



Wireless Remote Health and  
Wellness Management™



## INSTRUCTION MANUAL

Model GMM 0001

# PLEASE READ BEFORE USE

# Blood Glucose MANAGEMENT SYSTEM

## IDEAL LIFE Gluco-Manager™

\*NOTE: The IDEAL LIFE Gluco-Manager™ is intended for use in the quantitative measurement of glucose in fresh capillary whole blood from the finger and the following alternative sites: the palm, the forearm, the upper-arm, the calf and the thigh. It is intended for use by adults with diabetes mellitus in a non-clinical environment such as in the home, as an aid to monitoring the effectiveness of a diabetes control program. It is not intended for the diagnosis of, or screening for, diabetes mellitus and not intended for use on neonates. The alternative site testing can be used only during steady-state blood glucose conditions. The system is intended for information purposes only, for expert advice make sure to consult a healthcare professional. Any instructions for change in treatment and health related information or advice should only be made directly with a healthcare professional.

Version 3.0 Jan 2009



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# Table of Contents

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## Introduction

# Introduction

## Preface

Thank you for purchasing the IDEAL LIFE Gluco-Manger™, or GMM 0001 and IDEAL LIFE Pod™, or ILP 0001. This completely automatic system measures your blood glucose, captures subjective information and manages everything automatically so that you can better manage your blood glucose with your care provider. Your measurement reading is clearly displayed on a large screen on the IDEAL LIFE Gluco-Manager™ after each measurement, and later stored for a more detailed analysis in the form of tables for easy viewing and graphs for easy interpretation. Your new IDEAL LIFE Gluco-Manager™ provides you with accurate, whole blood test results for blood glucose. The system is compact with convenient operation so it is simple to use.

The IDEAL LIFE Gluco-Manager™ is intended for use in the quantitative measurement of glucose in fresh capillary whole blood from the finger and the following alternative sites: the palm, the forearm, the upper-arm, the calf and the thigh. It is intended for use by adults with diabetes mellitus in a non-clinical environment such as in the home, as an aid to monitoring the effectiveness of a diabetes control program. It is not intended for the diagnosis of, or screening for, diabetes mellitus and not intended for use on neonates. The alternative site testing can be used only during steady-state blood glucose conditions.

The IDEAL LIFE Gluco-Manager™ can be used alone to measure your blood glucose.

If you would like to transmit blood glucose information for display on a personal computer, the optional IDEAL LIFE Pod™ can be purchased.

**CAUTION:** Before using any product to test your blood glucose, read all instructions thoroughly and practice the test. Do all quality control checks as directed and consult with a diabetes healthcare professional. For proper interpretation of blood glucose measurements, make sure to consult a physician.

## Contraindications

**\*\*Warning:** This system is designed for use outside the human body. It is not recommended for use on infants and is not intended for and should not be used to try and measure the blood glucose of infants as it may not be accurate and/or relied upon.

Do NOT use the device for purposes other than measuring blood glucose.

This unit does not serve as a cure of any symptoms or disease. The data measured are only for reference. Always consult your physician to have the results interpreted.

## Introduction

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### Precautions

- Do not drop this unit. Please avoid strong impact. Disassembly or modification of the unit may lead to permanent reading error.
- The device might not meet its performance specifications if stored or used beyond the specified temperature and humidity ranges.
- Operating conditions: 50°F to 104°F (10°C to 40°C), below 85% RH.
- System storage: 39.2°F to 104°F (4°C to 40°C), below 85% RH.
- Be sure to keep this manual for future reference.
- **NOTE:** Before using any product to test your blood sugar (blood glucose), read all instructions and practice the test. Do all quality control checks as directed and consult with a diabetes healthcare professional.

### Important Information

- Severe dehydration and excessive water loss may cause false low results. If you believe you are suffering from severe dehydration, consult a healthcare professional immediately.
- Test results below 60mg/dL (3.3 mmol/L) indicate hypoglycemia, or low glucose. Test results higher than 240 mg/dL (13.3 mmol/L) indicate hyperglycemia, or high glucose. Consult your physician when one of these results is shown repetitively.
- If you are experiencing symptoms that are not consistent with your blood glucose test results and you have followed all instructions described in this owner's manual, call your healthcare professional.
- Inaccurate results may occur in severely hypotensive individuals or patients in shock. Inaccurate low results may occur for individuals experiencing a hyperglycemic-hyperosmolar state, with or without ketosis. Critically ill patients should not be tested with blood glucose meters.
- Please refer to your test strip package insert for additional important information.
- Always follow the operation procedures described in the manual in order to obtain correct results.

***For any questions or comments, please call an IDEA LIFE customer representative at 1-888-IDEAL-41 (888-433-2541)***

## About Alternative Site Testing (AST)

# About Alternative Site Testing (AST)

**IMPORTANT: There are limitations for doing alternative site testing (AST). Please consult your healthcare professional before you do AST.**

## What is AST?

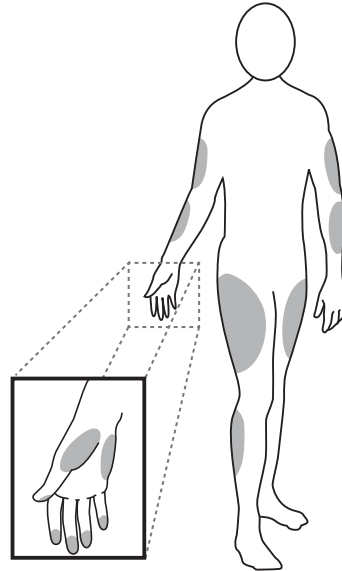
Alternative site testing (AST) means that people use parts of the body other than fingertips to check their blood glucose levels. This system provides you to test on your forearm, upper arm, calf, or thigh with the equivalent results to fingertip testing.

## What is the advantage?

Fingertips feel pain more readily because they are full of nerve endings (receptors). At other body sites, since nerve endings weren't so condensed, you won't feel as much pain as at the fingertip.

## When to use AST?

Food, medication, illness, stress and exercise can affect blood glucose levels. Capillary blood at fingertip reflects these changes faster than capillary blood at other sites. Therefore when testing blood glucose during or immediately after meal, physical exercise, or any other event, take blood sample from your finger only.



We strongly recommend you do AST in the following intervals:

- In a pre-meal or fasting state (more than 2 hours since the last meal).
- 2 hours or more after taking insulin.
- 2 hours or more after exercise.

Do NOT use AST if:

- You think your blood glucose is low.
- You are unaware of hypoglycemia.
- Your AST results do not match the way you feel.
- You are testing for hyperglycemia.
- Your routine glucose results are often fluctuating.
- You are pregnant.

## About Alternative Site Testing (AST) / Contents

### How to increase the accuracy?

Stimulating blood perfusion by rubbing the puncture site prior to blood extraction has a significant influence on the glucose value obtained. Blood from the site without rubbing exhibits a measurably different glucose concentration than blood from the finger. When the puncture site was rubbed prior to blood extraction, the difference was significantly reduced.

Please follow the suggestions below before getting a drop of blood:

- Rub the puncture site about 20 seconds before penetration.
- Use a clear cap (included in the kit) instead while setting the lancing device.

## Package Contents

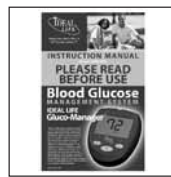
Your IDEAL LIFE Gluco-Manager™ GMM 0001 Blood Glucose Monitoring System consists of three main products: a blood glucose meter, test strips, and control solution. These products have been designed, tested and proven to work together as a system to produce accurate blood glucose test results. Use only the same brand-name test strips and control solution with the IDEAL LIFE Gluco-Manager™.

### **YOUR SYSTEM INCLUDES:**

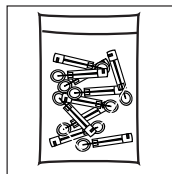
#### **GMM 0001 IDEAL LIFE GLUCO-MANAGER™**



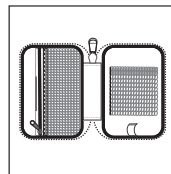
**25 TEST STRIPS**



**INSTRUCTION  
MANUAL**

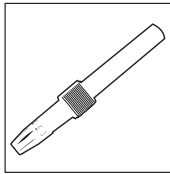


**25 STERILE  
LANCETS**

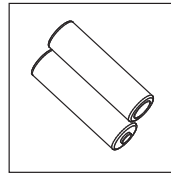


**CARRYING BAG**

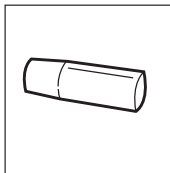
## Contents



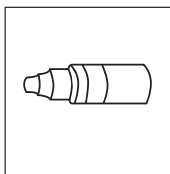
**LANCING  
DEVICE**



**2 "AAA"  
BATTERIES FOR  
YOUR IDEAL  
LIFE GLUCO-  
MANAGER™**



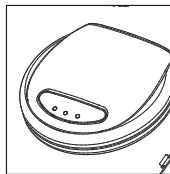
**1 CLEAR CAP**



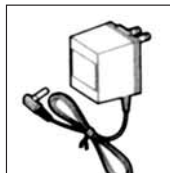
**1 NORMAL LEVEL  
OF CONTROL  
SOLUTION**

There are 3 levels for control solutions: low, normal and high. Please note that the other two levels are optional and are not included in the standard kit.

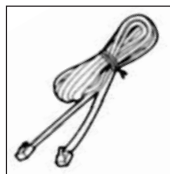
Please call 1-888-IDEAL-41 (888-433-2541) for availability.



**ILP 0001 IDEAL LIFE POD™**  
**(\*An optional accessory, sold separately)**



**AC ADAPTER**



**TELEPHONE LINE CORD**

**NOTE!**

**Check your system to be sure that it is unopened prior to use and that it contains all parts listed above. If either of these conditions occurred, please return your system to the place of purchase.**

## Requirements

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# Requirements

### ***MODULAR JACK REQUIREMENTS***

When using your IDEAL LIFE Gluco-Manager™ with an IDEAL LIFE Pod™, you will need an RJ11 or RJ45 type modular jack, which is the most common type of phone jack or Ethernet jack and might look like the one pictured here. If you don't have a modular jack, call your local phone company or Internet service provider to find out how to get one installed."



### ***ADDITIONAL BATTERIES***

You may wish to use rechargeable batteries in your IDEAL LIFE Manager™. The IDEAL LIFE Pod™ is equipped to recharge batteries.

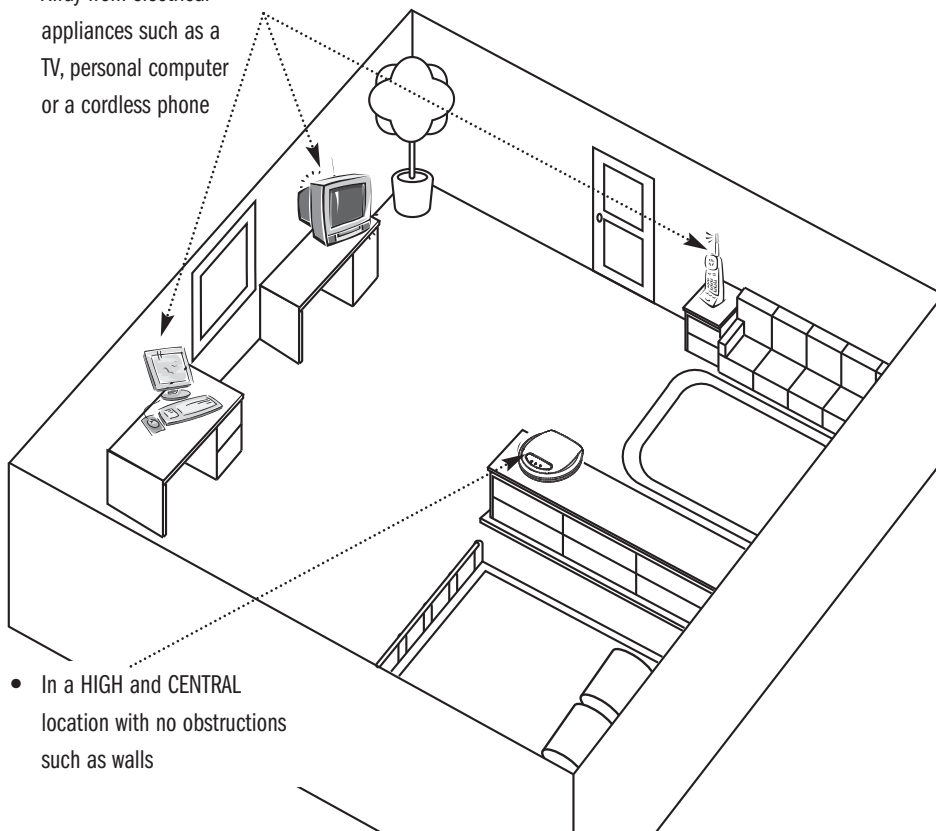


## IDEAL LIFE Pod™ Location/Interference

# IDEAL LIFE Pod™ Location/Interference

When using an IDEAL LIFE Pod™ to communicate information from your IDEAL LIFE Gluco-Manager™, wireless radio waves are used. For maximum distance and interference-free operation, the recommended IDEAL LIFE Pod™ location is:

- Away from electrical appliances such as a TV, personal computer or a cordless phone



- In a HIGH and CENTRAL location with no obstructions such as walls

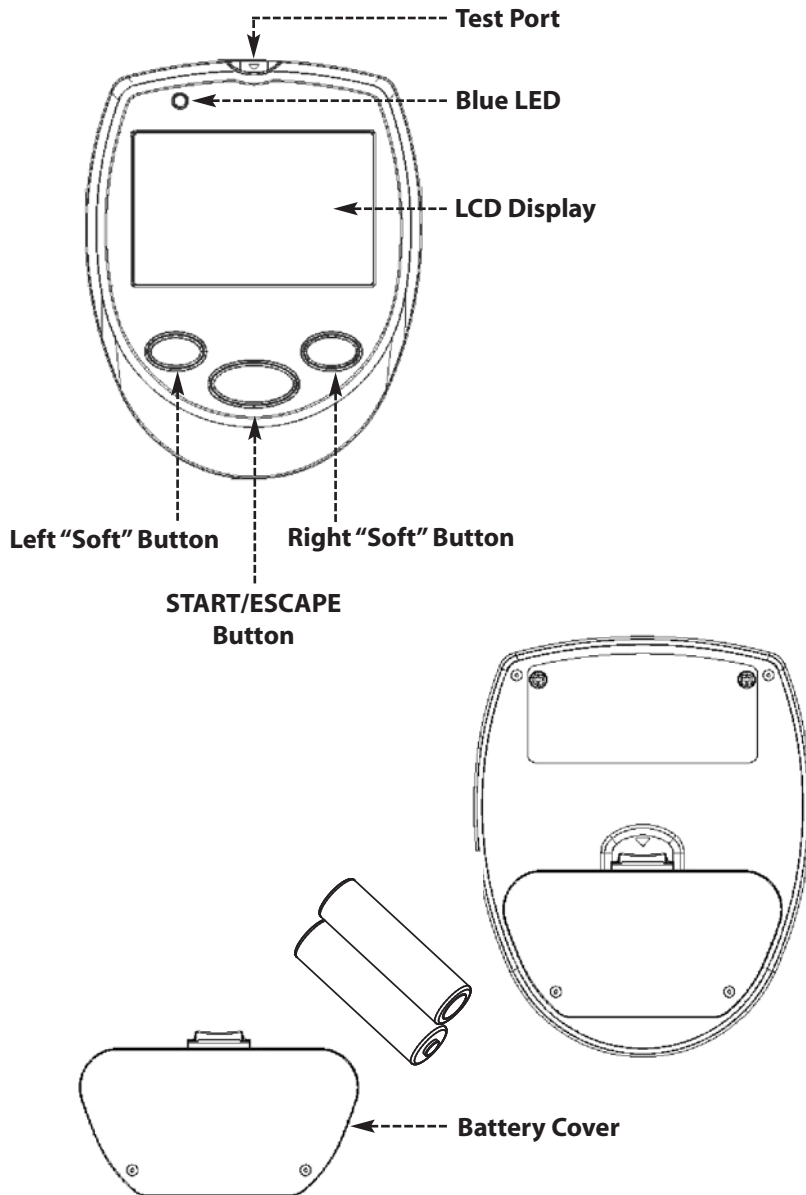
**NOTE:**

While using an IDEAL LIFE Pod™, the telephone line will be in use. If the telephone line is in use before using your IDEAL LIFE Pod™ and you wish to use your IDEAL LIFE Pod™ while the telephone line is being used, the unit will not be able to make a connection and will store the information in your IDEAL LIFE Gluco-Manager™ for later transmission.

## Before You Start

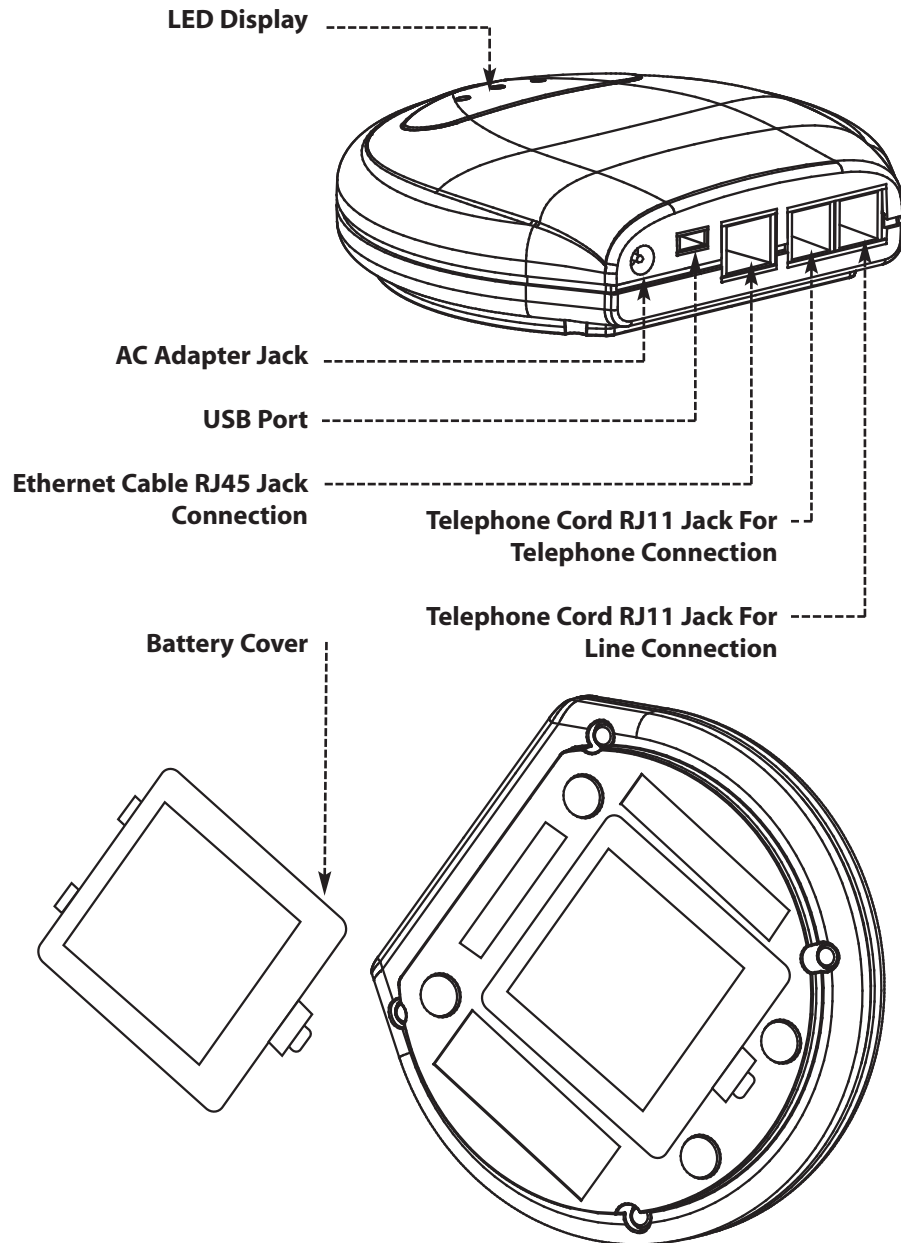
# Before You Start

## Your IDEAL LIFE Gluco-Manager™



## Before You Start

### Your IDEAL LIFE Pod™ (\*An optional accessory, sold separately)



## Before You Start

### Test Strip Description

- Your system measures the amount of sugar (glucose) in whole blood. Blood is applied to the absorbent hole of the test strip and is automatically drawn into the reaction cell where the reaction takes place.

- The test strip consists of the following parts:

**Contact Bars** .....

Insert this end of the test strip into the meter.  
Push it in firmly until it will go no further

**Test Strip Handle** .....

Hold this part to insert the test strip into the slot.

**Confirmation Window** .....

This is where you confirm if enough blood has been applied to the Absorbent Hole of the strip.

**Absorbent Hole** .....

Apply a drop of blood here; the blood will be sucked automatically.



- Refer to the section below: "Taking Your Blood Glucose Reading," for complete instructions.

### Important Test Strip Information

- Store test strip packages in a cool, dry place from 39.2°F to 104°F (4°C to 40°C). Keep away from direct sunlight and heat. Do not freeze.
- Store your test strips in their original vial only; do not transfer them to a new bottle or any other container.
- After removing a test strip from the vial, immediately replace the vial cap and close it tightly.
- With clean, dry hands, you may touch the test strip anywhere on its surface when removing it from the vial or inserting it into the meter.
- Use each test strip immediately after removing it from the vial.
- Write the discard date on the vial label when you first open it. Discard remaining test strips and the vial 90 days after first opening date.
- Apply only blood sample or control solution to the absorbent hole. Applying other substances to the absorbent hole will cause inaccurate results.
- Do not use test strips beyond the expiration date printed on the package since they may cause inaccurate results.
- Do not bend, cut or alter a test strip in any way.

## Installation

# Installation

**! FOR YOUR IDEAL LIFE Pod™ !**

## Connecting your IDEAL LIFE Pod™ USING AN RJ11 JACK

### CAUTION!

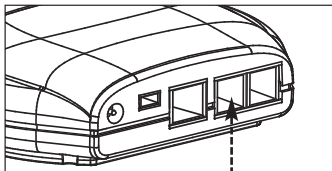
- Unplug phone cord from wall before installing, plugging in an external power source, or changing batteries.
- Never install telephone wiring during a lightning storm.
- Never touch uninsulated telephone wire or terminals, unless the telephone line has been disconnected at the network interface.
- Use caution when installing or modifying telephone lines.

Plug one end of the telephone line cord (provided) into the jack on the back of your IDEAL LIFE Pod™ marked LINE.

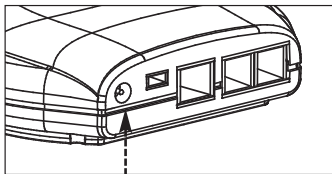
**Note: The IDEAL LIFE Pod™ is designed not to draw power from the batteries when the AC adapter is in use.**



Plug the other end of the telephone line cord (provided) into a modular wall jack.



If you wish to use the same modular wall jack for your IDEAL LIFE Pod™ and your telephone, connect the telephone line cord from your telephone into the jack on the back of your IDEAL LIFE Pod™ marked PHONE.



Connect the small end of the power supply into the power AC jack on the back of the IDEAL LIFE Pod™ marked POWER. Plug the other end into an AC power outlet.

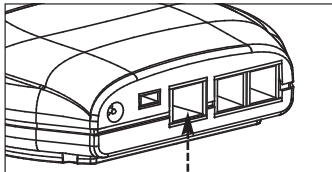
Your IDEAL LIFE Pod™ will automatically power up once it is plugged in to an AC power outlet.

## Installation

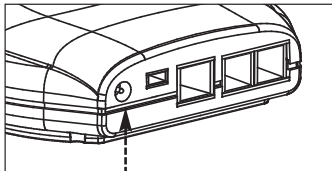


### **USING AN RJ45 JACK**

Plug one end of the Ethernet cord (not provided) into a modular RJ45 wall jack.



Plug the other end of the Ethernet cord (not provided) into the RJ45 jack on the back of your IDEAL LIFE Pod™.



Connect the small end of the power supply into the power AC jack on the back of the IDEAL LIFE Pod™ marked POWER. Plug the other end into an AC power outlet.

Your IDEAL LIFE Pod™ will automatically power up once it is plugged in to an AC power outlet.

### **RECHARGING BATTERIES WITH YOUR IDEAL LIFE POD™:**

- Remove the battery compartment door on the bottom of your IDEAL LIFE Pod™ by pushing gently in the direction shown on the battery cover.
- Place the rechargeable batteries as marked.
- Replace the battery compartment door and push the compartment door shut in the opposite direction shown on the battery cover.
- When using rechargeable batteries with your IDEAL LIFE Gluco-Manager™, simply place them in your IDEAL LIFE Pod™ for 10 hours to recharge when battery status is low as indicated on your IDEAL LIFE Gluco-Manager™

## **Powering Up Your IDEAL LIFE Gluco-Manager™** **INSTALLING THE BATTERIES (INCLUDED)**

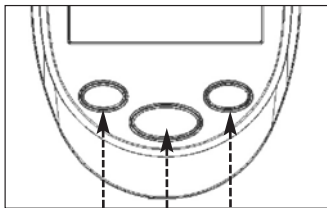
- Remove the battery compartment door on your IDEAL LIFE Gluco-Manager™ by lifting the battery door using the notch.
- Place the batteries as instructed on the device.
- Replace the battery compartment door and click into place.
- NOTE: Replacing the battery does not affect previous test results stored in memory of the meter. However, the time and date settings may need to be updated if batteries are not in the device for an extended period of time. Use only new batteries of the required size and the recommended.

## Installation

type. For best performance and the longest life, alkaline batteries are recommended. Do not mix different type, date or brand name batteries together. Be sure to follow the instructions when installing the batteries. Since batteries can leak Chemicals that damages electronic parts, leaving the battery in the housing for a long period without using the device may damage the main unit. Please remove the batteries if you are not going to use the device for an extended period of time (i.e., 3 months or more). The batteries should be kept away from small children as they pose a choking hazard. If swallowed, promptly see a doctor for help.

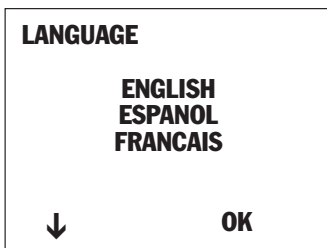
### **FIRST TIME POWER UP AND ACTIVATION WHEN USING AN IDEAL LIFE POD™ (\*an optional accessory, sold separately)**

To use the IDEAL LIFE Gluco-Manager™ with your IDEAL LIFE Pod™ you must call an IDEAL LIFE customer representative to activate. Make sure to call IDEAL LIFE before you begin. Then make sure that the IDEAL LIFE Pod™ is connected to a telephone line cord and RJ11 jack (or an Ethernet cord and RJ45 jack), "Powered ON"!



Hold down any button on your IDEAL LIFE Gluco-Manager™ for 3 seconds to Power up.

**READ THROUGH THE IDEAL LIFE INC. TERMS AND CONDITIONS FIRST, THEN PROCEED AND FOLLOW THE PROMPTS ON THE SCREEN AS SHOWN HERE:**



First select the appropriate language using the buttons labeled ↓ and OK.

Then Answer the question on the following screen regarding terms and conditions using the YES and NO labeled buttons.

To gain full advantage of all the features your IDEAL LIFE Gluco-Manager™ has to offer, using an IDEAL LIFE Pod™ is recommended. To ensure that your IDEAL LIFE Gluco-Manager™ and IDEAL LIFE Pod™ are setup properly you will need to call IDEAL LIFE directly to activate your system. You should ensure that the steps are followed correctly, you should first setup your IDEAL LIFE Pod™, power it up, and then begin the steps of powering up your IDEAL LIFE Gluco-Manager™. During your activation call with IDEAL LIFE, an IDEAL LIFE customer representative will verify your IDEAL LIFE Gluco-Manager™ and IDEAL LIFE Pod™ ID numbers. and you will be ready to take full advantage of all your IDEAL LIFE Gluco-Manager™ has to offer. For a detailed description of all the features and functions continue to the FUNCTIONS section of this manual.

## Installation

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### **ABOUT CONTROL SOLUTION**

Control solutions contain a known amount of glucose that reacts with test strips. By comparing your control solution test results with the expected range printed on the test strip vial label, it is able to check that the meter and the test strips are working together as a system and that you are performing the test correctly. It is very important that you do this simple check routinely to make sure you get accurate results.

### **How often should the control solution test be performed?**

- When you use this system to test your blood for the first time, practice the procedure using control solution. When you can do three tests in a row that are within the expected range, you are ready to test your blood.
- Routinely check the meter and test strips, so perform a single test for each level of control solution at least once a week

### **When should the control solution test be performed?**

- When you first get your IDEAL LIFE Gluco-Manager™.
- When you begin using a new vial of test strips.
- Whenever you suspect that the meter or test strips are not working properly.
- When your blood glucose test results are not consistent with how you feel, or when you think your results are inaccurate.
- When your test strips are exposed to extreme environmental conditions (See "Important Test Strip Information" below).
- When you want to practice running the test.
- If you drop the meter.



## Installation

### ***IMPORTANT CONTROL SOLUTION TEST INFORMATION***


- Use the same branded control solutions as the test strips.
- Check the expiry date on the control solution vial. Do not use if expired.
- Control solution, meter, and test strips should come to room temperature (20°C to 25°C / 68°F to 77°F) before testing.
- Shake the vial before use. Discard the first drop of control solution. After squeezing, wipe off the dispenser tip to avoid contamination. The above tips ensure you get a good sample and an accurate result.
- Use a period of 90 days from the date that you first open it. Record the discard date (date opened plus 90 days) on the control solution vial. Discard after 90 days.
- Store the control solution tightly closed at temperature from 36°F to 86°F (2 to 30°C) and do not freeze.

***NOTE! The control solution range printed on the test strip vial is for appropriately branded control solution only. It is used to test meter and test strip performance. It is not the recommended range for your blood glucose level.***

### ***HOW TO DO A CONTROL SOLUTION TEST?***

#### **Step 1. Power up Device**

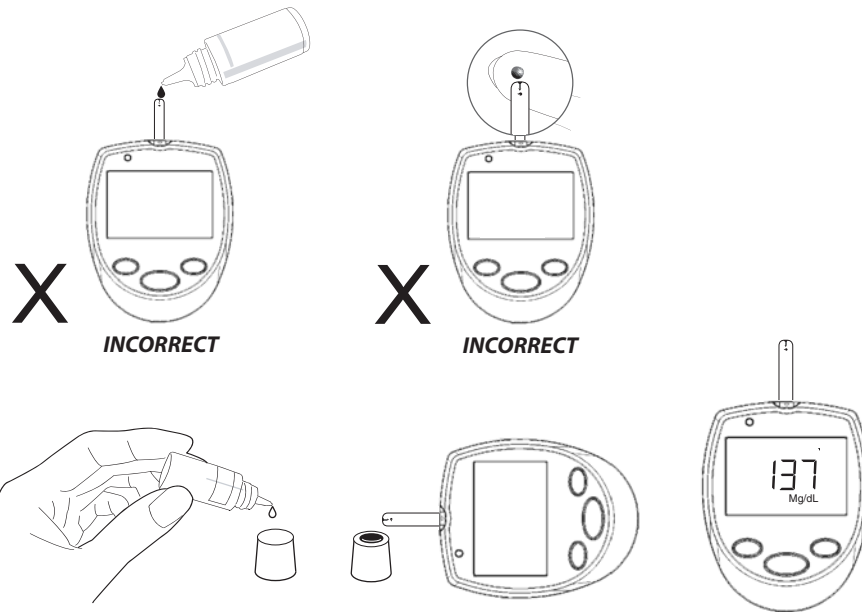
From the off position, press the power button to turn on the display. From the default screen, press the power button once more. The display will instruct you to insert a strip at this time. Insert a test strip with contact bars end first and facing up into the test slot. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.)

After the  symbol appears on the display, you may now move to the STEP 2 and add the control solution to the test strip. If you decide not to perform a control solution test, press Soft Button labeled EXIT to return to the default screen.

## Installation

### Step 2. Apply Control Solution

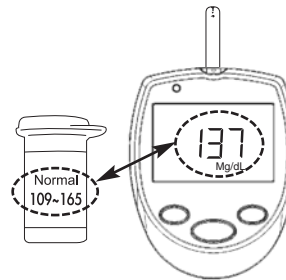
Shake the control solution vial well. Remove the cap from the control solution bottle. Place cap on flat surface. Squeeze the vial, discard the first drop, and wipe off the dispenser tip to prevent contamination. Squeeze the vial again to get another drop and apply the drop to the top of cap.



**CAUTION!** To avoid contaminating the control solution with the content of the test strip, you have to place a drop of control solution on a clean surface or on your finger tip first. Do not directly apply control solution into a strip.

### Step 3. Display test result

Compare the result with the range printed on the test strip vial. The result should fall within this range.



### Out of Range Results

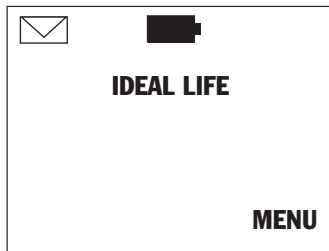
If test results fall outside the range printed on the test strip vial, check the "Problem Solving Guide," below and repeat the test. If you continue to get out of range results, it means that the system may not be working properly. Do NOT test your blood. Contact an IDEAL LIFE customer representative at 1-888-IDEAL-41 (888-433-2541) to resolve the issue.

## Functions

# Functions





(when using the IDEAL LIFE POD™,  
an optional accessory sold separately)

## Main Screen



The Main Screen is your default screen. This is where you will be directed to after completing functions and where you will find status indicators for the functioning of your IDEAL LIFE Gluco-Manager™.

In the upper middle portion of the display you will find a battery icon, displaying power status of your IDEAL LIFE Gluco-Manager™

-  Indicates full power
-  Indicates power is getting low, you should change your batteries
-  Indicates that your blood pressure measuring function has been turned off. Replace your batteries immediately.
-  If you have unread messages, you will see an envelope icon on the upper left corner of the display.

## Functions

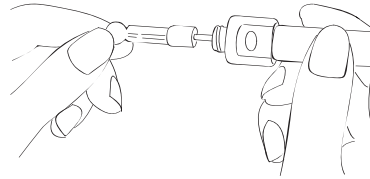
### Taking Your Blood Glucose Reading

Be sure to read this section and any inserts found in the test strip box carefully before taking a reading. Wash and dry your hands before starting.

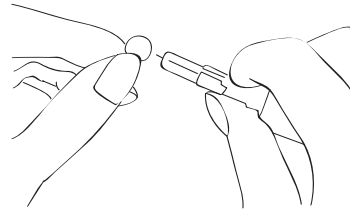
#### GETTING A DROP OF BLOOD

##### Step 1. Insert a Lancet in the Adjustable Lancing Device

Twist the lancing device cap to remove it. Insert a lancet into the lancet holder and push down firmly until it is fully seated. Do not twist the lancet.



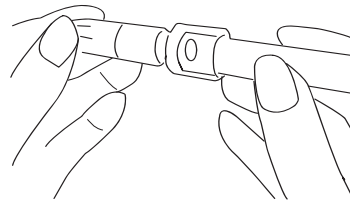
Twist the protective disk until it separates from the lancet.



#### **WARNING! To reduce the chance of infection:**

- Never share a lancet or the lancing device with anyone.
- Always use a new, sterile lancet. Lancets are for single use only.
- Avoid getting hand lotion, oils, or debris in or on the lancets and the lancing device.

Replace and screw the lancing device cap until it is snug but not too tight.



The adjustable tip offers 5 levels of skin penetration. To select the desired depth, twist the adjustable tip in either direction until the number lines up with the Arrow. To select the best depth: 1-2 for soft or thin skin, 3 for average skin, 4-5 for thick or calloused skin.

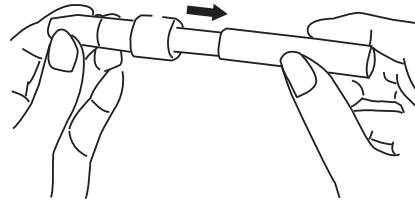
## Functions

### **WHEN TO OBTAINING BLOOD FROM SITES OTHER THAN THE FINGERTIP**

A clear cap, together with the kit, makes it easier to get a drop of blood from AST. When you want to obtain blood from sites except the finger, replace the clear cap instead of the lancing device cap. Screw the clear cap onto the lancing device until it is snug, but not too tight, and then continue to step 2.

#### **Step 2. Cock the Lancing Device**

Slide the ejection/cocking control back until it clicks. If it does not click, the lancing device may have been cocked when the lancet was inserted.



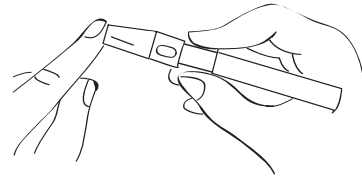
#### **Step 3. Wash your hands and the Puncture Site**

Select the puncture site either in finger or in other parts (AST). Clean the puncture site with 70% using cotton moistened with 70% alcohol and let it air-dry.

#### **Step 4. Select and Lance a Puncture Site**

- **Fingertip**

Hold the lancing device firmly against the side of your finger. Press the release button. You will hear a click, indicating that the puncture is completed.



- **Sites other than a fingertip**

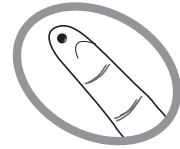
Please refer to the section of “About Alternative Site Testing” above. Please consult your health professional before obtaining blood from sites other than a fingertip.

**WARNING! The system requires a very small blood drop to perform a test. You can obtain it from a fingertip. Choose a different spot each time you test. Repeated punctures in the same spot may cause soreness and calluses. Before you decide to do palm testing, please consult your health professional first.**

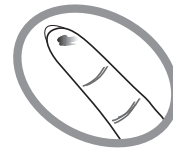
## Functions

### Step 5. Gently Massage the Area, Do NOT Smear the Blood Sample

To obtain correct results, it is recommended that the first drop of blood should be discarded with a clean tissue paper or cotton. Use the second drop of blood for testing. The required blood sample is 0.7 microlitre in volume.



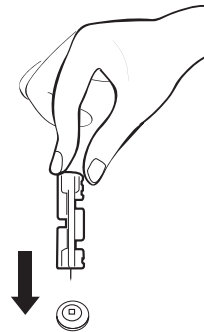
○ Correct



✗ Incorrect

### Step 6 Remove the Lancet

Take the lancet out carefully. Place the disk on a hard surface and push the exposed tip into the protective disk. Always use caution when removing the lancet. Discard lancets according to local regulations.

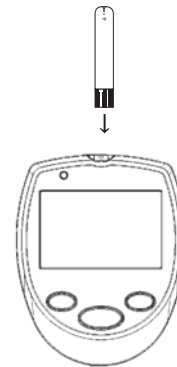


**WARNING!** *The first drop of blood usually contains tissue fluid and serum, which may affect the test result. It should be discarded.*

## TAKING A READING


### Step 1. Insert the Test Strip

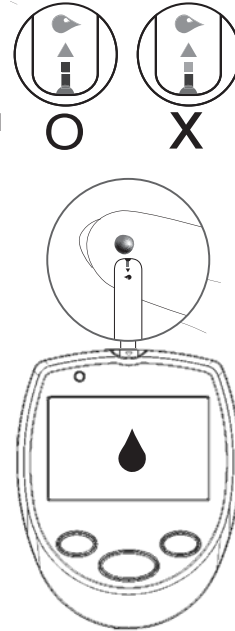
Insert a test strip with contact bars end first and facing up into the test slot. (Contact bars must be inserted all the way into the meter or you may get an inaccurate test result.) The meter turns on automatically and shows the following messages:



## Functions

### Step 2. Apply Sample

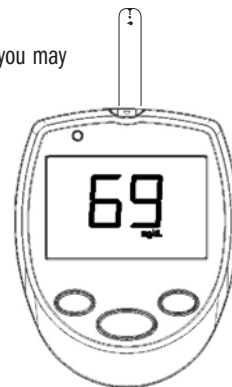
Obtain a drop of blood using the adjustable lancing device. The blood sample must be at least 0.7 microliter in volume or you may get an inaccurate test result. When “” appears on the display, apply the blood to the absorbent hole of the test strip where it meets the narrow channel. Do not push your finger against the test strip or try to apply a smeared sample. The blood should be completely fill the confirmation window before the meter begins to count down. If not, do not try to add more blood to the test strip. Discard the test strip and retest with a new one. If you have trouble filling the test strip, please contact the dealer for assistance.



### Step 3. Display a Glucose Result

Your blood glucose test result will appear. After the reading is displayed you may remove the test strip. Discard the used test strip carefully to avoid contamination.

When the measurement is complete, your IDEAL LIFE Gluco-Manager™ will then display your reading automatically, and begin to communicate when you are using your IDEAL LIFE Pod™. Your IDEAL LIFE Gluco-Manager™ will notify you on the bottom of the display as to the status of your connection. Connection times may vary depending on many factors. Your reading will always be stored in your meter memory for local lookup. After displaying your reading and automatically communicating the information, your meter will automatically return to the default screen before going to sleep mode. Each time your IDEAL LIFE Gluco-Manager™ communicates successfully to IDEA LIFE through your IDEAL LIFE Pod™ the time and date are set to ensure reliable date and time stamping of all readings.



**NOTE! If you do not apply a blood sample within 2 minutes, the meter will automatically turn off. You must remove the test strip and insert it back again to restart the test procedure.**

## Functions

### LOOKING AT PREVIOUSLY TAKEN READINGS

Your IDEAL LIFE Gluco-Manager™ will store up to 575 of your latest readings.

<b>MENU</b>	
<b>READINGS</b>	
<b>MESSAGES</b>	
<b>GRAPHICS</b>	
<b>USERS</b>	
<b>SCROLL</b>	<b>SELECT</b>

Press Menu to view the feature list.

SCROLL to highlight READINGS (it should already be highlighted as it is the first line item in the list).

Press SELECT to enter your selection.

DATE	TIME	mg/dL
0210	06:25AM	108
0209	07:25AM	106
0208	06:25PM	101
0208	07:25AM	105
0207	06:25AM	104
		<b>NEXT</b>

You can now scroll through your readings, screen by screen using the NEXT (and BACK) buttons.

DATE	TIME	mg/dL
0206	06:25AM	108
0205	07:25AM	106
0204	06:25PM	101
0203	07:25AM	105
0202	06:25AM	104
<b>BACK</b>		<b>NEXT</b>

If you have less than one page full of readings or have reached your final screen you can press the button labeled EXIT to return to the READINGS section (Remember you can always press the START/ESCAPE button to return to the default screen).

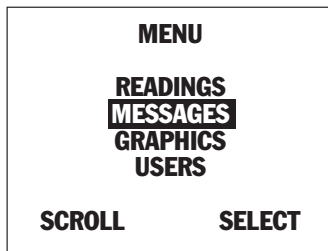
**NOTE!** Your meter can display test results in millimoles per litre (mmol/L) or milligrams per deciliter (mg/dL). The mmol/L unit is standard in Canada. The mg/dL unit is standard in the United States. Use of the wrong unit of measure may cause you to misinterpret your blood glucose level, and may lead to incorrect treatment.



## Functions

### Looking at Messages

Your IDEAL LIFE Gluco-Manager™ is equipped for 2-way, interactive communication when using an IDEAL LIFE Pod™. Messages can be sent remotely to your IDEAL LIFE Gluco-Manager™ and responded to directly. When messages are transmitted to your IDEAL LIFE Gluco-Manager™, they are stored for automatic display before your next blood glucose measurement. If you have unread messages in memory, there will be an ENVELOPE icon located on the upper left corner of the default screen. You can also read any unread messages in the MESSAGES section for later response.



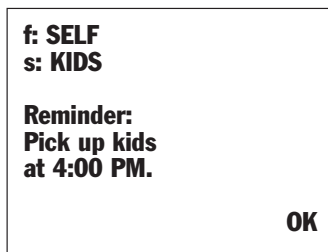
- Press Menu to view the feature list.
- SCROLL to highlight MESSAGES.
- Press SELECT to enter your selection.

Messages will be displayed in order of time received (oldest first). Responding to messages automatically stores them for later transmission and automatically scrolls to the next message if there is more than one unread message in

your IDEAL LIFE Gluco-Manager™.

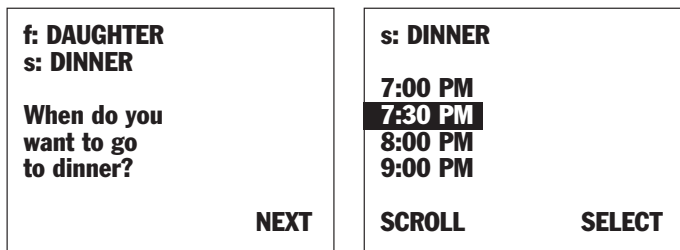
There are 2 types of messages. The type of question will dictate the button labels. Simply press the desired button shown on the screen.

For Example:



Free text messages allow for 2 possible responses, and are displayed on one screen and may look like this:

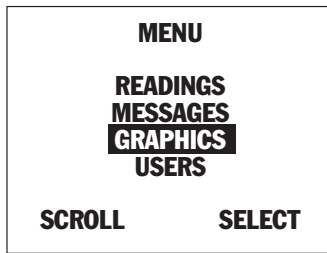
Multiple Choice messages allowing for up to 6 possible responses are displayed on 2 screens, and may look like this:



## Functions

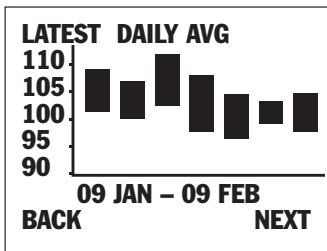
### Looking at Graphics

When using an IDEAL LIFE Pod™, your IDEAL LIFE Gluco-Manager™ will store different types of graphics downloaded from the IDEAL LIFE website. (All the graphics can be altered through the IDEAL LIFE website, refer to [www.ideallifeonline.com](http://www.ideallifeonline.com) for details).



Press Menu to view the feature list.

- SCROLL to highlight GRAPHICS.
- Press SELECT to enter your selection.



- You can now scroll through your graphics screen by screen using the button labeled NEXT. While scrolling through screens, you can always go to the previous screen by pressing the button labeled BACK.



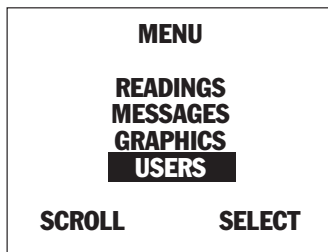
If you have only one graphic in memory, or have reached your final screen you can press the button labeled EXIT to return to the MENU section (Remember you can always press the START/ESCAPE button to return to the default screen).

## Functions

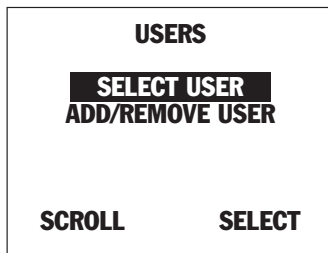
### Users

The USERS section allows you to set-up your IDEAL LIFE Gluco-Manager™ with an option to allow 2 users to use the same device.

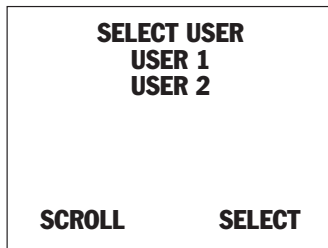
#### SELECT USER



- Press Menu to view the feature list.
- SCROLL to highlight USERS
- Press SELECT to enter your selection.



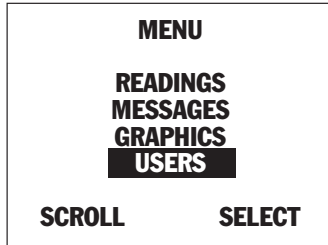
Using the Scroll and SELECT buttons, select the SELECT USER option. When more than one user is setup in the device, the SELECT USER function allows an individual to switch the current user selected in the device. When selecting SELECT USER, if only one user is selected in the device it will display the current user in the device. If there are multiple users in setup in the device, using the SCROLL and SELECT buttons a user can switch between USER 1 and USER 2



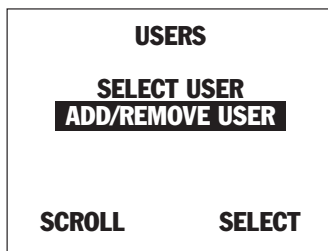
Selecting USER 1 will set the device to USER 1. Selecting USER 2 will set the device to USER 2.

## Functions

### ADD/REMOVE USER

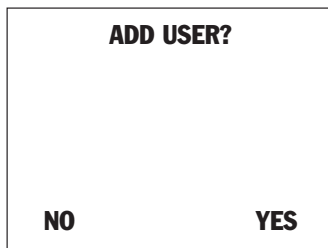


- Press Menu to view the feature list.
- SCROLL to highlight USERS
- Press SELECT to enter your selection.



- Press SCROLL to highlight ADD/REMOVE USER.
- Press SELECT to enter your selection.

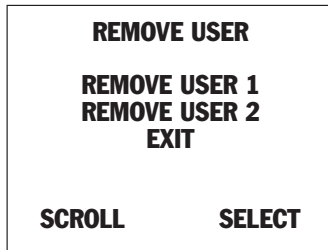
When there is only one user setup in the device, the ADD USER function will be initiated.



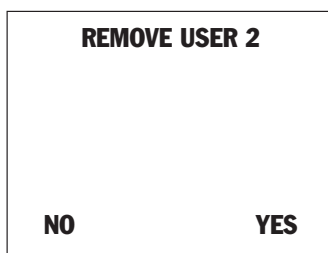
Press the YES button to add an additional user in the device. The next screen will walk the new user through the user setup process. Press the NO button to exit the ADD USER function and return the user to the main USERS options screen.

When there are two users setup in the device, the REMOVE USER function will be initiated.

## Functions



Using the SCROLL and SELECT buttons, a user can be removed from the device. Selecting EXIT will take the user to the USER options screen. When selecting a particular USER, as for example REMOVE USER 2 (as shown in the example below), that particular use will be displayed requiring a confirmation to remove from the device.



Pressing NO will return the user to the USER options screen. SELECTING YES will display an hour glass while the device removes the selected USER from the device. When complete, the device will return to the default screen.

## Comparing Meter And Laboratory Results

# Comparing Meter And Laboratory Results

The meter provides you with whole blood equivalent results. The result you obtain from your meter may differ somewhat from your laboratory result due to normal variation. Meter results can be affected by factors and conditions that do not affect laboratory results in the same way (see test strip package insert for typical accuracy and precision data and for important information on limitations). To make an accurate comparison between meter and laboratory results, follow the guidelines below.

### Before you go to the lab:

- Perform a control solution test to make sure that the meter is working properly.
- It is best to fast for at least eight hours before doing comparison tests.
- Take your meter with you to the lab.

### While at the lab:

- Make sure that the samples for both tests (the meter test and the lab test) are taken and tested within 15 minutes of each other.
- Wash your hands before obtaining a blood sample.
- Never use your meter with blood that has been collected in a gray-top test tube.
- Use fresh capillary blood only.

You may still have variation from the result because blood glucose levels can change significantly over short periods, especially if you have recently eaten, exercised, taken medication, or experienced stress<sup>1</sup>. In addition, if you have eaten recently, the blood glucose level from a finger stick can be up to 70mg/dL (3.9 mmol/L) higher than blood drawn from a vein (venous sample) used for a lab test<sup>2</sup>.

Therefore, it is best to fast for eight hours before doing comparison tests. Factors such as the amount of red blood cells in the blood (a high or low hematocrit) or the loss of body fluid (severe dehydration) may also cause a meter result to be different from a laboratory result.

### References

1. Surwit, R.S., and Feinglos, M.N.: Diabetes Forecast (1988), April, 49-51
2. Sacks, D.B.: "Carbohydrates." Burtis, S.A., and Ashwood, E.R. (ed.), Tietz Textbook of Clinical Chemistry. Philadelphia: W.B. Saunders Company (1994), 959.

## Care And Maintenance

# Care And Maintenance

Your meter does not require special maintenance. As no blood or control solution comes in contact with the meter, there is no special cleaning required. Take care to avoid getting dirt, dust, blood, control solution or water inside the meter through the test port. Store the meter in its carrying case after each use. A cloth dampened with water and mild detergent can be used to wipe down the outside of the meter. Your meter is a precision instrument. Please handle it with care.

## Specifications

# Specifications

## IDEAL LIFE Gluco-Manager™

Model:	GMM 0001 IDEAL LIFE Gluco-Manager™
Display:	LCD Digital Display
Power Source:	Two 1.5V AAA alkaline batteries
Battery Life:	Over 200 determinants
Operating Temperature/Humidity:	50°F to 104°F (10°C to 40°C), below 85% R.H. (non-condensing)
Meter Storage Temperature/Humidity:	-4°F to 140°F (-20°C to 60°C), below 95% R.H.
Weight:	103.5 g
Dimension:	97 mm (l) x 77.7 mm (w) x 24.8 (h)
Auto Electrode Inserting Detection	YES
Auto Sample Loading Detection	YES
Sleeping Mode Power Consumption	Less than 500uA
Auto Shut Off	After 2 minutes without action
Measurement Units	mg/dL or mmol/L

Note: these specifications, to improve performance, are subject to change without notice.

## IDEAL LIFE Pod™

Model:	ILP 0001 IDEAL LIFE Pod™
Display:	3 LED's
Power Source:	AC adapter
Operating Temperature/Humidity:	50°F to 104°F (10°C to 40°C)/Below 85% relative humidity
Storage Temperature/Humidity	23°F to 122°F (-5°C to 50°C)/Below 90% relative humidity
Console Weight:	Approx. 142 g without batteries
Outer Dimensions:	Approx. 120 mm Width x 105 mm Depth x 30 mm Height

Note: These specifications are subject to change without notice.



## Problem Solving Guide

# Problem Solving Guide

The following is a summary of potential problems in operation to help troubleshoot various issues. Improper use may cause an inaccurate result without producing an error message or a symbol. In the event of a problem, refer to the information under action.

If you follow the recommended instructions but a problem still exists, please contact an IDEAL LIFE™ customer representative at 1-888-IDEAL-41 (888-433-2541) to resolve the issue.

## Trouble Shooting

**Situation:** The meter does not display a message after inserting a test strip.

PROBABLE CAUSE	WHAT TO DO
Battery exhausted.	Replace the battery.
Battery incorrectly installed or absent.	Check that the battery is correctly installed.
Test strip inserted upside-down or incompletely.	Insert the test strip correctly with the contact bars end first and facing up.
Defective meter.	Please call an IDEAL LIFE customer representative.

**Situation:** The test does not start after applying the sample.

PROBABLE CAUSE	WHAT TO DO
Insufficient blood sample.	Repeat the test using a new test strip with larger volume of blood sample.
Defective test strip.	Repeat the test with a new test strip.
Sample applied after automatic shutoff (3 minutes after last user action).	Repeat the test with a new test strip. Apply sample only when “◆” appears on the display.
Defective meter.	Please call an IDEAL LIFE customer representative.

## Problem Solving Guide

**Situation:** If the control solution test result is out of range.

PROBABLE CAUSE	WHAT TO DO
Error in performing the test.	Read the instruction thoroughly and repeat the test again.
Do not shake the control solution vial very well.	Shake the control solution vigorously and repeat the test again.
Expired or contaminated control solution.	Check the expiry date or the discarded date of the control solution.
Control solution that is too warm or too cold.	Control solution, monitor, and test strips should come to room temperature (68 to 77°F / 20 to 25 °C) before testing.
Test strip deterioration.	Repeat the test with a new test strip.
Meter malfunction.	Please call an IDEAL LIFE customer representative.

## Error Message

MESSAGE	WHAT IT MEANS	ACTION
<b>LOW BATTERY</b>	Appears when the batteries can not provide enough power for a test.	Replace the batteries immediately.
<b>USED TEST STRIP</b>	Appears when inserting a used test strip.	Test with a new test strip.
<b>TEST STRIP REMOVED PRIOR TO READING</b>	Remove the strip after applying blood to the absorbent hole.	Re-test with a new test strip.
<b>TECHNICAL ERROR</b>	Problem with the meter.	Review the instructions and re-test with a new test strip. If the above steps do not work, please contact the Customer Care Service for help.
<b>READING ERROR</b>		

## Summary of Operation

# Summary of Operation

This summary is intended only for quick reference and not as a substitute for the instruction manual. Please read the entire manual before you begin testing.

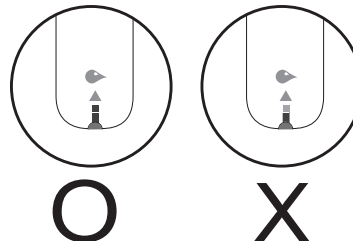
### Step 1. Insert test strip

The meter is automatically turned on and displays the room temperature and the code number



### Step 2. Apply sample

Select and clean the puncture site. Touch and hold the drop of blood to the absorbent hole of test strip until the confirmation window is completely filled.



### Step 3. Obtain accurate results

The meter will display an hour glass and then display the test result.



## FCC Statement

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# Federal Communications Commission (FCC) Statement

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### ***OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:***

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device.

### ***FCC RF RADIATION EXPOSURE STATEMENT:***

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## Customer Information

# Customer Information

This equipment complies with Part 68 of the FCC rules and the requirements adopted by the ACTA. On the bottom of this equipment is a label that contains, among other information, a product identifier of [US: 5CQMM00BILP0001]. If requested, this number must be provided to the telephone company. If this equipment [ILP 0001] caused harm to the telephone network, the telephone company will notify you in advance that temporary discontinuance of service may be required. But if advance notice isn't practical, the telephone company will notify the customer as soon as possible. Also, you will be advised of your right to file a complaint with the FCC if you believe it is necessary. The telephone company may make changes in its facilities, equipment, operations or procedures that could affect the operation of the equipment. If this happens the telephone company will provide advance notice in order for you to make necessary modifications to maintain uninterrupted service. If you experience trouble with this equipment, you disconnect it from the network until the problem has been corrected or until you are sure that the equipment is not malfunctioning. Please follow instruction for repairing if any (e.g. battery replacement section) otherwise do not alternate or repair any parts of the device except specified. Connection to party line service is subject to state tariffs. Contact the state public utility commission, public service commission or corporation commission for information. If the telephone company requests information on what equipment is connected to their lines, inform them of:

- a) The telephone number that this unit is connected to,
- b) The ringer equivalence number [0.0B]
- c) The USOC jack required [RJ11C], and
- d) The FCC Registration Number [US:5CQMM00BILP0001]

Items (b) and (d) are indicated on the label. The ringer equivalence number (REN) is used to determine how many devices can be connected to your telephone line. In most areas, the sum of the RENs of all devices on any one line should not exceed five (5.0). If too many devices are attached, they may not ring properly.

## Service Requirements

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# Service Requirements

In the event of equipment malfunction, all repairs should be performed by our Company or an authorized agent. It is the responsibility of users requiring service to report the need for service to our Company or to one of our authorized agents. Please refer to the location you purchased or received your equipment for details of where service can be facilitated through.





**IDEAL LIFE INC.**

55 Eglinton Avenue East, Suite 808, Toronto ON M4P 1G8

Between 9:00 am and 5:00 pm (EST): Tel 416-489-1494 Fax: 416-489-3009 [www.IDEALLIFEonline.com](http://www.IDEALLIFEonline.com)

Our 24 hour customer support line is available at: 1-888-433-2541

At all other times, you should contact your healthcare professional for assistance.

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