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Blood glucose monitors or glucometers are devices individuals with diabetes use to monitor their blood sugar levels daily. Glucometers give readings within five seconds of applying the test strip to a blood sample. For accurate readings, it is important to calibrate the blood glucose meter 1. Calibrating a meter is making sure the meter has the correct code to match the test strip. Some meters code automatically. Others, you must code or calibrate manually 1. Turn on your monitor or meter. If your meter requires you to insert one test strip at a time, it most likely has to be calibrated manually. Turn on the meter by inserting a test strip. Insert the test strip as far as it will go without bending the strip. Watch for the coding numbers. When the meter turns on or lights up the display, there will be a coding number, if you used the meter before. If the meter is new, instead of a coding number, there will be dashes. You must enter the code number to calibrate the meter 1. Look at the label on the test strip vial. The test strip vial has a coding number in bold print. This is the number you must enter into the meter. Enter the number by moving the up or down arrow. Once you have the correct number, hit the ok button on the meter. Your meter is now calibrated for the test strips. Turn on your monitor or meter. You must enter the code number to calibrate the meter 1. How to Calibrate an Automatic Meter Turn on the meter. Meters that have a 10-test disc usually calibrate automatically, such as the Ascensia Breeze 2 1. To turn on the meter, you usually have a button located at the top of the meter. Once the meter lights the display, it is ready. Open the meter. Meters that have 10-test disc usually have a button to open the meter for access to the disc area. Once the meter is opened, place the disc in the meter making sure that you line up the disc with the provided space. Close the meter. Check your meter display. Your meter is automatically calibrated once the disc is placed in the meter. It should light up on the display screen with directions for taking your blood sugar. Check the expiration date of your test strips or disc. Expired test strips will not give accurate blood sugar readings. Keep the meter and test strips or disc in a cool, dry place. Do not refrigerate your meter or test strips. Meters that have a 10-test disc usually calibrate automatically, such as the Ascensia Breeze 2 1. Meters that have 10-test disc usually have a button to open the meter for access to the disc area. This comprehensive guide provides you with all the necessary information on how to use and care for your ReliOn Blood Glucose Meter. We'll cover various models, including the Platinum, Premier BLU, Premier COMPACT, Ultima, Prime, Micro, Premier Voice, and Premier CLASSIC meters. We'll also explore how to use and care for your ReliOn Prime Blood Glucose Meter, address accuracy concerns, and offer a guide to the user manual. Introduction Managing diabetes effectively requires regular monitoring of blood glucose levels. ReliOn Blood Glucose Meters, offered by Walmart, provide a convenient and reliable way to track your blood sugar at home. These meters are designed for self-testing by individuals with diabetes, allowing them to actively participate in their health management. The ReliOn line of blood glucose meters offers a range of features and functionalities to cater to different user preferences and needs. This comprehensive guide will provide you with a detailed overview of the various ReliOn Blood Glucose Meters available, their features, and instructions on how to use them effectively. Whether you're looking for a basic meter or one with advanced features like Bluetooth connectivity, this guide will help you choose the right ReliOn meter for your specific requirements. We will also discuss how to calibrate your ReliOn meter, ensure accurate readings, and care for your device to maximize its lifespan. By understanding the information provided in this guide, you can empower yourself to manage your diabetes effectively and take control of your health. ReliOn Platinum Blood Glucose Monitoring System The ReliOn Platinum Blood Glucose Monitoring System is designed to provide accurate and reliable blood glucose measurements. This system consists of the ReliOn Platinum meter and ReliOn Platinum test strips. It is intended for the quantitative measurement of glucose in fresh capillary whole blood from the fingertip. This system is a valuable tool for individuals with diabetes who need to monitor their blood sugar levels regularly to manage their condition effectively. The ReliOn Platinum meter features a user-friendly interface and is easy to operate. It provides fast results, typically within a few seconds, allowing you to quickly check your blood sugar levels. The meter also includes a memory feature that stores your blood glucose readings, enabling you to track your blood sugar trends over time. The ReliOn Platinum test strips are designed to be compatible with the ReliOn Platinum meter and provide accurate glucose readings. The ReliOn Platinum Blood Glucose Monitoring System is a reliable and user-friendly option for individuals with diabetes who need to monitor their blood sugar levels regularly. It provides accurate and fast results, making it an essential tool for managing diabetes effectively. ReliOn Premier BLU Blood Glucose Monitoring System The ReliOn Premier BLU Blood Glucose Monitoring System offers a convenient and advanced approach to blood glucose monitoring. This system combines the ReliOn Premier BLU meter with the ReliOn Life mobile app, allowing for seamless data sharing and management. The ReliOn Premier BLU meter is designed to measure glucose levels in fresh capillary whole blood samples drawn from the fingertips and alternate sites such as the forearm, palm, thigh, and calf. The meter incorporates Bluetooth wireless technology, enabling it to connect wirelessly to your smartphone. This connection allows you to send your blood glucose test results directly to the ReliOn Life mobile app. The app offers a user-friendly interface for viewing your blood glucose readings, tracking your trends over time, and setting reminders for testing and medication. The ReliOn Life app also provides valuable insights into your blood sugar management, helping you make informed decisions about your health. The ReliOn Premier BLU Blood Glucose Monitoring System is a comprehensive solution for individuals who want to monitor their blood sugar levels effectively and conveniently. The system's Bluetooth connectivity and app integration make it easier than ever to track your blood sugar trends, manage your diabetes, and stay informed about your health. ReliOn Premier COMPACT Blood Glucose Monitoring System The ReliOn Premier COMPACT Blood Glucose Monitoring System is a compact and user-friendly device designed for convenient blood glucose monitoring. This system is intended for the quantitative measurement of glucose in fresh capillary whole blood samples drawn from the fingertips and alternate sites like the forearm, palm, thigh, and calf. It's important to note that alternate site testing should only be used during periods of stable blood glucose levels. The ReliOn Premier COMPACT Blood Glucose Monitoring System features a compact design, making it easy to carry and use on the go. The meter is equipped with a large, easy-to-read display, making it simple to view your blood glucose readings. Additionally, the ReliOn Premier COMPACT Blood Glucose Monitoring System offers a range of features designed to simplify blood glucose monitoring. These features include: no coding required, a 250-test memory, and the ability to track pre-meal and post-meal blood glucose averages. The ReliOn Premier COMPACT Blood Glucose Monitoring System comes with a complete kit, including the meter, test strips, lancing device, lancets, logbook, user manual, and a carrying case. The user manual is available in both English and Spanish, making it accessible to a wider range of users. The ReliOn Premier COMPACT Blood Glucose Monitoring System is a reliable and convenient option for individuals who need to manage their blood glucose levels regularly. ReliOn Ultima Blood Glucose Monitoring System The ReliOn Ultima Blood Glucose Monitoring System is designed for in vitro diagnostic use, enabling the quantitative measurement of glucose in fresh whole blood. This system caters to both self-testing by lay users and professional healthcare providers. It allows for blood glucose monitoring from various sites, including the finger, forearm, upper arm, or base of the thumb. The ReliOn Ultima Blood Glucose Monitoring System is designed for accuracy and convenience. It uses a simple and straightforward process for blood glucose testing, minimizing the need for complex procedures. The system incorporates features that enhance user experience, such as a large display for easy readability of results, a memory function to store past readings, and a convenient logbook for recording and tracking blood glucose levels. The ReliOn Ultima Blood Glucose Monitoring System comes with a comprehensive kit that includes the meter, test strips, lancing device, lancets, logbook, user manual, and a carrying case. The user manual is available in both English and Spanish, ensuring accessibility to a broader user base. The ReliOn Ultima Blood Glucose Monitoring System is a reliable and comprehensive option for individuals who require accurate and convenient blood glucose monitoring, whether for self-management or professional healthcare purposes. ReliOn Prime Blood Glucose Monitoring System The ReliOn Prime Blood Glucose Monitoring System is designed for the quantitative measurement of glucose in fresh capillary whole blood. This system utilizes a simple and efficient process for blood glucose testing. When a drop of blood is applied to the sample application tip, the sample is drawn into the test strip reaction site, where it is analyzed for glucose levels. The ReliOn Prime Blood Glucose Monitoring System is intended for use with fresh capillary whole blood samples obtained from the fingertips or palm. This system is designed for in vitro diagnostic use, meaning that testing is performed outside the body. The ReliOn Prime Blood Glucose Monitoring System provides accurate and reliable results for individuals who need to monitor their blood sugar levels. The system is easy to use and features a user-friendly interface. The ReliOn Prime Blood Glucose Monitoring System is a valuable tool for individuals who need to monitor their blood sugar levels effectively, whether for self-management or professional healthcare purposes. The ReliOn Prime Blood Glucose Monitoring System is designed for in vitro diagnostic use, enabling the quantitative measurement of glucose in fresh whole blood. This system caters to both self-testing by lay users and professional healthcare providers. It allows for blood glucose monitoring from various sites, including the finger, forearm, upper arm, or base of the thumb. The ReliOn Prime Blood Glucose Monitoring System is a compact and convenient device designed for the quantitative measurement of glucose in fresh capillary whole blood samples. It's primarily intended for use with blood samples drawn from the fingertips or palm. This system is designed for in vitro diagnostic use, meaning that testing is performed outside the body. The ReliOn Micro Blood Glucose Monitoring System is a reliable choice for individuals who need to monitor their blood sugar levels effectively. The system is easy to use and features a user-friendly interface. The ReliOn Micro Blood Glucose Monitoring System offers a comprehensive kit that includes the meter, test strips, lancing device, lancets, logbook, user manual, and a carrying case. The user manual is available in both English and Spanish, ensuring accessibility to a wider range of users. The ReliOn Micro Blood Glucose Monitoring System is a valuable tool for individuals who need to monitor their blood sugar levels effectively, whether for self-management or professional healthcare purposes. The system provides accurate and reliable results and is designed to be user-friendly, making it an excellent choice for individuals who need to monitor their blood sugar levels. ReliOn Premier Voice Blood Glucose Meter The ReliOn Premier Voice Blood Glucose Meter is a unique and user-friendly device designed to provide individuals with diabetes a convenient way to monitor their blood sugar levels. It's specifically designed to cater to individuals who may have difficulty reading small displays or require audible feedback. This meter features voice guidance throughout the testing process, ensuring that users can easily understand the steps involved. From inserting the test strip to applying the blood sample and receiving the results, the meter provides clear and concise voice prompts. The ReliOn Premier Voice Blood Glucose Meter is also designed to be accurate and reliable, meeting the stringent FDA requirements for accuracy. It's an excellent option for individuals who value both accessibility and accuracy in their blood glucose monitoring. The device is easy to use and comes with a comprehensive user manual that provides detailed instructions. The ReliOn Premier Voice Blood Glucose Meter represents a significant advancement in blood glucose monitoring technology, making it easier for individuals with diabetes to manage their condition effectively and independently. ReliOn Premier CLASSIC Blood Glucose Meter The ReliOn Premier CLASSIC Blood Glucose Meter is a reliable and user-friendly device designed for individuals with diabetes who require a straightforward and accurate way to monitor their blood sugar levels. This meter offers a simple and intuitive interface, making it easy for users of all ages and abilities to operate. The ReliOn Premier CLASSIC boasts a clear and easy-to-read display, ensuring that users can easily interpret their blood glucose readings. It also features a convenient memory function, allowing users to track their blood sugar readings over time and identify trends. This helps individuals with diabetes to better understand their blood sugar patterns and make informed decisions about their diabetes management. The ReliOn Premier CLASSIC is designed to be accurate and reliable, meeting the stringent FDA requirements for accuracy. It is an excellent choice for individuals who seek a dependable and easy-to-use blood glucose meter for their diabetes management needs. Using the ReliOn Prime Blood Glucose Monitoring System The ReliOn Prime Blood Glucose Monitoring System is designed for convenience and accuracy. It is intended for self-monitoring of blood glucose levels in fresh capillary whole blood samples drawn from the fingertips or palm. To begin, insert a test strip with the contact bars facing upwards into the meter's test strip port. Gently push the strip into the port until the power automatically turns on and the symbol appears. Next, obtain a blood sample using the lancing device. Place the device against the pad of the finger and complete the blood glucose monitoring process. The ReliOn Prime Blood Glucose Monitoring System is user-friendly, offering clear instructions and a straightforward process for monitoring blood glucose levels. Its accuracy and reliability make it a valuable tool for individuals with diabetes who need to manage their blood sugar levels effectively. Caring for Your ReliOn Prime Blood Glucose Meter Proper care of your ReliOn Prime Blood Glucose Meter ensures its longevity and accurate performance. Regular cleaning is essential. Gently wipe the meter with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners, as they can damage the meter's surface. Store the meter in a dry, cool place away from direct sunlight and extreme temperatures. When not in use, keep the meter in its carrying case. This helps to protect it from dust, dirt, and accidental damage. Always refer to the user manual for specific instructions on cleaning, storage, and handling your ReliOn Prime Blood Glucose Meter. Following these simple guidelines will help you maintain the accuracy and reliability of your meter for optimal blood glucose monitoring. ReliOn Prime Blood Glucose Meter Accuracy The ReliOn Prime Blood Glucose Meter is designed to provide accurate blood glucose readings. It meets stringent FDA requirements for accuracy, ensuring reliable results for managing your diabetes. However, like all blood glucose meters, the ReliOn Prime can be influenced by factors that may affect accuracy, such as improper handling of test strips, expired test strips, inadequate blood sample size, and environmental factors like extreme temperatures or humidity. To maintain accuracy, always use fresh, unopened test strips within their expiration date. Ensure proper blood sample collection, following the instructions provided in the user manual. Store your meter and test strips appropriately to protect them from environmental factors that can affect performance. Regularly check the meter's accuracy by performing quality control tests using control solutions, as recommended by your healthcare provider or the manufacturer. ReliOn Prime Blood Glucose Meter User Manual The ReliOn Prime Blood Glucose Meter User Manual is a comprehensive guide that provides detailed instructions on how to use and maintain your meter. It covers various aspects, including setting up the meter, using test strips, obtaining blood samples, interpreting results, and troubleshooting common issues. The manual is available in both English and Spanish, making it accessible to a wider audience. It also provides information on how to store and care for your meter and test strips to ensure optimal performance. Additionally, the manual includes important safety information and warnings, as well as a troubleshooting guide to help resolve any problems you may encounter. If you have any questions or concerns about your ReliOn Prime Blood Glucose Meter, consult the user manual for answers or contact customer support for assistance. Calibrating the ReliOn Prime glucose meter is essential for ensuring accurate blood glucose readings. Calibration is the process of adjusting the meter to match a known standard, which helps maintain the precision of the measurements. Accurate readings are crucial for effective diabetes management, as they guide medication dosages, dietary choices, and overall health decisions. Without proper calibration, the readings could be inaccurate, leading to potential health risks. Gathering Necessary Supplies Here are the supplies needed to calibrate the ReliOn Prime glucose meter: ReliOn Prime Meter: The main device used to measure blood glucose levels. ReliOn Prime Test Strips: These strips are inserted into the meter to collect the blood sample. Control Solution: Used to ensure the meter and test strips are working correctly by providing a known glucose level for testing. Lancing Device: A tool used to prick the skin to obtain a blood sample. Sterile Lancets: Small needles used with the lancing device to draw blood. These items are essential for accurate calibration and testing. Preparing the Meter for Calibration Unpack the Meter Sure, here are the steps to prepare the ReliOn Prime glucose meter for calibration: Unpack the Meter: Remove the meter, test strips, and lancing device from the packaging. Insert the Battery: Open the battery compartment on the back of the meter. Insert the provided battery, ensuring the correct polarity. Close the battery compartment. Set the Time and Date: Turn on the meter by pressing the power button. Use the buttons to set the time format (12-hour or 24-hour). Adjust the hour and minute, then confirm. Set the date format (MM/DD or DD/MM). Adjust the month, day, and year, then confirm. Prepare the Lancing Device: Remove the cap from the lancing device. Insert a new lancet and twist off its protective cap. Replace the lancing device cap and adjust the depth setting. Insert a Test Strip: Take a test strip from the vial and insert it into the meter. Wait for the meter to display the blood drop symbol. Perform a Control Solution Test: Shake the control solution bottle well. Squeeze a drop of control solution onto a clean surface. Touch the test strip to the drop of control solution. Wait for the meter to display the result and ensure it falls within the acceptable range indicated on the test strip vial. Ready for Calibration: If the control solution test is successful, the meter is ready for use. If not, repeat the test with a new strip and control solution drop. Following these steps will ensure your ReliOn Prime glucose meter is properly set up and ready for accurate blood glucose testing. Using the Control Solution Here's how to use the control solution to calibrate your ReliOn Prime glucose meter: Insert a Test Strip: Insert a test strip into the meter with the contact bars facing up. Enter Control Solution Mode: Press the Back or Forward button to switch to control solution mode. Prepare the Control Solution: Shake the control solution bottle well. Discard the first 2 drops and squeeze a small drop onto a clean, non-absorbent surface. Apply the Solution: Touch the tip of the test strip to the drop of control solution. The meter will beep when it has enough solution. Read the Results: Compare the reading on the meter to the range printed on the test strip bottle. Ensure the result falls within this range. That's it! If the reading is within the specified range, your meter is working correctly. If not, you may need to repeat the test or contact customer support. Interpreting Calibration Results Interpreting Calibration Results Expected Results: Accuracy: Measurements should be close to the true value. Error: The deviation between the measured and true values should be minimal. Tolerance: Measurements should fall within the acceptable limits. Uncertainty: There should be a defined range of likely values for each measurement. Actions for Out-of-Range Results: Recalibrate: Perform the calibration process again. Check Equipment: Ensure all instruments are functioning correctly. Review Procedures: Verify that the calibration procedures were followed accurately. Consult Documentation: Refer to the equipment's manual for troubleshooting steps. Troubleshooting Calibration Issues Here are solutions for common problems during the calibration of the ReliOn Prime glucose meter: Error Code 305 (Calibration Problem): Solution: Recalibrate the device following the manufacturer's instructions. Ensure the test strips and meter are at the same temperature before calibration. Inconsistent Readings: Solution: Ensure your hands and the test site are clean and dry. Use a fresh lancet and test strip for each test. Verify that the test strips are not expired. High or Low Readings: Solution: Check the hematocrit levels. An abnormally high or low red blood cell count can affect accuracy. Consult your healthcare provider if you suspect this. Device Not Turning On: Solution: Replace the batteries. Ensure they are correctly installed and the battery contacts are clean. Error Messages: Solution: Refer to the user manual for specific error codes and follow the recommended troubleshooting steps. If the issue persists, contact customer support. Tips for Accurate Calibration: Always use the control solution to check the meter's accuracy. Store the meter and test strips in a cool, dry place. Avoid applying blood or control solution samples directly to the test strip port. If you encounter persistent issues, don't hesitate to reach out to customer support for further assistance. To Ensure Accurate Blood Glucose Readings It's crucial to regularly calibrate your ReliOn Prime glucose meter to ensure accurate blood glucose readings. Calibration involves adjusting the meter to match a known standard, which helps maintain precision in measurements. The process requires specific supplies, including: The meter Test strips Control solution Lancing device Sterile lancets Preparing the Meter for Calibration Unpack the Meter Insert the battery Set the time and date Prepare the lancing device Insert a test strip Perform a control solution test Ensure the meter is ready for use Calibrating the Meter Once calibrated, use the control solution to verify accuracy by: Inserting a test strip Entering control solution mode Preparing the solution Applying it to the strip Reading the results Verifying Accuracy If the result falls within the specified range, the meter is working correctly. However, if not, repeat the test or contact customer support. Regular calibration is essential for maintaining accurate blood glucose monitoring, which guides medication dosages, dietary choices, and overall health decisions. Without proper calibration, readings could be inaccurate, leading to potential health risks.

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