

pogo[®]

Automatic

For Single Patient Use Only



Press Once. GO![™]

Turn on meter, then just Press Once. Go! Simply press here for easy, One-Step[™] testing.

POGO Automatic[®]
Blood Glucose Monitoring System

Quick Start Guide

Hello, please start here.

If you are new to POGO Automatic, this guide will help you learn the basics of automatic blood glucose testing.

IMPORTANT: READ BEFORE TESTING



For more information, refer to pages 54–55 of your POGO Automatic Owner's Manual.


Owner's Manual is located at the bottom of your meter box.

Immediately: Set Time and Date

Step 1: Remove the battery pull tab on the back of the meter to start using. Then Time and Date menu will appear.

Step 2: Set Time and Date.

You should always set the time and date so test results can be recorded with the correct information and averages can be correctly calculated.

- To change the time, make sure the blinking selection arrow is next to the clock symbol and press (M) to select.
- Use the  scroll buttons to adjust the time setting and press (M) to confirm.
- Use the same steps to change the day, month and year.
- Press the power button to continue.

Practice First

To fully understand POGO Automatic unique automated testing, it is recommended that you try a practice test.

- **READ ALL INSTRUCTIONS**, including **PREPARE FINGER** and **ADD MORE BLOOD** (if needed).
- **PERFORM PRACTICE** test.

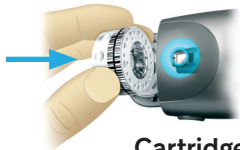
Ready to test checklist

- ✓ I read all instructions
 - ✓ I carefully selected the right finger
 - ✓ I performed a successful practice test
-

Load Cartridge



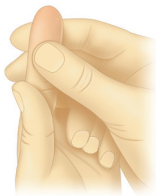
- **PRESS BUTTON** to open cartridge door.



- **INSERT TEST CARTRIDGE** and click door shut.
Cartridge will spin into place.

Cartridge includes 10 complete tests

Prepare Finger to Test



- Choose finger for test : **ONLY USE FINGERS YOU KNOW BLEED WELL.** You can use the sides or tip of finger. Avoid calluses and fingernails.
- Increase circulation: Prepare fingertip for lancing by squeezing several times until it's warm and reddish. **COLD FINGERS SLOW BLOOD FLOW.**



- Until you are familiar with POGO Automatic testing, **try placing a finger from opposite hand firmly on top of test finger for added pressure.** This is best if you have calluses or thick, hardened skin. It is also helpful to test with meter flat on table.

Test Your Blood



- **TURN ON METER** by pressing power button under display.



IMPORTANT: DO NOT PLACE FINGER ON TEST PORT until meter is ready.



- **WAIT** for the image of the finger on the test port to appear

METER IS READY



- Make sure you **PREPARE FINGER**.
- **PRESS FINGER DOWN** on test port to be lanced and a 3-2-1 countdown will begin



IMPORTANT: At the end of the countdown, you will be lanced. **DO NOT LIFT FINGER** until meter displays an up arrow

← **HOLD FINGER DOWN**



- **HOLD FINGER IN PLACE** while blood is collected.



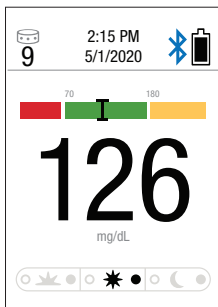
- **LIFT FINGER** when you see this. Blood has been collected.

**OK to remove
your finger**

Get Results

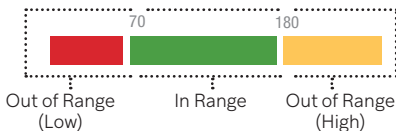


- Your result will appear after a 4-second countdown.
- **TURN OFF METER** or allow to turn off after 30 seconds.



Quick graph

A color bar shown above the result indicates whether your result is in or out of your target range.



See Owner's Manual for More Information

Add More Blood (if needed)




- When the meter displays these pictures, you should lift your finger and squeeze to get more blood. **You have 90 seconds to finish the test. You will not be relanced during this step.**



- **REMOVE FINGER** from test port.
- **GENTLY SQUEEZE** to form a blood droplet.
- **CENTER DROPLET** over hole. Try not to smear on test port.



- **PRESS ALL THE WAY DOWN** into cartridge.
- You may need to **REPEAT** until you see  on screen.


YOU MUST START A NEW TEST if either an **E-4ⁱ** or **NOⁱ** message appear on screen, or you have no wound.

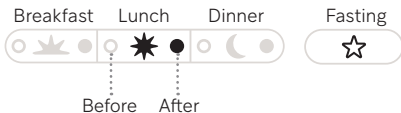
Meal Marking (Optional)



NOTE: To understand the effects that meals have on your blood glucose, it is important to test in “pairs” – 1 hour before and 2 hours after you eat. The American Diabetes Association (ADA) also recommends testing prior to exercise and bedtime or when hypoglycemia is suspected.

After a test, the meter displays a glucose result with a blinking pre- or post-meal symbol.

- If you **CHOOSE NOT TO MARK** your result:
 - You are done. Turn off meter or allow it to turn off automatically.
- If you **CHOOSE TO MARK** your result:
 - Press the  scroll buttons until the (○●) marking dot appears before or after the appropriate meal symbol.
 - To confirm, turn off meter or allow it to turn off automatically.



Key Display Messages

This is a list of common meter errors or alerts and what to do when they occur.

i

Refer to your Owner's Manual for more information.



No Cartridge

Open door and insert new cartridge.

CCⁱ

Check Cartridge

Remove and re-insert cartridge.

DO NOT put finger on test port until



appears.



E-3ⁱ

Meter Error:

- Remove and re-insert test cartridge.
 - Try testing with a new cartridge
 - Remove and re-insert batteries.
-



E-4ⁱ

Not Enough Blood:

See **Prepare Finger** and repeat test.



NOⁱ

No Blood Seen:

See **Prepare Finger** and repeat test.



Pair POGO Automatic® With Your Phone

To view and securely share your blood glucose results and health trend information in the Patterns® app, you must pair the POGO Automatic Meter with your smartphone.

Before pairing, download the Patterns app at the Apple and Android app stores. Or use your iPhone or Android camera to scan below.




SCAN HERE
to download the
Patterns User Guide
for more information



SCAN HERE
to download the **FREE**
Patterns Mobile App

How to Pair

Step 1: Push the  button for 4 seconds.

Step 2: Enter the 6-digit code shown on the meter into your smartphone when prompted.

Step 3: Press "Pair" on phone to confirm. Your POGO Automatic Meter and phone should now be connected for automatic transfer of your results.

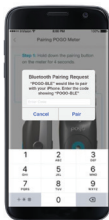
**For Bluetooth pairing help, consult
your POGO Automatic Owner's Manual.**



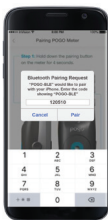
Hold button
down for code



Enter code
into phone



Confirm "Pair"
to complete pairing



If you need assistance, call Customer Support, Monday to Friday
9AM to 9PM Eastern Time (ET) at 1-855-IMI-POGO (464-7646)
or email us at support@presspogo.com

Important Warnings and Limitations of the POGO Automatic System:

- POGO Automatic Meters and test cartridges are for single patient use only. Do not share them with anyone, including other family members! Do not use on multiple patients!
- All POGO Automatic testing supplies are considered biohazardous and can potentially transmit infectious diseases, even after you have performed cleaning and disinfection. Wash hands with soap and water immediately after use.
- Please refer to your POGO Automatic Blood Glucose Monitoring System Owner's Manual for complete cleaning and disinfection instructions.

Interfering Substance Information:

- If you have certain conditions that may cause your blood level of uric acid to rise, such as gout or kidney disease (>9 mg/dL uric acid) then your blood glucose results may be inaccurate. If you are unsure, then ask your doctor.
- If you are taking acetaminophen containing drugs (e.g. Tylenol, certain cold and flu remedies, etc.) in excess of the recommended levels (>20 mg/dL) then you may get inaccurate results with this system. If you are unsure, then ask your doctor.
- If you are taking vitamin C (ascorbic acid) in excess of the recommended levels (>3 mg/dL) then your glucose results may be inaccurate with this system. If you are unsure, then ask your doctor.

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