

DIABETES CONTROL: BLOOD GLUCOSE METER KIT



Patient Care Kit Item

Your Kit includes one (1) Henry Schein True Metrix Pro Blood Glucose Meter Kit. It has enough supplies for many blood tests to be done.

Your Henry Schein True Metrix Pro box includes:

- Instruction Sheet
- Meter: the small black device
- Test strips
- Lancet (needle)

Why is it Important to Follow My Blood Sugar?

Many health problems happen when blood sugar levels are too high. Blood sugar testing provides useful information for diabetes management. It can help you:

- Monitor the effect of diabetes medications on blood sugar levels.
- Identify blood sugar levels that are high or low.
- Track your progress in reaching your overall treatment goals.
- Learn how diet and exercise affect blood sugar levels.
- Understand how other factors, such as illness or stress, affect blood sugar levels.



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Instructions

- ✓ Wash and dry your hands well. (Food and other substances can give you an inaccurate reading.)
- ✓ Insert a test strip into your meter.
- ✓ Prick the side of your fingertip with the needle (lancet) provided with your test kit.
- ✓ Touch and hold the edge of the test strip to the drop of blood.
- ✓ The meter will display your blood sugar level on a screen after a few seconds.

Blood sugar meters need to be used and maintained properly. Follow these tips to ensure proper usage:

- Check the user's guide for your device for instructions
- Use a blood sample size as directed in the user's guide.
- Use only test strips designed for your meter.
- Store test strips as directed.
- Don't use expired test strips.
- Clean the device and run quality-control checks as directed.
- Bring the meter to your health care provider's appointments to address any questions and to show how you use your meter.