

Click to prove
you're human



Diabetes:M can receive data from Bluetooth glucose meters. Supported meters For now the supported glucose meters are: Contour® Next One Accu-Chek® Aviva Connect Accu-Chek® Guide Accu-Chek® Instant OneTouch Verio Flex® CareSens™ N Premier CareSens™ Dual One Drop™ Nipro 4SURE™ Smart Nipro 4SURE™ Smart Duo Publix TRUE METRIX® AIR ReliOn™ Diabetes:M also supports sensor transmitters (ANDROID ONLY): MiaoMiao - Ambrosia's Blucou - For more information about MiaoMiao and Blucou's features, please go to CGM Features. How to connect A Bluetooth glucose meter or sensor transmitter can be added by going to Data -> Devices -> Add Bluetooth device To connect a device follow the instructions from the device's manual about how to switch the device to pairing mode. Go to Diabetes:M "Data" and tap on "Devices". Tap on "Add Bluetooth device" and wait for the device to appear in the list. Tap on the device to pair it. If the pin is requested check the device screen for the pin or follow the device's instructions for how to obtain it. It is not recommended to have multiple apps connected to the same device simultaneously because they may interfere with each other while communicating with the device. Troubleshooting If you can't pair the device try to pair it of the following tips: Make sure that the device is close to the phone Turn the Wi-Fi off and try again Restart the bluetooth (turn it OFF and ON again) Restart the phone Receiving data from Bluetooth glucose meters When your glucose meter is paired with Diabetes:M, it will receive the historical readings and every new glucose value when you do a finger prick. There are few things that you can do with a paired glucose meter: Finger prick with the app running or in the background - Diabetes:M will receive the glucose value and will save it to the log book. The entry will also have the glucose meter's name. Make a finger prick with an opened new entry screen - if you make a finger prick when the new entry screen is opened a red glucose field will flash a few times and will get filled with the value received from the glucose meter Make a finger prick with an opened Blouts Advisor screen - the red glucose field will flash and will be filled with the received glucose value Open the app -> from the Tab Bar select Devices -> tap the "+" button to start Bluetooth discovery Press the power button (white dot) to turn on the TRUE METRIX® AIR meter Once the unit is discovered - click on it and then select TRUE METRIX® AIR from the list, configure device settings, and tap Add to My Devices When the popup with system pairing request appears - tap the Pair and Connect button Enter the 6-digit PIN-code which is the last six digits of the meter's serial number provided on or the back of the device Upon successful pairing a corresponding popup will appearThe paired TRUE METRIX® AIR will be listed on the Devices screen Make a measurement on the TRUE METRIX® AIR to collect new data in the app Please note that the app has to be running in foreground or background (configurable in settings) to receive new readings from the TRUE METRIX® AIR. Measurement Types Glucose Connectivity Bluetooth Smart Pin Last 6 digits from serial number Memory 1000 blood and control test results Size 3.44" x 2.16" x 0.69" Measurement Range 20-600 mg/dL Battery Life Approximately 1000 tests or 1 year Power Supply One 3V lithium battery #CR2032 (non-rechargeable) Available for Purchase Manual More info: www.trividiahealth.com Trividia Health True Metrix Air - Monitoring Blood Glucose System Manual For quick reference only, not intended as a substitute for complete instructions. Please read entire Owner's Booklet and product Instructions for Use before testing. Expected Results for people without diabetes: Plasma Blood Glucose Result Before eating: < 100 mg/dL 2 hours after a meal: < 140 mg/dL TRUE METRIX® AIR Self Monitoring Blood Glucose System TRUE METRIX AIR is a simple, accurate way to test your whole blood glucose (sugar) level, anytime, anywhere. Our goal is to provide quality healthcare products and dedicated customer service. For questions about TRUE METRIX products, visit our web site at: www.trividiahealth.com The TRUE METRIX AIR Self Monitoring Blood Glucose System is intended for the quantitative measurement of glucose (sugar) in fresh capillary whole blood samples drawn from the fingertip or forearm. The TRUE METRIX AIR Self Monitoring Blood Glucose System is intended to be used by a single person and not to be shared. The TRUE METRIX AIR Self Monitoring Blood Glucose System is intended for self-testing outside the body (in vitro diagnostic use) by people with diabetes at home as an aid to monitor the effectiveness of diabetes control. The TRUE METRIX AIR Self Monitoring Blood Glucose System should not be used for the diagnosis or screening of diabetes or for neonatal use. Alternative site testing should be done only during steady-state times (when glucose is not changing rapidly). The TRUE METRIX Self Monitoring Test Strips are for use with the TRUE METRIX AIR Self Monitoring Meter to quantitatively measure glucose (sugar) in fresh capillary whole blood samples drawn from the fingertip or forearm. The TRUE METRIX AIR Self Monitoring Meter measures the current, detects, analyzes and corrects for hematocrit and temperature, and calculates the glucose result. The TRUE METRIX Control Solution is for use with the TRUE METRIX AIR Self Monitoring Meter and TRUE METRIX Self Monitoring Test Strips to check that the meter and the test strip are working together properly and the test is being performed correctly. The TRUE METRIX AIR Self Monitoring Meter can send results both to an application (App) you have on your mobile device or via docking station/ USB Smart data cable to a PC. Importance of Blood Glucose Monitoring The more you know about diabetes, the better you will be able to care for yourself. A Doctor or Healthcare Professional determines how often you should test and what your target ranges are for blood glucose results. Having most blood glucose results within your target range shows how well your treatment plan is working to control glucose levels. Keeping results within your target range helps slow or stop complications from diabetes. NEVER change your treatment plan without consulting a Doctor or Healthcare Professional. For the most accurate results using TRUE METRIX AIR Self Monitoring Blood Glucose System: Read and correctly use the product instructions for use before testing. Use of TRUE METRIX AIR Self Monitoring Blood Glucose System in a manner not specified in this Owner's Booklet is not recommended and may affect ability to determine true blood glucose levels. TRUE METRIX AIR Self Monitoring Blood Glucose System is a quantitative system for self-testing outside the body (in vitro diagnostic use) of human whole blood only. Alternate site (forearm) testing should not be used to calibrate continuous glucose monitors (CGMs). Alternate site (forearm) testing should not be used for insulin dose calculations. Use only TRUE METRIX Self Monitoring Blood Glucose Test Strips and TRUE METRIX Control Solution with the TRUE METRIX AIR Self Monitoring Blood Glucose Meter. Remove only one test strip at a time from test strip vial. Recap vial immediately. NEVER reuse test strips. NEVER wipe test strips with water, alcohol or any cleaner. DO NOT attempt to remove blood or control solution from test strips or clean test strips and reuse. Reuse of test strips will cause inaccurate results. NEVER add a second drop of sample to test strip. Adding more sample gives an error message. Perform Control Tests before performing a blood glucose test for the first time. Perform Control Tests with more than one level of control solution. Three levels of TRUE METRIX Control Solution are available for Control Tests. Call 1-800-803-6025, Monday - Friday, 8AM-8PM EST, for assistance in obtaining control solution. The TRUE METRIX AIR Self Monitoring Blood Glucose System is for one person use ONLY. DO NOT share your meter or lancing device with anyone, including family members. Do not use on multiple patients! ALL parts of your blood glucose monitoring system could carry blood-borne pathogens after use, even after cleaning and disinfecting. Cleaning and disinfecting the lancing device and the meter destroys most, but not necessarily all, bloodborne pathogens. Wash your hands thoroughly with soap and warm water before and after handling the meter, lancing device, lancets, or test strips, as contact with blood presents an infection risk. If the meter is being operated by a second person who provides testing assistance, the meter and lancing device should be cleaned and disinfected prior to use by the second person. It is important to keep the meter and the lancing device clean and disinfected. For instructions on how to clean and disinfect the meter and the lancing device, see Meter Care, Cleaning and Disinfecting and Lancing Device Cleaning and Disinfecting. If you have symptoms of low or high blood glucose, check your blood glucose immediately. If your result does not match the way you feel, repeat the test. If your results still do not match the way you feel, call your Doctor or Healthcare Professional immediately. Low blood glucose (hypoglycemia) symptoms may be trembling, sweating, intense hunger, nervousness, weakness, and trouble speaking. High blood glucose (hyperglycemia) symptoms may be intense thirst, a need to urinate often, dry mouth, vomiting, and headache. Do not use for diagnosis or screening of diabetes or for neonatal use. Inaccurate results may occur in severely hypotensive individuals or in dehydrated patients or patients in shock. Inaccurate results may occur for individuals experiencing a hyperglycemic-hyperosmolar state, with or without ketosis. Upon opening the test strip carton, examine the product for missing, damaged or broken parts. Ensure the test strip vial cap is securely closed. If the product is damaged or the vial cap is not closed, DO NOT use the test strips for testing; product may give inaccurate results. Contact Trividia Health Customer Care at 1-800-8036025 for replacement and assistance. Know Your System Meter * ◀ Button Decrease numbers in Meter Set Up; remove ALT Symbol; move backward by date/time when viewing results and Averages in Memory; scroll through Event Tags to mark results (if feature on). * ◀ Button Turn meter on to view Average values, to view results in Memory, to access Meter Set Up, to turn on Event Tags in Meter Set Up, turn on/off Bluetooth Smart in Meter Set Up. ▶ Button Increase numbers in Meter Set Up; add ALT Symbol; move forward by date/time when viewing results and view Averages in Memory; scroll through Event Tags to mark results (if feature on). Display Screens shows results, messages, user prompts, information. Test Port Insert TRUE METRIX Test Strip here, contact blocks facing up. Strip Release Button Releases test strip after testing for disposal. Battery Door Use one non-rechargeable 3V lithium battery (#CR2032), positive (+) side up (see Changing Battery). Meter Labels Contain serial number of meter. Docking Station Contacts Contact used for uploading meter results to a computer using a Docking Station (Please call 1-800-803-6025, Monday - Friday, 8AM-8PM EST) for assistance. Result is from Memory Time, Date Time is AM/PM Bluetooth Symbol and Event Tag Symbols Result is 7, 14, 30, 60 or 90 day Average Test Result Control Symbol Battery Symbol Alternate Site (ALT) Symbol Drop Symbol - Apply blood or control solution Temperature Symbol Test Reminder Symbol Ketone Test Alert Symbol Unit of Measure (Note: Factory set to mg/dL, cannot be changed by user.) Test Strip Contact End - Insert into Test Port with contact blocks facing up. Sample Tip - Bring tip of test strip to top of sample drop (blood or control solution) after Drop Symbol appears in the Display. Note: Insert test strip into meter before touching Sample Tip to blood or control solution drop. Sample Placement Allow sample drop to be drawn into Sample Tip until test-ing begins (meter beeps and dashes move across Display). Do not smear or scrape drop with test strip. Do not apply more sample to test strip after testing begins. Do not apply blood or control solution to top of test strip. Do not insert Sample Tip with sample into Test Port. May damage meter. Lot Number (LOT) - Used for identification when calling for assistance. Expiration Dates (EXP) - Write date first opened on vial label. Discard vial and unused test strips if either the open vial expiration date or the date printed next to EXP on vial label has passed, whichever comes first. See the test strip Instructions for Use for open vial expiration date. Use of test strips or control solution past the Expiration Dates may give incorrect test results. Discard out-of-date products and test with new products. Control Test Ranges - Ranges of numbers in which Control Test results must fall to assure the system is working properly. Note: Examples only. Do not represent actual Control Test ranges. Control Solution (Control) Lot Number (LOT) - Used for identification when calling for assistance. Expiration Dates (EXP) - Write date first opened on bottle label. Discard bottle if either 3 months after first opening or date printed next to EXP on bottle label has passed, whichever comes first. Control Solution Level (1, 2, or 3) - Testing with at least 2 levels of control solution is recommended. Contact 1-800-803-6025, Monday - Friday, 8AM-8PM EST, for assistance with obtaining different levels of control solution. Getting Started Meter comes with pre-set time and date, and Bluetooth Smart feature on. The Event Tag feature, Ketone Test Alert, and all Test Reminders are off. Before using the meter for the first time or after a battery change, check the time, date, Bluetooth Smart, Event Tags, Alert and Reminders, and update as needed (see Meter Set Up). The meter turns on when a test strip is inserted into the Test Port or when * Button is pressed (see Memory and Meter Set Up). Meter turns off when the test strip is released or removed from the meter. * Button is pressed, or after 2 minutes of non-use. The Bluetooth Smart feature turns off when a test strip is inserted into the Test Port or when meter is placed into docking station. Turning the Ketone Test Alert on sets a reminder to check your ketones per your treatment plan when a blood glucose result is over 240 mg/dL. Test Reminders are set like an alarm clock to sound a tone for 10 seconds to remind you to test. Up to four Test Reminders per day may be set. Event Tags allow you to tag your blood glucose results to link to the following events: Before meal - test was taken just before a meal. After meal - test was taken 2 hours after the start of a meal. Exercise - test was taken during or after exercise. Medications - medication taken may have affected test result. Sick - test was taken when sick. Other - any other reason that the test is unique or different in some way (example: stress, drinking alcohol). In your logbook, note the reason that the test result was tagged. Seeing a result with this Event Tag in the meter Memory reminds you that there is more about this test result in your log book. Tagging results helps track the effect specific events may have on your blood glucose test results. Event Tagging may assist you and your Doctor or Healthcare Professional with managing your diabetes. Quality Control Testing To assure you are getting accurate and reliable results, TRUE METRIX AIR offers two kinds of quality Control Tests. These tests let you know that your System is working properly and your testing technique is good. An Automatic Self-Test is performed by the meter each time a test strip is inserted correctly into the Test Port. Insert a test strip into the Test Port, when the time appears, then the time appears in the upper part of the Display, and then, the Drop Symbol begins to blink. If an error message appears in the Display, the meter will not perform a test. See Troubleshooting or call 1-800-803-6025, Monday - Friday, 8AM-8PM EST, if any segments are missing in the Display when meter is first turned on, do not use the meter for testing. Call 1-800-803-6025, Monday - Friday, 8AM-8PM EST, Control Test We recommend performing Control Tests for practice before using your meter for the first time to test your blood. Control Tests should be performed: For practice to ensure your testing technique is good, occasionally as you use a vial of test strips. When opening a new vial of test strips, if results seem unusually high or low, if a vial has been left open or exposed to humidity or to extreme heat or cold. Whenever a check on performance of the system is needed. If meter damage is suspected (meter was dropped, crushed, wet, etc.) Note: It is important to perform Control Tests with more than one level of control solution. Three levels of TRUE METRIX Control Solution are available for Control Tests. Call 1-800-803-6025, Monday - Friday, 8AM-8PM EST, for assistance in obtaining different levels of control solution. Ranges printed on test strip vial label are for Control Test results only and are not suggested levels for your blood glucose. Do not drink control solution. How to Test Control Solution Use ONLY TRUE METRIX Control Solution with the TRUE METRIX AIR Self Monitoring Meter and TRUE METRIX Self Monitoring Test Strips. Check dates on control solution label and test strip vial label. Do not use control solution or test strips if expiration dates have passed. (Control solution - 3 months after first opening or date next to EXP on bottle label; test strips - after open vial expiration date (see test strip Instructions for Use) or date next to EXP on vial label. Discard expired products and use new products. Allow control solution, vial of test strips and meter to adjust to room temperature. Write date first opened on both control solution bottle label and test strip vial label when using for the first time. Gently swirl or invert control solution bottle to mix. DO NOT SHAKE! Remove one test strip from vial. Close test strip vial immediately. Use test strip quickly after use, even after cleaning and disinfecting. Cleaning and disinfecting the lancing device and the meter destroys most, but not necessarily all, bloodborne pathogens. Wash your hands thoroughly with soap and warm water before and after handling the meter, lancing device, lancets, or test strips as contact with blood presents an infection risk. If the meter is being operated by a second person who provides testing assistance, the meter and lancing device should be cleaned and disinfected prior to use by the second person. It is important to keep the meter and the lancing device clean and disinfected. For instructions on how to clean and disinfect the meter and lancing device, see Meter Care, Cleaning and Disinfecting and Lancing Device Cleaning and Disinfecting. Refer to lancing device Instructions for Use for detailed instructions. Never share lancets or lancing device. Lancets are for single use only. Do not re-use. Do not use venous blood for testing. To help prevent false high results, wash hands before using the system to test blood, especially after fruit has been handled. From Fingertip Prepare Fingertip by washing hands with soap and warm water. Rinse and dry thoroughly. Disinfect the clean skin with an antiseptic (e.g., 70% alcohol). Place end of lancing device equipped with a lancet against tip of finger. Lancing device, set lancing device aside. To help blood drop form, lower hand to waist level, gently massaging finger from palm to fingertip. Allow blood drop to form before attempting to apply to the test strip. Apply sample to test strip Sample Tip. Recap and remove used lancet from lancing device. The used lancet may be biohazardous. Please discard it carefully according to your Doctor or Healthcare Professional's instructions. From Forearm Important Notes Regarding Forearm Testing Check with your Doctor or Healthcare Professional to see if forearm testing is right for you. Results from forearm are not always the same as results from fingertip. Always perform test using fingertip samples under the following conditions: Within 2 hours of eating, exercise, or taking insulin. If your blood sugar may be rising or falling rapidly or your routine results are often fluctuating. If you are ill or under stress. If your forearm test results do not match how you feel. If your blood sugar may be low or high. If you do not notice symptoms when blood sugar is low or high. Select area to be lanced. Wash hands thoroughly with soap and water. Rinse and dry thoroughly. Disinfect the clean skin with an antiseptic (e.g., 70% alcohol). Rub area vigorously or apply a wipe to dry completely to increase the blood flow. Place end of lancing device equipped with a lancet firmly against forearm. Press Trigger Button. Apply firm pressure on lancing device for 10 seconds. Apply sample to test strip Sample Tip. Recap and remove lancet from lancing device. The used lancet may be biohazardous. Please discard it carefully according to your Doctor or Healthcare Professional's instructions. How to Test Blood Check Meter time and date before each glucose test. With meter off, press and hold the * Button until the full Display is shown and a series of beeps sound. Release * Button. If time and date are incorrect, see Meter Set Up to set the correct time and date Check dates on test strip vial being used. Do not use if either the open vial expiration date (see test strip Instructions for Use) or the date printed next to EXP on vial label has passed, whichever comes first. Wash hands (and forearm for alternative site testing). Rinse well and dry thoroughly. Remove one test strip from vial. Close vial immediately. Use test strips quickly after removal from vial. With meter off, insert test strip Contact End (blocks facing up) into Test Port. Meter turns on. Keep test strip in meter until testing is finished. To mark test as alternate site (forearm) result, press ▶ Button. ALT Symbol appears in Display. Press * Button to remove ALT Symbol. Wait until Drop Symbol appears in Display. Note: If test strip has been out of the vial too long before testing, an error message appears upon insertion of the test strip into the meter. Release and discard old test strip. Use new test strip for testing. Event Tags are as follows: Before meal - test was taken just before a meal. After meal - test was taken 2 hours after the start of a meal. Exercise - test was taken during or after exercise. Medications - medication taken may have affected test result. Sick - test was taken when sick. Other - any other reason that the test is unique or different in some way (example: stress, drinking alcohol). In your logbook, note the reason that the test result was tagged. Seeing a result with this Event Tag in the meter Memory reminds you that there is more about this test result in the log book. Record result in log book. Hold meter with test strip pointing down. Press test strip Release Button to discard test strip in the appropriate container. Meter turns off. Result is stored in Memory with date and time. Note: Removing test strip before result displays cancels the test. An error message appears and result is not stored in Memory. Retest with a new test strip and do not remove before result is displayed. The used lancet and test strip may be biohazardous. Please discard them carefully according to your Doctor or Healthcare Professional's instructions. TRUE METRIX AIR Self Monitoring Blood Glucose System and Laboratory Testing When comparing results between TRUE METRIX AIR Self Monitoring Blood Glucose System and a laboratory system, TRUE METRIX AIR Self Monitoring Blood Glucose System blood tests should be performed within 30 minutes of a laboratory test. If you have recently eaten, fingertick results from the TRUE METRIX AIR Self Monitoring Blood Glucose System can be up to 70 mg/dL higher than venous laboratory results. Results Out of System Range Warning Messages Meter reads blood glucose levels in the 20-600 mg/dL. If test result is less than 20 mg/dL, "Lo" appears in Display. If test result is greater than 600 mg/dL, "Hi" appears in Display. ALWAYS repeat blood tests to confirm Low ("Lo") and High ("Hi") results. If blood results still display "Lo" or "Hi", call your Doctor or Healthcare Professional immediately. Note: "Lo" results are included in the Averages as 20 mg/dL. "Hi" results are included as 600 mg/dL. If blood results are "Lo" or "Hi" for 3 consecutive tests, the Event Tag icon All Press ▶ or ◀ Button to go to the correct Event Tag. Press ▶ or ◀ Button to mark the test result with an event (icon stops flashing). Event Tags are as follows: Before meal - test was taken just before a meal. After meal - test was taken 2 hours after the start of a meal. Exercise - test was taken during or after exercise. Medications - medication taken may have affected test result. Sick - test was taken when sick. Other - any other reason that the test is unique or different in some way (example: stress, drinking alcohol). In your logbook, note the reason that the test result was tagged. Seeing a result with this Event Tag in the meter Memory reminds you that there is more about this test result in the log book. Record result in log book. Hold meter with test strip pointing down. Press test strip Release Button to discard test strip in the appropriate container. Meter turns off. Result is stored in Memory with date and time. Note: Removing test strip before result displays cancels the test. An error message appears and result is not stored in Memory. Retest with a new test strip and do not remove before result is displayed. The used lancet and test strip may be biohazardous. Please discard them carefully according to your Doctor or Healthcare Professional's instructions. TRUE METRIX AIR Self Monitoring Blood Glucose System and Laboratory Testing When comparing results between TRUE METRIX AIR Self Monitoring Blood Glucose System and a laboratory system, TRUE METRIX AIR Self Monitoring Blood Glucose System blood tests should be performed within 30 minutes of a laboratory test. If you have recently eaten, fingertick results from the TRUE METRIX AIR Self Monitoring Blood Glucose System can be up to 70 mg/dL higher than venous laboratory results. Results Out of System Range Warning Messages Meter reads blood glucose levels in the 20-600 mg/dL. If test result is less than 20 mg/dL, "Lo" appears in Display. If test result is greater than 600 mg/dL, "Hi" appears in Display. ALWAYS repeat blood tests to confirm Low ("Lo") and High ("Hi") results. If blood results still display "Lo" or "Hi", call your Doctor or Healthcare Professional immediately. 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Press test strip Release Button to discard test strip in the appropriate container. Meter turns off. Result is stored in Memory with date and time. Note: Removing test strip before result displays cancels the test. An error message appears and result is not stored in Memory. Retest with a new test strip and do not remove before result is displayed. The used lancet and test strip may be biohazardous. Please discard them carefully according to your Doctor or Healthcare Professional's instructions. TRUE METRIX AIR Self Monitoring Blood Glucose System and Laboratory Testing When comparing results between TRUE METRIX AIR Self Monitoring Blood Glucose System and a laboratory system, TRUE METRIX AIR Self Monitoring Blood Glucose System blood tests should be performed within 30 minutes of a laboratory test. If you have recently eaten, fingertick results from the TRUE METRIX AIR Self Monitoring Blood Glucose System can be up to 70 mg/dL higher than venous laboratory results. 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Sick - test was taken when sick. Other - any other reason that the test is unique or different in some way (example: stress, drinking alcohol). In your logbook, note the reason that the test result was tagged. Seeing a result with this Event Tag in the meter Memory reminds you that there is more about this test result in the log book. Record result in log book. Hold meter with test strip pointing down. Press test strip Release Button to discard test strip in the appropriate container. Meter turns off. Result is stored in Memory with date and time. Note: Removing test strip before result displays cancels the test. An error message appears and result is not stored in Memory. Retest with a new test strip and do not remove before result is displayed. The used lancet and test strip may be biohazardous. Please discard them carefully according to your Doctor or Healthcare Professional's instructions. 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