Always consult your healthcare professional before making significant changes to your diabetes care plan.

After every sync with the meter, the app checks all readings sent from all meters during the past 14 days to detect any new patterns. Patterns are identified based on the time of day the test was taken. For a group of readings to be considered a Pattern, the time of day for each reading must be within 3 hours of each other.

**High Pattern**
A High Pattern message appears when your app detects a minimum of 3 readings within a 5-day period that are over the High limit set in your app.

**Low Pattern**
A Low Pattern message appears when your app detects a minimum of 2 readings within a 5-day period that are below the Low limit set in your app.

**NOTE:** Patterns can be affected when the time of day is changed in the meter (e.g., meter time updated to reflect Daylight Saving Time).

### What are limits and how are they used?

<table>
<thead>
<tr>
<th>Limits (Meal tagging off)</th>
<th>Definition</th>
<th>How it Affects Patterns</th>
<th>How Appears in Logbook &amp; Graphs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>The lower limit of your Target Range</td>
<td>Establishes limit for Low Patterns</td>
<td>Readings below this limit are shown in blue</td>
</tr>
<tr>
<td>High</td>
<td>The upper limit of your Target Range</td>
<td>Establishes limit for High Patterns</td>
<td>Readings above this limit are shown in red</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Limits (Meal tagging on)</th>
<th>Definition</th>
<th>How it Affects Patterns</th>
<th>How Appears in Logbook &amp; Graphs (when tagged Before or After Meal)***</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Meal Low</td>
<td>The lower limit of your Before Meal Target Range</td>
<td>Establishes limit for Low Patterns (when reading is tagged Before Meal)*</td>
<td>Readings below this limit are shown in blue</td>
</tr>
<tr>
<td>Before Meal High</td>
<td>The upper limit of your Before Meal Target Range</td>
<td>Establishes limit for High Patterns (when reading is tagged Before Meal)**</td>
<td>Readings above this limit are shown in red</td>
</tr>
<tr>
<td>After Meal Low</td>
<td>The lower limit for your After Meal Target Range</td>
<td>Establishes limit for Low Patterns (when reading is tagged After Meal)*</td>
<td>Readings below this limit are shown in blue</td>
</tr>
<tr>
<td>Limits (Meal tagging on)</td>
<td>Definition</td>
<td>How it Affects Patterns</td>
<td>How Appears in Logbook &amp; Graphs (when tagged Before or After Meal)***</td>
</tr>
<tr>
<td>-------------------------</td>
<td>------------</td>
<td>-------------------------</td>
<td>------------------------------------------------------------------</td>
</tr>
<tr>
<td>After Meal High</td>
<td>The upper limit for your After Meal Target Range</td>
<td>Establishes limit for High Patterns (when reading is tagged After Meal)**</td>
<td>Readings above this limit are shown in red</td>
</tr>
</tbody>
</table>

* For untagged readings, the lower of the Before Meal Low and After Meal Low limit is used to detect patterns.

** For untagged readings, the higher of the Before Meal High and After Meal High limit is used to detect patterns.

*** For untagged readings:
- The lower of the Before Meal Low and After Meal Low limit appears in blue.
- The higher of the Before Meal High and After Meal High limit appears in red.

**CAUTION:**
- **DO NOT** use Pattern messages to make immediate and/or significant changes to your diabetes care plan without first consulting your healthcare professional.
- **DO NOT** wait for Pattern messages to treat low or high readings. Always use the current reading on your meter for immediate treatment decisions.
- High and Low Pattern messages are based on High and Low limits you set in the app. These messages are different than the HI and LO messages that appear when your blood sugar reading is above 600 mg/dL or below 20 mg/dL.
- **DO NOT** let anyone else use your OneTouch® meter to test their blood sugar. Your Patterns may be affected if you allow other people to use your meter and those readings are sent to the app. Your meter is for single patient use only.

### Viewing Pattern Details

1. On the Patterns screen, tap any pattern message to view details about the individual readings that triggered the Pattern. Each blood sugar reading is displayed along with any meal tag. Carb, activity or insulin (medication) data are also displayed, if the time stamp of these events is within 30 minutes prior to the time of the reading.
2. Tap any reading to view any notes that were added. See Adding notes to your readings on page 19 for information on adding Notes to blood sugar readings.
3. Tap Patterns to return to the previous screen.

### Receiving Pattern Messages

When the app detects a Low or High Pattern, a notification will appear on the Home screen. Tap the Patterns section on the Home screen or Patterns on the Navigation Menu to view your new patterns.

**NOTE:**
- When more than one Pattern is detected by the app, the Home screen will notify you that multiple High or Low Patterns were detected.

To be sure that High/Low Pattern messages appear when appropriate:
- Make sure readings are sent to the app from all meters frequently, so that Patterns are detected on a timely basis. Readings cannot trigger a Pattern message until they are sent to the app. When readings older than 14 days are synced with the app, they will not trigger a Pattern message.
- Meal tag your readings carefully. When you change a meal tag, the app reviews all readings to see if a new Pattern should appear or an existing Pattern removed.
- Be sure your High and Low limits are set carefully (see About Me on page 34). Changing your limits will impact Patterns.
- Test when you are feeling high or low.
• Be sure the date and time set in your compatible wireless device and meter is set correctly. An incorrect time stamp can impact your Patterns. You may want to update the time in your meter if you change time zones (see Settings on page 36). If you take insulin, talk with your healthcare professional about changing the time in your compatible wireless device when traveling.
Blood sugar readings for the most recent 14, 30, and 90 days appear in two separate graphs, one that displays readings by date (Overall) and the other by hour of the day (Time-of-Day). You can pinch to zoom in on specific details on the graph.

**Overall Graph**

Tap **14 Days**, **30 Days** or **90 Days** to see the desired date range.

In the 14-Day example, readings for the past 14 days appear as symbols on the graph, organized by date. The date appears on the horizontal axis and the reading value (up to 600 mg/dL) appears on the vertical axis. Readings in between your High and Low limits (within your Target Range) are green and appear within the shaded horizontal band. Readings above your High limit are red and readings below your Low limit are blue. Red and blue horizontal lines indicate the High and Low limits of your Target Range. A dotted red line indicates the Before Meal High limit. See *About Me* on page 34 for information on setting your limits.

For a Key to the symbols used in the graph, tap the information symbol located at the bottom left corner of the screen. Or, see *Symbols and Icons used in the App* on page 8 for a table of graph symbols.

1. Swipe left and right to view all of the dates in the selected range
2. Tap any individual reading on the graph to view details about that reading

   Each blood sugar reading detail is displayed along with any meal tag. Carbs, activity or insulin (medication) data are also displayed, if the time stamp of these events is within 30 minutes prior to the time of the reading.

**Time-of-Day Graph**
Tap **14 Days, 30 Days or 90 Days** to see the desired date range.

In the 14-Day example, readings appear as symbols on the graph, organized by hour of day. The time of day appears on the horizontal axis and the reading value appears on the vertical axis. Readings in between your High and Low limits (within your Target Range) are green and appear within the shaded horizontal band. Readings above your High limit are red and readings below your Low limit are blue. Red and blue horizontal lines indicate the High and Low limits of your Target Range. A dotted red line indicates the Before Meal High limit. See *About Me* on page 34 for information on setting your limits.

For a Key to the symbols used in the graph, tap the information symbol located at the bottom left corner of the screen. Or, see *Symbols and Icons used in the App* on page 8 for a table of graph symbols.

1. Swipe left and right to view all of the hours in the complete 24-hour period
2. Tap any individual reading on the graph to view details about the test

Each blood sugar reading detail is displayed along with any meal tag. Carbs, activity or insulin (medication) data are also displayed, if the time stamp of these events is within 30 minutes prior to the time of the reading.

### Viewing Patterns on the Overall and Time-of-Day Graphs

1. Tap **Patterns** at the bottom of the graph to highlight the readings that are part of a High or Low Pattern
   
   Low Pattern readings are connected with a blue line and a red line connects High Pattern readings. Readings that are not part of a pattern will appear dimmed. Tapping **Patterns** again will return you to the classic graph view.

2. To view the details of a HIGH or LOW Pattern, tap any one of the readings that is part of the Pattern
Chapter 7

About Me

You can customize several app settings to display information according to your personal preferences.

Gender

You have the option to indicate your gender.

Range (High and Low blood sugar limits)

Your overall Range is defined by a High and a Low blood sugar limit, values that impact how readings are displayed in the app. The number of limits you set depends on whether meal tagging is turned on or off.

⚠️ CAUTION: Be sure to talk to your healthcare professional about the high and low blood sugar limits that are right for you. When selecting or changing your limits, you should consider other factors such as your lifestyle and diabetes therapy. Never make significant changes to your diabetes care plan without consulting your healthcare professional.

High and Low Limits (Meal Tagging Off)

A single High and Low limit is set.

• Readings above the High limit will appear in red and readings below the Low limit will appear in blue.

Meal Tagging

Meal Tags are notes that you can add to a blood sugar reading to indicate if the reading was taken before or after meal. The Meal Tagging feature must be turned on for you to be able to add a Before Meal or After Meal tag to your readings.

NOTE:

• Changing a meal tag on a reading may affect the detection of a Pattern.
• Meal tags can affect your Before and After Meal Averages. Be sure to tag your readings carefully.

High and Low Limits (Meal Tagging On)

A Before Meal High and After Meal High limit are set and a Before Meal Low and After Meal Low limit are set.

• Readings above the Before and After Meal High limit will appear in red and readings below the Before and After Meal Low limit will appear in blue.
• Changing your Before Meal High and Low limits in the app will affect your Patterns.

Setting your High and Low limits (Meal Tagging Off)

1. Tap Overall under the range indicator bar. The Low Limit screen appears
2. Scroll to the desired limit
   The app default setting for your Low limit is 70 mg/dL.
3. Tap the arrow to the right of Low Limit and repeat step 2 to set your High Limit
   The app default setting for your High limit is 180 mg/dL.
4. When both range limits are set, tap Done

## Setting your High and Low limits (Meal Tagging On)

### Before Meal Limits

1. Tap Before Meal under Meal Tagging. The Before Meal Low Limit screen appears
2. Scroll to the desired limit
   The app default setting for your Before Meal Low limit is 70 mg/dL.
3. Tap the arrow to the right of Low Limit and repeat step 2 to set your Before Meal High Limit
   The app default setting for your Before Meal High limit is 130 mg/dL.
4. When both range limits are set, tap Done
   Your new Before Meal range limits now appear on the About Me screen.

### After Meal Limits

1. Tap After Meal under Meal Tagging. The After Meal Low Limit screen appears
2. Scroll to the desired limit
   The app default setting for your After Meal Low limit is 70 mg/dL.
3. Tap the arrow to the right of Low Limit and repeat step 2 to set your After Meal High Limit
   The app default setting for your After Meal High limit is 180 mg/dL.
4. When both range limits are set, tap Done
   Your new After Meal range limits now appear on the About Me screen.

**NOTE:** Whenever you turn meal tagging off, your Before and After Meal range limits will return to the default setting.

### Insulin Therapy

Choose your usual form of insulin delivery. Select None if you do not use insulin.

### Logbook Schedule

Readings in the Averages and Logbook screens are assigned to one of five time periods: Overnight, Breakfast, Lunch, Dinner, or Bedtime. You can customize each time period to fit your personal schedule.

1. To change the start and end time for each slot, swipe up on the About Me screen until Time of Day for Logbook appears
   The time slots are color-coded: Overnight, Breakfast, Lunch, Dinner and Bedtime.
   **NOTE:** Midnight is both the End time for Bedtime and the Start time for Overnight, and cannot be changed.
2. On the Time of Day for Logbook wheel, tap and hold the small white circle between the Overnight and Breakfast time slot
3. Slowly slide the circle around the wheel to set the start time for your Breakfast time slot
   The Overnight end time slot changes as the circle moves around the wheel.
4. Lift your finger from the screen when the desired time appears
   The End time for your Overnight and the Start time for your Breakfast time slots are now set.
   Repeat this step to set your Start and End time for the Lunch, Dinner and Bedtime time slots.
5. When finished, tap the navigation icon to return to the Navigation Menu
Settings

Some of the app features can be turned on or off, depending on your needs.

NOTE: The default setting for all of the menu options is ON. Tap the buttons on the right of the screen to turn each feature ON or OFF.

Patterns

The Patterns feature must be turned on for you to be able to receive High and Low Pattern messages and view High and Low Patterns in the Logbook and Graphs.

NOTE: Be sure the date and time are set correctly in your compatible wireless device before using the High/Low Patterns feature.

Notes

Enter and view Notes about your blood sugar readings and other events.

Carbs

Enter and view food (carbs) data.

Activity

Enter and view activity information, including duration and intensity.

Insulin

Enter and view insulin data, as well as notes on other types of medicine.

NOTE: When Notes, Carbs, Activity, or Insulin are turned off, they will not appear as options on the Add Event screen.

Time Change Prompt

The app can prompt you to update the time in your meter to match the time in your compatible wireless device whenever the time difference between the two is greater than 15 minutes. The following message will appear on the app:

You can turn the Time Change prompt ON or OFF. If you turn this feature ON, the Meter Time Difference message will appear. You have the option to update the time in the meter or leave the current meter time in effect.

If you turn this feature OFF, the Meter Time Difference message will not be displayed. The app will always automatically update the time in the meter to match the compatible wireless device when the difference between the two exceeds 15 minutes. For example, when Daylight Saving Time occurs, the time in your meter will be automatically updated by the app.

There may be instances when you do not want the app to automatically update the time in the meter. For example, you may be traveling to a different time zone for a short time and plan to maintain your diabetes treatment schedule based on your home time zone. Or, you may live near a time zone boundary and frequently move back and forth between time zones. In cases like these, you may want to control when the app updates the time in your meter. To prevent the app from automatically updating the time in your meter, make sure the Time Prompt Setting is turned ON.

If you take insulin, talk with your healthcare professional about setting the Time Change Prompt to best suit your needs when traveling.

If the time difference between the meter and compatible wireless device is 15 minutes or less, the time in the meter will always be automatically updated to match the compatible wireless device, even if the Time Change Prompt is ON. No Meter Time Difference message will appear.

NOTE:

• Updating the date and time in your meter has no effect on the time (or date) stamp applied to readings already stored in the meter memory. The new date and time will only be applied to new readings.

• Changing the date and time in the meter can affect your Patterns. See Detecting Patterns on page 24 for more information.

• If you want the meter to reflect the same time of day as the app after changing time zones, be sure to sync the meter and app when you reach the new time zone.

When finished with your Settings, tap the navigation icon to return to the Navigation Menu.
Chapter 8

Reminders

You can set personal reminders in the app to prompt you to test, snack, exercise and complete other important actions. Reminders are set to prompt you on a particular date and time, and can be set to repeat on a regular basis. Reminders work much like the other reminders you set on your compatible wireless device.

NOTE: Several types of Reminders are predefined in the app.

Adding a Reminder

1. Tap Reminders on the Navigation Menu to display the Reminders screen
2. Tap the + button to set a Reminder
   The Choose Reminder screen appears with a list of predefined Reminders.
3. Tap on the right arrow to select a Reminder from the list
   The Set Reminder screen appears.
4. If the date and time for this Reminder are not correct, tap the Date
   Use the calendar wheel to set a new date and time of day, and tap Done.
5. To set how often the Reminders will occur, tap Repeat
   Make your selection and tap Done.
   Your options are:
   Never (Default setting)
   Daily
   Weekly
   Monthly
   Annually
6. Tap Save to save this Reminder
   The Reminder now appears on the Reminders screen. Tap the Reminder to view or delete the scheduled Reminder.

Creating and deleting Reminders

1. Tap Reminders on the Navigation Menu to display the Reminders screen
2. Tap the + button
3. On the Choose Reminder screen, tap the New Reminder button to add a custom Reminder name
4. Tap Save when finished
The new Reminder name will appear on the Choose Reminder screen.

To remove a Reminder from the Choose Reminder screen, tap **Edit**, then tap the red circle next to the Reminder. Tap **Delete**, then **Done**.

**Receiving Reminders**

Your compatible wireless device will display the Reminder at the appropriate date and time. Tap **View** to see details about the Reminder or **Cancel** to dismiss.

**NOTE:** The app notification must be turned on in the mobile device to receive Reminders.
Account

On the OneTouch Reveal® Account screen, you can do the following:

- Disconnect or reconnect with your OneTouch Reveal® account.
- Manually sync with your account.
- View last sync information.
Help

For your reference, this complete User Guide is included in the app as Help.

1. Tap **Help** on the Navigation Menu to display the Help Table of Contents
2. Tap any Table of Contents entry to go directly to that section or type in any topic in the search bar and tap search
Contact Us

If you have reviewed the Help section and still have questions, you can contact us by selecting the Contact Us option on the Navigation Menu.
Terms of Use and Privacy Policy

Information regarding requirements when using the OneTouch Reveal® mobile application.
Chapter
9

Troubleshooting

Frequently Asked Questions

Q. Why can’t I change the blood sugar reading in Edit Readings?
A. Blood sugar readings sent from a meter to the app cannot be changed. You can only change the value of manually entered readings.

Q. Why can’t I change the date or time of a blood sugar reading in Edit Readings?
A. The date and time of readings sent from a meter to the app cannot be changed. You can only change the date and time of manually entered readings.

Q. Why don’t I see the Before Meal and After Meal buttons?
A. Tagging may be turned OFF. Go to About Me > Meal Tagging and make sure Meal Tagging is turned ON.

Q. Why don’t I see any Patterns?
A. Patterns may be turned OFF. Go to Settings > Patterns and make sure High/Low Patterns is turned ON. Be sure to tag readings carefully.

Q. Why can’t I add Notes?
A. Notes may be turned OFF. Go to Settings > Notes and make sure Notes is turned ON.

Q. Why don’t I see icons for Carbs, Insulin, or Activity on the Add Event screen?
A. These features may be turned OFF. Go to Settings > Carbs, Activity or Insulin and make sure the desired ones are turned ON.

Q. Why don’t I see the Meter Time Difference prompt anymore?
A. The Time Change Prompt may be turned OFF. Go to Settings > Time Change Prompt and make sure this feature is turned ON. When it is ON and the meter clock differs from the time in the compatible wireless device by more than 15 minutes, you will be asked if you want to update the time in your meter. When it is OFF, the meter clock is automatically changed to match the compatible wireless device (this does not change the date and time of previous blood sugar readings). See Settings on page 36 for more information.

Q. What is the difference between readings that are displayed as red and blue numbers, and others that are displayed as HI and LO?
A. Red (high) and blue (low) numbers appear when your blood sugar readings are outside your Target Range. HI or LO appears when a reading is outside the range the meter can accurately measure (above 600 mg/dL or below 20 mg/dL).

Q. How do I pair the meter with my compatible wireless device?
A. Follow the pairing instructions in this Owner’s Booklet. See Instructions for pairing your OneTouch VerioSync meter: on page 7.

Ensure that:
• The batteries in both the device and the meter are sufficiently charged.
• The Bluetooth feature on both the meter and device is on.
• No other devices with the Bluetooth feature are active near the compatible wireless device.
If the compatible wireless device fails to find the meter, check the screen on the meter to confirm that the Sync icon is blinking. If the Sync icon is not blinking, then another wireless device with the Bluetooth feature may be causing interference. Turn the meter off and then try again in a few minutes.

**App error and other messages**

The app displays messages when you have entered invalid data, and to prompt you to check certain app settings, when necessary.

**Data access error**

**What it means**
The app is unable to access requested data.

**What to do**
You may be able to restore your data from your OneTouch Reveal® Account. Uninstall the app, re-install it, and log into your OneTouch Reveal® Account again.

**The app will not launch**

**What it means**
The OneTouch Reveal® Mobile App is corrupted.

**What to do**
Re-install the app.

**App and Meter use different Units of Measure**

**What it means**
The meter you are pairing with the compatible wireless device uses a different unit of measure than the one used in the app.

**What to do**
Please use a meter that is compatible with the unit of measure used in the app.

**Future Date/Time Readings and Patterns**

**What it means**
One or more records in your meter are stamped with a future date and/or time.

**What to do**
Update time and date settings in the meter by syncing with the app. Discard these readings, if desired.
Improper blood sugar value

What it means
You have entered a blood sugar value that is either above or below the allowable range.

What to do
Tap OK and enter a different blood sugar value that is between 20 and 600 mg/dL.

Improper carbohydrate value

What it means
You have entered a carbohydrate amount that is above the allowable value of 250 grams.

What to do
Tap OK and enter a value from 0 (zero) up to 250 grams.

Improper insulin value

What it means
You have entered an insulin amount that is above the allowable value of 100 units.

What to do
Tap OK and enter a value from 0 (zero) up to 100 units.

Improper manual blood sugar value

What it means
You have manually changed a blood sugar result to a value that is either above or below the allowable range.

What to do
Tap Undo to display the result that appeared before you changed it. Or, press OK to enter a new value between 20 and 600 mg/dL.
Patterns

High and Low Pattern messages appear when the app detects a pattern of blood sugar readings that repeatedly fall above the High or below the Low limits your patient sets in the app. See About Me on page 34 for information on setting High and Low limits. Patterns for the most recent 14 days are displayed.

NOTE:
• Test results that are HI (above 600 mg/dL) and LO (below 20 mg/dL) are included in Patterns.
• Any single blood sugar reading can be included in only one Pattern.
• Manually entered blood sugar readings are not included in Patterns.
• Changing the High and Low limits will reset the Patterns. When either limit is changed, the app will reevaluate blood sugar readings in order to determine new Patterns.

Definition of High and Low Patterns:

1. High Pattern – a minimum of 1 reading that is above the High limit on 3 separate days out of the last 5 days, all within a 3-hour period.
2. Low Pattern – a minimum of 1 reading that is below the Low limit on 2 separate days out of the last 5 days, all within a 3-hour period.

These pattern definitions are consistent with accepted clinical literature1-3.

About

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Index

A
About Me 14
About me (app settings) 34, 35
Account 14, 39
Activity (adding) 21
Adding a Reminder 37
Adding Events 20
After Meal High limit 35
After Meal Low limit 35
App error messages 44
Averages 19

B
Before Meal High limit 22, 24, 27, 31, 34, 35, 33, 46
Before Meal Low limit 35
Bluetooth feature 6, 43

C
Carbs (adding) 20
Contact Us 14, 41
Creating your account 6
Custom Reminder, creating 37
Custom Reminder, deleting 37

D
Data sharing feature 18

E
Emailing data 18

G
Getting Started 6
Graphs 14, 29

H
Help 14
Help feature 40
High limit 22, 31, 34
High Pattern message 24, 27
Home 14, 17

I
Icons 8
Insulin (adding) 20
Insulin Therapy 35
Intended Use 4
Introduction 4

L
Logbook 14, 22
Low limit 22, 24, 27, 31, 34, 43, 46

M
Low Pattern message 24, 27
Meal tagging 19

N
Navigation Menu 12
Notes (adding) 19

O
Overall Graph 29, 31

P
Pairing 6, 7
Pattern messages 24, 27
Patterns 14, 20, 23, 24, 27, 33

R
Readings (14, 30, 90 days) 19
Receiving Reminders 38
Recent Events 20
Reminders 14, 37

S
Settings 14, 36
Settings (About me) 34, 35
Supported Devices 4
Symbols 8, 31
Syncing 15
System Requirements 4

T
Target Range (High and Low limits) 31, 34, 35
Terms of Use and Privacy Policy 42
Time of day (time slots) 22
Time of Day Graph 29
Time-of-Day Graph 31
Troubleshooting 43