

# Quick Guide

## Gmate® VOICE



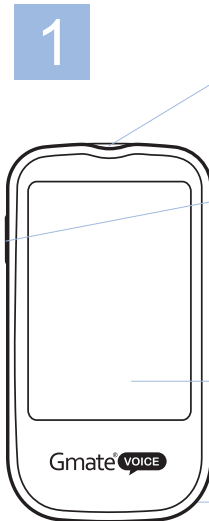
Please see for brief introductions to your Gmate® VOICE Blood Glucose Monitoring System. Refer to User Guide for complete instructions.

### What's Inside

1. Gmate® VOICE Meter
2. Lancing Device
3. Lancets
4. Two alkaline batteries(AAA)
5. Gmate® Blood Glucose Test Strips
6. Carrying Case

### Note

- Gmate® Control Solutions are available separately.
- Documents include this Quick Guide and User Guide.



### 1 Test Strip Port

The meter will automatically turn on when you insert the test strip here.

### Side Buttons

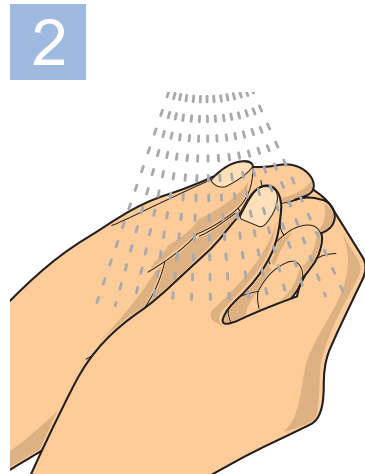
Navigation is simple and intuitive. Turn the meter on or off, recall stored test results, or set the meter.

### Display Screen

The large LCD screen displays information in clear and large fonts.

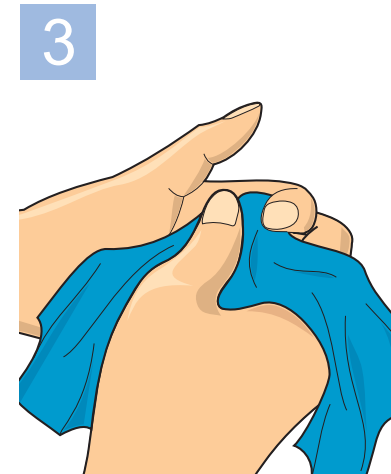
### Battery Cover

It uses two AAA batteries which are convenient to purchase.

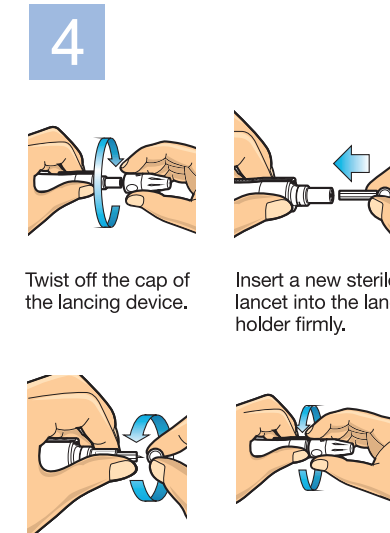


Wash your hands and prepare the lancing device.

Wash your hands thoroughly with soap and warm water.



Dry your hands with a clean cloth.

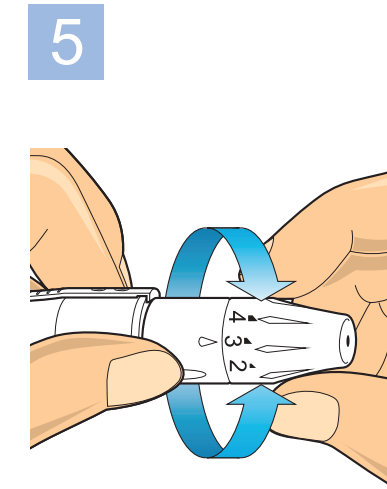


Twist off the cap of the lancing device.

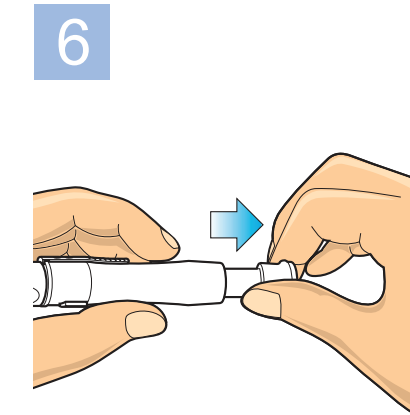
Insert a new sterile lancet into the lancet holder firmly.

Twist off the protective cap of the lancet.

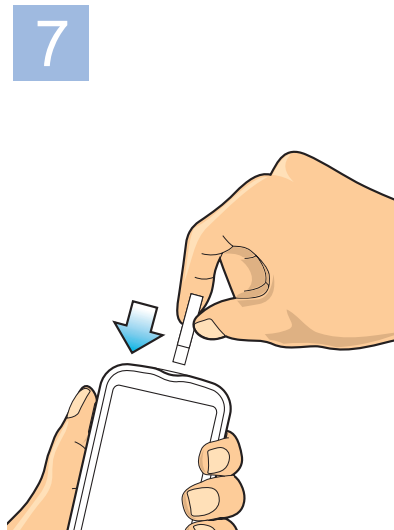
Place the cap back onto the lancing device.



Set your desired depth level by twisting the adjustable cap. Bigger numbers are for deeper puncture and smaller numbers are for shallower puncture.



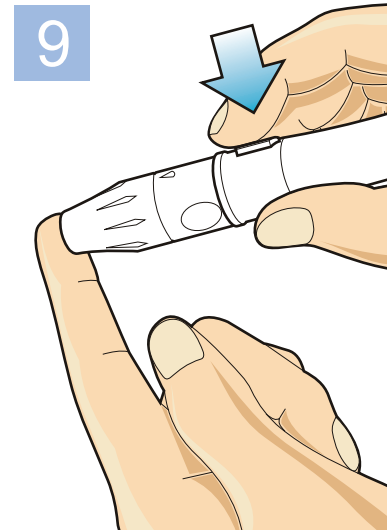
Draw the sliding barrel to cock the lancing device.



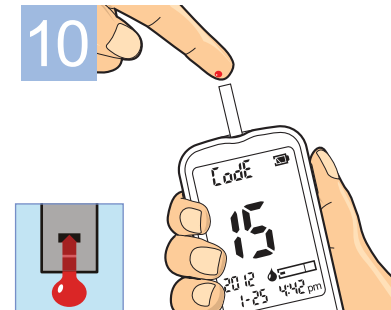
Insert the test strip into the test strip port of the meter.



Make sure the code number displayed on the meter is identical to that on the test strip vial.



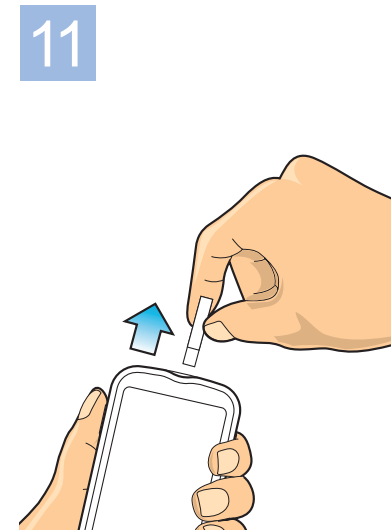
Obtain a blood sample by pressing the release button of the lancing device against your finger.



Touch the edge of the yellow filling window to the blood sample until you hear the meter's notification sound.



Read the test result. The meter will both announce and display your glucose test result.

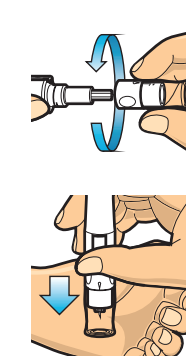


Remove and discard used test strip and lancet.

\*Please see User Guide for complete instructions on performing the test.

### Alternative Site Testing

You may test using other regions of your body instead of your fingertips to avoid calluses and pain caused from repeated lancing in the same spot of your fingertip(s). These parts are your hand, forearm, upper arm, thigh and calf.



Place the clear AST cap on top of the lancing device prepared with a new sterile lancet.

Push the release button and lance your designated area.

### Review Your Results

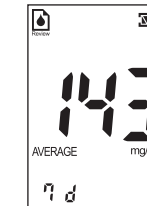
You can review all your past results from Gmate® Voice Meter.



When your meter is turned on, press either left or right button to enter review mode. To check older results, press the right button. Repeat as necessary to view even older results. Press a button and hold to scroll through.

### Review Your Average Results

You can monitor your overall results more broadly by reviewing from average mode in recent 7-day, 14-day, and 30-day intervals.



While in review mode, press both side buttons at once and your 7-day average will appear. Then press either button to view 14-day result, and repeat to see 30-day result.