

# THE SYSTEM THAT'S SIMPLY EASY

Meets and exceeds  
ISO Standards<sup>1</sup>.



Easy to take just one  
strip out at a time.

Large,  
easy-to-read  
display.

Simple  
two button  
navigation.



Wide dosing  
area for quick  
testing<sup>2</sup>.

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

The Accu-Chek Guide Me system is  
designed for simple<sup>2</sup> and accurate<sup>1,3</sup>  
monitoring. So you can monitor without  
giving it a second thought.



mySugr app includes a digital diabetes  
logbook for recording blood sugar readings,  
which can help 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](http://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.

**WARNING** – KEEP BATTERIES OUT OF REACH OF CHILDREN. If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on 13 11 26 for fast, expert advice. FOR PEOPLE WITH DIABETES. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. ACCU-CHEK, ACCU-CHEK GUIDE, ACCU-CHEK GUIDE ME and MYSUGR are trademarks of Roche. Apple and Google trademarks are the property of their respective owners. The Bluetooth™ word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Roche is under license. All other trademarks and product names are the property of the respective owners. ©2022 Roche Diabetes Care. Roche Diabetes Care Australia Pty Ltd, 2-4 Julius Avenue North Ryde NSW 2113 Australia. ABN 69 602 140 278. 09484612001. AU-1205. Date of preparation May 2023.

ACCU-CHEK® Guide Me

Roche

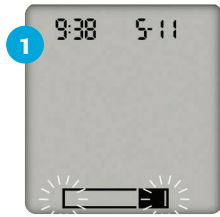
# WELCOME TO ACCU-CHEK GUIDE ME



Connects  
with mySugr

The blood glucose meter that offers  
seamless compatibility with mySugr.

## Setting the time and date



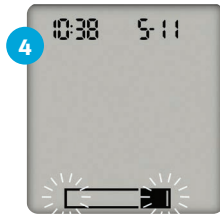
1 Press and release to turn the meter on.  
The flashing test strip symbol appears on the display.



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

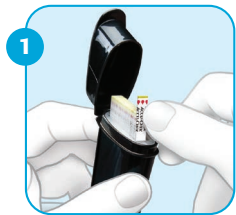


3 Press to set the hour and move to the next field.

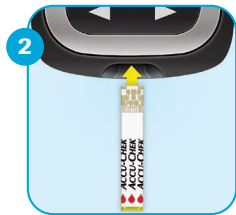


4 Repeat steps 2 and 3 to adjust each field. Press and hold until the flashing test strip symbol appears.  
You can now insert a test strip and perform a test.

## 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.

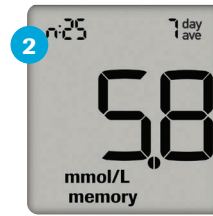


2 Press to view test results from newest to oldest.

## 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.

## Connecting to the mySugr app



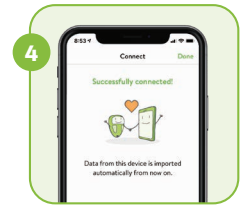
1 On your smartphone, download the mySugr app from the App Store or Google Play and create your mySugr account.



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

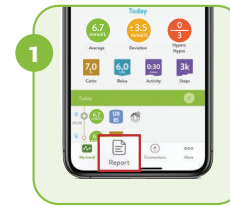


3 Open the mySugr app, and select Connections on the menu. Select Accu-Chek Guide Me, and then Connect now. Follow the step-by-step directions for pairing.

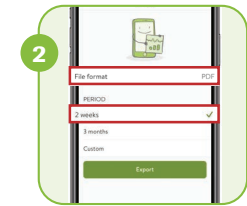


4 After your meter is successfully connected to the mySugr app, data from your meter is imported automatically. Now you can easily keep your diabetes data under control!

## How to share your report



1 Click "Report".



2 Select the file format and time frame. Click "Export".



3 Your report is now ready to print or share. To email, follow your phone prompts to "send file" or "share" choosing email when prompted.

## 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](http://www.accu-chek.com.au/register-your-meter-warranty)