

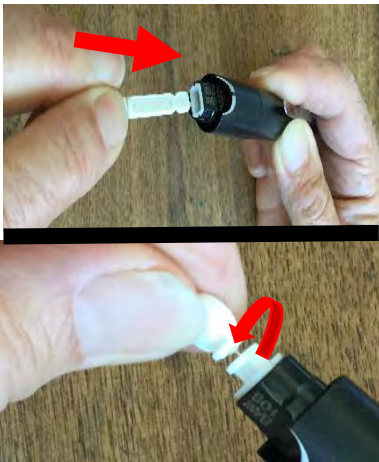
## USING YOUR AVIVA METER AND LANCING DEVICE



Set-up:  
Turn the cap to the number you want.  
1 is for sensitive skin  
5 is for thicker skin  
2-3-4 are in between



1. Pull cap straight off



2. Insert lancet...  
then twist off cover



3. Line up notches  
and replace cap



4. Press the priming  
button all the way in  
(like a ballpoint pen)



5. Touch side of  
finger to end of  
lancing device



6. Press yellow  
release button to  
prick your finger



7. Gently squeeze  
finger to get drop of  
blood



8. Insert test strip to turn meter on



9. Wait to see a blinking drop of blood on screen



10. Apply drop of blood to yellow window on end of test strip



11. Read your blood sugar result



12. Pull test strip out to turn off meter



13. Remove cap



14. Use body of lancet device to push lancet off into sharps box. Replace cap





## Other important reminders

### Lancing device

- Use a new lancet each time
- Before checking your sugar, wash your hands with soap and water
- Don't share your lancing device with other people

### Meter

- There must be enough blood to fill the whole yellow window of the test strip to get a result
- A battery symbol at the top of the screen or "E-9" error message means it's time to change the battery
- Make sure the expiration on the bottle of test strips is still good

