



1
Wash and dry hands thoroughly.



2
Insert a test strip fully into the GlucoMen areo meter.



3
Insert the lancet and replace finger pricker cap.



4
Set lancet depth.

GlucoMen[®] *areo*

GUIDE TO BLOOD GLUCOSE TESTING



5
Prime the finger pricker.



6
Prick your finger.



7
Apply the blood to the end of the test strip.



8
The result is displayed in just 5 seconds.