

Adhesive tips to help you get the best out of your wear session

Before you apply your sensor

Choose the right spot

- Pick a flat area on your inner forearm
- Keep it away from your:
 - elbow
 - wrist
 - areas that stretch or move when you bend your arm

Prepare the inside of your forearm

- Wash with plain soap and water, or use an alcohol wipe
- Do not use lotions or soaps
- Let your skin dry completely before applying

If needed, remove hair

- Shaving can help the sensor stick better
- If your skin is sensitive, shave the day before

When applying

Keep your arm still

- Rest your arm on a flat surface - such as a table - while using the applicator

Press firmly

- After removing the applicator, press down on the sensor for 10 seconds

Use the sensor cover

- Make sure your hands are clean and dry
- Do not touch the sticky side
- Rub in a circle three times to help it stick

During use

After swimming, showering, bathing or sweating

- The sensor and cover may be less sticky when wet
- Do not pull or bump the sensor
- Let the sensor and your skin dry before twisting your arm too much
- Gently rub the cover in a circle again to help it stick

Protect it during daily use

- Wear loose or short sleeves, to avoid pulling the sensor
- Try not to pull it when dressing, undressing or exercising
- Be careful that straps from a purse or backpack do not catch on the sensor

✕ Things to avoid

- Do not put liquid adhesive under the sensor
- Do not use extra tape or patches, only use the BiolinQ Shine® sensor cover

For safety information and instructions, refer to the Instruction Booklet in your kit or the Technical Manual at biolinq.com/support.