Welcome

Thank you for choosing the Paradigm Link™ Blood Glucose Monitor. This Owner's Guide contains important information on the monitor and how it works. Please read it carefully before using your new monitor.

The Paradigm Link™ Blood Glucose Monitor is designed to be convenient and easy to use. It gives accurate results in just 5 seconds using a very small blood sample. This small blood sample allows you to use a thinner lancet because not as much blood is needed to do a blood sugar test. BD offers the thinnest lancet available with its BD Ultra-Fine™ 33 Lancet, resulting in less pain. In addition, the new Paradigm Link™ Blood Glucose Monitor has memory that stores your blood sugar test results and has optional features, such as insulin recording and mealtime averaging, to help you and your healthcare professional manage your diabetes care. Additionally, the Paradigm Link™ is specifically designed to automatically transfer blood glucose readings to an insulin pump. With the use of the USB cable, all information from your insulin pump can be downloaded and set from software.

Helping people with diabetes live healthy lives has been BD's goal for over 75 years. The Paradigm Link™ Blood Glucose Monitor is intended to provide the comfort and convenience you need in managing your diabetes.

Before you get started, it is important to complete the Warranty Registration Card included in your Kit and mail it back to BD. Doing this will help us better serve your needs.

If you have any questions about your monitor, please call BD Consumer Services toll-free, 24 hours a day, 7 days a week, in the US at 1.888.BDCARES (1.888.232.2737)* or visit our website at www.bddiabetes.com.

* NOT FOR EMERGENCY OR MEDICAL INFORMATION.

Important Information

- Before you begin using your new Paradigm Link™ Blood Glucose Monitor, please read all of the instructions provided in this Owner's Guide.
- Use the monitor only if the protective seal on the box containing your Paradigm Link™ Blood Glucose Monitor is unbroken.
- Perform all quality control checks recommended in your Owner's Guide.
- Consult with your diabetes healthcare professional and follow his or her guidance for your blood glucose monitoring routine.
- These recommendations apply to all blood glucose monitors and are supported by the *American Association of Diabetes Educators (AADE), the American Diabetes Association (ADA), the US Food and Drug Administration (FDA), and the Advanced Medical Technology Association (AdvaMed).*

For the Blood Glucose Meter with RF turned on:

This device complies with the United States Federal Communications Commission and international standards for Electromagnetic Compatibility regarding its use.

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesirable operation.

These standards are designed to provide reasonable protection against excessive radio frequency interference and prevent undesirable operation of the device from unwanted electromagnetic interference. Operation is subject to the following two conditions:

This device has been tested and found to comply with the regulations governing such devices in your area. For the specific regulation and test results for your area, please contact your local BD representative.

This device generates, uses, and can radiate radio frequency energy and, if installed and used in accordance with the instruction, may cause harmful interference to radio communications. If the device does cause interference to radio or television reception, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the Blood Glucose Meter
-Increase the separation between the Blood Glucose Meter and the device that is receiving/emitting interference
-If you have questions, please contact BD

Your Paradigm Link™ Blood Glucose Monitor

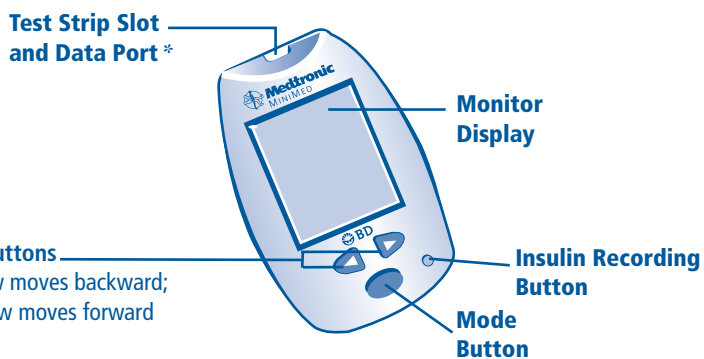
- Is intended for use outside the body (*in vitro* diagnostic use).
- Should only be used with BD™ Test Strips and BD™ Control Solution.
- Should be used for testing glucose (sugar) and only with fresh capillary whole blood samples.
- Should not be used to diagnose diabetes or to test newborns.
- Should not be stored in the refrigerator or in the car.

CAUTION: The Paradigm Link™ Blood Glucose Monitor contains small parts. Keep the monitor out of reach of small children and pets.

Table of Contents

Getting to Know Your Paradigm Link™ Blood Glucose Monitor

Monitor Components

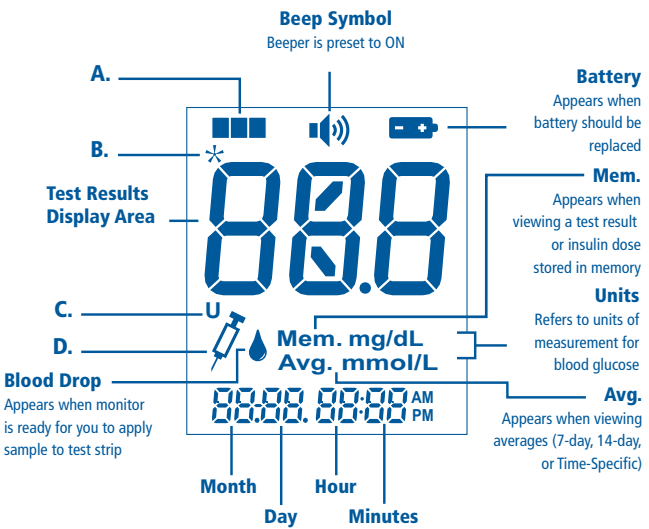


* Accepts a cable to download stored data to a personal computer.

Kit Contents

Monitor Display

When you turn the Paradigm Link™ Blood Glucose Monitor on, the "all segments" display appears briefly. This tells you that all the display segments are working properly.



Symbols for Optional Memory Functions That Require Setup

A. Time-Specific Averages Symbol

B. Marking Symbol
Appears when viewing a marked blood glucose test or marked insulin dose.

C. U Symbol
Appears when units of insulin are entered.

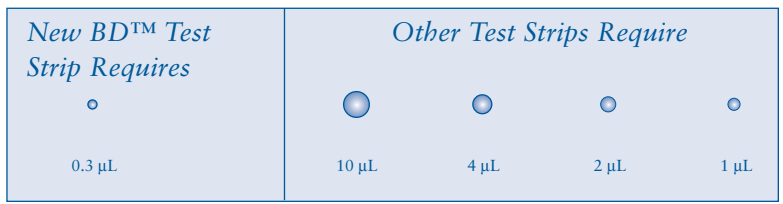
D. Insulin Symbol
Appears when recording or reviewing insulin delivery.

Test Strips

BD™ Test Strips are designed for use with your Paradigm Link™ Blood Glucose Monitor or BD Latitude™ Diabetes Management System only. Use each test strip only once, then discard. Do not reapply blood to the test strip.

Test Strips:

- Require a very small blood volume (0.3 µL).



Not actual size. Scale is relative.

- Automatically draw blood into the test area of the strip.
- Can be handled with clean, dry hands without affecting glucose readings.

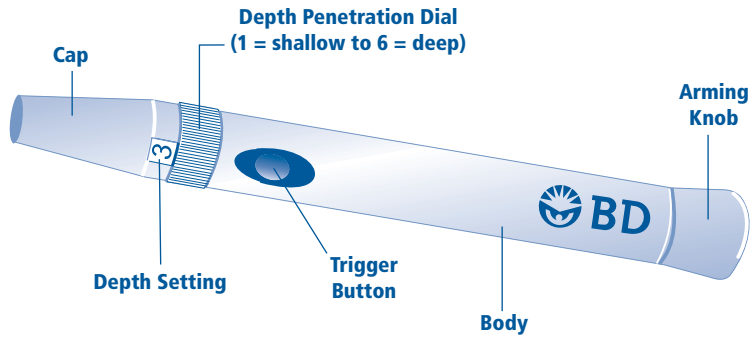
Important BD™ Test Strip Information

- Use only BD™ Test Strips when testing.
- Remove the test strip from the vial only when ready to test.
- Store test strips at room temperature below 86°F (30°C). Do not refrigerate or freeze.
- Test strips should be stored only in original vial.
- Keep vial cap closed tightly after each use.
- Do not use the test strip if the expiration date has passed, for this may cause inaccurate results.
- Test strips should only be stored for 3 months after opening the vial. When first opening a new vial of test strips, count forward 3 months and write that date on vial. Discard any remaining test strips after the date you have written on the vial.
- Do not tamper with test strip.

CAUTION: The test strip vial contains small parts. Keep the test strip vial away from children and pets.

Lancet Device

The diagram below shows the components of the BD™ Lancet Device.



Getting Started

Setting the Time, Date, and Beeper

Having the correct time and date of each blood glucose test result and insulin dose helps you and your healthcare professional track changes in your therapy. It is important to set the correct time and date so you have records of when you test and deliver insulin. If you do not set the time and date, all blood glucose monitoring results and insulin doses will be marked and will not be included in averages.

Your Paradigm Link™ Blood Glucose Monitor offers a beeper function that is preset to "On." This tells you when enough blood is applied to the test strip, when a test is completed, and prompts you through other steps in using your monitor.

NOTE: Remember to adjust time and date settings as needed to match the local time or daylight savings time and after you replace the battery.

▶HOW TO SET THE TIME, DATE, AND BEEPER

Monitor is off, with no test strip inserted in the test strip slot.

1. **Begin Setup:**
   Press and continue to hold the **Mode** button until you hear a short beep and see the flashing hour displayed. Release the **Mode** button.

Flashing Hour Display

2. **Set Hour:**
   Press the **right** or **left** arrow button until the correct hour (with AM or PM) appears.

3. Press the **Mode** button *briefly* to confirm your choice and to advance to set the minutes.

Set Hour (Example)

4. **Set Minutes:**
   Press the **right** or **left** arrow button until the correct minutes appear.

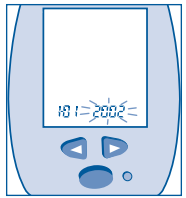
5. Press the **Mode** button *briefly* to confirm your choice and to advance to set the year.

(Continued on next page.)

Set Minutes (Example)

6. **Set Year:**
Press the **right** ▶ or **left** ◀ arrow button until the correct year appears.

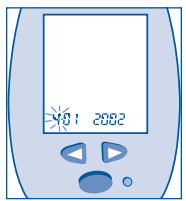
7. Press the **Mode** button *briefly* to confirm your choice and to advance to set the month.



Set Year (Example)

8. **Set Month:**
Press the **right** ▶ or **left** ◀ arrow button until the correct month appears.

9. Press the **Mode** button *briefly* to confirm your choice and to advance to set the day.



Set Month (Example)

10. **Set Day:**
Press the **right** ▶ or **left** ◀ arrow button until the correct day appears.

11. Press the **Mode** button *briefly* to confirm your choice and to advance to set the beeper. A long beep will sound.

Set Day (Example)

12. **Set Beeper:**
Beeper is preset to "On." Press the **right** ▶ or **left** ◀ arrow button to select the beeper setting (ON or OFF).

Set Beeper (Example)

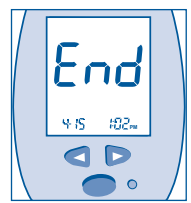
NOTE: Instructions in this guide assume the beeper is set to "On." If you have set the beeper to "OFF," you will not hear the beep as described throughout the guide.

13. Press the **Mode** button *briefly* to confirm your choice and to advance to the end of setup.

14. **End Setup:**
The display shows your set time and date. Setup is complete.

15. **Return to Setup:**
Press the **Mode** button *briefly* to return to start of setup. The flashing hour that you set is displayed.

16. **Turn Off Monitor:**
Press and hold the **Mode** button until the monitor turns off, OR the monitor will turn off automatically after 1 minute.



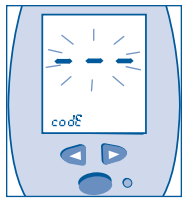
End of Setup (Example)

Coding Your Monitor

WHY CODING YOUR MONITOR BEFORE TESTING IS NECESSARY

Your Paradigm Link™ Blood Glucose Monitor must be manually "coded" to match the vial of test strips you will be using in order to provide accurate blood glucose test results.

You should code your monitor:



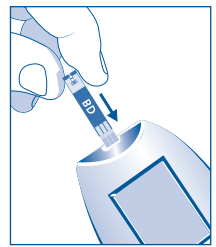
- When you first receive your new monitor, before you test your blood glucose.
- If the monitor display shows flashing "– – –" as pictured.
- Before using each new box of test strips.

IMPORTANT: If the code number on the display does not match the code number on the test strip vial, the test results may not be accurate.

HOW TO CODE YOUR MONITOR

Monitor is off, with no test strip inserted in the test strip slot.

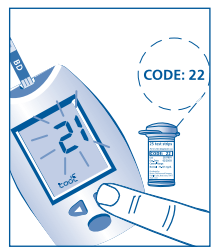
1. Insert a BD™ Test Strip into the test strip slot. The monitor turns on and briefly displays the "All Segments" display.



Insert Test Strip

2. While the flashing code number appears on the display, code the monitor to match the test strip being used. Press the **right** ▶ or **left** ◀ arrow button (within 3 seconds) to match the code printed on the test strip vial.

   When you first use your monitor, the display shows "– – –." This means the monitor is not coded and needs to be coded.



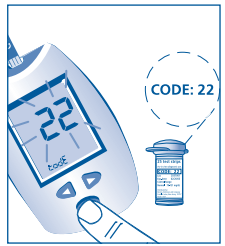
Code the Monitor

NOTE: If your monitor advances to the blinking blood drop before you coded your monitor to match the test strips being used, take out the test strip from the test strip slot and reinsert to start again.

(Continued on next page.)

3. When the codes match, press the **Mode** button. A blinking blood drop shows that the monitor is ready for you to test. To run a control solution test, refer to page 16. To run a blood glucose test, refer to page 23.

   To turn off the monitor, remove and discard the used test strip. The monitor turns off automatically.

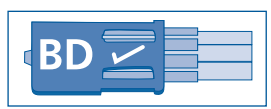


Finish Coding

Running a Check Strip Test

▶WHY YOU MAY NEED TO RUN A CHECK STRIP TEST

The check strip, provided with your monitor, is used to be sure that the blood glucose monitor is working properly. The check strip is similar to a test strip, but it does not need either control solution or a blood sample.



Check Strip

It Is Recommended That You Run A Check Strip Test When:

- Results of your control solution test fall outside the range indicated on the test strip vial or you feel the monitor is not working properly.

▶HOW TO RUN A CHECK STRIP TEST

Monitor is off, with no test strip inserted in the test strip slot.

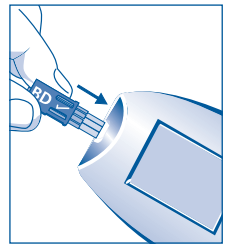
1. Insert the check strip into the test strip slot. The monitor turns on.

2. The display indicates whether the monitor passed ("OK") or failed ("E-5") the check strip test.

   If the check strip test failed, remove the check strip. Repeat step 1, making sure the check strip is inserted right side up as shown.

   If the check strip test fails again, call BD Consumer Services toll-free, 24 hours a day, 7 days a week, in the US at 1.888.BDCARES (1.888.232.2737).*

3. Remove the check strip. Store the check strip for future use.



Insert Check Strip

Passed

Failed

IMPORTANT: You should not perform a blood glucose test if the monitor fails the check strip test.

* NOT FOR EMERGENCY OR MEDICAL INFORMATION.

Running a Control Solution Test

WHY RUNNING A CONTROL SOLUTION TEST IS IMPORTANT

The control solution test confirms that your monitor and test strips are working correctly. A control solution test is similar to a blood glucose test, except you use BD™ Control Solution and not a blood sample.

You Should Run a Control Solution Test:

- Before using your monitor for the first time and at least once a week thereafter.
- Each time you open a new box of BD™ Test Strips.
- If you leave the test strip vial cap open.
- If you drop your monitor.
- If your results do not match the way you feel, or you think your results are higher or lower than expected.
- To check the performance of the monitor and test strips.

Important Control Solution Information

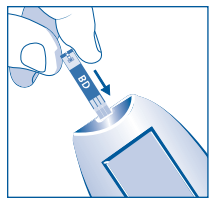
- Use only the BD™ Control Solution for the test.
- Check the expiration date on the control solution vial. Do not use the control solution if the expiration date has passed.
- Store only for 3 months after first opening. When you open a new vial of control solution, count forward 3 months and write that date on the label of the control solution vial. Discard any remaining solution after the date you have written on the vial.
- Store the control solution tightly closed at room temperature below 86°F (30°C). Do not refrigerate or freeze.
- Shake control solution well before using.

CAUTION: The BD™ Control Solution range printed on the test strip vial is for control solution only. It is used to test the performance of the monitor and test strip. It is not a recommended range for your blood glucose level.

▶HOW TO RUN A CONTROL SOLUTION TEST

Monitor is off, with no test strip inserted in the test strip slot.

1. Insert a BD™ Test Strip into the test strip slot. The monitor turns on and displays the code number.



Insert Test Strip

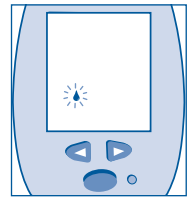
2. Match the code number on the display with the code on the test strip vial.

   If the codes match, you are ready to begin testing.

   If the codes do not match, review "Coding Your Monitor" *(refer to page 12)*.

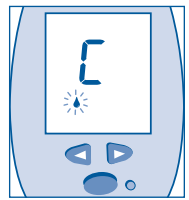
Match Codes (Example)

3. A blinking blood drop tells you that the monitor is ready for the next step.



Blinking Blood Drop

4. Mark as a control solution test by pressing the **right** or **left** arrow button until a "C" appears.

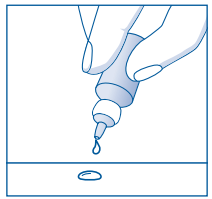


Mark as Control Solution Test

IMPORTANT: It is important to mark a control solution test so the test result does not appear to be one of your blood glucose test results. Also, this will disable meter from sending result to insulin pump.

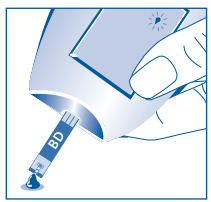
(Continued on next page.)

5. Shake the control solution vial and discard a drop before use. Squeeze a drop of control solution onto a clean, hard, dry surface.

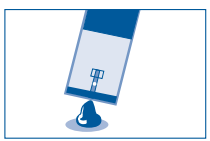


Squeeze Drop of Control Solution

6. While holding the monitor, touch the edge of the inserted test strip to the drop of control solution. A short beep sounds and the monitor begins to count down from 5 to 1.



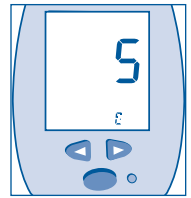
Touch Edge of Test Strip to Control Solution



Correct

Incorrect

7. The display counts down from 5 seconds as the monitor performs the test.



Test Countdown

8. When the test is finished, a long beep sounds and the monitor displays the result.

Test Result (Example)

9. Compare the result on the display with the range printed on the test strip vial. If the result falls within the range, your monitor and test strips are working correctly.

10. Remove and discard the used test strip. The monitor turns off automatically.

(Example)

Out-of-range results may be caused by the following:

- You may not be doing the test properly. Retest and follow the instructions carefully.
- The Paradigm Link™ Blood Glucose Monitor may not be coded properly to match the test strips being used.
- The control solution may have expired or have been contaminated. Check the expiration date on the control solution vial. Control solution is good for only 3 months after opening. Make sure the control solution vial is closed when not in use.
- The test strip may have expired. Check the expiration date on the test strip vial.
- The test strip may have been damaged. This can be caused by extreme temperatures or by leaving the test strip vial cap open. Retest using a new test strip.
- The Paradigm Link™ Blood Glucose Monitor may not be working properly.

NOTE: If the control solution test result is outside the range (is either higher or lower), your monitor and test strip may not be working as a system. Repeat the test using a new test strip.

Do not use the monitor until test results fall within the appropriate range. If the problem continues, call BD Consumer Services toll-free, 24 hours a day, 7 days a week, in the US at 1.888.BDCARES (1.888.232.2737)* for help.

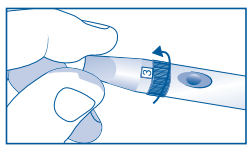
* NOT FOR EMERGENCY OR MEDICAL INFORMATION.

How to Test Your Blood Glucose

Preparing the Lancet Device

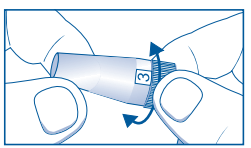
Before testing, wash your hands with soap and warm water. Dry thoroughly.

1. Unscrew the cap from the BD™ Lancet Device.



Unscrew Cap

2. Select the penetration depth by turning the cap dial from 1 (shallow) to 6 (deep).

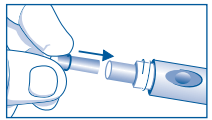


Select Penetration Depth

Skin Type	Suggested Setting
Soft	1 - 2
Average	3 - 4
Callused	5 - 6

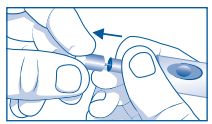
(Continued on next page.)

3. Insert a BD Ultra-Fine™ 33 Lancet into the lancet holder.



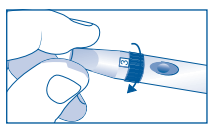
Insert Lancet

4. Remove the lancet cover while holding the base of the lancet.



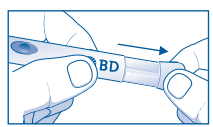
Remove Lancet Cover

5. Screw the cap back onto the lancet device.



Screw Cap Back On

6. Pull out the arming knob as far as it will go and then release it. The lancet device is now armed.

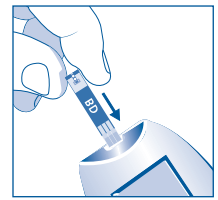


Arm Lancet Device

Inserting the BD™ Test Strip

Monitor is off, with no test strip inserted in the test strip slot.

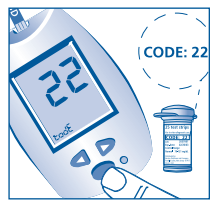
1. Insert a BD™ Test Strip into the test strip slot. The monitor turns on and briefly displays "All Segments."



Insert Test Strip

Edge to Apply Blood Drop *End to Insert Into Monitor*

2. Match the code number on the display with the code on the test strip vial. If the codes do not match, press the **right** ▶ or **left** ◀ arrow button to match the code printed on the test strip vial. When the codes match, press the **Mode** button *briefly (refer to page 12 for "Coding Your Monitor").*



Match Codes (Example)

3. A blinking blood drop tells you that the monitor is ready for the next step.

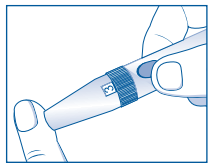
Blinking Blood Drop

NOTE: Use only BD Test Strips when testing.

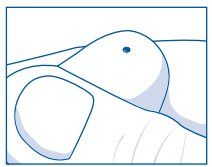
(Continued on next page.)

Getting and Applying a Blood Sample to the BD™ Test Strip

1. Place the armed BD™ Lancet Device securely on the side of your finger and press the trigger button to activate the device. If necessary, gently squeeze your finger to help form a drop of blood.



Lance Finger

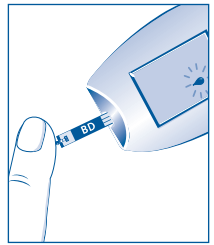


Correct Blood Drop

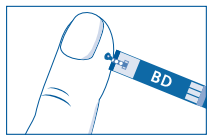
NOTE: Lancets are for one-time use only. Use a new, sterile lancet each time you test. Test different areas on your fingertips to avoid developing calluses. After completing the blood test, remove the cap from the BD™ Lancet Device, carefully place the lancet cover on the lancet and remove the lancet. Dispose of the used lancet per your local disposal regulation where applicable.

CAUTION: Your BD™ Lancet Device and BD™ Lancets are for your personal use only. DO NOT share with others. Sharing the lancet device or lancets can transmit serious, even grave infections. To avoid accidental sticks, do not store used lancets in the device after testing or arm lancet device with a new sterile lancet unless ready to use.

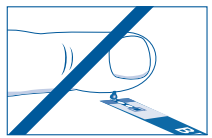
2. Apply blood drop to the edge of the test strip. The blood is drawn into the test strip. Hold your finger to the edge of the test strip until you hear a short beep or see the monitor display begin to count down.



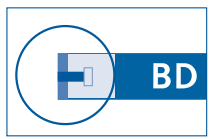
Apply Blood Drop



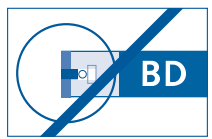
Correct



Incorrect



Completely Filled



Not Completely Filled

3. The display counts down from 5 seconds as the monitor performs the test.

Countdown

(Continued on next page.)

4. A long beep sounds and the result is displayed and stored in the monitor's memory.

NOTE: The glucose result will flash if " Snd " is " On " in Optional Memory Functions. The meter is transmitting the glucose result to the insulin pump. Removing the strip will not automatically turn off the meter while RF transmission is in progress (flashing). You can stop the transmission by manually turning off the meter or inserting a new test strip.

5. Remove and discard the used test strip. The monitor turns off automatically.

6. Remove the used lancet from the lancet device. Follow your local disposal regulations where applicable.

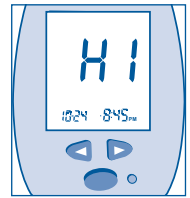
Test Result (Example)

Understanding Your Test Result

Your blood glucose test result is displayed on the monitor.

Test Result (Example)

If the test result is higher than 600 mg/dL, the monitor sounds 3 quick beeps and the display will read "HI." You may have high blood sugar. Retest your blood glucose immediately using a new test strip. If your reading is still high, you should treat as prescribed by your healthcare professional and/or contact your healthcare professional immediately.



Blood Glucose Test Higher Than 600 mg/dL

If the test result is lower than 20 mg/dL, the monitor sounds 3 quick beeps and the display will read "LO." You may have low blood sugar. Retest your blood glucose immediately using a new test strip. If your reading is still low, you should treat as prescribed by your healthcare professional and/or contact your healthcare professional immediately.

Blood Glucose Test Lower Than 20 mg/dL

NOTE: Hi and Lo values will not transmit to insulin pump even if " Snd " is on in optional setup.

Test results greater than 240 mg/dL may mean high blood sugar (hyperglycemia). Test results lower than 60 mg/dL may mean low blood sugar (hypoglycemia). If you get results in these ranges, retest your blood glucose. If your reading is still in these ranges, you should treat as prescribed by your healthcare professional and/or contact your healthcare professional immediately.

How to Use Your Monitor's Basic Memory Functions

The Basic Memory functions help you and your healthcare professional track changes in your blood glucose levels over time.

What Are the Basic Memory Functions?

▶MEMORY

Your BD Logic™ Blood Glucose Monitor has a memory that stores 250 of your blood glucose test results. You can view up to 30 of your most recent test results on your monitor display.

▶14-DAY AVERAGE

You can review the average of all test results taken in the last 14 days. The average will not include marked test results or control solution test results. *(For information on "Marking," refer to page 38.)*

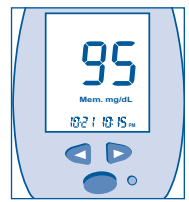
NOTE: In computing averages, the monitor will use 600 mg/dL for any "HI" results and 20 mg/dL for any "LO" results.

Reviewing Your Basic Memory Functions

Monitor is off, with no test strip inserted in the test strip slot.

1. Press the **Mode** button *briefly* to turn the monitor on.

2. Your **Most Recent Blood Glucose Test Result** with date and time of testing is shown on the display. *(To set the correct date and time, refer to page 8.)*



Most Recent Blood Glucose Reading (Example)

3. If you wish to review up to 30 stored test results, continue to press the **left** arrow button.

"End" is displayed after the last recorded test result. To return to the most recent test result, press the **left** arrow button.

End of Stored Test Results

4. Press the **Mode** button *briefly* to advance to your **14-Day Blood Glucose Test Average.**

(Continued on next page.)

5. The display shows the average of all test results taken in the last 14 days. The average will not include marked or control solution test results.

14-Day Average (Example)

6. Press the **Mode** button *briefly* to return to your most recent blood glucose test result.

7. To turn off the monitor, press and hold the **Mode** button until the monitor turns off, OR the monitor will turn off automatically after 1 minute.

How to Use Your Monitor's Optional Memory Functions

Your Paradigm Link™ Blood Glucose Monitor has Optional Memory functions that can help you and your healthcare professional manage your diabetes.

The Optional Memory functions allow you to:

1. Record and review your insulin doses.
2. Look at the 7-Day Average of your blood glucose test results.
3. View Time-Specific Averages of your blood glucose test results.
4. Mark specific blood glucose test results and insulin doses.
5. Transmit glucose reading to insulin pump.

NOTE: The Optional Memory functions are included with your monitor. These functions are turned off, except " Snd ", when you receive your new monitor and must be manually set up. *(Refer to page 40 for setup.)*

What Are the Optional Memory Functions?

▶INSULIN RECORDING

Your Paradigm Link™ Blood Glucose Monitor allows you to record and review each insulin dose and type that you inject or deliver using your insulin pump. You can review up to 30 of your 250 stored insulin records on your monitor display. An advantage of this function is that you can compare changes in the results of your blood glucose test results to your insulin doses. Once you have set the Insulin Recording function to "On," you can record and save your insulin delivery by insulin type and dose.

- The Insulin Recording function is turned off when you receive your new monitor. To set up the Insulin Recording function, refer to page 40.
- After you set up the function, you can review your insulin therapy. For complete information on how to review this and other Optional Memory functions, refer to page 50.

▶7-DAY AVERAGE

Your Paradigm Link™ Blood Glucose Monitor allows you to review the average of all test results taken in the last 7 days. The average will not include marked or control solution test results. *(For information on "Marking," refer to page 38.)*

The 7-Day Average function is turned off when you receive your new monitor. It is automatically turned ON when you set the Time-Specific Average function to ON.

- To set up the 7-Day Average function, refer to page 40.
- After you set up the function, you can review your 7-Day Average. For complete information on how to review this and other Optional Memory functions, refer to page 50.

▶TIME-SPECIFIC AVERAGES

This function is designed to help you adjust your insulin dose based on a pattern of blood glucose values over 3 to 5 days ("pattern-control" of your insulin). It provides information to help make these insulin adjustments.

You can use the monitor to compute the average of 3 blood glucose test results that you took at roughly the same time of day over the last few days. You can select the 2-hour time period that you want this average to be drawn from (ie, before or after meals, before or after exercise).

This function lets you and your healthcare professional:

- Choose up to 4 time periods during the day for which you want to track results. The monitor labels these times as A1, A2, A3, and A4.
- View your Time-Specific Averages on the monitor display.
- View the 3 test results that make up each Time-Specific Average.

NOTE: To get a Time-Specific Average, your 3 tests must be performed on 3 of the last 5 days.

An example of how you may use the Time-Specific Average function is shown on the next page.

Example:

For your next appointment, your doctor wants to know, on average, how high your blood glucose has been running before lunch so you and your doctor can decide whether your diabetes therapy needs adjusting. The Time-Specific Average function will compute that number for you. Say your blood glucose at lunchtime over the last few days has been 191 mg/dL, 218 mg/dL, and 146 mg/dL. The Time-Specific Average function will show you that your blood glucose has been 185 mg/dL for this time of day.

How This Time-Specific Average Was Determined:

In the example, you chose 12:00 PM for your A2 Average time. This is the time you test your blood glucose before lunch.

Your A2 Average is 185 mg/dL. This value averages the last 3 blood glucose tests taken between 11:00 AM and 1:00 PM (1 hour before and 1 hour after 12:00 PM). The 3 boxes ■■■ represent a Time-Specific Average, the average of 3 test results.

Time-Specific Average (A2) (Example)

You can also view the 3 individual test results, with date and time, that make up the A2 Average. Each flashing box represents one of the 3 test results that makes up the average.

3 Individual Blood Glucose Test Results (Example)

The Time-Specific Average function is turned off when you receive your new monitor. You must set up this function to turn it on. When you turn on the Time-Specific Average function, you will automatically get the 7-Day Average function.

- To set up the Time-Specific Average function, refer to page 40.
- After you set up the function, you can review your Time-Specific Averages. For complete information on how to review this and other Optional Memory functions, refer to page 50.

NOTE: In computing averages, the monitor will use 600 mg/dL for any "HI" results and 20 mg/dL for any "LO" results.

▶MARKING

Marking allows you to identify specific blood glucose test results or insulin doses in the monitor's memory.

- The Marking function is turned off when you receive your new monitor. To set up the Marking function, refer to page 40.
- For how to mark a blood glucose test, refer to page 47.
- For how to mark an insulin dose, refer to page 48.

Marking Blood Glucose Test Results:

Some examples of how you may use the Marking function to mark blood glucose test results are shown below.

—You may wish to mark a test result to identify that it was taken after eating.

—You may have retested to confirm a previous reading and do not want the result added to your averages.

Marked Blood Glucose Test Result (Example)

NOTE: Marked test results are not included in any averages. If you have not set the time and date, all blood glucose monitoring results and insulin doses will be marked and will not be included in averages.

Marking Insulin Doses:

Some examples of how you may use the Marking function to mark an insulin dose are shown below.

—You may wish to mark a dose that you are recording to indicate that you entered the information at a different time than you actually delivered the insulin.

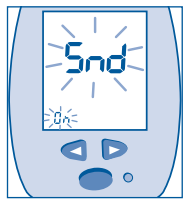
—You may wish to indicate that a dose amount was different than what you normally take at that time.

Marked Insulin Dose (Example)

Setting the Optional Memory Functions

Monitor is off, with no test strip inserted in the test strip slot.

1. Begin Setup:
Press and continue to hold the **Mode** button. You will hear 2 short beeps and see " Snd " and the word " On ." Release the **Mode** button.

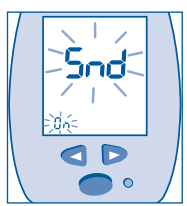


Insulin Pump Glucose Transfer

NOTE: If you release the **Mode** button too soon, turn off your monitor by pressing and holding the **Mode** button. Repeat step 1.

2. Set Insulin Pump Glucose Transfer:
The Insulin Pump Glucose Transfer is preset to " On ." Press the **right** or **left** arrow button to select the setting ("On" or "OFF").

3. Press the **Mode** button *briefly* to confirm your choice and to advance to set Insulin Recording function.



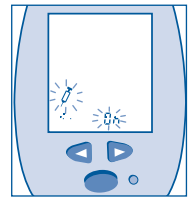
Insulin Pump Glucose Transfer

4. Set Insulin Recording Function:
The Insulin Recording function is preset to " OFF." Press the **right** or **left** arrow button to select the setting ("On" or "OFF").

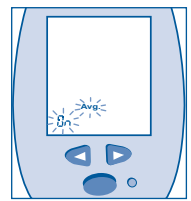
5. Press the **Mode** button *briefly* to confirm your choice and to advance to set Time-Specific Averages.

6. Set Time-Specific Averages:
The Time-Specific Averages function automatically comes with the 7-Day Average function. The Time-Specific Averages function is preset to " OFF." Press the **right** or **left** arrow button to select the setting ("On" or "OFF").

7. Press the **Mode** button *briefly* to confirm your choice. If you set Time-Specific Averages to " OFF," skip to step 9. If you set to " On," you will advance to set the first of 4 times (A1, A2, A3, A4).



Set Insulin Recording

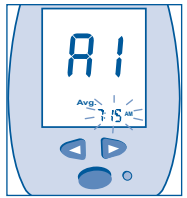


Set Time-Specific Averages

NOTE: If you set the Time-Specific Averages function to " On " and do not set the times for A1 through A4, your monitor will default the times to 7:00 AM, 12:00 PM, 6:00 PM, and 10:00 PM.

(Continued on next page.)

8. Set Time for A1:
Press the **right** ▶ or **left** ◀ arrow button to select the time when you usually do your first blood glucose test. The time will advance in 15-minute steps. The Time-Specific Average will include test results within a 2-hour range: 1 hour before and 1 hour after the time you select.



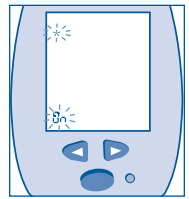
Set Time for Your First Time-Specific Average (A1)

9. Press the **Mode** button *briefly* to confirm your choice and to advance to set time for A2.

10. Set Time for A2 Through A4:
Repeat steps 6 and 7. When complete, you will advance to set Marking function.

Set Time for A2

11. Set Marking Function:
The Marking function is preset to "OFF." Press the **right** ▶ or **left** ◀ arrow button to select the setting ("On" or "OFF"). Press the **Mode** button *briefly* to confirm your choice and to advance to end of setup.



Set Marking Function

12. End of Setup:
Optional Function Setup is complete. The word "End" will be displayed on your monitor.

13. Return to Setup:
Press the **Mode** button *briefly* to return to start of setup. You will see "Snd" and the word "On" or "OFF," indicating whether you set the Insulin Pump Glucose Transfer function to on or off.

14. Turn Off Monitor:
Press and hold the **Mode** button until the monitor turns off, OR the monitor will turn off automatically after 1 minute.

End of Optional Function Setup

Labeling Your Insulin Types

The labels P1, P2, P3, and P4 are used by your monitor to identify up to 4 different types of insulin. As an insulin pump wearer you only use 1 type of insulin. However, if you utilize multiple daily injections you can label them. Keep a record of the labels you have chosen for each insulin type.

The chart below shows examples of labeling up to 4 different types of insulin.

Example 1:	Example 2:	Example 3:	Example 4:
Uses 1 insulin type only	Uses 2 insulin types	Uses 3 insulin types	Uses 4 insulin types
P1 *Regular*	P1 *NPH*	P1 *NPH*	P1 *NPH*
P2 _____	P2 *Humalog**	P2 *Humalog**	P2 *Humalog**
P3 _____	P3 _____	P3 *Regular*	P3 *Regular*
P4 _____	P4 _____	P4 _____	P4 *70/30*

A blank chart like this can be found in the back of your BD Logic™ logbook. You can use it to record what labels you are using for your insulin types.

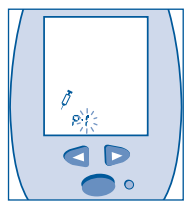
* Humalog is a trademark of Eli Lilly and Company.

Recording Your Insulin Doses

NOTE: The monitor will not enter into insulin recording mode if:
- The test strip is in the test strip slot, or
- The Insulin Recording function has not been turned on in the Optional Memory function Setup. *(Refer to page 40 for setup.)*

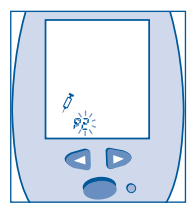
Monitor is off, with no test strip inserted in the test strip slot.

1. Deliver your insulin.
2. After you deliver your insulin, press and release the **Insulin Recording** button. The monitor turns on and advances to insulin recording. The and a flashing "1" appear on the display.



Insulin Recording

3. Press the **left** or **right** arrow button to select the label (P1, P2, P3, or P4) that matches the type of insulin you delivered. *(Refer to page 44 for labeling your insulin.)*
4. Press the **Mode** button *briefly* to confirm your choice and to advance to record your insulin dose.



Select Insulin Type

(Continued on next page.)

5. Press the **right** ▷ arrow button to enter your insulin units. Use the **right** ▷ or **left** ◁ arrow buttons to adjust units up or down.

Select Insulin Dose

6. To save the insulin dose, press the **Mode** button *briefly*, or press the **Insulin Recording** button. A long beep sounds to confirm that the insulin dose was saved. *(Refer to page 48 for marking your insulin dose.)*

7. If you inject more than one type of insulin at one time, turn off the monitor by pressing and holding the **Mode** button. Repeat steps 2 through 6 to record your next insulin type.

8. You have finished recording your insulin information. To turn off your monitor, press and hold the **Mode** button until the monitor turns off, OR the monitor will turn off automatically after 1 minute.

NOTE: It is recommended that you record your insulin within 10 minutes after delivery to make sure it is recorded with the correct date and time.

Marking a Blood Glucose Test

A blood glucose test can be marked after completing a test. For an explanation of situations in which you may wish to mark a blood glucose test, refer to page 38.

1. Test your blood glucose. *(Refer to page 23 for how to test.)*

2. After a blood drop is applied to the test strip, the display counts down from 5 seconds and shows your test result.

Blood Glucose Test Result (Example)

3. To mark your test result, press the **right** ▷ or **left** ◁ arrow button. An asterisk (*) appears, to confirm that the test result is marked. To unmark the test result, press the **right** ▷ or **left** ◁ arrow button until the asterisk disappears.

Marked Blood Glucose Test Result (Example)

(Continued on next page.)

4. To save the marked test result, press the **Mode** button.

NOTE: Once a marked test result or insulin dose is saved, you cannot unmark. Marked tests are not included in averages.

5. The marked test result is stored in the monitor's memory.

6. To turn off the monitor, press and hold the **Mode** button until the monitor turns off, OR the monitor will turn off automatically after 1 minute.

Marking an Insulin Dose

An insulin dose can be marked after the bolus delivery or injection is recorded. For an explanation of situations in which you may wish to mark an insulin dose, refer to page 39.

1. Record your insulin dose. *(Refer to page 45 for how to record your insulin doses.)*

2. After you press the **Mode** button *briefly* or press the **Insulin Recording** button, a long beep sounds to confirm that the insulin dose was saved.

3. To mark your insulin dose, press the **right** or **left** arrow button. An asterisk (*) appears, to confirm that the dose is marked. Marking is complete.

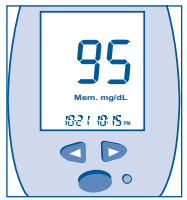
Marked Insulin Dose (Example)

4. To turn off the monitor, press and hold the **Mode** button until the monitor turns off, OR the monitor will turn off automatically after 1 minute.

Reviewing Your Optional Memory Functions

Monitor is off, with no test strip inserted in the test strip slot.

1. Press the **Mode** button *briefly* to turn the monitor on.
2. **Your Most Recent Blood Glucose Test Result** with date and time of testing is shown on the display. *(To set the correct date and time, refer to page 8.)*

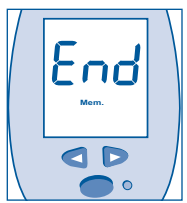


Most Recent Glucose Reading (Example)

3. If you wish to review up to 30 stored test results, continue to press the **left** arrow button.

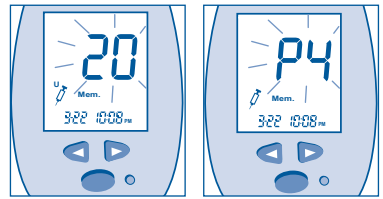
   "End" is displayed after the last recorded test result. To return to your most recent test result, press the **left** arrow button.
4. Press the **Mode** button *briefly* to advance to the next function.

   If you have set the Insulin Recording function to "On," proceed to next step. If you have not set the Insulin Recording function, skip to step 8.



End of Stored Test Results

5. **Your Last Insulin Record** with date and time of recording is shown on the display. The display will alternate between insulin dose and insulin type.



Insulin Record (Example)

6. If you wish to review up to 30 stored insulin records, continue to press the **left** arrow button.

   "End" is displayed after the last insulin record. To return to your most recent insulin record, press the **left** arrow button.
7. Press the **Mode** button *briefly* to advance to the next function.
8. If you have set the Time-Specific Averages function to "On," you will automatically get 7-Day Average. If you have not set this function, skip to step 10.

   Your 7-Day Blood Glucose Average is displayed showing the average of all test results taken in the last 7 days. The average will not include marked or control solution test results.

(Continued on next page.)

7-Day Average (Example)

9. Press the **Mode** button *briefly* to advance to the next function.

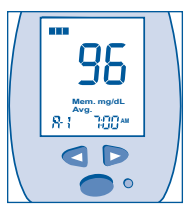
10. **Your 14-Day Blood Glucose Average** is displayed showing the average of all test results taken in the last 14 days. The average will not include marked or control solution test results.

14-Day Average (Example)

11. Press the **Mode** button *briefly* to advance to the next function.

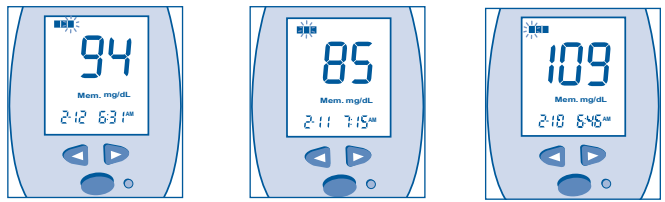
    If you have set the Time-Specific Averages function to "On," proceed to next step. If you have not set the Time-Specific Averages function, skip to step 16.

12. Your first **Time-Specific Average** (A1) is displayed. This is the average of 3 tests taken during the 2-hour time period that you set.



Time-Specific Average A1 (Example)

13. To review the individual 3 test results that make up the A1 average, press the **left** arrow button. "End" is displayed after the last test result.



3 Individual Blood Glucose Test Results (Example)

14. Press the **Mode** button *briefly* to advance to your next Time-Specific Average A2. Repeat steps 12 and 13 to review your Averages A2 through A4.

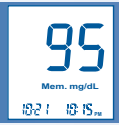
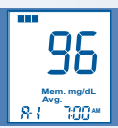
Time-Specific Average A2 (Example)

15. Press the **Mode** button *briefly* to return to your most recent blood glucose test result.

16. **Memory Review is now complete.**

17. To turn off the monitor, press and hold the **Mode** button until the monitor turns off, OR the monitor will turn off automatically after 1 minute.

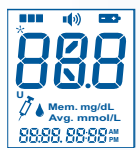
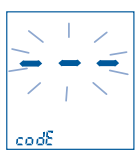
Summary: How to Review Your Basic and Optional Memory Functions

STEPS	RESULT	DISPLAY	SETUP REQUIRED?
Press Mode	Monitor turns ON		No
Press ◄ ► arrow buttons	Review up to Last 30 Test Results		No
Press Mode	Review up to Last 30 Insulin Doses (if turned ON)		Yes *(see page 40)*
Press Mode	Review 7-Day Average (if turned ON)		Yes *(see page 40)*
Press Mode	Review 14-Day Average		No
Press Mode	Review Time-Specific Average (if turned ON)		Yes *(see page 40)*
Press and hold Mode	Monitor turns OFF		

Additional Information

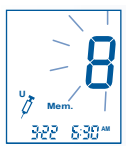
Display Messages and Troubleshooting Guide

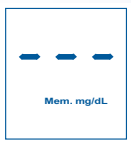
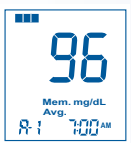
This section addresses the messages that appear on your display, what they mean, and what action you need to take.

DISPLAY	WHAT IT MEANS	WHAT TO DO
	System Check. Verifies that all segments are working. Appears when: • Monitor is turned on for Setup and Memory Review • Test strip is inserted into the monitor	No action required. If all segments are not displayed on monitor, call BD toll-free, 24 hours a day, 7 days a week, at 1.888.BDCARES 1.888.232.2737.*
	The monitor is not coded.	Code your monitor. Refer to page 12 for coding your blood glucose monitor.
	This is an example of a code number stored in your monitor.	Match the code number that appears on the display with the code on the vial of test strips that you are using.

* NOT FOR EMERGENCY OR MEDICAL INFORMATION.

DISPLAY	WHAT IT MEANS	WHAT TO DO
	Monitor is ready to accept a blood sample.	Apply a blood sample to the test strip. Refer to page 23 for how to test your blood glucose.
	5-second countdown as monitor calculates the blood glucose test result.	No action required.
	A blood glucose test result in mg/dL.	Record the result in your logbook.
	If “ Snd ” is “ On ” the result 108 will be flashing during RF transmission to the insulin pump. It will stop flashing once the meter receives an acknowledgement from the insulin pump or after 1 minute	Record the result in your logbook.
	Your blood glucose reading is higher than 600 mg/dL. You may have high blood sugar.	Retest your blood glucose immediately. If your reading is still “ HI ,” you should treat as prescribed by your healthcare professional and/or contact your healthcare professional immediately.

DISPLAY	WHAT IT MEANS	WHAT TO DO
	Your blood glucose reading is lower than 20 mg/dL. You may have low blood sugar.	Retest your blood glucose immediately. If your reading is still “ LO ,” you should treat as prescribed by your healthcare professional and/or contact your healthcare professional immediately.
	A blood glucose test result in mg/dL stored in the monitor’s memory.	No action required.
	Battery is getting low but you can still perform a test. Battery will appear on the display when reviewing different screens. Display shown is an example of one type of screen.	We suggest that you replace the battery immediately. There is only enough power to perform approximately 20 tests. Refer to page 62 for replacing your battery.
	End of Setup or Memory Review.	No action required.
	An insulin dose record in the monitor’s memory. Display shows an example of 8 units of insulin.	No action required.
	An insulin type record in the monitor’s memory. Display shows an example of P1 that refers to the insulin type as labeled by the user.	No action required.

DISPLAY	WHAT IT MEANS	WHAT TO DO
	The average of all blood glucose test results taken in the last 7 days.	No action required.
	The average of all blood glucose test results taken in the last 14 days.	No action required.
	Memory is empty. There are no blood glucose test results in the monitor's memory. Averages cannot be calculated.	No action required.
	The average of 3 most recent blood glucose test results taken during the first Time-Specific time period (A1). A similar display will appear for A2, A3, and A4.	No action required.
	One of the 3 individual blood glucose test results that make up a Time-Specific Average. Example shows most recent of the 3 test results.	No action required.

DISPLAY	WHAT IT MEANS	WHAT TO DO
	A control solution test result.	No action required.
	A marked blood glucose test result.	No action required.
	A marked insulin dose.	No action required.
	System Error.	Call BD toll-free, 24 hours a day, 7 days a week, at 1.888.BDCARES (1.888.232.2737).*
	System Error.	Call BD toll-free, 24 hours a day, 7 days a week, at 1.888.BDCARES (1.888.232.2737).*
	Temperature Error.	Monitor is outside the required temperature range of 59°F - 102°F (15°C - 39°C). Move the monitor to a warmer or cooler area.

* NOT FOR EMERGENCY OR MEDICAL INFORMATION.

DISPLAY	WHAT IT MEANS	WHAT TO DO
	Incorrect application of blood sample or control solution onto the test strip. Test strip may be damaged.	Insert a new test strip and perform the test again.
	Check Strip Error. Monitor may not be working properly.	Perform a new check strip test. If the check strip test fails again, call BD toll-free, 24 hours a day, 7 days a week, at 1.888.BDCARES (1.888.232.2737).*
Monitor does not turn on after inserting a test strip.	• Battery is dead. • Battery is installed incorrectly or there is no battery in the monitor. • Test strip is inserted upside down or incompletely. • Monitor may not be working properly.	Replace the battery. Check that the battery is correctly installed with the "+" sign facing you. Insert the test strip correctly with the "BD" name facing up and the correct end inserted into the test strip slot. Call BD toll-free, 24 hours a day, 7 days a week, at 1.888.BDCARES (1.888.232.2737).*
Monitor does not begin test countdown after applying a blood sample.	• Not enough blood sample. • Test strip may be damaged. • Sample applied after monitor automatically turned off. • Monitor may not be working properly.	Repeat the test with a new test strip. Repeat the test with a new test strip. Repeat the test with a new test strip. Call BD toll-free, 24 hours a day, 7 days a week, at 1.888.BDCARES (1.888.232.2737).*

Caring for Your Monitor

▶STORING AND CLEANING

- Keep your Paradigm Link™ Blood Glucose Monitor clean and protect it from extremes in temperature. Do not store your monitor in the car or in the refrigerator.
- No cleaning is required. If necessary, clean the outside of the monitor with a clean cloth dampened with water.

▶BATTERY

Your Paradigm Link™ Blood Glucose Monitor comes with one installed 2450 3-volt coin cell battery or equivalent. It is important to replace the battery immediately when the battery is low.

(Continued on next page.)

* NOT FOR EMERGENCY OR MEDICAL INFORMATION.

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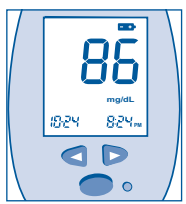
The monitor will tell you the battery is low by displaying when the monitor is turned on.

- You can still get accurate test results or review your memory functions. However, when the symbol first appears, there is only enough power to perform approximately 20 tests.
- When the battery runs out, the monitor will not turn on. The test result information you have stored in memory will not be lost, however, if the battery is removed from the monitor, you may need to reset the date and time.
- Battery life varies depending on how often you use your monitor. On average, the battery should last for 1 year.

How to Replace the Battery

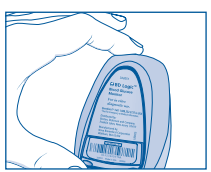
1. The monitor display shows when performing a test or reviewing your memory functions.



Low Battery

2. Turn the monitor off by pressing and holding the **Mode** button, OR the monitor will turn off automatically after 1 minute.

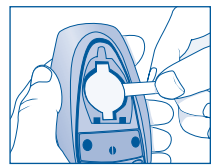
3. Turn the monitor around so that the display is facing away from you.


Turn Monitor Around

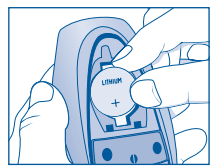
4. Open the battery door by pushing back on the opener and lifting up as shown.


Open Battery Door

5. Remove old battery by pulling on the tab.


Remove Old Battery

6. Put in a new battery with the "+" side facing up and the tab showing as illustrated in step 5.


Put in New Battery

7. Replace battery door as shown.


Replace Battery Door

NOTE: After replacing the battery, monitor will enter Basic Setup mode to reset the time and date to match the local time. *(Refer to page 9 for how to set the time and date.)* Follow your local regulations on battery disposal.

Healthcare Precautions and Limitations

- Severe dehydration and excessive water loss may cause false low results. If you think you may be dehydrated, consult your healthcare professional immediately.

- Test results greater than 240 mg/dL may mean high blood sugar (hyperglycemia). Test results lower than 60 mg/dL may mean low blood sugar (hypoglycemia). If you get results in these ranges, retest your blood glucose. If your reading is still in these ranges, you should treat as prescribed by your healthcare professional and/or contact your healthcare professional immediately.

- If your blood glucose test results do not match the way you feel AND you have followed all of the instructions described in your Owner's Guide, contact your healthcare professional.

Conditions That May Affect Results

Elevated levels of acetaminophen, tolazamide, uric acid, bilirubin, ephedrine, and methyldopa may affect results.

3-Year Warranty

- If, at any time during the first 3 years after purchase, your Paradigm Link™ Blood Glucose Monitor does not work for any reason (other than for obvious abuse), BD will replace it with a new monitor or equivalent product free of charge.

- This warranty policy applies only to the individual who originally purchases the monitor, and does not apply to the batteries supplied with the monitor.

Specifications

Test	Capillary blood glucose referenced to plasma
Assay Method	Glucose oxidase biosensor
Test Result Range	20 mg/dL to 600 mg/dL
Test Time	5 seconds
Test Strip Volume	0.3 µL*
Power Source	One replaceable 2450 3-volt coin cell battery or equivalent
Battery Life	1460 tests or about 1 year at 4 tests per day
Glucose Units	mg/dL
Display	LCD
Memory	Up to 250 Blood Glucose and Control Solution Tests Up to 250 Insulin Records
Functions	• Averaging: 7-Day, 14-Day, and 4 Time-Specific Averages • Insulin Recording • Marking
Data Port	Yes
Automatic Shutoff	One (1) minute after last user action**
Size	3.6″ x 2.3″ x 0.9″ (91.4 mm x 58.4 mm x 22.9 mm)
Weight	2.65 ounces (75 g) (with battery)
Operating Ranges:	
Altitude	Up to 10,000 feet (3,000 m)
Temperature	59°F to 102°F (15°C to 39°C)
Humidity	10% to 90% relative humidity
Hematocrit	25% to 60%

*Blood sample required 0.4 µL
**10 minutes in insulin mode or when downloading to a computer.

How to Contact Us

BD Consumer Services is available to help you 24 hours a day, 7 days a week. If you have any comments or questions about your Paradigm Link™ Blood Glucose Monitor, call BD Consumer Services toll-free, in the US at 1.888.BDCARES (1.888.232.2737).*

Please have your Paradigm Link™ Blood Glucose Monitor and the following information readily available when you call:

- Your monitor's Serial Number (located on the back of your monitor) _____
- Test strip information:
  - Lot Number _____
  - Code Number _____
  - Expiration Date _____
  - Control Solution Range _____
- Control Solution Information:
  - Lot Number _____
  - Expiration Date _____

* NOT FOR EMERGENCY OR MEDICAL INFORMATION.