Dear ForaCare Premium V10 System Owner:

Thank you for choosing ForaCare Premium V10 System Blood Glucose Monitoring System to take control of your diabetes. ForaCare Premium V10 System will help you keep track of your blood glucose levels.

The Quick Start User Guide will assist you in setting up the system and testing your blood glucose levels. Please read it carefully before use. For complete information on the system’s use and features, please refer to the Owner’s Manual.

Test Strip Vial  Test Strips  Lancets  Control Solution
Clear Cap
(for obtaining blood from places other than your fingertip)
Lancing Device
Depth Indicator
Adjustable Tip
Release Button
Cocking Control
Battery Compartment
Set Button
Battery Cover
Test Strip Ejector
Display
Screen
Test Slot

1. Set the Meter

Press the set button to start setting. Year flashes first. Hold down 4L to increase the number more quickly. Press the set button to move on to the next step.

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2. Set the Lancing Device

Twist and pull off the cap of the lancing device.

Twist the protective disk off the lancet.

Holding the cap select on the depth of penetration by turning the adjustable tip in either direction so that the arrow on the cap points to the desired depth.

Insert a lancet into the lancet holder and push down firmly until it is fully secured.

Replace and twist the cap to the right to close the lock as shown in the picture until you hear the click. When the lock is properly closed lock indicator is in the extreme right position.

Pull the cocking control back until it clicks. You will see a color change inside the release button when it is ready.

If it does not click, the device may have been cocked when the lancet was inserted.

3. Test Your Blood Glucose

Tear off the security label (Tamper Seal). When opening the vial for the first time, record the date on the label.

Wash and dry your hands thoroughly. Take a test strip out and then close the vial tightly.

Insert a test strip to turn on the monitor. The sequences of LCD display are: "CHK" and "c::Jil " + flashing " • " with date and time.

Gently squeeze around the punctured area to obtain enough blood.

While " • " is flashing on the display, hold and touch the absorbent hole of the test strip to the drop of blood until the confirmation window is completely filled.

After the meter counts down to 0, eject the used test strip. Discard your test result will appear along with the date and time and will be automatically stored in the memory.

For testing with control solution, please refer to the Owner’s Manual for detailed information.

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Time of day  Normal plasma glucose range for people without diabetes (mg/dL)
Fasting and before meal  < 100 mg/dL (5.6 mmol/L)
2 hours after meals  < 140 mg/dL (7.8 mmol/L)


Please work with your doctor to determine a target range that works best for you.

4. Read Your Result

Your blood glucose result will display the following messages:

Appears When glucose
Lo  < 20 mg/dL (1.1 mmol/L)
Hi  > 600 mg/dL (33.3 mmol/L)
KETONE?  ≥ 240 mg/dL (13.3 mmol/L)


Please work with your doctor to determine a target range that works best for you.