

GlucoseMen[®] *areo* 2K

User Manual

Read this user manual carefully
before you start testing



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Thank you for choosing the GlucoMen® areo 2K meter.

We have designed this compact blood glucose and β -ketone meter for faster and easier testing of your blood glucose and β -ketone.

We hope it will be of great help in the management of your diabetes.

This manual explains how to use your new meter. Before testing, carefully read through this manual and the package inserts that come with it: GlucoMen® areo Sensor, GlucoMen® areo β -Ketone Sensor, GlucoMen® areo Control, and GlucoMen® areo Ket Control.

Pay particular attention to listed warnings and cautions. Please keep this manual at hand for future reference. If you have any questions, please contact the GlucoMen® Helpline for assistance (references at the end of this manual).

Notes, Cautions and Warnings:

Notes: *provide helpful operating information.*

Cautions: *provide information that is important for meter protection.*

Warnings: *provide information that is important for user protection or about risk of inaccurate results.*

- 1. INTENDED USE 7
- 2. SYSTEM OVERVIEW 8
 - 2.1 Meter 8
 - 2.2 Test strip 13
- 3. BEFORE TESTING 14
 - 3.1 Caution when using the meter 14
 - 3.2 Caution when using the test strips 15
- 4. MEASURING YOUR BLOOD GLUCOSE LEVELS 17
 - 4.1 Blood sampling 17
 - 4.1.1 Alternative site testing (AST) 17
 - 4.2 Testing your blood glucose 17
 - 4.3 Glucose control test 18
 - 4.4 Marking test results 24
- 5. MEASURING YOUR BLOOD β-KETONE LEVELS 25
 - 5.1 Blood sampling 25
 - 5.2 Testing your blood β-ketone 25
 - 5.3 β-Ketone control test 27
- 6. MANAGING YOUR TEST RESULTS 31
 - 6.1 Reviewing glucose past results 31
 - 6.2 Viewing glucose results averages 32
 - 6.3 Reviewing β-ketone past results 33

6.4	Data transmission	34
6.4.1	NFC transmission	34
7.	METER SETUP	36
7.1	Date/Time setup	37
7.2	Alarm setup	37
7.3	Beeper setup	39
7.4	Hypo/hyper alarms setup	39
7.5	β -Ketone test warning setup	40
7.6	NFC setup	41
8.	METER CARE	42
8.1	Storing your meter	42
8.2	Cleaning your meter	42
8.3	Changing the batteries	42
9.	TROUBLESHOOTING	45
9.1	HI and LO messages	45
9.2	Error messages	47
9.3	Unexpected glucose test results	49
9.4	Unexpected β -ketone test results	50
10.	TECHNICAL SPECIFICATIONS	51
11.	WARRANTY	56
12.	SYMBOLS AND ABBREVIATIONS	57

1. INTENDED USE

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Your GlucoMen® areo 2K meter, GlucoMen® areo Sensor, and GlucoMen® areo β -Ketone Sensor are *in vitro* diagnostic medical devices to quantitatively measure glucose and β -ketone levels in fresh capillary whole blood.

They are intended for self testing to monitor and control blood glucose and β -ketone levels by people with diabetes mellitus; they can also be used in a clinical setting by healthcare professionals.

They are not intended for diagnosis or screening of diabetes and DKA or for neonatal use.

Do not alter your treatment on the basis of test results of this meter without previously consulting your doctor or healthcare professional.

The meter complies with the requirements of Directive 98/79/EC on *in vitro* diagnostic medical devices and with the requirements of Directive 2011/65/EU on the restriction of use of certain hazardous substances in electrical and electronic equipment.



The meter is in compliance with Directive 2014/53/EU on radio equipment.

The full text of the EU Declaration of Conformity is available at the following internet address: www.red.menarinidiagnostics.com.

2. SYSTEM OVERVIEW

2.1 Meter

FRONT



BACK



2. SYSTEM OVERVIEW

UK

TEST STRIP PORT Test strip should be inserted here.

ENTER () BUTTON Press and hold  for 2 seconds to access meter memory (§6.1) or longer (4 seconds) to enter setup mode while not testing (§7).

UP/DOWN ( / ) BUTTONS ... Press  or  to scroll through different options and/or values.

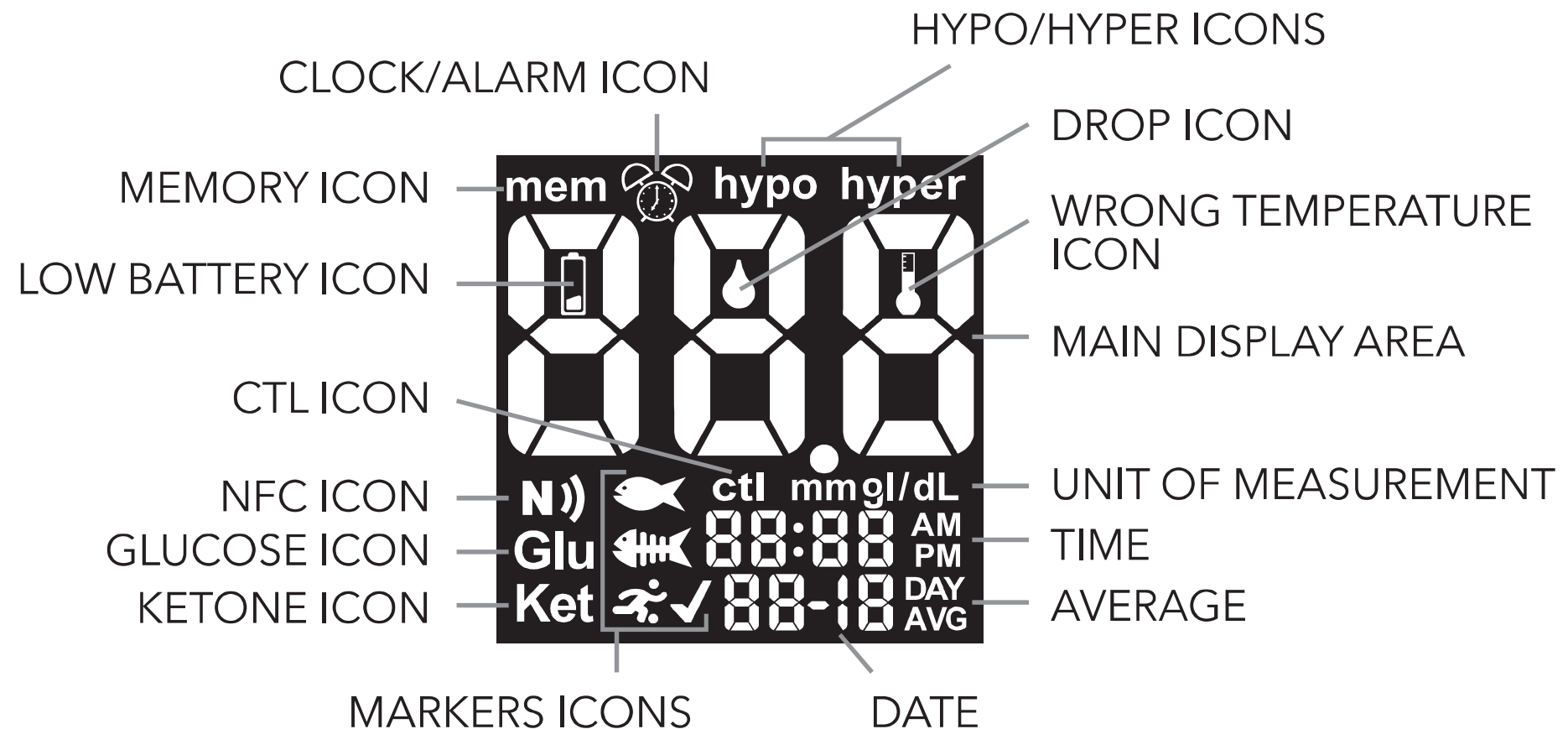
RELEASE BUTTON Press this button to remove used test strip.

BATTERY HOLDER Houses two CR2032 3V lithium coin cell batteries.

DATA TRANSFER PORT Connection port for PC data cable and Bluetooth device from A. Menarini Diagnostics.

2. SYSTEM OVERVIEW

METER SCREEN



2. SYSTEM OVERVIEW

UK

MEMORY ICON: indicates that you are using the memory (§6).

CLOCK/ALARM ICON: “clock” appears while setting the time (§7.1); “alarm” appears while setting the acoustic reminder(s), and will be displayed if any alarm is on (§7.2).

HYPO/HYPER ICONS: appear while setting the hypoglycaemic and hyperglycaemic thresholds and if your test results are below or above these values (§7.4).

DROP ICON: blinks to indicate that the meter is ready for blood or control solution testing (§4.2, 4.3).

MAIN DISPLAY AREA: displays test results, stored test values, result averages and messages.

UNIT OF MEASUREMENT: shows the unit of measurement of your blood glucose and β -ketone meter (mg/dL or mmol/L for glucose, not changeable; mmol/L only for β -ketone).

TIME: shows time (HH:MM, 12H AM/PM or 24H format).

AVERAGE: shows the period related to the displayed average (1, 7, 14, 30, 60 or 90 days – §6.2).

2. SYSTEM OVERVIEW

DATE: shows the date (DD-MM format).

MARKERS ICONS: displayed while marking a test result (§4.4) or reviewing a marked result.



..... Before meal marker.



..... After meal marker.



..... Exercise marker.



..... Check marker.

GLUCOSE ICON: appears when the value shown in the Main Display Area refers to glucose test results.

KETONE ICON: appears when the value shown in the Main Display Area refers to β -ketone test results, while setting the β -ketone test alert threshold or, if blinking and displayed after a glucose test, to indicate that a β -ketone measurement is suggested (§4.2).

WRONG TEMPERATURE

ICON: appears while testing and temperature is outside the allowed temperature range.

LOW BATTERY ICON: appears when the battery needs to be replaced (§8.3).

NFC ICON: displayed while setting the NFC (Near Field Communication) function (§7.6) and when this function is enabled; blinks while data are transmitted via NFC (§6.3.1).

CTL ICON: indicates a control solution test (§4.3).

2.2 Test strip



3. BEFORE TESTING

3.1 Caution when using the meter

Time and date are pre-set in the meter. Please make sure that time and date settings are correct before first use, and adjust them if needed.

Always check the settings after changing the battery (§8.3).



CAUTION

- For accurate test results, allow the meter, test strips and control solution to adjust to the surroundings for 30 minutes before testing your blood glucose or β -ketone levels:

Glucose test

- temperature: 5 to 45 °C (41 to 113 °F);
- humidity: 20 to 90% RH (Relative Humidity).

β -Ketone test

- temperature: 10 to 40 °C (50 to 104 °F);
- humidity: < 85% RH.

- Do not store or use the meter where:
 - there are sharp temperature fluctuations;
 - humidity is high and causes condensation (bathrooms, drying rooms, kitchen, etc.);
 - there is a strong electromagnetic field (close to a microwave oven, cell phone, etc.).
- Keep the meter out of the reach of children. Coin batteries may represent a choking hazard.
- Do not use the meter if it has been dropped in a liquid or liquids have entered inside, even if dried afterwards.



- Do not connect the data cable to the data transfer port during testing. The meter may be damaged, leading to inaccurate test results.
- Do not apply blood directly to the test strip port on the meter.
- Do not share your meter with anyone else to avoid the risk of infection.
- The meter complies with applicable electromagnetic emission requirements (EMC). However, do not perform measurements with this meter near mobile devices or electrical or electronic equipment that are sources of electromagnetic radiation, as these may interfere with the proper operation of the meter.
- Avoid hand contact with test strip port on the meter. A thermo sensor is housed inside the meter to minimize any errors.

3.2 Caution when using the test strips



CAUTION

- For testing with GlucoMen® areo 2K meter use GlucoMen® areo Sensor or GlucoMen® areo β -Ketone Sensor only. Do not use other test strips, it causes inaccurate test results.
- Do not use test strips after their expiry date. The expiry date is either written on the test strip vial (glucose sensor) or on the foil pouch (β -ketone sensor) next to the  symbol.

3. BEFORE TESTING

- For accurate test results, allow the meter and test strips to adjust to the surroundings for at least 30 minutes before testing your blood glucose or β -ketone levels:

Glucose test

- temperature: 5 to 45 °C (41 to 113 °F);
- humidity: 20 to 90% RH.

β -Ketone test

- temperature: 10 to 40 °C (50 to 104 °F);
- humidity: < 85% RH.
- After first opening the vial, do not use the test strips beyond the time limit indicated on the label.
- The test strips are for single-use only. Do not use test strips that have already absorbed blood or control solution.
- Keep all unused GlucoMen® areo Sensor test strips in the original vial and after having removed one, immediately close the cap tightly to preserve their quality. Do not transfer them into any other container.

4.1 Blood sampling

For information on how to use the lancing device, read the relevant instructions for use.

CAUTION

- Wash the puncture site with soap and water and dry the site thoroughly before sampling blood.
- Do not share the same lancet or lancing device with anyone else to avoid the risk of infection.
- Always use a new lancet. Lancets are for single-use only. Do not reuse a lancet that has already been used.

4.1.1 Alternative site testing (AST)

This meter can test the glucose levels of blood from your fingertip, palm and forearm. However, test results from sites other than the fingertip may differ from fingertip measurements. Consult your doctor or healthcare professional before testing blood from the palm or forearm.



4. MEASURING YOUR BLOOD GLUCOSE LEVELS

Use blood from:	If you are going to test:
Fingertip, palm, forearm	• Before meals. • Two hours or more after meals. • Two hours or more after exercise.
Fingertip	• When there is the possibility of your blood glucose levels changing rapidly (e.g. after meals or exercise). • When experiencing symptoms of hypoglycaemia such as perspiration, cold sweats, a floating sensation or trembling. • When immediate testing is needed for suspected hypoglycaemia. • When in poor physical condition, such as with a head cold, etc.

4.2 Testing your blood glucose

- Insert a new GlucoMen® areo Sensor test strip (white colour) into the test strip port. **The drop icon starts blinking on the screen** and the glucose icon "Glu" will be shown at the bottom left hand corner of the display. If nothing appears on the screen, remove the test strip, insert it into the test strip port again and wait for the drop icon to start blinking.
- Apply the drop of blood to the tip of the test strip** until the check window is full. A beeper sounds (if enabled) and a countdown timer starts on the screen.

4. MEASURING YOUR BLOOD GLUCOSE LEVELS

UK

NOTE

- For accurate test results, apply the drop of blood to the tip of the test strip within 20 seconds after puncturing.
- Do not test blood that runs or spreads out from the puncture site.
- Do not smear blood onto the test strip.
- Do not forcefully press the test strip into your puncture site.
- Do not touch the test strip once the meter has started the countdown.

c. Read your test result. You will hear a beep when the test result appears on the screen together with the glucose icon "Glu".

CAUTION

- **If "LO" or "HI" appears on the screen:**
Repeat the test. If "LO" or "HI" still appears, contact your doctor or healthcare professional. "LO" appears if your test result is less than 1.1 mmol/L. "HI" appears if your test result is more than 33.3 mmol/L.
- The "hypo" or "hyper" icons may appear depending on the threshold limit you have set (§7.4).
- **β-Ketone test warning.** If your own blood glucose is above a given threshold (to be set, §7.5), the ketone icon will start blinking at the bottom left hand corner of the display and an intermittent beep will sound, reminding the user that a blood β-ketone test would be recommended.

4. MEASURING YOUR BLOOD GLUCOSE LEVELS

- **If test results do not match with how you feel:** Make sure you have performed the test correctly as explained in §4.2. Then, conduct a glucose control test to check that the system is working properly (§4.3). Repeat the test using a blood sample taken from a fingertip (do not use an alternative site). If the test result still does not match how you feel, contact your doctor or healthcare professional.
- **Do not** ignore test results. **Do not** alter your blood glucose management or treatment without first consulting your doctor or healthcare professional.

d. Press the release button to remove the test strip. The meter will switch off.



CAUTION

- When ejecting the used test strip, point your meter downwards and away from others.
- **Disposal of biohazardous waste**
Used test strips and lancets are biohazardous waste. They must therefore be disposed according to local regulations on biohazardous waste.

4.3 Glucose control test

Conduct a control test if:

- you suspect the meter or GlucoMen® areo Sensor test strips are not working properly;
- the meter has been dropped;

4. MEASURING YOUR BLOOD GLUCOSE LEVELS

UK

- the meter is damaged;
- your blood glucose test results do not match with how you feel;
- you want to check the performance of the meter and GlucoMen® areo Sensor test strips when you first get them or any time you want to check their performance before a blood glucose test.

NOTE

- To test your meter and GlucoMen® areo Sensor test strips only use the GlucoMen® areo Control control solutions (provided separately).
- Do not use the GlucoMen® areo Ket Control control solutions for testing the GlucoMen® areo Sensor: erroneous results would be obtained.

CAUTION

- **Do not** use control solutions after their expiry date. The expiry date is indicated on the control solution vial next to the  symbol.
- For accurate test results, allow the meter, test strips and control solution to adjust to the surroundings for at least 30 minutes before running the control test:
 - temperature: 5 to 45 °C (41 to 113 °F);
 - humidity: 20 to 90% RH.
- Do not use the control solutions if 3 months or more have passed since first opening the vial.
- **Do not** drink the control solution. It is not intended for human consumption.
- Avoid contact of the solution with the skin and the eyes as this could cause inflammation.

4. MEASURING YOUR BLOOD GLUCOSE LEVELS

To perform a glucose control solution test, proceed as follows:

a. Insert a new GlucoMen® areo Sensor test strip into the test strip port. **The drop icon starts blinking on the screen** and the Glucose icon “Glu” will be shown at the bottom left hand corner of the display. If nothing appears on the screen, remove the test strip, insert it into the test strip port again and wait for the drop icon to start blinking.



b. Enable the CTL mode (§2.1).



WARNING

- If the CTL mode has not been enabled before performing the control solution test, the result will be stored as a blood test and used for calculating averages.
- Always enable the CTL mode before conducting a control solution test or the results may fall outside the acceptable range. To enable the CTL mode, simultaneously press the UP/DOWN (▲ / ▼) buttons for two seconds while the drop icon is blinking on the screen.
- Once CTL mode is enabled, CTL mark is displayed together with “ctl” message written in bigger characters on the main screen.

c. Gently shake the control solution vial before testing. Discard a drop before use. Squeeze a drop of control solution onto a clean, hard, dry surface.

d. Touch the control solution drop with the tip of the test strip until the check window is full. A beeper will sound (if enabled) as the countdown timer starts on the screen.

4. MEASURING YOUR BLOOD GLUCOSE LEVELS

UK

NOTE

- The test will not start if you apply your control solution directly to the check window. The test starts when the meter detects the control solution. During the test the meter counts down from 5 to 1.
- Tightly close the control solution vial.
- **Do not** touch the test strip once the meter has started the countdown.

e. Check that your test result is within the acceptable range indicated on the label of the GlucoMen® areo Sensor test strip vial. If out of range, make sure that no procedural errors were made, then repeat the control solution test.

CAUTION

- If you still have test results that fall outside the acceptable range, stop using the system, and contact the A. Menarini Diagnostics customer service.

f. Press the release button to remove the test strip. The meter will switch off.

4. MEASURING YOUR BLOOD GLUCOSE LEVELS

4.4 Marking test results

After a blood (not control) glucose test is performed with a valid result, you can mark the result as follows:

- a.** Start from point **c** of the glucose testing procedure (result displayed on the screen, §4.2). Press  until the markers icons start blinking. Press  or  to scroll through the icons (backwards or forwards) according to the following sequence:

 Before meal marker.

 After meal marker.

 Exercise marker.

 Check marker (General Purpose marker).

..... Void (Once confirmed it deselects any previously selected marker).

- b.** Press  to confirm the marker you selected. You can select more markers (but only one when setting  or ) by repeating steps **a** & **b**.
- c.** Return to point **d** of the glucose testing procedure (§4.2).

5.1. Blood sampling

For information on how to use the lancing device, read the relevant instructions for use.

CAUTION

- Wash the puncture site with soap and water and dry the site thoroughly before sampling blood.
- Do not share the same lancet or lancing device with anyone else to avoid the risk of infection.
- Always use a new lancet. Lancets are for single-use only. Do not reuse a lancet that has already been used.

The GlucoMen® areo β -Ketone Sensor is not intended for alternative site testing (AST). Use only fresh capillary whole blood from your fingertip for testing.

5.2. Testing your blood β -ketone

- Insert a new GlucoMen® areo β -Ketone Sensor test strip (light purple colour) into the test strip port. **The drop icon starts blinking on the screen** and the β -ketone icon “Ket” will be shown at the bottom left hand corner of the display. If nothing appears on the screen, remove the test strip, insert it into the test strip port again and wait for the drop icon to start blinking.
- Apply the drop of blood to the tip of the test strip** until the check window is full. A beeper sounds (if enabled) and a countdown timer starts on the screen.

5. MEASURING YOUR BLOOD β -KETONE LEVELS

NOTE

- For accurate test results, apply the drop of blood to the tip of the test strip within 20 seconds after puncturing.
- Do not test blood that runs or spreads out from the puncture site.
- Do not smear blood onto the test strip.
- Do not forcefully press the test strip into your puncture site.
- Do not touch the test strip once the meter has started the countdown.

c. Read your test result. You will hear a beep when the test result appears on the screen together with the β -ketone icon "Ket". The test result will blink until meter switches off.

CAUTION

- **If "HI" appears on the screen:** "HI" appears if your test result is more than 8.0 mmol/L. Retest your blood β -ketone immediately using a new sensor. If the reading is still high, contact your doctor or healthcare professional immediately. "0.0" appears if your blood β -ketone test result is less than 0.1 mmol/L: no action is required.
- **If test results do not match with how you feel:** Make sure you have performed the test correctly as explained in §5.2. If no procedural errors were made, conduct a β -ketone control test to check that the system is working properly (§5.3). If the system is working properly and your blood test results still do not match with how you feel, contact your doctor or healthcare professional.

5. MEASURING YOUR BLOOD β -KETONE LEVELS

UK

- **Do not** ignore test results. Do not alter your treatment on the basis of the β -ketone result without previously consulting your doctor or healthcare professional.

d. Press the release button to remove the test strip. The meter will switch off.



CAUTION

- When ejecting the used test strip, point your meter downwards and away from others.
- **Disposal of biohazardous waste**
Used test strips and lancets are biohazardous waste. They must therefore be disposed according to local regulations on biohazardous waste.

5.3. β -Ketone control test

Conduct a control test if:

- you suspect the meter or GlucoMen[®] areo β -Ketone Sensor test strips are not working properly;
- the meter has been dropped;
- the meter is damaged;
- your β -ketone test results do not match with how you feel;
- you want to check the performance of the meter and GlucoMen[®] areo β -Ketone Sensor test strips when you first get them or any time you want to check their performance before a blood β -ketone test.

5. MEASURING YOUR BLOOD β -KETONE LEVELS

NOTE

- To test your meter and GlucoMen® areo β -Ketone Sensor test strips only use the GlucoMen® areo Ket Control control solutions (provided separately).
- Do not use the GlucoMen® areo Control control solutions for testing the GlucoMen® areo β -Ketone Sensor: erroneous results would be obtained.

CAUTION

- **Do not** use control solutions after their expiry date. The expiry date is indicated on the control solution vial next to  symbol.
- For accurate test results, allow the meter, test strips and control solution to adjust to its surroundings for at least 30 minutes before running the control test:
 - temperature: 10 to 40 °C (50 to 104 °F);
 - humidity: < 85% RH.
- Do not use the control solutions if 3 months or more have passed since first opening the vial.
- **Do not** drink the control solution. It is not intended for human consumption.
- Avoid contact of the solution with the skin and the eyes as this could cause inflammation.

5. MEASURING YOUR BLOOD β -KETONE LEVELS

UK

To perform a β -ketone control solution test, proceed as follows:

a. Insert a new GlucoMen® areo β -Ketone Sensor test strip into the test strip port. **The drop icon starts blinking on the screen** and the ketone icon "Ket" will be shown at the bottom left hand corner of the display. If nothing appears on the screen, remove the test strip, insert it into the test strip port again and wait for the drop icon to start blinking.



b. Enable the CTL mode (§2.1).



WARNING

- If the CTL mode has not been enabled before performing the control solution test, the result will be stored as a blood test and used for calculating averages.
- Always enable the CTL mode before conducting a control solution test or the results may fall outside the acceptable range. To enable the CTL mode, simultaneously press the UP/DOWN (▲ / ▼) buttons for two seconds while the drop icon is blinking on the screen.
- Once CTL mode is enabled, CTL mark is displayed together with "ctl" message written in bigger characters on the main screen.

c. Gently shake the control solution vial before testing. Discard a drop before use. Squeeze a drop of control solution onto a clean, hard, dry surface.

d. Touch the control solution drop with the tip of the test strip until the check window is full. A beeper will sound (if enabled) as the countdown timer starts on the screen.

5. MEASURING YOUR BLOOD β -KETONE LEVELS

NOTE

- The test will not start if you apply your control solution directly to the check window. The test starts when the meter detects the control solution. During the test the meter counts down from 8 to 1.
- Tightly close the control solution vial.
- **Do not** touch the test strip once the meter has started the countdown.

e. Check that your test result is within the acceptable range indicated on the GlucoMen® areo β -Ketone Sensor test strip foil pouch. If out of range, make sure that no procedural errors were made, then repeat the control solution test.

CAUTION

- If you still have test results that fall outside the acceptable range, stop using the system, and contact the A. Menarini Diagnostics customer service.

f. Press the release button to remove the test strip. The meter will switch off.

WARNING

Please make sure that time and date are correct before the first use, and adjust them if needed (§7.1). If the time and date settings are not correct the meter will memorize the test results assigning them wrong time and date.

6.1 Reviewing glucose past results

You can review past results stored in the memory. Your meter stores up to 730 glucose test results with dates, times and markers.

- a.** Make sure the meter is off (to turn the meter off hold  for 3 seconds until the screen switches off).
- b.** Press  for 2 seconds to turn the meter on and enter the memory recall mode (the “mem” icon appears on the screen and the “Glu” icon will blink).
- c.** Press  to enter in the glucose results memory.
- d.** The most recent test result appears on the screen. The screen also shows the “Glu” icon, the date and time of the test, and the corresponding markers.
- e.** Press  or  to scroll through all the stored data.
- f.** Press  for 5 seconds to switch the meter off.

6. MANAGING YOUR TEST RESULTS

NOTE

- If there are no results in the memory, the screen displays “ooo”.
- At the end of reviewing the individual test results, the screen displays “ooo”.
- Keep ▲ or ▼ pressed to speed up the browsing through the results.

6.2 Viewing glucose results averages

You can view the glucose result averages over the set intervals (1, 7, 14, 30, 60 or 90 days).

a. Follow steps **a**, **b** and **c** in §6.1.

b. Press  to enter the average mode (the “AVG” icon appears on the screen).

c. The 1-day average appears on the screen.

d. Press  to scroll through the averages.

e. After reviewing the 90-day average, press  to return to the memory recall mode (step **c** of § 6.1).

f. Hold  for 5 seconds to switch the meter off.

NOTE

- If there are less than 2 results in the memory for the averaged period, the screen displays “ooo”. If there are no results, the screen displays “ooo”.
- The averaging function equalises HI results to 33.3 mmol/L and LO results to 1.1 mmol/L.



6.3 Reviewing β -ketone past results

You can review past results stored in the memory. Your meter stores up to 100 β -ketone test results with dates, times and markers.

- a. Make sure the meter is off (to turn the meter off hold  for 3 seconds until the screen switches off).
- b. Press  for 2 seconds to turn the meter on and enter the memory recall mode (the "mem" icon appears on the screen and the "Glu" icon will blink).
- c. Press  or  on time to shift to β -ketone memory section ("Ket" icon blinking on the display).
- d. Press  to enter in the β -ketone results memory.
- e. The most recent test result appears on the screen. The screen also shows the "Ket" icon, the date and time of the test, and the corresponding marker (only "ctl" is allowed for β -ketone measurement).
- f. Press  or  to scroll through all the stored data.
- g. Press  for 5 seconds to switch the meter off.

NOTE

- If there are no results in the memory, the screen displays "ooo".
- At the end of reviewing the individual test results, the screen displays "ooo".
- Keep  or  pressed to speed up the browsing through the results.
- To switch between β -ketone and glucose results memories during data review, press  for 3 seconds to go back to the "Glu"/"Ket" memory mode selection.

6. MANAGING YOUR TEST RESULTS

6.4 Data transmission

Test results stored in the GlucoMen® areo 2K meter's memory can be also downloaded to GlucoLog® software or apps by means of either NFC, a dedicated cable, or a Bluetooth dongle distributed by A. Menarini Diagnostics only.

NOTE

- GlucoLog® software and apps, data cable, and Bluetooth dongles are supplied separately. See relevant user manuals for instructions on how to download data.

6.4.1 NFC transmission

For data transmission by means of NFC, the NFC function must be enabled on the GlucoMen® areo 2K meter (§7.6) and an NFC equipped device (such as a Smartphone) with GlucoLog® apps.

- a. Activate the NFC transmission on the GlucoLog® app of the NFC equipped device.
- b. Bring the GlucoMen® areo 2K NFC antenna close (< 1 cm) to the antenna of the NFC equipped device.

NOTE

- Data will be transmitted even when the meter is switched off or in memory recall mode.
- c. Data transmission will start automatically (the GlucoMen® areo 2K meter will turn on and the **N**)) blinking icon will be displayed on the screen).

6. MANAGING YOUR TEST RESULTS

UK

-  d. After downloading the data, the meter switches off automatically.

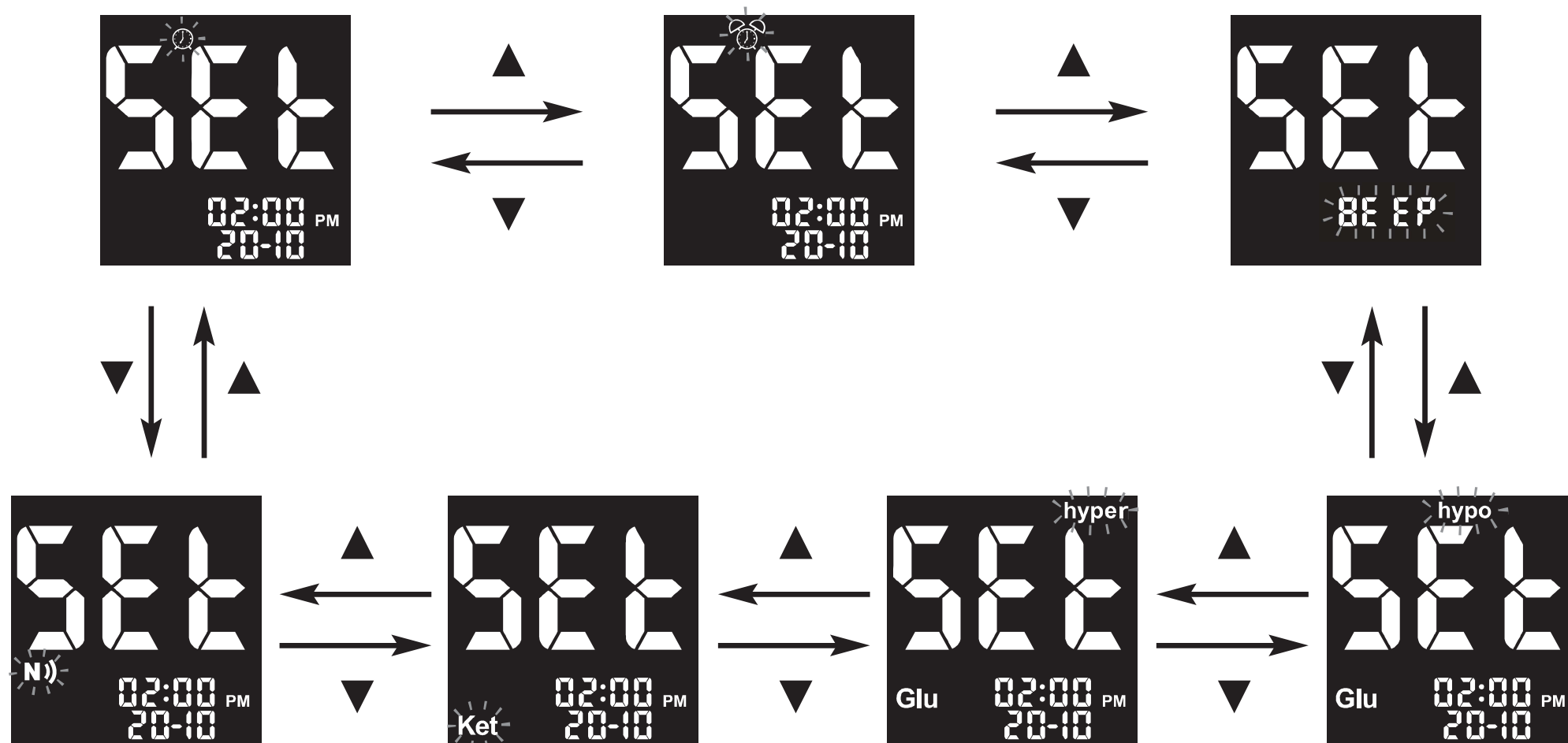


WARNING

Data transmission via NFC may decrease battery life.

7. METER SETUP

- a. Make sure the meter is off (to turn the meter off press  for 3 seconds until the screen switches off).
-  b. Simultaneously press  and  for 2 seconds to enter the setup menu.
- c. Press  or  to scroll through the setting menus (see pictures below) and press  to enter each single menu.



NOTE

- At anytime during set up, you may either press  to exit, or insert a test strip to perform a test. The changes made so far will be memorized by the meter.

7.1 Date/Time setup

Use  or  to select the correct value. Press  to confirm and move on to the next step: year, month, day, time format (12H, 24H), hour, minutes.

After confirming the minutes (by pressing ) return to the setting menus (step **c** §7).

NOTE

- Date is in the DD-MM format.

7.2 Alarm setup

You can set up to six alarms on your GlucoMen® areo 2K meter: three for glucose test remind, and three for β -Ketone test remind. When the alarm reaches the set time, the meter sounds for 30 seconds.

NOTE

- Press  or insert a test strip to stop the acoustic meter alarm (the alarm will remain set).

7. METER SETUP



CAUTION

- Before setting the alarms please check that the time is properly set.
- a. The display will show the alarm clock and the “Glu” icons, both blinking. Press ▲ or ▼ to scroll between glucose (“Glu” icon blinking) and β-Ketone (“Ket” icon blinking) alarm section. Press  to confirm the selection and move on to the next step. In the following steps either “Glu” or “Ket” icon will be shown, indicating the selected alarm section.
 - b. The display will show alarm 1 status (the default setting is OFF). You can turn it on by pressing ▲ or ▼. Press  to confirm the selection and move on to the next step.
 - c. Press ▲ or ▼ to select the hour. Press  to confirm the selection and move on to the next step.
 - d. Press ▲ or ▼ to select the minutes. Press  to confirm the selection and move on to the alarm 2 setting.
 - e. Set alarm 2 and 3 by following steps **b** to **d**. After you have finished setting all alarms, press  to return to the setting menus (step **c** §7).



NOTE

- The alarm will have the format (12H, 24H) set for the time.
- Alarm settings will not be erased when changing the batteries.

7.3 Beeper setup

The beeper on your GlucoMen® areo 2K meter is preset to ON. You can adjust the beeper feature as follows.

- a. Press ▲ or ▼ to turn the beeper ON or OFF.
- b. Press ⏻ to confirm and return to the setting menus (step c §7).

WARNING

- Turning off the beeper could mean you miss many important cues from your meter, such as confirmation or error messages.

7.4 hypo/hyper alarms setup

Your GlucoMen® areo 2K meter has an alarm feature that allows you to set your high (hyperglycaemia) and low (hypoglycaemia) blood glucose thresholds. Based on the values set, the screen will show "hypo" or "hyper", depending on whether your blood glucose test result is below your low glucose or above your high glucose threshold values.

WARNING

- Consult your doctor or healthcare provider when setting the Hypo and Hyper values.
- Do not alter or stop your medication based on this feature, always consult your doctor or healthcare provider before altering or stopping medication.

7. METER SETUP

You can set up the hypo and hyper threshold values as follows:

- a. Press ▲ or ▼ to turn the hypo alarm ON/OFF.
- b. Press  to set the hypo alarm value (if ON).
- c. Press ▲ or ▼ to select the desired value. Press and hold either ▲ or ▼ to accelerate the numbering.
- d. Press  to confirm the selection and move on to the hyper alarm setup.
- e. Press ▲ or ▼ to turn the hyper alarm ON/OFF.
- f. Press  to set the hyper alarm value (if ON).
- g. Press ▲ or ▼ to select the desired value. Press and hold either ▲ or ▼ to accelerate the numbering.
- h. Press  to confirm the selection and return to the setting menus (step c §7).

7.5 β -Ketone test warning setup

Your GlucoMen® areo 2K blood glucose and β -ketone meter has an additional warning feature that allows you to set a blood glucose threshold as a warning for blood β -ketone testing. When the β -ketone test warning is turned ON, if your blood glucose is above the set threshold, the ketone icon will start blinking and an intermittent beep will sound, reminding the user that a blood β -ketone test would be recommended.



WARNING

- Consult your doctor or healthcare provider when setting the β -Ketone test warning value.
- Do not alter or stop your medication based on this feature, always consult your doctor or healthcare provider before altering or stopping medication.

You can set up the β -ketone test warning threshold value as follows:

- a. Press ▲ or ▼ to turn the β -ketone test warning ON/OFF.
- b. Press ⏻ to set the blood glucose threshold value (if β -ketone test warning is ON).
- c. Press ▲ or ▼ to select the desired value (first setting: 11.1 mmol/L). Press and hold either ▲ or ▼ to accelerate the numbering.
- d. Press ⏻ to confirm the selection and return to the setting menus (step c §7).



NOTE

- With high blood glucose threshold ("hyper") ON, the minimum settable β -ketone test warning threshold is "hyper" +0.1 mmol/L.

7.6 NFC setup

The NFC function on your GlucoMen® areo 2K meter is preset to OFF and can be enabled as follows:

- a. Press the ▲ or ▼ buttons to select ON or OFF.
- b. Press ⏻ to confirm and exit.

8. METER CARE

8.1 Storing your meter

After use, tightly close the caps of the test strip vial and control solution bottle to maintain their quality. Pack your meter, test strips, control solutions and manuals into your carry case and store in a dry place. The correct storage temperature is -20 to 50 °C (-4 to 122 °F) for the meter and 4 to 30 °C (39.2 to 86 °F) for the test strips and control solutions. Do not freeze. Avoid heat, humidity and direct sunlight.



CAUTION

To obtain accurate test results:

- Do not use test strips or control solutions if their bottles or foil pouch are broken or have been left open.
- Do not use the test strips or control solutions after their expiry dates.

8.2 Cleaning your meter

Your meter does not need special cleaning. If your meter gets dirty, wipe it with a soft cloth moistened with mild detergent. To disinfect your meter after cleaning, wipe with a soft cloth moistened with either 75% ethanol alcohol or diluted household bleach (10% sodium hypochlorite solution).

8.3 Changing the batteries

When the low battery icon  appears on the screen, the batteries are getting low. Before using

your meter, change the batteries.

Past results remain in the memory even when the batteries are changed. Your meter uses two CR2032 3V lithium batteries. This type of battery is available in many stores. Keep spare batteries handy at all times. You do not need to set the date and time if you insert new batteries within 2 minutes after removing the old ones.

 If batteries replacement takes longer than 2 minutes, the meter will automatically require to reset Date and Time before any operation (see §7.1).

Replace the batteries as follows:

- a.** Make sure the meter is switched off.
- b.** Remove the battery cover at the rear of the meter.
- c.** Remove the batteries.
- d.** Fit the new batteries into the battery holder with the “+” pole facing upwards.
- e.** Close the battery holder.

WARNING

- If the batteries are inserted upside down, the meter will not operate.
- The meter clock may stop if you touch the metal parts inside the meter with your hands or metal.
- If batteries replacement takes longer than 2 minutes and you do not reset time and date, all subsequent test results will be stored with the incorrect date and time.
- Dispose of old batteries according to local environmental regulations.



8. METER CARE



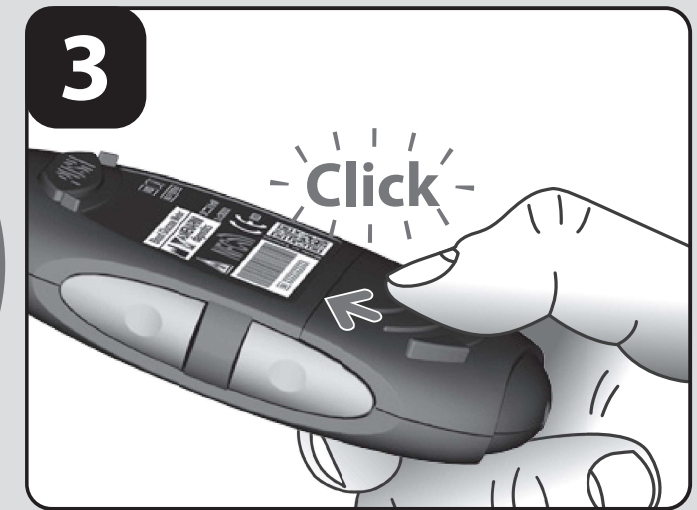
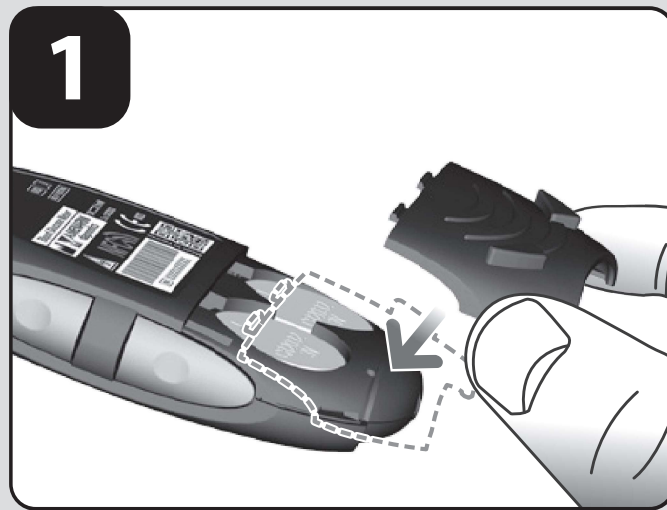
CAUTION

- Improper use may cause explosion or leakage of flammable liquid.
- Do not expose the battery to extremely high temperatures.
- Do not expose the battery to extremely low air pressure.



NOTE

- **Correct closing of the battery compartment.**



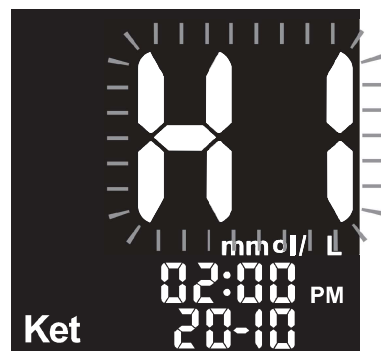
9.1. HI and LO messages



If the glucose test result is over 33.3 mmol/L the HI icon will appear on the display.



If the glucose test result is less than 1.1 mmol/L the LO icon will appear on the display.



If the β -ketone test result is over 8 mmol/L the blinking HI icon will appear on the display.

**WARNING**

- If the HI or LO message has appeared after glucose testing, please consult your doctor or healthcare professional before altering your treatment.
- If the HI message has appeared after β -ketone testing, please consult your doctor or healthcare professional before altering your treatment.
- If the HI or LO results are repeatedly displayed, but your doctor judges that they are not consistent with your conditions, please contact the GlucoMen® Helpline.

9.2. Error messages



System Hardware Error. Remove and reinsert the batteries to restart the meter, and repeat the test with a new strip. If the problem persists, please contact the GlucoMen® Helpline.



The test strip is damaged or has already been used or the blood sample was applied before the drop icon started to blink on the display. Remove the old test strip and repeat the test with a new one. Wait until the drop icon starts to blink before you begin.

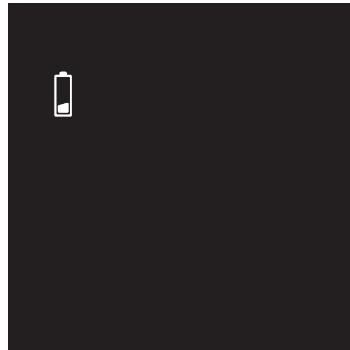


Blood sample error. The blood sample did not fill the sample area of the strip during the measurement because the sample was not applied correctly or the volume was insufficient. Repeat the test with a new strip after correctly puncturing your finger (§4.1).

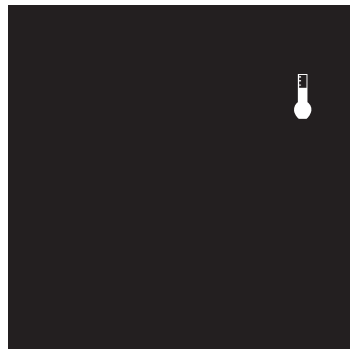
9. TROUBLESHOOTING



The strip was removed or disturbed during the countdown. Repeat the test with a new test strip.



Low battery. Change the batteries according to the instructions (§8.3).



The temperature was not within the recommended range. Repeat the measurement after at least 30 minutes, when the operating temperature has been restored.

9.3. Unexpected glucose test results

If the glucose test result is unusual compared to your previous test results or does not match with how you feel:

- a. Repeat the measurement using a new test strip (§4.2).
- b. Perform a control measurement using the GlucoMen® areo Control control solution (§4.3).
- c. Change the GlucoMen® areo Sensor test strip vial and repeat the measurement using a new test strip (§4.2).
- d. If you are still uncertain about the test results, contact your doctor or healthcare professional.



WARNING

- In case of an unexpected reading, consult your doctor or healthcare professional before altering your treatment.
- If the test results continue to be unusual, please, contact the A. Menarini Diagnostics customer service.

9.4. Unexpected β -ketone test results

If the β -ketone test result is unusual compared to your previous test results or does not match with how you feel:

- a. Repeat the measurement using a new test strip (§5.2).
- b. Perform a control measurement using the GlucoMen® areo Ket Control control solution (§5.3).
- c. Repeat the measurement using a new test strip from a different foil pouch (§5.2).

d. If you are still uncertain about the test results, contact your doctor or healthcare professional.

**WARNING**

- In case of an unexpected reading, consult your doctor or healthcare professional before altering your treatment.
- If the test results continue to be unusual, please, contact the GlucoMen® Helpline.

General specifications

Product:	GlucoMen® areo 2K
Manufacturer:	A. Menarini Diagnostics S.r.l.
Tested items:	Blood glucose level; blood β -ketone level.
Test strip coding:	No coding required.
Sample:	Fresh capillary whole blood.
Temperature compensation:	Automatic compensation using a built-in thermo sensor.
Batteries:	Two 3.0 V lithium batteries (CR2032).
Battery life:	A minimum of 900 tests or about 1 year (2-3 tests/day).
Memory:	730 glucose and 100 β -ketone test results with markers, dates and times. When the memory is full, the new results will replace the oldest ones.
Data management:	Before/after meals, exercise, check markers available.
Alarms:	Up to six settable acoustic alarms (3 for glucose, 3 for β -ketone measurements).
Data transfer:	Via dedicated data cable, NFC, or a Bluetooth device.

10. TECHNICAL SPECIFICATIONS

Averages:	Over 1, 7, 14, 30, 60, 90 days (for glucose results only).
Automatic turn off:	- After 90 seconds of inactivity before the test (sensor strip inserted into the meter, drop icon flashing). - After 60 seconds of inactivity after the test and Error messages Er2, Er3, Er4, HI and LO. - After 5 seconds for Error messages Er1, Temperature icon and Battery icon.
Dimensions:	85.5 mm (L) x 56 mm (W) x 18.2 mm (H).
Weight:	46 g (without batteries).
Meter Operating Conditions:	- Temperature: 5 to 45 °C (41 to 113 °F) for glucose testing; 10 to 40 °C (50 to 104 °F) for β-ketone testing. - Relative Humidity: 20 to 90% (no dew condensation) for glucose testing; < 85% for β-ketone testing.
Meter Storage Conditions:	- Temperature: -20 to 50 °C (-4 to 122 °F). - Relative Humidity: 20 to 90%.
Control Solutions Storage Temperature:	4 to 30 °C (39.2 to 86 °F).
Operating environment:	The meter complies with applicable electromagnetic emission requirements (EMC).

10. TECHNICAL SPECIFICATIONS

UK



Operating radio frequency band(s): 13.56 MHz



Maximum radiofrequency power transmitted in the operating frequency band(s): 0.67 nW

EU directive/classification: 98/79/EC / Annex II, List B

Device standard: EN ISO 15197:2015

Glucose measurement specifications

Unit of measurement: mmol/L

Test range: 1.1 - 33.3 mmol/L.

Haematocrit range: 10 - 70 % (haematocrit compensated).

Test strip: GlucoMen® areo Sensor

Sample size: Minimum 0.5 µL

10. TECHNICAL SPECIFICATIONS

Test time:	5 seconds.
Assay method:	Electrochemical, Glucose Oxidase (GOD, <i>Aspergillus niger</i> sourced) based method. Mediator: Hexacyanoferrate(III) ion.
Calibration and traceability:	The results are equivalent to the plasma glucose concentration (capillary plasma referenced). The GlucoMen® areo 2K system is calibrated using capillary plasma values determined with a Yellow Springs 2300 analyser (YSI). The YSI analyser is calibrated (as a secondary reference measurement procedure) using a series of YSI standards (primary calibrators) which are taken from the NIST (National Institute of Standards and Technology, USA).
Test strip storage conditions:	- Temperature: 4 to 30 °C (39.2 to 86 °F) (both for unopened vial and after opening). - Relative Humidity: 20 to 90% (both for unopened vial and after opening).

β-Ketone measurement specifications

Unit of measurement:	mmol/L
Test range:	0.1 - 8.0 mmol/L
Haematocrit range:	20 - 60 % (haematocrit compensated).
Test strip:	GlucoMen® areo β-Ketone Sensor

10. TECHNICAL SPECIFICATIONS

UK

Sample size:	Minimum 0.8 μ L
Test time:	8 seconds.
Assay method:	Electrochemical, β -Hydroxybutyrate Dehydrogenase based method. Mediator: 1.10-phenanthroline-5.6-dione.
Calibration and traceability:	The GlucoMen [®] areo 2K system is calibrated using capillary plasma values determined by means of the <i>Stanbio β-Hydroxybutyrate LiquiColor[®] Procedure No. 2440</i> (Stanbio Laboratory, 1261 North Main Street, Boerne, Texas 78006). The analyzer used to run the Stanbio kit (secondary reference measurement procedure) is calibrated using a series of β -hydroxybutyrate standards (primary calibrators) prepared gravimetrically at Stanbio Laboratory.
Test strip storage conditions:	Temperature: 4 to 30 $^{\circ}$ C (39.2 to 86 $^{\circ}$ F).

11. WARRANTY

Your GlucoMen® areo 2K meter is guaranteed to be free of material and workmanship defects for 2 years from the date of purchase (except as noted below). If at any time during the first 2 years after purchase, your GlucoMen® areo 2K meter does not work for any reason (other than as described below), it will be replaced with a new meter, or a substantial equivalent, free of charge.

This warranty is subject to the following exceptions and limitations:

- this warranty is only applicable to the original purchaser;
- this warranty does not apply to units which malfunction or are damaged due to obvious tampering, misuse, alteration, neglect, unauthorized maintenance or failure to operate meter in accordance with the Instructions;
- there is no other express warranty for this product. The option of replacement, described above, is the warrantor's only obligation under this warranty.

The original purchaser must contact the GlucoMen® Helpline: (UK) 0800 243667 - (Republic of Ireland) 1800 709903 - (Northern Ireland) 0800 7837286.

 Should you wish to extend the warranty period for your meter, please refer to the same contact.

12. SYMBOLS AND ABBREVIATIONS

UK

	Consult instructions for use		Serial number
	Caution, consult instructions for use		Recyclable package
	Temperature limitation		CE marking
	Use by		Contamination risk due to the use of blood samples
	Manufacturer		Blood glucose and β -ketone meter
	Batch code		Significant additions or changes from previous user manual revision
	<i>In vitro</i> diagnostic medical device		Direct current (voltage)
	<i>In vitro</i> device for self-testing		Catalogue number



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(Republic of Ireland) 1800 709903
(Northern Ireland) 0800 7837286
Email: myglucomen@menarinidiag.co.uk
www.glucomen.co.uk

GlucoMen® areo 2K
Made in Taiwan

GlucoMen® areo Sensor,
GlucoMen® areo β -Ketone Sensor,
GlucoMen® areo Control
and GlucoMen® areo Ket Control
See relevant instructions for use



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diagnostics

