

THE SYSTEM THAT'S SIMPLY EASY

Meets and exceeds
ISO Standards¹.



Easy to take just one
strip out at a time.

Large,
easy-to-read
display.

Simple
two button
navigation.



Wide dosing
area for quick
testing².

Checking your blood glucose doesn't
have to get in the way of your life.

The Accu-Chek Guide Me system is
designed for simple² and accurate^{1,3}
monitoring. So you can monitor without
giving it a second thought.



mySugr app

Reliably there for when you need it, mySugr helps
with the management of diabetes.

mySugr Pro features:

- **Search** – quickly find all data and entries
- **Photos** – take pictures of your meals
- **PDF-Reports** – get an overview of your data
- **Blood glucose reminders** – timely reminders for blood glucose checks
- **Insulin calculator** – bolus dose calculations
- **Basal rate for pump users** – also visible in the graph

Pair now and automatically
activate **mySugr Pro for FREE.**



Support at every turn

Our Australian-based support team is only
a click away at www.accu-chek.com.au

References: 1. Brazg RL, et al. J. Diabetes Sci Technol. Nov 2016. DOI:10.1177/1932296816652902; 2. Harvey, Craig, et al. Usability Evaluation of a Blood Glucose Monitoring System With a Spill-Resistant Vial, Easier Strip Handling, and Connectivity to a Mobile App: Improvement of Patient Convenience and Satisfaction. Journal of Diabetes Science and Technology. 2016;1932296816658058; 3. Accu-Chek Guide Me System evaluation report.

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ACCU-CHEK® Guide Me

Roche

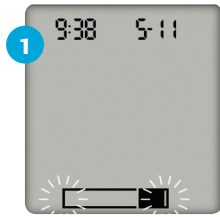
WELCOME TO ACCU-CHEK GUIDE ME



Connects
with  mySugr

The blood glucose meter that offers
seamless compatibility with mySugr.

Setting the time and date



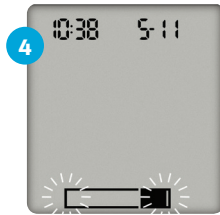
1 Press and release to turn the meter on.
The flashing test strip symbol appears on the display.



2 Press and **hold** until **set-up** appears on the display. The hour flashes.
Press or to decrease or increase the hour.

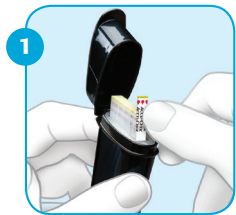


3 Press to set the hour and move to the next field.

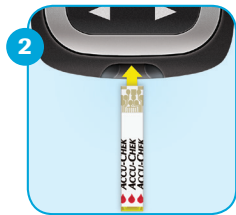


4 Repeat steps 2 and 3 to adjust each field. Press and hold until the flashing test strip symbol appears.
You can now insert a test strip and perform a test.

Testing blood glucose



1 Remove a test strip from the spill-resistant container. Close the cap tightly.



2 Insert the metallic end of the test strip into the meter.



3 Touch the **yellow edge** of the test strip to the blood drop.



4 The test result appears on the display in less than 4 seconds.

Reviewing blood glucose results in memory



1 With the meter off, press or to view blood glucose results stored in memory. The most recent blood glucose result appears.

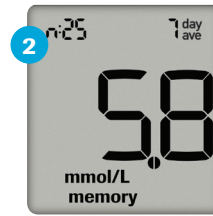


2 Press to view test results from newest to oldest.

Reviewing 7, 14, 30, and 90-day averages



1 With the meter off, press or to view blood glucose results stored in memory. The most recent blood glucose result appears.



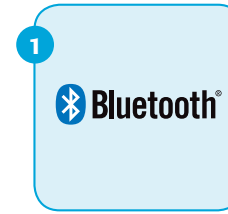
2 With the most recent test result on the display, press . The 7-day average appears.



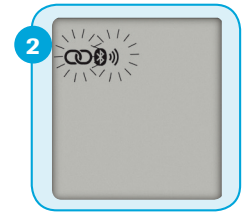
3 Press to scroll through 7, 14, 30, and 90-day averages. The number of test results in the average = n. Press to scroll back through averages.

To return to the most recent blood glucose result, press from the 7-day average.

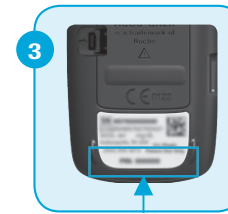
Pairing your meter



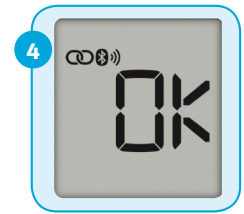
1 On your **mobile device**: ensure Bluetooth is on and open the diabetes management app.



2 On your **meter**: with the meter off, press and hold the left and right arrow together until the Bluetooth symbol flashes on the display.



3 On your **mobile device**: within the app, follow the instructions and select your meter. When prompted, enter the meter's 6-digit PIN.



4 On your **meter**: OK appears if pairing is successful.

Connecting to the mySugr app



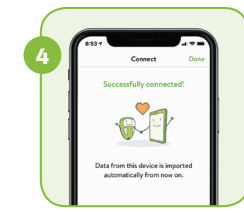
1 Using your smartphone, download the mySugr app from the App Store or Google Play and create your mySugr account.



2 Turn on Bluetooth® on your smartphone (if it's not on already).



3 Open the mySugr app, and select Connections on the menu. Select Accu-Chek Guide Me, and then Connect now. Follow the step-by-step directions for pairing.



4 After your meter is successfully connected to the mySugr app, data from your meter is imported automatically. Now you can easily keep your diabetes data under control!

Accu-Chek Guide Me meter kit registration



To record your details and your new Accu-Chek Guide Me meter kit for warranty, **simply scan the QR code with your smartphone camera or go to:**

www.accu-chek.com.au/register-your-meter-warranty