

# QUICK START GUIDE

## Step 1



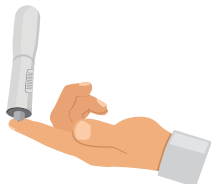
Wash hands thoroughly. Try to massage testing area and hands while washing to increase blood flow. If possible, use an alcohol wipe to sanitize testing area.

## Step 2



Insert strip into meter. When you see a **flashing blood drop icon**, the meter is ready to receive the blood sample.

## Step 3



Following the lancing device instructions, puncture site with lancing device. Wait until a drop of blood about the size of a matchstick is present. Do not squeeze the finger as interstitial fluid can interfere with reading. Tip: Lance the side of your fingertip to avoid soreness.

## Step 4



Gently bring the test strip and touch the drop of blood at a slight angle. The test strip acts like a straw to pull the blood in. Keep the test strip in the drop of blood until you hear the meter beep. After 8 seconds, you will see your ketone test result.

## Step 5

**Understanding Your Results For Those Attempting To Follow A Ketogenic Diet.\*** (Refer to the User Guide for More Detailed Troubleshooting)

**Er 1**  
12-15  
15 00

Damaged meter electronic or strip

**Er 2**  
12-15  
15 00

Used or contaminated strip

**Er 3**  
12-15  
15 00

Not enough sample on the test strip

**LO**  
12-25  
15 18

Ketone test result lower than 0.1 mmol/L

**05-30**  
12-15  
15 00

Nutritional Ketosis\*\*

**30-80**  
12-15  
15 00

High Ketone Levels\*\*

**\*Warning:** The ketone ranges above should only be used as a general guide for people whose healthcare professionals have recommended a ketogenic diet. Optimal ranges of ketosis for those who are trying to lose weight through a ketogenic diet can vary.

**\*\*Type 1 Diabetics** should contact their healthcare provider immediately if they see any ketone readings above 'Lo' and should not use the ranges above as a guide.

For product support, please visit [www.ketocoachx.com](http://www.ketocoachx.com) or reach us on Facebook Messenger.