

Cheatsheet for Accu-chek Guide



❶ Press “OK” button to turn on



❷ 1st screen will be Main Menu (*Menu principal*)

Use down arrow to select “My Data” (*Mis datos*) and press “OK”



❸ My Data (*Mis datos*) sub-menus:

- Logbook (*Diario*) → view BGs in reverse chronological order
- Averages (*Promedios*) → select “Overall” (*Total datos*) → view 7d, 14d, 30d average BG

Press back arrow to go back to previous menu

Cheatsheet for Accu-chek Aviva



❶ Two Accu-chek Aviva meters both use the same Aviva test strips and have the same button functions

Silver (older), black (newer)



❷ Press any button to turn the meter on

First screen is the most recent BG. Note the time in upper left, date in upper right (go to ❸)

❹ Press the left hand arrow to scroll through previous BGs in reverse chronological order



❸ Press right hand arrow one, two, three times to see 7d, 14d, 30d average BG ("n" in upper left shows # of BGs checked)

Depending on how many BGs you want to review, it may be easier to look at averages first.