

Device Quick Start Guide

Glucometer (Gluco+)



1 Gather your supplies.



iHealth Gluco+



Lancing Device



Lancet



Test Strip

2 Load the lancet.

Step 1



Remove the cap.

Step 2



Insert the lancet and remove the lancet cap.

Step 3



Put the lancing device cap back on by lining up the number to the .

Step 4



Twist the cap to adjust how deep the puncture goes. The higher the number, the deeper it will be.

Step 5



Pull the bottom of the device until you hear a "click". Your lancet is now ready to use.

3 Prep your hands.

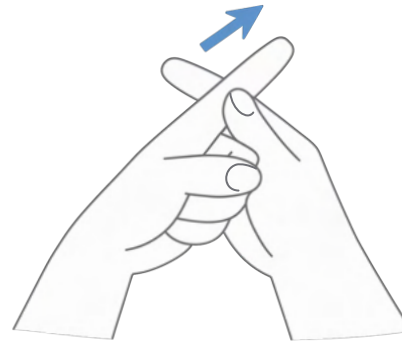
Step 1

Wash with warm, soapy water and air dry your hands. Avoid using lotions or creams afterward, as these can affect your reading.

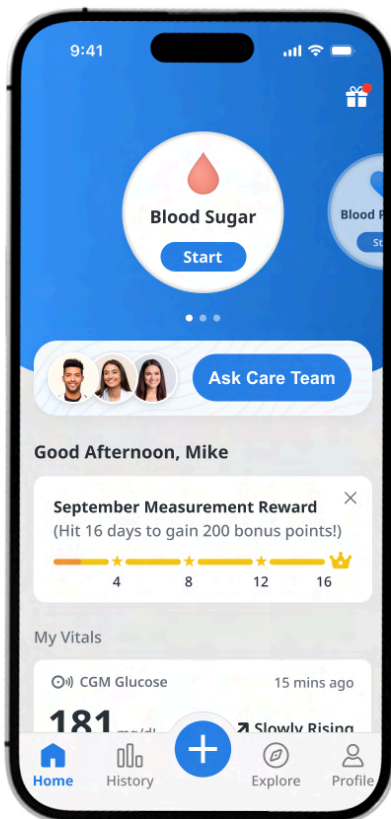


Step 2

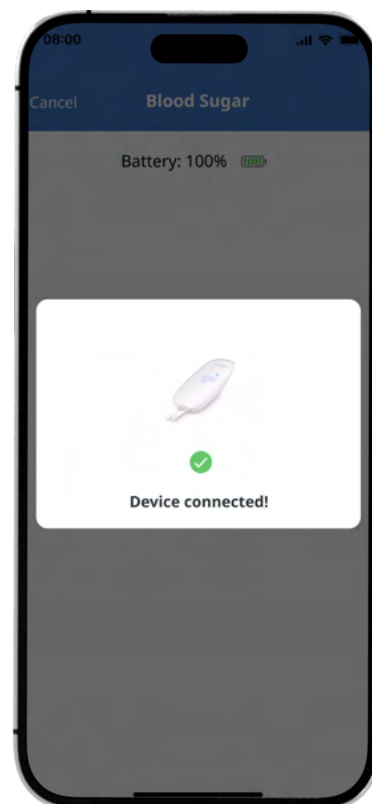
Gently massage from the base of your hand to the tip of your finger to improve blood flow. Avoid squeezing your finger, as this can dilute the sample.



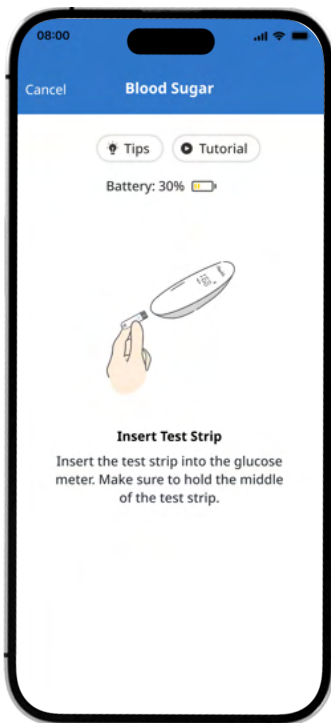
4 Tap "Blood Sugar Start" to connect your glucometer.



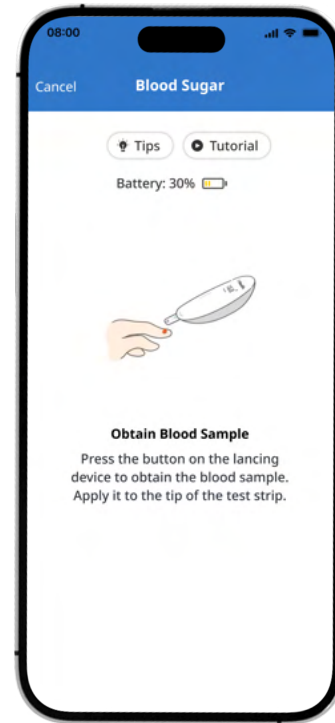
5 When you see "Device connected!" It means you're ready to start measuring.



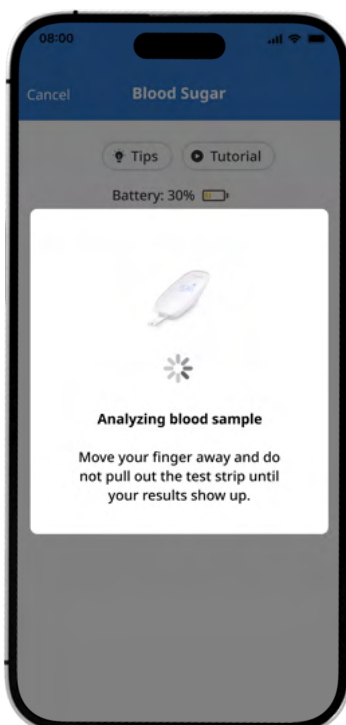
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- 6** Insert the test strip with the arrow facing the glucometer, holding it in the middle to avoid contamination.



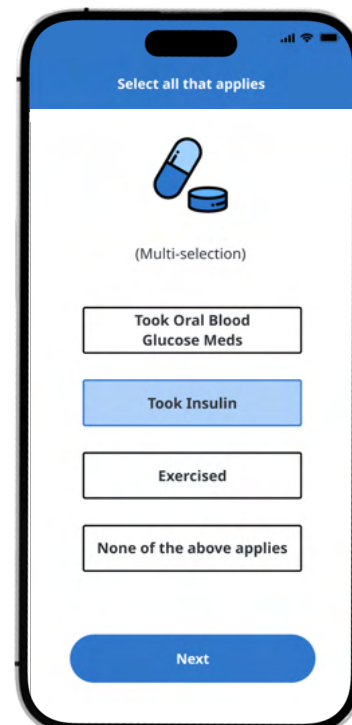
- 7** Poke your finger, then gently touch the test strip to the drop of blood to collect your sample.



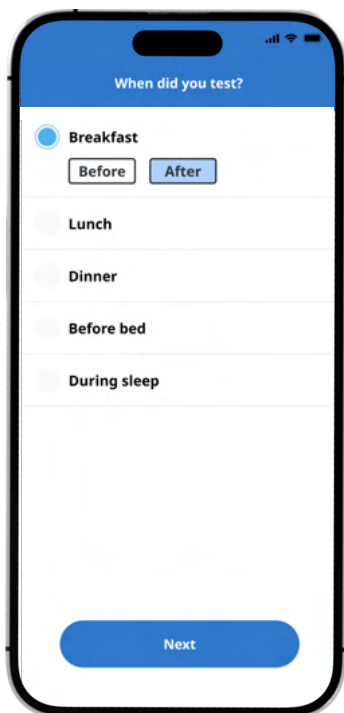
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- 8** Move your finger away while the meter analyzes your blood.



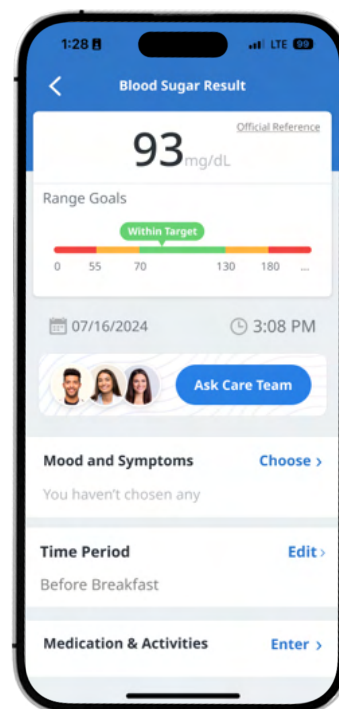
- 9** Indicate whether you took medication or exercised earlier.



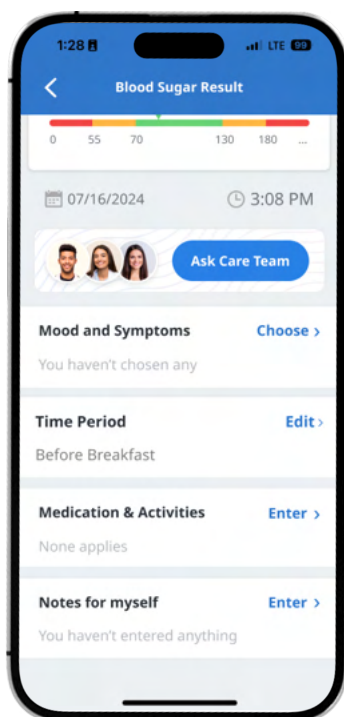
- 10 Indicate the time you took your reading.



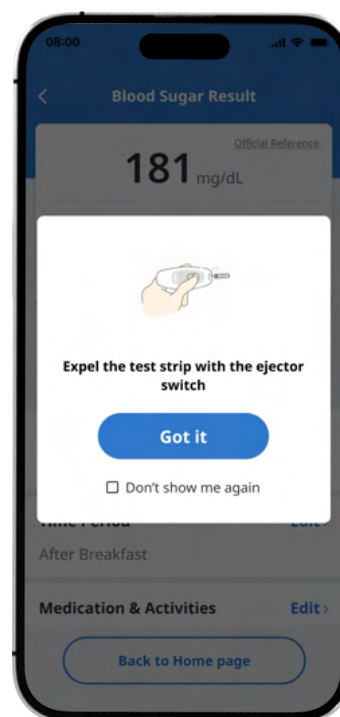
- 11 Your blood sugar results will be saved in your account and sent automatically to your Care Team.



- 12 Add your mood, symptoms, or notes to help your Care Team understand your reading.



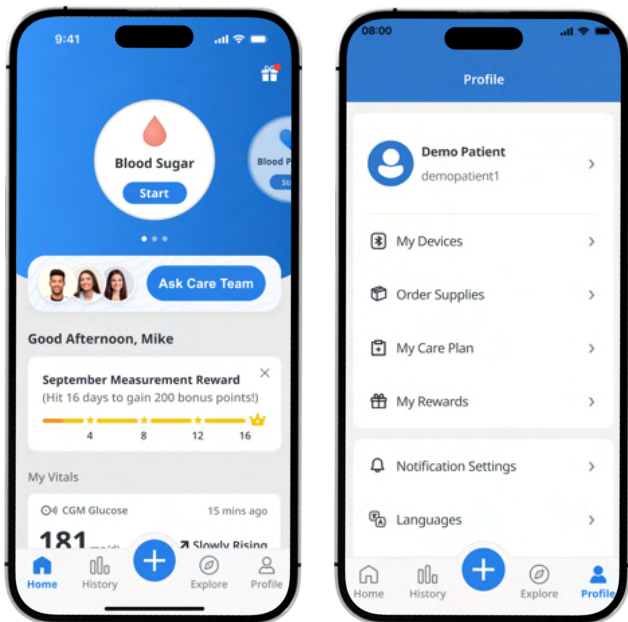
- 13 Eject the test strip and dispose of the lancet in a biohazard waste bin.



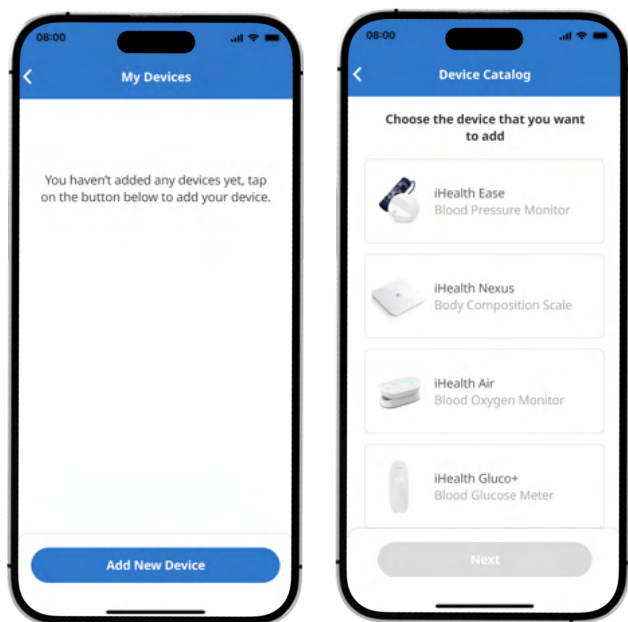
Scan Device into Your Account

Your Care Team may have already helped you add your device. But if you ever need to add one yourself, here's how to do it.

1 Go to your list of devices by tapping "Profile" and then "My Devices."



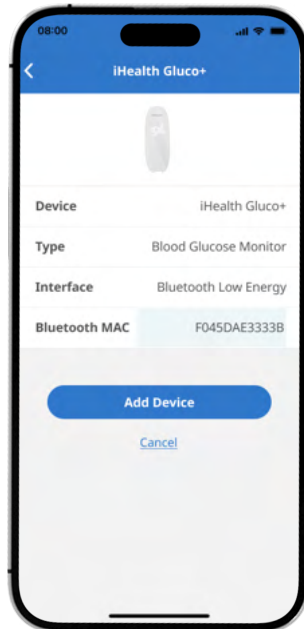
2 Tap "Add New Device," then select "iHealth Gluco+."



3 Tap "Scan QR Code" and hold your phone over the QR code on the bottom of the device.



4 Once the QR code is recognized, tap "Add Device" to complete the pairing.



Common Q & As

Q: Does the device need to be charged?

A: Yes. The battery level appears once the device is connected. Be sure to charge your device before the battery drops below 10%. While charging, a blinking light means it's still charging, and a solid light means it's fully charged.

Q: Why isn't my device connecting?

First, make sure your device is fully charged by connecting it to the charger for at least 2 hours. Next, confirm that it's linked to your account by going to "Profile" > "My Devices" and checking that the device digits match. If it's still not connecting, press and hold the "M" button for 8 seconds until the lights turn off. Then, plug in the charger until the lights come back on. Once the lights are back, disconnect the charger and press the "Blood Sugar Start" button to try connecting again.

Q: Why does the display remain blank after the test strip is inserted?

A: It could be one of three reasons: the battery might be too low, too much time may have passed between inserting the strip and starting the test, or the strip may not have been fully inserted into the meter. To fix this, try reinserting the test strip and make sure it's firmly in place. If it still doesn't work, charge the battery and try again.

Q: What does the error message "Test strip not recognized" mean?

A: This message usually means the meter could not detect the test strip. First, make sure the strip is inserted in the correct direction, with the arrow facing the glucometer. Then, check that it is pushed in all the way. If the issue continues, try using a new test strip. If the error persists, try using a new vial of test strips.

Q: What's in "Tips" and "Tutorial" on the start measurement screen?

A: "Tips" gives you helpful guidance to take a more accurate blood sugar reading. "Tutorial" walks you through each step, from gathering your supplies to preparing the lancet.

Q: I have more questions. What should I do?

A: Tap "Ask Care Team" in the app to message one of our dedicated Care Team members. We'd love to help!

iHealth[®]



Scan QR code to
log in to the app

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