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# IDEAL LIFE Gluco-Manager™

## Blood Glucose Management System

### Model GMM0001

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# INSTRUCTION MANUAL

## Read before use

May be used with IDEAL LIFE Pod™  
(sold separately) for use with IDEAL LIFE  
Health Management System™



Products may vary from images shown

\*NOTE: The IDEAL LIFE Gluco-Manager™ is intended for use in the quantitative measurement of glucose in fresh capillary whole blood from the finger and the following alternative sites: the palm, the forearm, the upper-arm, the calf and the thigh. It is intended for use by adults with diabetes mellitus in a non-clinical environment such as in the home, as an aid to monitoring the effectiveness of a diabetes control program. It is not intended for the diagnosis of, or screening for, diabetes mellitus and not intended for use on neonates. The alternative site testing can be used only during steady state blood glucose conditions. The system is intended for information purposes only, for expert advice make sure to consult a healthcare professional. Any instructions for change in treatment and health related information or advice should only be made directly with a healthcare professional.

Version 7.0 Jun 2013

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# Introduction

## Preface

Thank you for purchasing the IDEAL LIFE Gluco-Manager™, or GMM 0001 and IDEAL LIFE Pod™, or ILP 0001. This completely automatic system measures your blood glucose, captures subjective information and manages information automatically so that you can better manage your blood glucose with your care provider. Your measurement reading is clearly displayed on a large screen on the IDEAL LIFE Gluco-Manager™ after each measurement, and later stored for a more detailed analysis in the form of tables for easy viewing and graphs for easy interpretation. Your new IDEAL LIFE Gluco-Manager™ provides you with accurate, whole blood test results for blood glucose. The system is compact with convenient operation so it is simple to use.

## Intended Use

IDEAL LIFE Gluco-Manager™ GMM 0001 Blood Glucose Monitoring System is indicated for the quantitative measurement of glucose in fresh capillary whole blood taken from the fingertip and alternative sites for self-testing by persons with diabetes in the home, or by healthcare professionals in healthcare facilities.

Testing is done outside the body (in vitro diagnostic use). The IDEAL LIFE Gluco-Manager™ is not intended for the diagnosis of, or screening for, diabetes mellitus and not intended for use on neonates.

The alternative site testing (the palm, forearm, upper arm, calf and thigh) using this system can be used only during steady-state blood glucose conditions.

You do not need to calibrate your meter, making it easier for the user to monitor blood glucose at home. The IDEAL LIFE Gluco-Manager™ can wirelessly communicate to a communication gateway or an access point.

**CAUTION:** Before using any product to test your blood glucose, read all instructions thoroughly and practice the test. Do all quality control checks as directed and consult with a diabetes healthcare professional. For proper interpretation of blood glucose measurements, make sure to consult a physician.

## Contraindications

**\*\*Warning:** This system is designed for use outside the human body. It is not recommended for use on infants and is not intended for and should not be used to try and measure the blood glucose of infants as it may not be accurate and/or relied upon.

Do NOT use the device for purposes other than measuring blood glucose. This unit does not serve as a cure of any symptoms or disease. The data measured are only for reference. Always consult your physician to have the results interpreted.

# Precautions

- Do not drop this unit. Please avoid strong impact. Disassembly or modification of the unit may lead to permanent reading error.
- The device might not meet its performance specifications if stored or used beyond the specified temperature and humidity ranges.
- Operating conditions: 50°F to 104°F (10°C to 40°C), below 80% RH.
- System storage: 39.2°F to 86°F (4°C to 30°C), below 80% RH.
- Be sure to keep this manual for future reference.
- NOTE: Before using any product to test your blood sugar (blood glucose), read all instructions and practice the test. Do all quality control checks as directed and consult with a diabetes healthcare professional.
- Do not place the device in liquid, nor put it where it could fall into liquid.
- Close supervision is necessary when the device is used by, on, or near children, handicapped people or invalids.
- Do not use the device come into contact with surfaces which are too hot to touch.
- Do not use the device where aerosol sprays are being used.
- Do not use the device if it is not working properly, or if it has been damaged.

# Important Information

- Severe dehydration and excessive water loss may cause false low results. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.
- Test results below 60 mg/dL (3.3 mmol/L) indicate hypoglycemia, or low glucose. Test results higher than 240 mg/dL (13.3 mmol/L) indicate hyperglycemia, or high glucose. Consult your physician when one of these results is shown repetitively.
- If you are experiencing symptoms that are not consistent with your blood glucose test results and you have followed all instructions described in this owner's manual, call your healthcare professional.
- Inaccurate results may occur in severely hypotensive individuals or patients in shock. Inaccurate low results may occur for individuals experiencing a hyperglycemic-hyperosmolar state, with or without ketosis. Critically ill patients should not be tested with blood glucose meters.
- Please refer to your test strip package insert for additional important information.
- Always follow the operation procedures described in the manual in order to obtain correct results.

The meter and lancing device are for single individual use. Do not share them with anyone including other family members! Do not use on multiple individuals!

All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after you have performed cleaning and disinfection.

You should refer to the following linkages for more information:

“FDA Public Health Notification: Use of Fingertick Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens: Initial Communication” (2010)

<http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm224025.htm>

“CDC Clinical Reminder: Use of Fingertick Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens” (2010) <http://www.cdc.gov/injectionsafety/Fingertick-DevicesBGM.html>

**For any questions or comments, please call an IDEAL LIFE customer representative at 1-866-IDEAL-41 (866-433-2541)**

# About Alternative Site Testing (AST)

**IMPORTANT:** There are limitations for doing alternative site testing (AST). Please consult your healthcare professional before you do AST.

## What is AST?

Alternative site testing (AST) means that people use parts of the body other than fingertips to check their blood glucose levels. This system provides you to test on your forearm, upper arm, calf, or thigh with the equivalent results to fingertip testing when used at appropriate times.

## What is the advantage?

Fingertips feel pain more readily because they are full of nerve endings (receptors). At other body sites, since nerve endings weren't so condensed, you won't feel as much pain as at the fingertip.

## When to use AST?

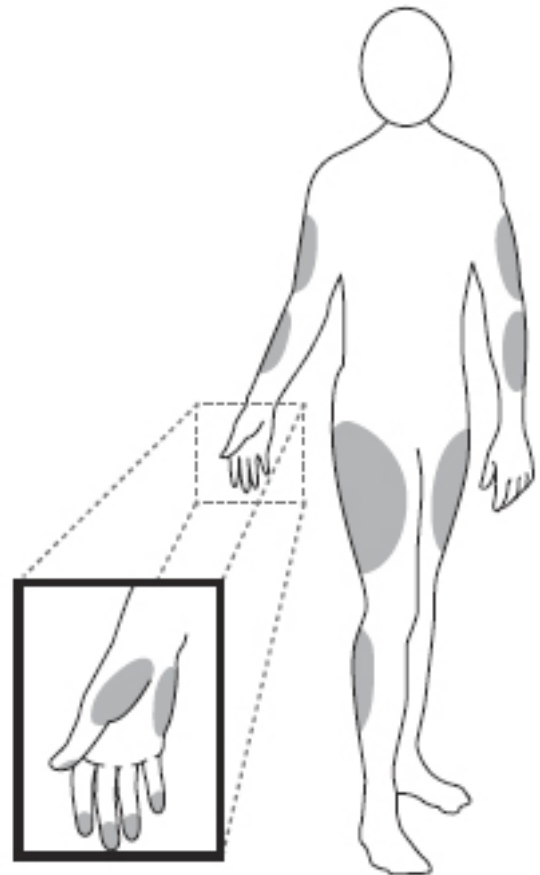
Food, medication, illness, stress and exercise can affect a blood glucose levels. Capillary blood at fingertip reflects these changes faster than capillary blood at other sites. Therefore when testing blood glucose during or immediately after meal, physical exercise, or any other event, take blood sample from your finger only.

We strongly recommend you do AST in the following intervals:

- In a pre-meal or fasting state (more than 2 hours since the last meal).
- 2 hours or more after taking insulin.
- 2 hours or more after exercise.

Do NOT use AST if:

- You think your blood glucose is low.
- You are unaware of hypoglycemia.
- Your AST results do not match the way you feel.
- You are testing for hyperglycemia.
- Your routine glucose results are often fluctuating.
- You are pregnant.



### How to increase the accuracy?

Stimulating blood perfusion by rubbing the puncture site prior to blood extraction has a significant influence on the glucose value obtained. Blood from the site without rubbing exhibits a measurably different glucose concentration than blood from the finger. When the puncture site was rubbed prior to blood extraction, the difference was significantly reduced.

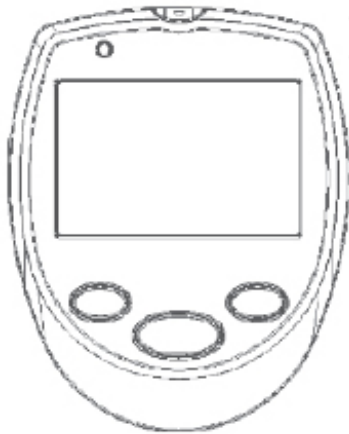
Please follow the suggestions below before getting a drop of blood:

- Rub the puncture site about 20 seconds before penetration.
- Use a clear cap (included in the kit) instead while setting the lancing device.

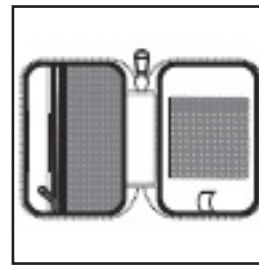
## Package Contents

The IDEAL LIFE Gluco-Manager™ GMM0001 Blood Glucose Monitoring System consists of three main products: a blood glucose meter, test strips, and control solution. These products have been designed, tested and proven to work together as a system to produce accurate blood glucose test results. Use only the same brand-name test strips and control solution with the IDEAL LIFE Gluco-Manager™.

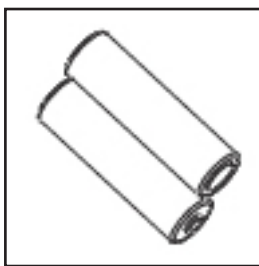
### YOUR SYSTEM INCLUDES:



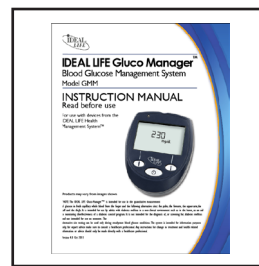
GMM0001 IDEAL LIFE GLUCO-MANAGER™



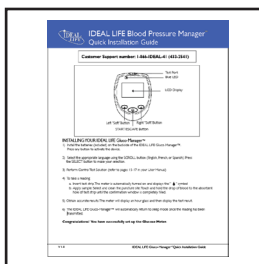
CARRYING BAG



2 “AAA” BATTERIES FOR YOUR IDEAL LIFE GLUCOMANAGER™



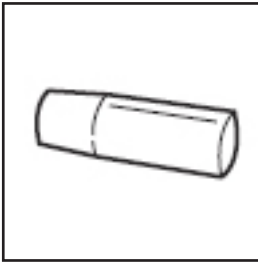
INSTRUCTION MANUAL



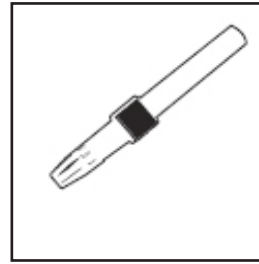
QUICK INSTALLATION GUIDE

# Additional Items (\*sold separately)

There are 3 levels for control solutions. Please call 1-866-IDEAL-41 (866-433-2541) for availability.



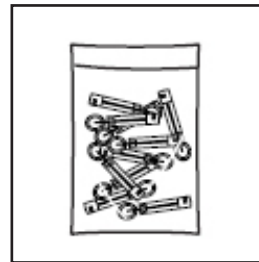
1 CLEAR CAP



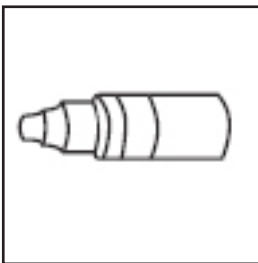
LANCING DEVICE



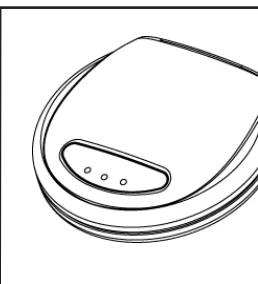
25 TEST STRIPS



25 STERILE LANCETS



CONTROL SOLUTION



ILP 0001 IDEAL LIFE POD™



AC ADAPTER

**NOTE:** Check your system to be sure that it is unopened prior to use and that it contains all parts listed above. If either of these conditions occurred, please return your system to the place of purchase.

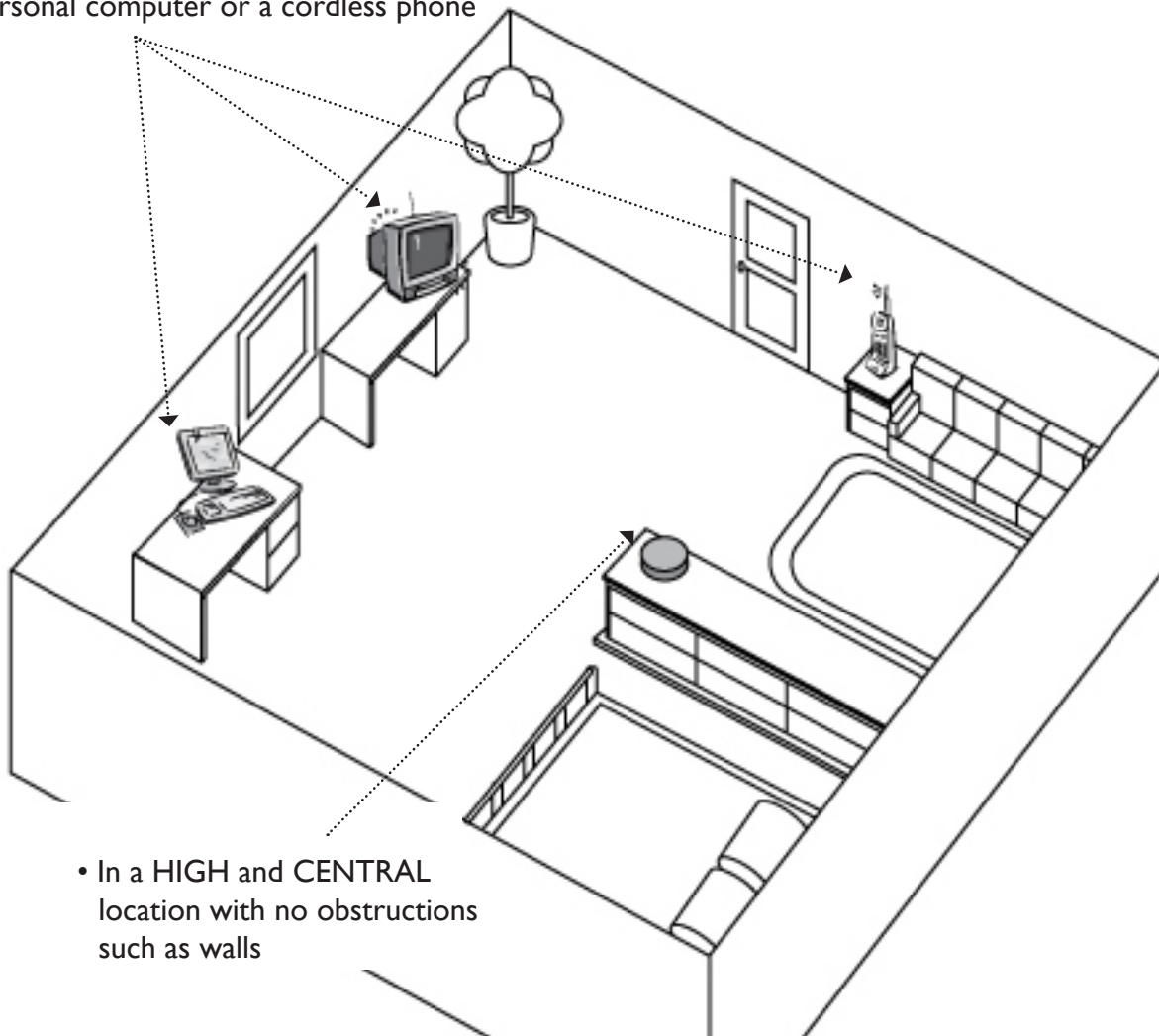


# Location/Interference

The IDEAL LIFE Manager™ may be used with a communication gateway such as the IDEAL LIFE Pod™ or access point such as a cellular phone or computing device.

The IDEAL LIFE Pod™ uses wireless radio waves to transfer information from your IDEAL LIFE Manager™. For the best distance and least interference, the recommended IDEAL LIFE Pod™ location is:

- Away from electrical appliances such as a TV, personal computer or a cordless phone



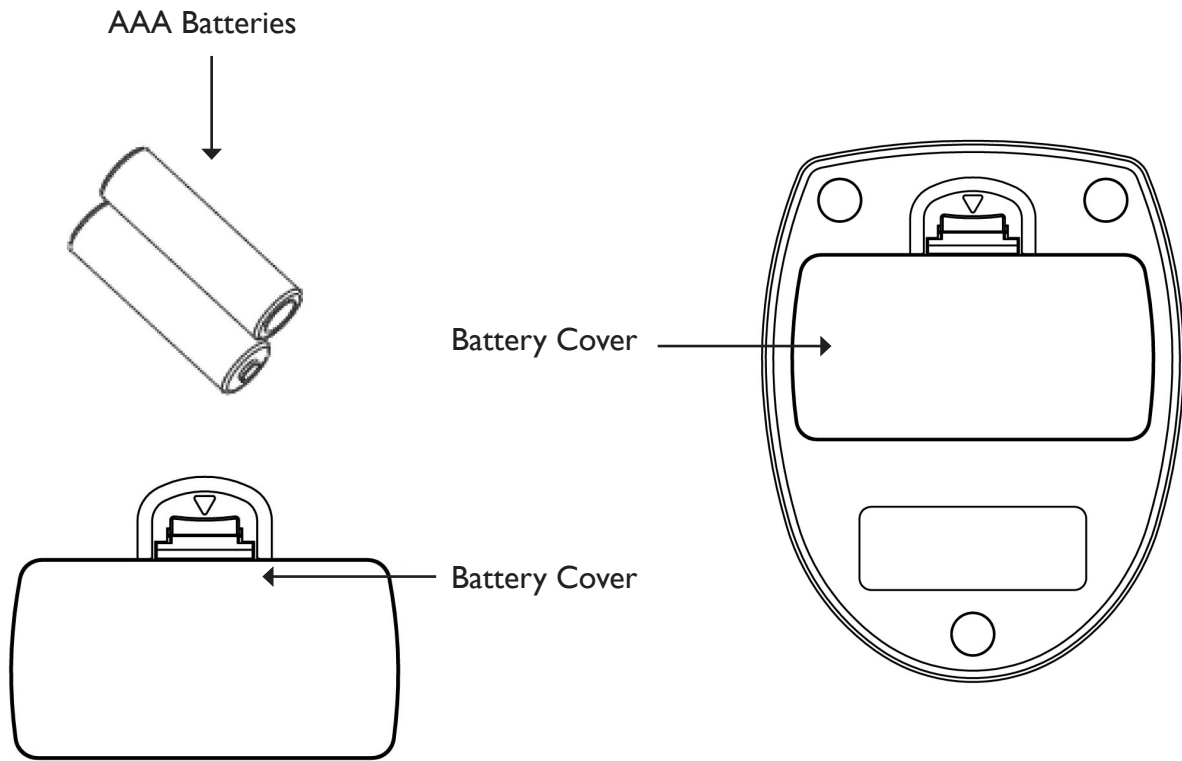
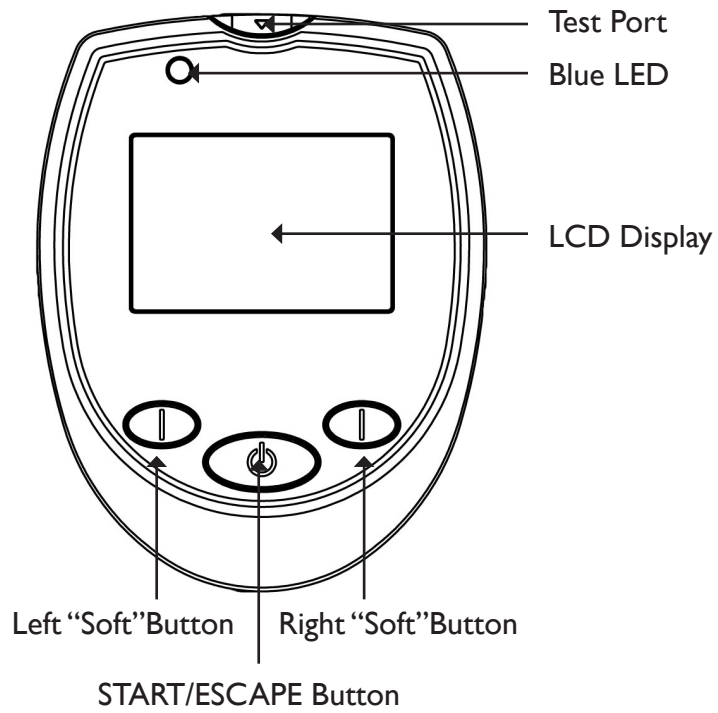
- In a HIGH and CENTRAL location with no obstructions such as walls

**NOTE:**

While using an IDEAL LIFE Pod™ with telephone line connectivity, the telephone line will be in use. If the telephone line is in use while trying to use your IDEAL LIFE Pod™, the information will be stored in your IDEAL LIFE Manager™ and will be sent later.

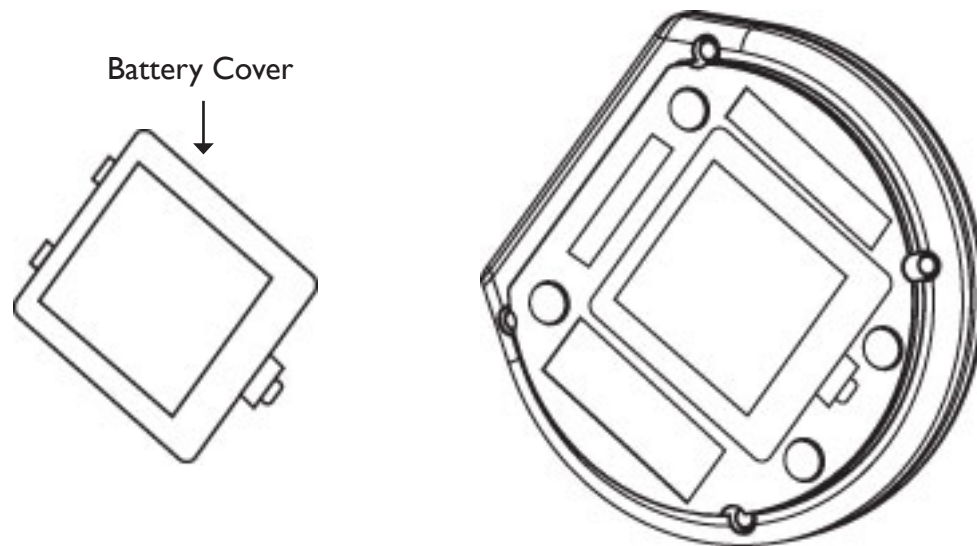
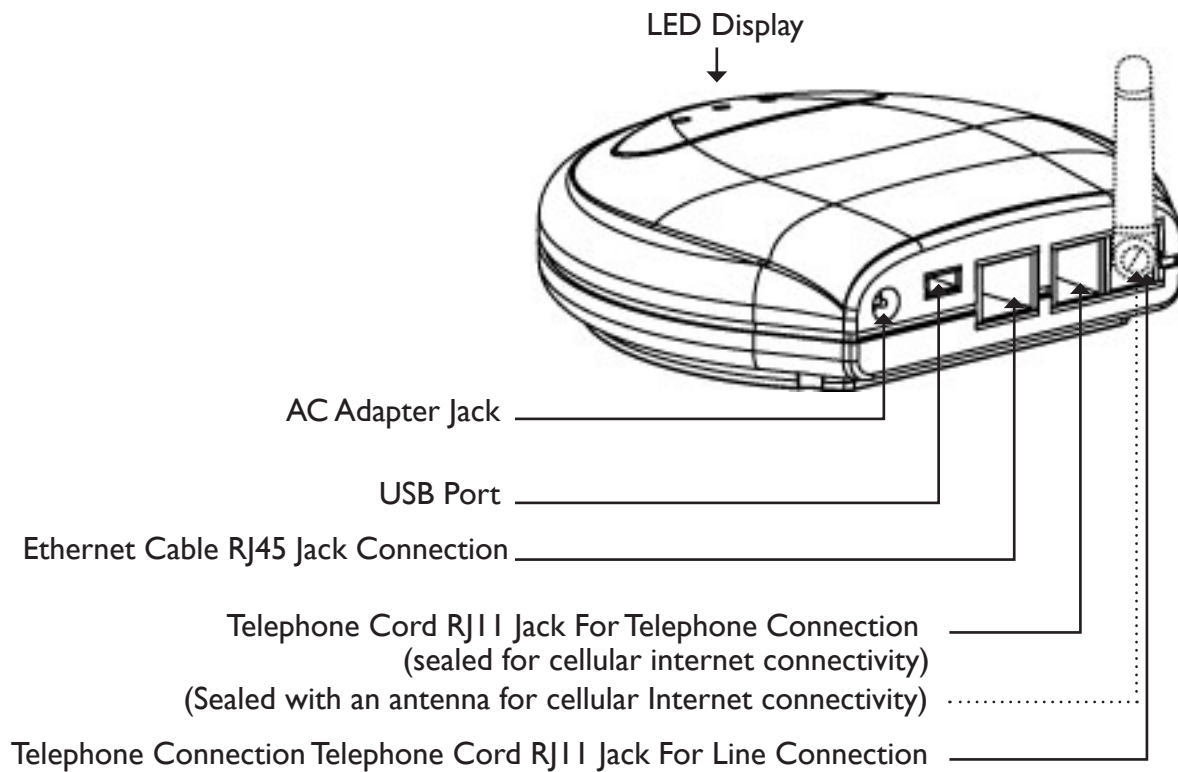
# Before You Start

Your IDEAL LIFE Gluco-Manager™



# Your IDEAL LIFE Pod™

(\*An optional accessory sold separately)



\* Note: There is only a battery compartment for telephone line connectivity

# Test Strip Description

(Model: AGS-1112)

- Your system measures the amount of sugar (glucose) in whole blood. Blood is applied to the absorbent hole of the test strip and is automatically drawn into the reaction cell where the reaction takes place.
- The test strip consists of the following parts:

## Contact Bars

Insert this end of the test strip into the meter.  
Push it in firmly until it will go no further

## Test Strip Handle

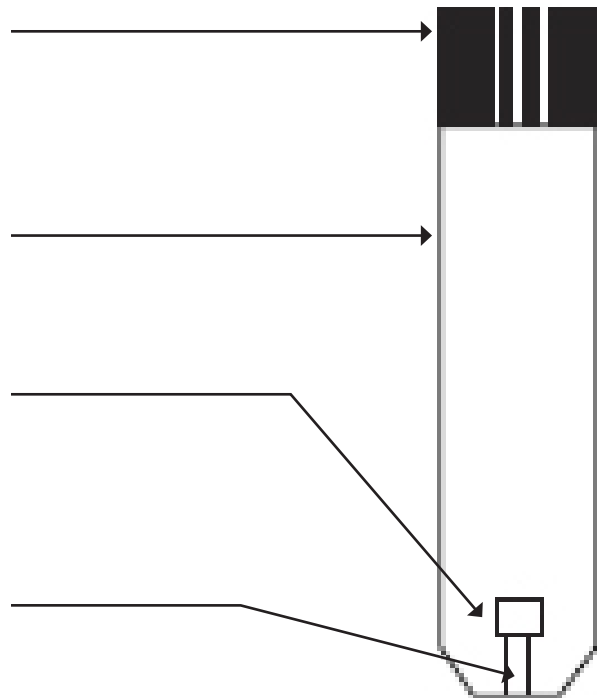
Hold this part to insert the test strip into the slot.

## Confirmation Window

This is where you confirm if enough blood has been applied to the Absorbent Hole of the strip.

## Absorbent Hole

Apply a drop of blood here; the blood will be sucked automatically.



- Refer to the section below: “Taking Your Blood Glucose Reading,” for complete instructions.

# Important Test Strip Information

- Store test strip packages in a cool, dry place from 39.2°F to 86°F (4°C to 30°C) . Keep away from direct sunlight and heat. Do not freeze.
- Store your test strips in their original vial only; do not transfer them to a new bottle or any other container.
- After removing a test strip from the vial, immediately replace the vial cap and close it tightly.
- With clean, dry hands, you may touch the test strip anywhere on its surface when removing it from the vial or inserting it into the meter.
- Use each test strip immediately after removing it from the vial.
- Write the discard date on the vial label when you first open it. Discard remaining test strips and the vial 90 days after first opening date.
- Apply only blood sample or control solution to the absorbent hole. Applying other substances to the absorbent hole will cause inaccurate results.
- Do not use test strips beyond the expiration date printed on the package since they may cause inaccurate results.
- Do not bend, cut or alter a test strip in any way.

# Powering Up Your IDEAL LIFE Gluco-Manager™

## INSTALLING THE BATTERIES (INCLUDED)

- Remove the battery compartment door on your IDEAL LIFE Gluco-Manager™ by lifting the battery door using the notch.
- Place the batteries as instructed on the device.
- Replace the battery compartment door and click into place.
- NOTE: Replacing the battery does not affect previous test results stored in memory of the meter. However, the time and date settings may need to be updated if batteries are not in the device for an extended period of time.

Use only new batteries of the required size and the recommended installation type. For best performance and the longest life, alkaline batteries are recommended.

Do not mix different type, date or brand name batteries together. Be sure to follow the instructions when installing the batteries. Since batteries can leak chemicals that damages electronic parts, leaving the battery in the housing for a long period without using the device may damage the main unit.

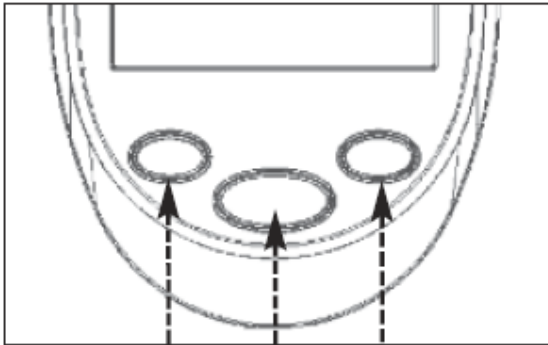
Please remove the batteries if you are not going to use the device for an extended period of time (i.e., 3 months or more). The batteries should be kept away from small children as they pose a choking hazard. If swallowed, promptly see a doctor for help.

- Environment Protection – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

# First Time Power Up And Activation When Using An IDEAL LIFE POD™

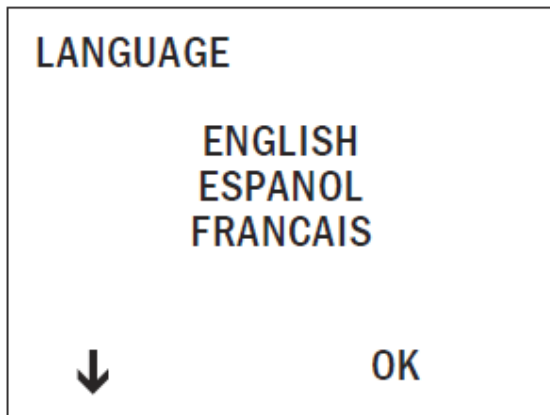
(\*an optional accessory, sold separately)

To use the IDEAL LIFE Gluco-Manager™ with your IDEAL LIFE Pod™ you must call an IDEAL LIFE customer representative to activate. Make sure to call IDEAL LIFE before you begin. Then make sure that the IDEAL LIFE Pod™ is connected to a telephone line cord and RJ11 jack (or an Ethernet cord and RJ45 jack), “Powered ON”!



Hold down any button on your IDEAL LIFE Gluco-Manager™ for 3 seconds to Power up.

READ THROUGH THE IDEAL LIFE INC. TERMS AND CONDITIONS FIRST, THEN PROCEED AND FOLLOW THE PROMPTS ON THE SCREEN AS SHOWN HERE:



↓ First select the appropriate language using the buttons labeled and OK.

Then Answer the question on the following screen regarding terms and conditions using the YES and NO labeled buttons.

To gain full advantage of all the features your IDEAL LIFE Gluco-Manager™ has to offer, using an IDEAL LIFE Pod™ is recommended. To ensure that your IDEAL LIFE Gluco-Manager™ and IDEAL LIFE Pod™ are setup properly you will need to call IDEAL LIFE directly to activate your system. You should ensure that the steps are followed correctly, you should first setup your IDEAL LIFE Pod™, power it up, and then begin the steps of powering up your IDEAL LIFE Gluco-Manager™. During your activation call with IDEAL LIFE, an IDEAL LIFE customer representative will verify your IDEAL LIFE Gluco-Manager™ and IDEAL LIFE Pod™ ID numbers and you will be ready to take full advantage of all your IDEAL LIFE Gluco-Manager™ has to offer. For a detailed description of all the features and functions continue to the FUNCTIONS section of this manual.

# About Control Solution (sold separately)

Control solutions contain a known amount of glucose that reacts with test strips. By comparing your control solution test results with the expected range printed on the test strip vial label, it is able to check that the meter and the test strips are working together as a system and that you are performing the test correctly. It is very important that you do this simple check routinely to make sure you get accurate results.

## How often should the control solution test be performed?

- When you use this system to test your blood for the first time, practice the procedure using control solution. When you can do three tests in a row that are within the expected range, you are ready to test your blood.
- Routinely check the meter and test strips, so perform a single test for each level of control solution at least once a week

## When should the control solution test be performed?

- When you first get your IDEAL LIFE Gluco-Manager™.
- When you begin using a new vial of test strips.
- Whenever you suspect that the meter or test strips are not working properly.
- When your blood glucose test results are not consistent with how you feel, or when you think your results are inaccurate.
- When your test strips are exposed to extreme environmental conditions (See “Important Test Strip Information” below).
- When you want to practice running the test.
- If you drop the meter.

# Important Control Solution Test Information


- Use the same branded control solutions as the test strips.
- Check the expiry date on the control solution vial. Do not use if expired.
- Control solution, meter, and test strips should come to room temperature (20°C to 25°C/ 68°F to 77°F) before testing.
- Shake the vial before use. Discard the first drop of control solution. After squeezing, wipe off the dispenser tip to avoid contamination. The above tips ensure you get a good sample and an accurate result.
- Use a period of 90 days from the date that you first open it. Record the discard date (date opened plus 90 days) on the control solution vial. Discard after 90 days.
- Store the control solution tightly closed at temperature from 36°F to 86°F (2 to 30°C) and do not freeze.

**NOTE!** The control solution range printed on the test strip vial is for appropriately branded control solution only. It is used to test meter and test strip performance. It is not the recommended range for your blood glucose level.

# How To Do A Control Solution Test?

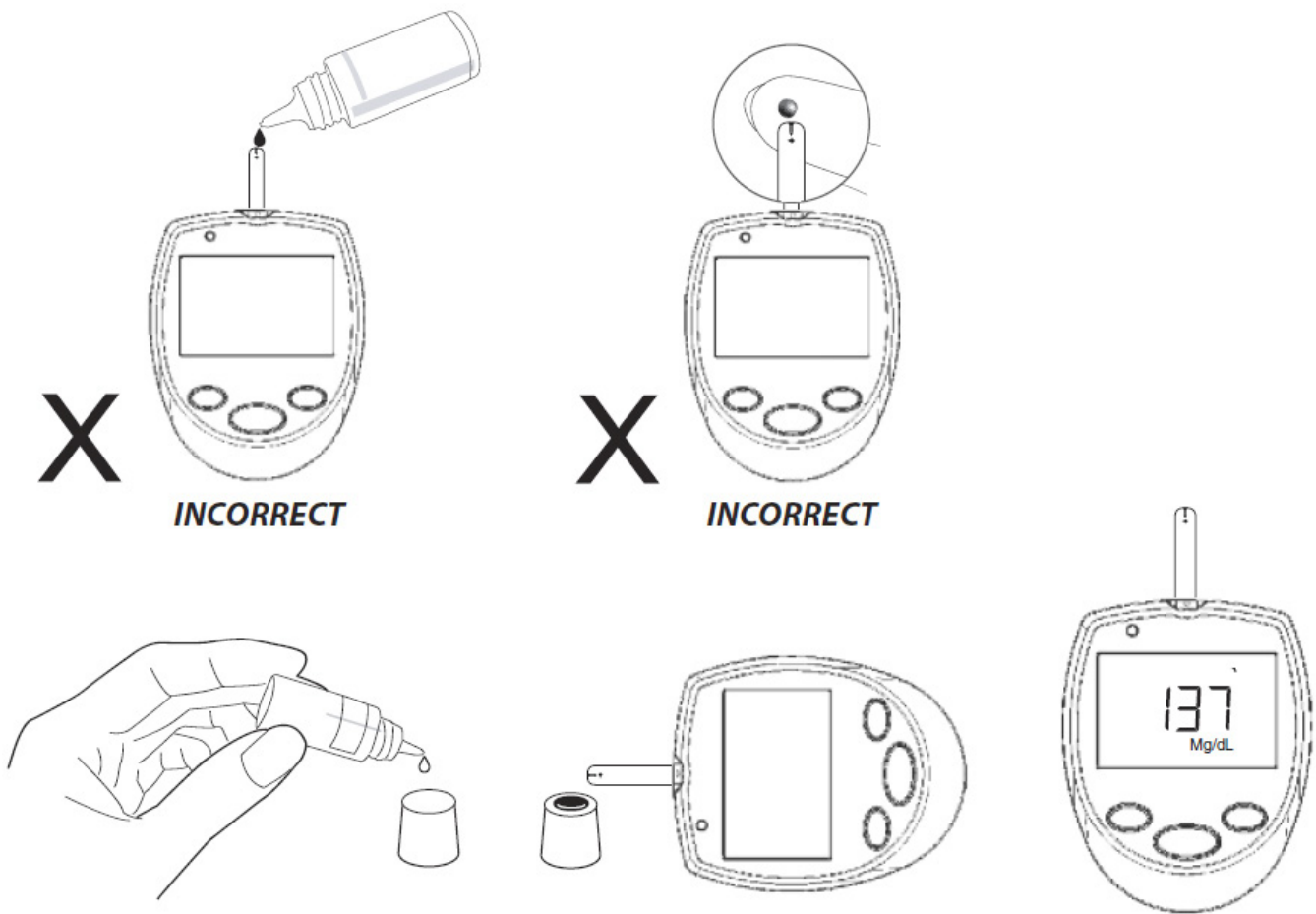
## Step 1. Power up Device

From the off position, press the power button to turn on the display. From the default screen, press the power button once more. The display will instruct you to insert a strip at this time. Insert a test strip with contact bars end first and facing up into the test slot. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.)

After the “” symbol appears on the display, you may now move to the STEP 2 and add the control solution to the test strip. If you decide not to perform a control solution test, press Soft Button labeled EXIT to return to the default screen.

## Step 2. Apply Control Solution

Shake the control solution vial well. Remove the cap from the control solution bottle. Place cap on flat surface. Squeeze the vial, discard the first drop, and wipe off the dispenser tip to prevent contamination. Squeeze the vial again to get another drop and apply the drop to the top of cap.





**CAUTION!** To avoid contaminating the control solution with the content of the test strip, you have to place a drop of control solution on a clean surface or on your finger tip first. Do not directly apply control solution into a strip.

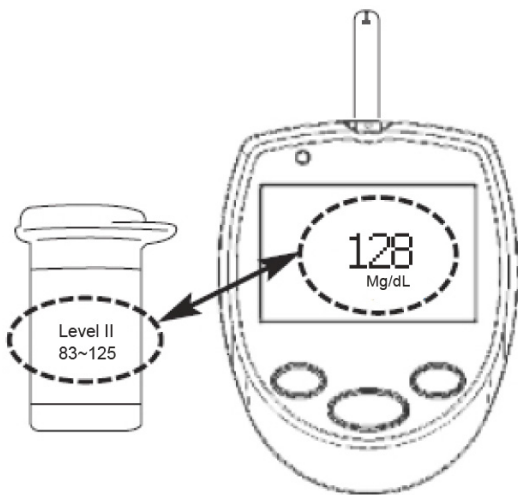
### Step 3. Display test result

Compare the result with the range printed on the test strip vial.

The result should fall within this range.

### Out of Range Results

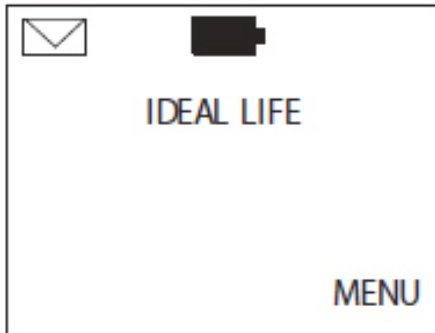
If test results fall outside the range printed on the test strip vial, check the “Problem Solving Guide,” below and repeat the test. If you continue to get out of range results, it means that the system may not be working properly. Do NOT test your blood. Contact an IDEAL LIFE customer representative at 1-866-IDEAL-41 (866-433-2541) to resolve the issue.



# Functions

(when using the IDEAL LIFE POD™, an optional accessory sold separately)

## Main Screen



The Main Screen is your default screen. This is where you will be directed to after completing functions and where you will find status indicators for the functioning of your IDEAL LIFE Gluco-Manager™. In the upper middle portion of the display you will find a battery icon, displaying power status of your IDEAL LIFE Gluco-Manager™



Indicates full power



Indicates power is getting low, you should change your batteries



Indicates that your blood pressure measuring function has been turned off. Replace your batteries immediately.



If you have unread messages, you will see an envelope icon on the upper left corner of the display.

# Taking Your Blood Glucose Reading

Be sure to read this section and any inserts found in the test strip box carefully before taking a reading. Wash and dry your hands before starting.

## Getting a Drop of Blood

**Step 1. Use your lancing device (sold separately) to obtain a blood sample. Follow the instructions included in your lancing device.**



### **WARNING! To reduce the chance of infection:**

- Never share a lancet or the lancing device with anyone.
- Always use a new, sterile lancet. Lancets are for single use only.
- Avoid getting hand lotion, oils, or debris in or on the lancets and the lancing device.

**WHEN OBTAINING BLOOD FROM SITES OTHER THAN THE FINGERTIP**

A clear cap, often provided, makes it easier to get a drop of blood from AST.

## Step 2. Wash your hands and the Puncture Site

Select the puncture site either in finger or in other parts (AST). Clean the puncture site with 70% using cotton moistened with 70% alcohol and let it air-dry.

## Step 3. Spuncturevure Site

### • Fingertip

Hold the lancing device firmly against the side of your finger.

### • Sites other than a fingertip

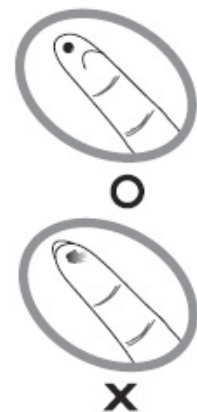
Please refer to the section of “About Alternative Site Testing” above. Please consult your health professional before obtaining blood from sites other than a fingertip.

**WARNING! The system requires a very small blood drop to perform a test. You can obtain it from a fingertip. Choose a different spot each time you test. Repeated punctures in the same spot may cause soreness and calluses. Before you decide to do palm testing, please consult your health professional first.**

## Step 4. Gently Massage the Area. Do NOT Smear the Blood Sample

To obtain correct results, it is recommended that the first drop of blood should be discarded with a clean tissue paper or cotton. Use the second drop of blood for testing. The required blood sample is 0.7 microlitre in a volume.

**WARNING! The first drop of blood usually contains tissue fluid and serum, which may affect the test result. It should be discarded.**




# Taking a Reading

## Step 1. Insert the Test Strip

Insert a test strip with contact bars end first and facing up into the test slot. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.) The meter turns on automatically and shows the following messages:



## Step 2. Apply Sample

Obtain a drop of blood using the adjustable lancing device. The blood a sample must be at least 0.7 microliter in volume or you may get an inaccurate test result. When “” appears on the display, apply the blood to the absorbent hole of the test strip where it meets the narrow channel. Do not push your finger against the test strip or try to apply a smeared sample. The blood should completely fill the confirmation window before the meter begins to count down. If not, do not try to add more blood to the test strip. Discard the test strip and retest with a new one. If you have trouble filling the test strip, please contact the dealer for assistance.

## Step 3. Display a Glucose Result

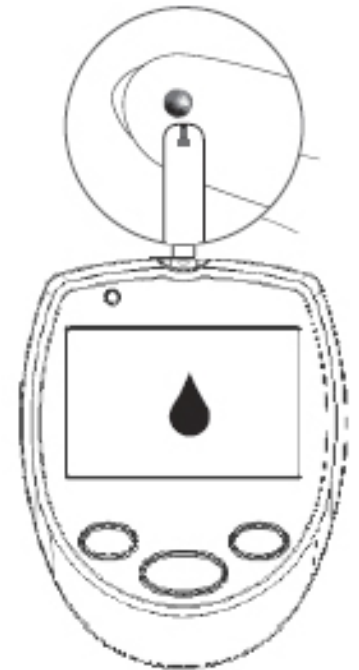
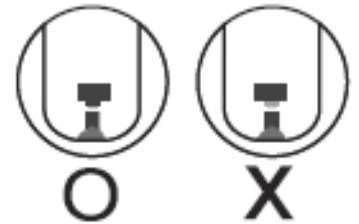
Your blood glucose test result will appear. After the reading is displayed you may remove the test strip. Discard the used test strip carefully to avoid contamination.

When the measurement is complete, your IDEAL LIFE Gluco-Manager™ will then display your reading automatically and begin to communicate when you are using a communication gateway or access point such as a cellular phone, computing device or the IDEAL LIFE Pod™.

When the measurement is complete, your IDEAL LIFE Gluco-Manager™ will then display your reading automatically and begin to communicate when you are using a communication gateway or access point such as a cellular phone, computing device or the IDEAL LIFE Pod™.

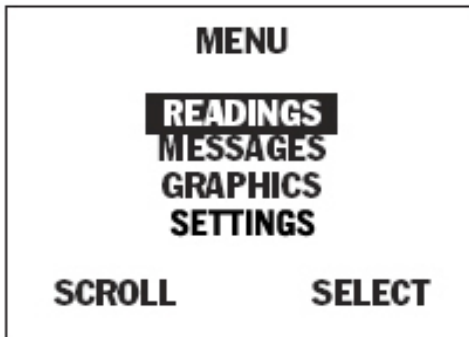
Connection times may vary depending on many factors. Your reading will always be stored in your meter memory for local lookup. After displaying your reading and automatically communicating the information, your meter will automatically return to the default screen before going to sleep mode. Each time your IDEAL LIFE Gluco-Manager™ communicates successfully to IDEAL LIFE through your IDEAL LIFE Pod™ the time and date are set to ensure reliable date and time stamping of all readings.

**NOTE! If you do not apply a blood sample within 2 minutes, the meter will automatically turn off. You must remove the test strip and insert it back again to restart the test procedure.**



# Looking At Previously Taken Readings

Your IDEAL LIFE Gluco-Manager™ will store up to 575 of your latest readings.



Press Menu to view the feature list.

SCROLL to highlight READINGS (it should already be highlighted as it is the first line item in the list).

Press SELECT to enter your selection.

DATE	TIME	mg/dL
0210	06:25AM	108
0209	07:25AM	106
0208	06:25PM	101
0208	07:25AM	105
0207	06:25AM	104

At the bottom of the screen, the words "SCROLL" and "EXIT" are positioned on the left and right respectively.

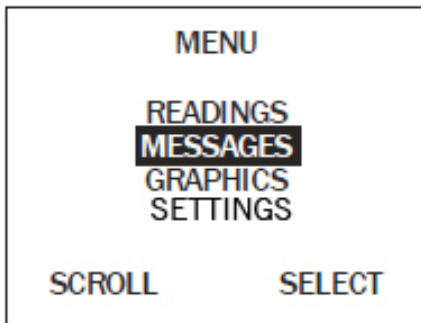
You can now scroll through your readings, screen by screen using the SCROLL button.

If you have less than one page full of readings or have reached your final screen you can press the button labeled EXIT to return to the READINGS section (Remember you can always press the START/ESCAPE button to return to the default screen).

**NOTE!** Your meter can display test results in milligrams per deciliter (mg/dL). The mg/dL unit is standard in the United States.

# Looking at Messages

Your IDEAL LIFE Gluco-Manager™ is equipped for 2-way, interactive communication when using a communication gateway or access point such as a cellular phone, computing device or the IDEAL LIFE Pod™. Messages can be sent remotely to your IDEAL LIFE Gluco-Manager™ and responded to directly. When messages are transmitted to your IDEAL LIFE Gluco-Manager™, they are stored for automatic display before your next blood glucose measurement. If you have unread messages in memory, there will be an ENVELOPE icon located on the upper left corner of the default screen. You can also read any unread messages in the MESSAGES section for later response.

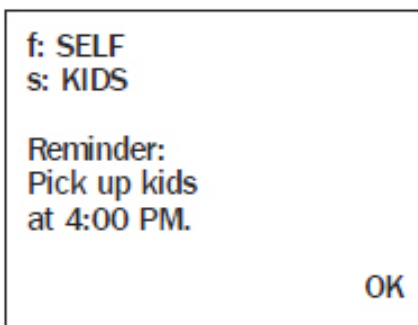


- Press Menu to view the feature list.
- SCROLL to highlight MESSAGES.
- Press SELECT to enter your selection.

Messages will be displayed in order of time received (oldest first). Responding to messages automatically stores them for later transmission and automatically scrolls to the next message if there is more than one unread message in your IDEAL LIFE Gluco-Manager™.

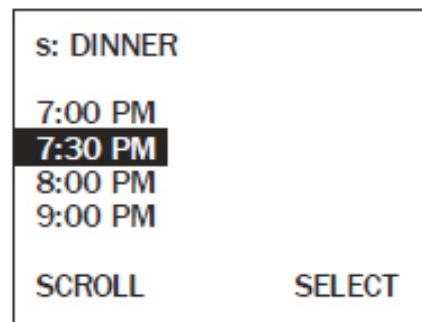
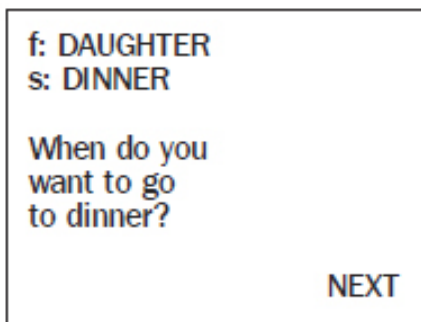
There are 2 types of messages. The type of question will dictate the button labels. Simply press the desired button shown on the screen.

For Example:



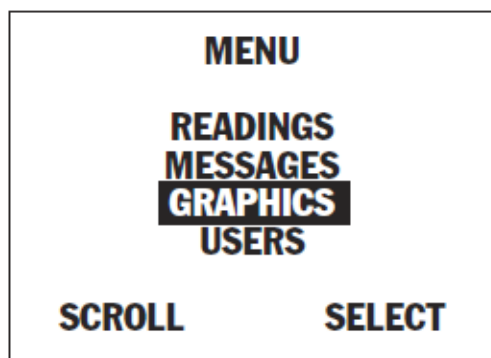
Free text messages allow for 2 possible responses, and are displayed on one screen and may look like this:

Multiple Choice messages allowing for up to 6 possible responses are displayed on 2 screens, and may look like this:



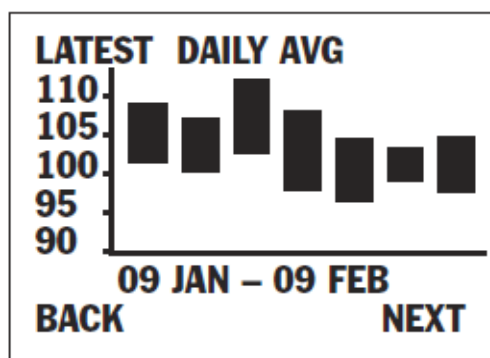
# Looking at Graphics

When using a communication gateway or access point such as a cellular phone, computing device or the IDEAL LIFE Pod™ your IDEAL LIFE Gluco-Manager™ will store different types of graphics downloaded from the IDEAL LIFE website. (All the graphics can be altered through the IDEAL LIFE website, refer to [www.ideallifeonline.com](http://www.ideallifeonline.com) for details).



Press Menu to view the feature list.

- SCROLL to highlight GRAPHICS.
- Press SELECT to enter your selection.



- You can now scroll through your graphics screen by screen using the button labeled NEXT. While scrolling through screens, you can always go to the previous screen by pressing the button labeled BACK.



If you have only one graphic in memory, or have reached your final screen you can press the button labeled EXIT to return to the MENU section (Remember you can always press the START/ESCAPE button to return to the default screen).

# Comparing Meter And Laboratory Results

The meter provides you with whole blood equivalent results. The result you obtain from your meter may differ somewhat from your laboratory result due to normal variation. Meter results can be affected by factors and conditions that do not affect laboratory results in the same way (see test strip package insert for typical accuracy and precision data and for important information on limitations). To make an accurate comparison between meter and laboratory results, follow the guidelines below.

## **Before you go to the lab:**

- Perform a control solution test to make sure that the meter is working properly.
- It is best to fast for at least eight hours before doing comparison tests.
- Take your meter with you to the lab.

## **While at the lab:**

- Make sure that the samples for both tests (the meter test and the lab test) are taken and tested within 15 minutes of each other.
- Wash your hands before obtaining a blood sample.
- Never use your meter with blood that has been collected in a gray-top test tube.
- Use fresh capillary blood only.

You may still have variation from the result because blood glucose levels can change significantly over short periods, especially if you have recently eaten, exercised, taken medication, or experienced stress<sup>1</sup>. In addition, if you have eaten recently, the blood glucose level from a finger stick can be up to 70mg/dL (3.9 mmol/L) higher than blood drawn from a vein (venous sample) used for a lab test<sup>2</sup>.

Therefore, it is best to fast for eight hours before doing comparison tests. Factors such as the amount of red blood cells in the blood (a high or low hematocrit) or the loss of body fluid (severe dehydration) may also cause a meter result to be different from a laboratory result.

## **References**

1. Surwit, R.S., and Feinglos, M.N.: Diabetes Forecast (1988), April, 49-51
2. Sacks, D.B.: "Carbohydrates." Burtis, S.A., and Ashwood, E.R. (ed.), Tietz Textbook of Clinical Chemistry. Philadelphia: W.B. Saunders Company (1994), 959.



# Care and Maintenance

- Handle the meter with care. Dropping or throwing the meter may cause damage to the device.
- Don't expose the Blood Glucose Monitoring system, Test strip, and Control solution, to extreme conditions, such as high humidity, heat, freezing cold or dust. Storage conditions for the blood glucose Monitoring system (meter and test strips) are 39.2°F ~86°F Humidity <80% RH. Storage conditions for the meter are -4°F ~131°F, Humidity <80%RH.
- Always wash your hands with soap and water and rinse and dry completely before handling the Blood Glucose Monitoring system and Test strip.
- Use surface disinfectant wipes to clean the Blood Glucose Monitoring System.
- Discard the used lancet into a container for sharp objects.

# Cleaning and Disinfection

The cleaning and disinfection is absolutely necessary for the test procedure. Cleaning can insure that the meter works well (for example, the display will be clear to see after cleaning); and disinfection can avoid infection. We strongly advise that the glucometer and the lancing device be cleaned and disinfected following every use. We suggest you use the following product: CaviWipes (EPA registration number: 46781-8). You can purchase this product by visiting the web site: [www.metrex.com](http://www.metrex.com).

Alternatively, you may clean, wipe meter down with soap and water or 70-80% isopropyl alcohol. To disinfect, use a 1:10 concentration of sodium hypochlorite (bleach) solution.

## **Cleaning and desinfecting**

### **Step 1**

Dispose of used test strip.

### **Step 2**

Remove a wipe from package or container. Follow instructions on package. If wipe is very wet, wring wipe slightly to discard excess liquid.

If blood is visibly present on the meter, two wipes must be used, one wipe to clean and a second wipe to disinfect.

### **Step 3**

Wipe down the meter on front, back and sides. **DO NOT WRAP THE METER IN A WIPE.**

Take extreme care not to get liquid in the test strip and key code ports of the meter.

### **Step 4**

Let meter dry. Dispose of the wipe.

With all the recommended glucose meter cleaning methods, it is crucial that the IDEAL LIFE Gluco-Manager™ is completely dry before taking a reading. Please follow the disinfectant's product label instructions to ensure proper drying time.

**Note:**

1. Each disinfection step requires a pre-cleaning step.
2. The users should wash hands thoroughly with soap and water after handling the meter, lancing device, or test strips.
3. If you have any questions you can contact an IDEAL LIFE customer representative at 1-866-IDEAL-41 (866-433-2541) to resolve the issue.
4. Please refer to the following linkage for detail information:  
 “FDA Public Health Notification: Use of Fingerstick Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens: Initial Communication” (2010)  
<http://www.fda.gov/MedicalDevices/Safety/AlertsandNotices/ucm224025.htm>

“CDC Clinical Reminder: Use of Fingerstick Devices on More than One Person Poses Risk for Transmitting Bloodborne Pathogens” (2010) <http://www.cdc.gov/injectionsafety/Fingerstick-DevicesBGM.html>

**A List of the Signs of Potential Deterioration (Physical and in Performance)**

<b>What do you see?</b>	<b>What to do?</b>
The buttons do not work. For example; when pressing the buttons, the screen does not activate.	Replace the batteries. If this does not work, contact local customer services or place of purchase for assistance, or toll free service hotline: 1-866-IDEAL-41 (866-433-2541)
The device does not work. For example; if a strip is inserted and the reading values are not displayed.	Stop using and contact local customer services or place of purchase for assistance, or toll free service hotline: 1-866-IDEAL-41 (866-433-2541)
Corrosion, crazing, embrittlement, cracking of the buttons, meter casing, display or lancing device	Stop using and contact local customer services or place of purchase for assistance, or toll free service hotline: 1-866-IDEAL-41 (866-433-2541)
Cloudiness of the screen	Stop using and contact local customer services or place of purchase for assistance, or toll free service hotline: 1-866-IDEAL-41 (866-433-2541)

# Specifications

## IDEAL LIFE Gluco-Manager™

Model: GMM0001 IDEAL LIFE Gluco-Manager™

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Display: LCD Digital Display

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Power Source: Two 1.5V AAA alkaline batteries

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Battery Life: Over 200 determinants

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Operating Temperature/Humidity: 50°F to 104°F (10°C to 40°C), below 80%R.H. (non-condensing)

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Meter Storage Temperature/Humidity: -4°F to 131°F (-20°C to 55°C), below 80%R.H.

---

Weight: Dimension: 77.3 mm(l) x 60.2 mm(w) x 25 mm(h)

---

Auto Electrode Inserting Detection: YES

---

Auto Sample Loading Detection: YES

---

Sleeping Mode Power Consumption: Less than 500uA

---

Auto Shut Off: After 2 minutes without action

---

Measurement Units: Mg/dL

---

**Note:** These specifications, to improve performance, are subject to change without notice.

## IDEAL LIFE Pod™

Model: ILP 0001 IDEAL LIFE Pod™

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Display: LED's

---

Power Source: AC adapter

---

Operating Temperature/Humidity: 50°F to 104°F (10°C to 40°C)/Below 85% relative humidity

---

Storage Temperature/Humidity 23°F to 122°F (-5°C to 50°C)/Below 90% relative humidity

---

Console Weight: Approx. 142g without batteries

---

Outer Dimensions: Approx. 120mm Width x 105mm Depth x 30mm Height

---

**Note:** These specifications are subject to change without notice.

# Limitations of Use

- The blood glucose monitoring system is not intended for use on neonates.
- The blood glucose monitoring system is not intended for use on artery blood, neonates' serum and plasma.
- IDEAL LIFE Gluco-Manager™ should be used with IDEAL LIFE test strip.
- The system can be used up to an altitude of 10744 feet.
- The following substances at levels greater than normal or therapeutic levels may cause significant interference (affect the result by greater than 10%) resulting in an inaccurate result: ascorbic acid, uric acid, acetaminophen, Dopamine, L-dopa, L-dopa and Tolbutamide etc. These substances do not affect test results in normal concentration but may affect test results in high concentration. Do not use haemolysis sample, icterus sample or high lipemia samples.
- The following compounds, when determined to in excess of their limitation, may produce inaccurate results:

Compound	Limitation
Ascorbic acid	> 2mg/dL
Uric acid	> 10mg/dL
Acetaminophen	> 5mg/dL
Bilirubin	> 15mg/dL
Dopamine	> 0.03mg/dL
L-dopa	> 0.45mg/dL
Methyldopa	> 0.75mg/dL
Tolbutamide	> 24mg/dL
Triglycerides	> 2000mg/dL

- Users undergoing oxygen therapy may yield falsely lower results.
- Not for use for users in a hyperglycemic-hyperosmolar state, with or without ketosis.
- Not for use on critically ill individuals.
- Not to be used for individuals who are dehydrated, hypertensive, hypotensive or in shock.
- Very low (less than 20%) or very high (more than 60%) red blood cell count (hematocrit) can lead to incorrect test results. If you do not know your hemarocrit level, please consult your health care provider.

# Problem Solving Guide

The following is a summary of potential problems in operation to help troubleshoot various issues. Improper use may cause an inaccurate result without producing an error message or a symbol. In the event of a problem, refer to the information under action.


If you follow the recommended instructions but a problem still exists, please contact an IDEAL LIFE™ customer representative at 1-866-IDEAL-41 (866-433-2541) to resolve the issue.

## Trouble Shooting

**Situation:** The meter does not display a message after inserting a test strip.

PROBABLE CAUSE	WHAT TO DO
Battery exhausted.	Replace the battery.
Battery incorrectly installed or absent.	Check that the battery is correctly installed.
Test strip inserted upside-down	Insert the test strip correctly with the contact bars end first and facing up.
Defective meter.	Please call an IDEAL LIFE customer representative.

**Situation:** The test does not start after applying the sample.

PROBABLE CAUSE	WHAT TO DO
Insufficient blood sample.	Repeat the test using a newtest strip with larger volume of blood sample.
Defective test strip.	Repeat the test with a newtest strip.
Sample applied after automatic shut off (3minutes after last user action)	Repeat the test with a new test strip. Apply sample only when “  ” appears on the display.
Defective meter.	Please call an IDEAL LIFE customer representative.

**Situation:** If the control solution test result is out of range.

PROBABLE CAUSE	WHAT TO DO
Error in performing the test.	Read the instruction thoroughly and repeat the test again.
Do not shake the control solution vial very well.	Shake the control solution vigorously and repeat the test again.
Expired or contaminated control solution.	Check the expiry date or the discarded date of the control solution.
Control solution that is too warm or too cold.	Control solution, monitor, and test strips should come to room temperature (68 to 77°F / 20 to 25 °C) before testing.
Test strip deterioration.	Repeat the test with a newtest strip.
Meter malfunction.	Please call an IDEAL LIFE customer representative.

# Error Message

MESSAGE	WHAT IT MEANS	ACTION
<p>LOW BATTERY</p>	<p>Appears when the batteries can not provide enough power for a test.</p>	<p>Replace the batteries immediately.</p>
<p>USED TEST STRIP</p>	<p>Appears when inserting a used test strip.</p>	<p>Test with a new test strip.</p>
<p>TEST STRIP REMOVED PRIOR TO READING</p>	<p>Remove the strip after applying blood to the absorbent hole.</p>	<p>Re-test with a new test strip.</p>
<p>TECHNICAL ERROR</p>	<p>Problem with the meter.</p>	<p>Review the instructions and re-test with a new test strip. If the above steps do not work, please contact the Customer Care Service for help.</p>
<p>READING ERROR</p>		

# Summary of Operation

This summary is intended only for quick reference and not as a substitute for the instruction manual. Please read the entire manual before you begin testing.

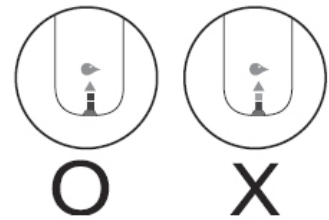
## Step 1. Insert test strip

The meter is automatically turned on and displays the “” symbol



## Step 2. Apply sample

Select and clean the puncture site. Obtain a drop of blood by lancing the puncture site. Apply a drop of blood to the absorbent hole of test strip until the confirmation window is completely filled.



## Step 3. Obtain accurate results

The meter will display an hour glass and then display the test result. The IDEAL LIFE Gluco-Manager™ will automatically return to sleep mode once the reading has been transmitted.





# Federal Communications Commission (FCC) Statement

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## **OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:**

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device.

## **FCC RF RADIATION EXPOSURE STATEMENT:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

# Customer Information

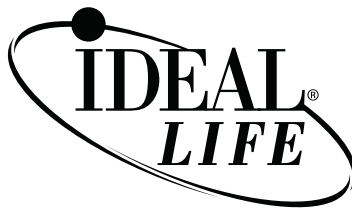
This equipment complies with Part 68 of the FCC rules and the requirements adopted by the ACTA. On the bottom of this equipment is a label that contains, among other information, a product identifier of [US: 5CQMM00BILP0001]. If requested, this number must be provided to the telephone company. If this equipment [ILP 0001] caused harm to the telephone network, the telephone company will notify you in advance that temporary discontinuance of service may be required. But if advance notice isn't practical, the telephone company will notify the customer as soon as possible. Also, you will be advised of your right to file a complaint with the FCC if you believe it is necessary. The telephone company may make changes in its facilities, equipment, operations or procedures that could affect the operation of the equipment. If this happens the telephone company will provide advance notice in order for you to make necessary modifications to maintain uninterrupted service. If you experience trouble with this equipment, you disconnect it from the network until the problem has been corrected or until you are sure that the equipment is not malfunctioning. Please follow instruction for repairing if any (e.g. battery replacement section) otherwise do not alternate or repair any parts of the device except specified. Connection to party line service is subject to state tariffs. Contact the state public utility commission, public service commission or corporation commission for information. If the telephone company requests information on what equipment is connected to their lines, inform them of:

- a) The telephone number that this unit is connected to,
- b) The ringer equivalence number [0.0B]
- c) The USOC jack required [RJ11C], and
- d) The FCC Registration Number [US:5CQMM00BILP0001]

Items (b) and (d) are indicated on the label. The ringer equivalence number (REN) is used to determine how many devices can be connected to your telephone line. In most areas, the sum of the RENs of all devices on any one line should not exceed five (5.0). If too many devices are attached, they may not ring properly.

# Service Requirements

In the event of equipment malfunction, all repairs should be performed by our Company or an authorized agent. It is the responsibility of users requiring service to report the need for service to our Company or to one of our authorized agents. Please refer to the location you purchased or received your equipment for details of where service can be facilitated through.



**IDEAL LIFE US INC.**

Between 9:00 am and 8:00 pm (EST)

Tel 1-866-IDEAL-41 1-866-433-2541 [www.IDEALLIFEonline.com](http://www.IDEALLIFEonline.com)

At all other times, you should contact your healthcare professional for assistance.

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