

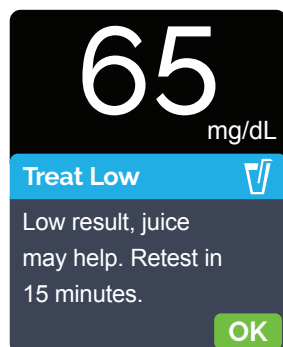
# OneTouch Verio Reflect<sup>®</sup> Blood Glucose meter

Blood Sugar Mentor<sup>™</sup> messages in the moment, right on the meter screen

The **OneTouch Verio Reflect<sup>®</sup> meter** with the **Blood Sugar Mentor<sup>™</sup> feature**, offers patients personalized **guidance**, **insight**, and **encouragement** so they can take action to help manage highs and lows.

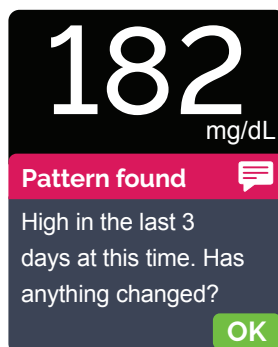


## Guidance



Provides real-time guidance to help patients manage highs and lows

## Insight



Helps patients understand the impact of food, activity and medication on their glucose

## Encouragement



Helps motivate patients to stay on track to achieve their diabetes management goals

Treatment decisions should be based on the numeric result and healthcare professional's recommendation.

**ONETOUCH<sup>®</sup>**  
every touch is a step forward<sup>®</sup>

# Examples of Blood Sugar Mentor™ messages

## Guidance

<p><b>205</b> mg/dL</p> <p><b>Take a break</b></p> <p>Consider a leisure or relaxing activity.</p> <p>OK</p>	<p><b>160</b> mg/dL</p> <p><b>Morning High</b></p> <p>Consider an early dinner or smaller snacks.</p> <p>OK</p>	<p><b>160</b> mg/dL</p> <p><b>Bedtime High</b></p> <p>Consider less snacks in the evening or a lower carb dinner.</p> <p>OK</p>
<p><b>172</b> mg/dL</p> <p><b>Near High</b></p> <p>Result is in range but close to High.</p> <p>OK</p>	<p><b>75</b> mg/dL</p> <p><b>Near Low</b></p> <p>Result is in range but close to Low.</p> <p>OK</p>	
<p><b>65</b> mg/dL</p> <p><b>Treat Low</b></p> <p>Low result, juice may help. Retest in 15 minutes.</p> <p>OK</p>	<p><b>50</b> mg/dL</p> <p><b>Exercise Low</b></p> <p>Treat Low. Low after work out, consider a snack before exercising.</p> <p>OK</p>	<p><b>50</b> mg/dL</p> <p><b>Morning Low</b></p> <p>Treat Low now. In future consider a snack before bedtime.</p> <p>OK</p>

## Insight

<p><b>182</b> mg/dL</p> <p><b>Pattern found</b></p> <p>High in the last 3 days at this time. Has anything changed?</p> <p>OK</p>	<p><b>200</b> mg/dL</p> <p><b>Unusually High</b></p> <p>Has anything changed recently?</p> <p>OK</p>	<p><b>160</b> mg/dL</p> <p><b>pattern</b></p> <p>3 results tagged Carbs were High in the last 30 days.</p> <p>OK</p>
<p><b>100</b> mg/dL</p> <p><b>Trend 90 Rise</b></p> <p>90 day average increase. Has anything changed recently?</p> <p>OK</p>	<p><b>100</b> mg/dL</p> <p><b>Trend 90 update</b></p> <p>Average of results for past 7 days is 118 mg/dL</p> <p>OK</p>	<p><b>100</b> mg/dL</p> <p><b>Weekly average</b></p> <p>Average of results for past 7 days is 118 mg/dL</p> <p>OK</p>
<p><b>50</b> mg/dL</p> <p><b>Hypo pattern</b></p> <p>Treat Low. Be careful of hypos in the next 24 hours due to Low pattern.</p> <p>OK</p>	<p><b>50</b> mg/dL</p> <p><b>pattern</b></p> <p>3 results tagged Illness were Low in the last 30 days.</p> <p>OK</p>	<p><b>65</b> mg/dL</p> <p><b>Pattern found</b></p> <p>Treat Low. Low in the last 3 days at this time. Has anything changed?</p> <p>OK</p>

## Connectivity

<p><b>100</b> mg/dL</p> <p><b>Connect device</b></p> <p>Consider connecting to the OneTouch Reveal App.</p> <p>OK</p>	<p><b>100</b> mg/dL</p> <p><b>Device not paired</b></p> <p>Consider connecting to the OneTouch Reveal App.</p> <p>OK</p>
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## Encouragement

<p><b>100</b> mg/dL</p> <p><b>Keep it up</b></p> <p>19 of 25 results are in range over the last 7 days.</p> <p>OK</p>	<p><b>100</b> mg/dL</p> <p><b>Congratulations</b></p> <p>Looks like your Trend 90 is improving.</p> <p>OK</p>	<p><b>100</b> mg/dL</p> <p><b>Well done</b></p> <p>Back in range after 3 High results in a row.</p> <p>OK</p>
<p><b>100</b> mg/dL</p> <p><b>Test Goal Award</b></p> <p>Congratulations, Bronze award for meeting test goal 14 times.</p> <p>OK</p>	<p><b>100</b> mg/dL</p> <p><b>In-Range Award</b></p> <p>Nicely done, Bronze award for being in range 10 times in a row!</p> <p>OK</p>	