Prepare for a test
Have these items ready from your starter kit before you test:
- OneTouch VerioIQ Meter
- OneTouch Delica lancing device
- Vial of OneTouch Verio test strips
- Sterile lancets

Before you start:
1. Before using your meter for the first time, you might need to set the language, time and date on the meter. (See product manual for detailed instructions.)
2. Check the expiration date on the vial of test strips. Do not use the test strips after the expiration date.
3. On the vial label, write down the date you first open the vial. This date is used as a reference for the discard date—you must throw out any unused test strips 6 months after you first open the vial.

Get test results

Step 1: Turn on your meter by inserting a new test strip
Wash and dry your hands thoroughly with warm water. Take a test strip from the vial. You may touch the test strip anywhere on its surface. With the gold side and silver prongs of the test strip facing you, insert the silver prongs into the test strip port as far into the meter as it can go. Your meter will turn on automatically. When Apply Blood shows on your meter display, it is ready to read your blood sample. Note: This meter doesn’t require any coding.

Step 2: Get a blood sample from your fingertip
Put a new sterile lancet into your lancing device. Hold the lancing device firmly against the side of your finger. Press the release button and take the device away from your finger. Squeeze your fingertip until you get a drop of blood.

Step 3: Apply blood to the test strip
You can put the blood drop on either side of the channel of the test strip. After the channel fills completely and turns red, the meter will count down from 5 to 1. If the meter does not count down, throw the strip away and start over at step 1.

Step 4: Read the result on the meter
Your blood sugar result will show up on the meter, along with the date and time of the test. See the product manual for more information such as how to review your test history and look for patterns in your blood sugar results.

Discard the used lancet and test strip
After you’re done with your test, you may discard the used test strip in the garbage. To remove the used lancet, put the protective cover on the lancet tip and slide the ejection control button on the lancet device forward. The used lancet must be discarded in an approved collection container (Sharps container) which can be purchased at your pharmacy and taken to any Group Health lab for disposal when full.

If you have any questions or concerns, contact LifeScan Customer Service at 1-888-567-3003.