KetoBM™

Quick Start Guide

6. *Help With Ketone Readings*

If you need help interpreting your ketone readings, please visit **ketobm.com/results**

Errors

*If your first readings come out as E02, please watch the video instructions available at **ketobm.com/help**. Make sure you hold the strip in the center and avoid making contact with the top of the strip where the blood port is located. If your process is identical and you are still receiving error readings, please contact support@ketobm.com for help.

*If your first readings come out high (above 4.0 or HI) and you are not fasting, your test strip may be miscalibrated. Try another test strip and if the abnormal readings persist, contact support@ketobm.com for help.

For questions or support, please visit:
KetoBM.com

or email us at:
support@ketobm.com

Video instructions also available at
ketobm.com/help

1. Wash Your Hands

Wash your hands with soap and water. Rinse and dry thoroughly.

2. Load Lancing Device

① Twist off the end cap

② Insert the lancet

③ Twist off the protective lancet cover

④ Twist on the end cap

⑤ Pull back the grey cocking mechanism

3. Insert Test Strip Into Monitor

With test strip's arrow facing you and pointing down towards the meter, insert strip firmly until the meter beeps and turns on. The monitor will read 880 and a blinking blood drop symbol will appear on the bottom of the screen.

4. Obtain Blood Drop

Place the lancing device against the side of your finger tip. Press the button to lance the finger. If necessary, gently squeeze your finger to help form a drop of blood.

5. Apply Blood Drop To Test Strip

Apply the blood drop to the edge of the strip until the monitor beeps. This will start a countdown and your ketone result displays in 10 seconds. Discard used lancet and test strip.