- INTRODUCTION
- PRINCIPLE
- INDICATIONS FOR USE

INTRODUCTION

We would like to thank you for making a smart decision! The Easy Trak® Blood Glucose Monitoring System is designed by Home Aide Diagnostics. The compact and portable Easy Trak® Blood Glucose Meter is easy to use, and displays test results in only 6 seconds. In addition, the meter automatically stores up to 960 test records with respective dates and times, which allows you to monitor your diabetic program efficiently.
Thanks again for your support. Before testing, please read this User's Guide thoroughly. It contains all the information you need regarding the Easy Trak® Blood Glucose Monitoring System. If you have questions or need assistance, please call our Customer Assistance line at 1-800-915-0116. For customer assistance outside the operational days and times, please contact your health care provider with questions.

PRINCIPLE

The Easy Trak® Blood Glucose Monitoring System is designed to provide an easy, accurate method for determining capillary blood glucose values. This analysis is based on amperometric technology using glucose oxidase that is specific for the blood glucose measurement. When the blood sample is applied to the test strip, electrons are formed by the reaction between glucose oxidase and blood glucose. The electrical current is measured by the meter and correlates with the concentration of glucose in the blood sample.

INDICATIONS FOR USE

The Easy Trak® Blood Glucose Monitoring Systems is intended for use in quantitative measurement of glucose in fresh capillary whole blood from the finger and the alternative sites for self testing by persons with diabetes at the home or by healthcare professionals at healthcare facilities. Testing is done outside the body (in vitro diagnostic use).
The alternative site testing (the palm, the forearm, the upper-arm, the calf and the thigh) can be used only during steady-state blood glucose conditions.
It is not intended for the diagnosis of or screening for diabetes mellitus, and is not intended for use on neonates.

EasyTrak®

Blood Glucose Monitoring System

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Section 1. Contents & Specifications

1.1 Contents

Complete Starter Kit:

Easy Trak® Blood Glucose Meter ,
3-Volt Lithium Coin Battery (CR2032) ,
User's Guide(Log Book included), Getting Started Guide ,
Easy Trak® Blood Glucose Test Strip , Test Strip Instruction,
Lancet, Lancing Device, Lancing Device Instruction ,
AST Cap,Carrying Case

Meter only:

Easy Trak® Blood Glucose Meter ,
3-Volt Lithium Coin Battery (CR2032) ,
User's Guide , (Log Book included) , Getting Started Guide ,
Carrying Case

1.2 Product Specifications & Operating Conditions

✻ Meter Specifications：

Storage Conditions	Temperature：-4°~122°F (-20~+50°C)； Humidity：RH≦80%
Memory Capacity	960 test results with respective dates and times
Measurement Unit	Either S.I. unit (mmol/L) or mg/dL
Display	LCD display
Reaction Time	6 seconds
Meter Dimensions	54×93×16 mm
Meter Weight	53 g (with battery)
Measuring Range	20~600 mg/dL (1.1~33.3 mmol/L)
Power Supply	One 3V lithium battery (CR2032)
Battery Lifetime	Over 1,000 tests

✻ Test Strip Specifications :

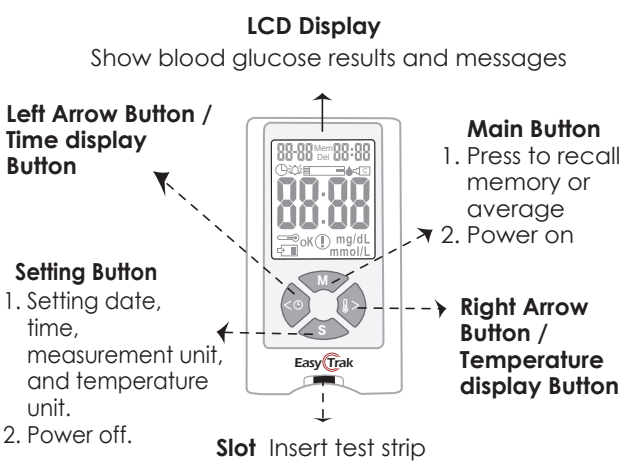
Strip Size	35 × 6 × 0.6 mm
Storage Conditions	Temperature：36~86°F (2~30°C)； Humidity ： RH≦80%
Blood Volume	0.6 μL
Expiration of Test Strips	See print on the top of the box

✻ System Operation Conditions :

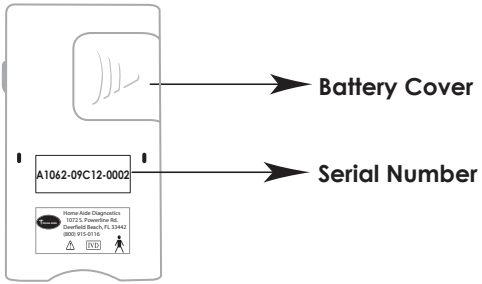
Test Strips	Using the Easy Trak® Blood Glucose Test Strips only
Operation Conditions	Temperature ： 50~104°F(10~40°C)； Humidity：20%~80% RH.
Sample Type	Capillary whole blood on finger or alternative site testing including palm, forearm, upper-arm, calf, and thigh.
Hematocrit of Tested Blood	30%~55%
Altitude Limit	To be used no higher than 10183 feet above sea level.
√ The meter calibrated to capillary whole blood equivalent results.	

1.3 About the system

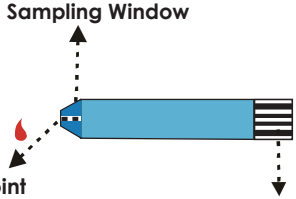
✻ Easy Trak® Blood Glucose Meter (Front) :



✻ Easy Trak® Blood Glucose Meter (back) :



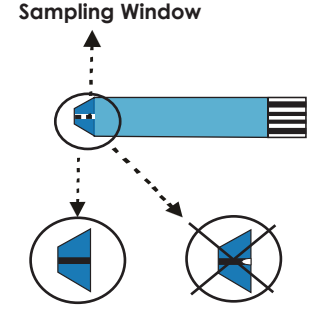
✻ Easy Trak® Blood Glucose Test Strip :



Application Point
Apply blood or control solution to the application point

Black-Colored Bars
Insert this end with black bars facing up into the test strip slot

✻ How to assess that enough blood has been sampled ?



Note

Look at the sampling window on the test strip. If you have enough blood on the strip, you will not see any white. The sampling window will be completely filled with blood.

If it doesn't have enough blood, it will look like the one on the right above.

Section 2. How Your System Works

2.1 Installing / Relacing the Battery

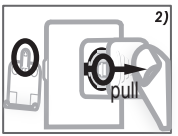
Your Easy Trak® Blood Glucose Monitoring System is packed with one 3-volt lithium coin battery that needs to be installed before testing. The battery can last for more than 1,000 tests. However, it varies because of usage, so always keep spare batteries on hand. When the battery symbol appears on the display, it means your battery is low. Although the meter will still provide accurate results, the battery should be replaced as soon as possible. After the battery is replaced, reset the date, time, and units.

(See Section 2.2 Setting the Date, Time, and Units.)

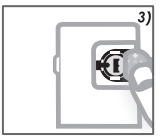
✻ Steps to Install / Replace the Battery :

1) Flip open the battery cover by pushing the tab.

2) Use the battery cover to pull the battery out of the battery locker.



3) Insert a new battery with the positive (+) side up and make sure the battery is placed under the battery holder. Press the battery down firmly. Slide the battery cover back until it snaps into place.

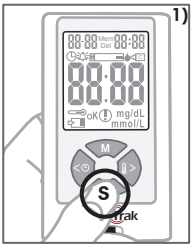


4) The LCD will display "Set" for about 1 second.

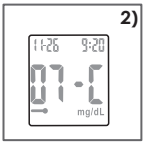
✻5) Reset the date,time,and units.

2.2 *Setting the Date, Time, and Units*

* Steps to set the Date, Time, and Units :



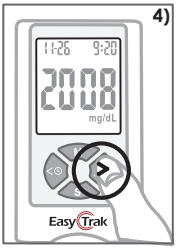
1) Press the “S” button（setting button）≧3 seconds.
2) You will hear a beep, and the meter will power on. The LCD display shows date, time, temperature unit, unit , thermometer symbol（ ）on the screen.
3) Press the “S” button（setting button）years flashes on the screen.



4) Press the “>” button（Right arrow button）or the “<” button（Left arrow button）until the correct year is displayed.
5) Press the “S” button again, the month flashes on the LCD screen.

6) Press the“>” button or “<” button until the correct month is displayed.
7) Press the “S” button. The day flashes.
8) Press the “>” button or “<” button until the correct day is displayed.
9) Press the “S” button. The hour flashes.

10) Press the“＞” button or “＜” button until the correct hour is displayed.
11) Press the “S” button. The minutes flash.
12) Press the“＞” button or “＜” button until the correct minutes are displayed.
13) Press the “S” button. The measurement unit (mg/dL) flashes.
14) Press the“＞” button or “＜” button until the unit you want is displayed.
15) Press the “S” button. The temperature unit (C) flashes.
16) Press the“＞” button or “＜” button until the temperature unit you want is displayed.
17) Press the “S” button, the meter beeps and shuts off. All settings will be saved.



Note

To quickly adjust a certain number, keep pressing the “＞” or “＜”button until the one you want appears.

At any steps if you want to shut the meter off, press the “S” button for about 3 seconds and all setting still can be automatically saved.

2.3 Alarm setting

✻ Steps to set the alarms :

1) Press the "＜" button（Left arrow button）≧3 seconds on the front of the meter.
2) You will hear a beep, and themeter will power on. The LCD display shows AL 1 (Alarm 1), time on the screen.
3) Press the "S" button（setting button）to activate the alarm and alarm symbol（🔔）flashes on the screen. You can set the alarm On or OFF by pressing the "＞" or "＜" button.

4) Press the "S" button again, the hour flashes on the LCD screen.
5) Press the"＞" button or "＜" button until the correct hour is displayed.
6) Press the "S" button. The minute flashes.

7) Press the "＞" button or "＜" button until the correct minutes is displayed.
8) Press the "S" button, the meter beeps. The LCD display shows "ok". The AL 1 (Alarm 1) be setting finish.

9) Pressing the "S" button.You can set AL 2~4.
10) Press the "S" button ≧3 seconds, the meter beeps. After "SAVE" display on the screen, the meter shut off. All settings will be saved.

Note

To quickly adjust a certain number, keep pressing the "＞" or "＜"button until the one you want appears.

At any steps if you want to shut the meter off, press the "S" button for about 3 seconds and all setting still can be automatically saved.

＊ Alarm :

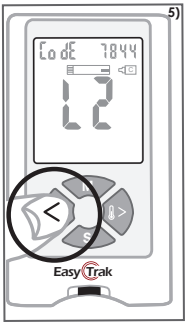
1) The alarm duration is 30 seconds.
2) You can press any button and the alarm will stop.
3) Alarm will activate only under sleep mode;alarm will not function while the meter is in use.

2.4 Testing Control Samples

＊ Steps to Test control sample :

1) Prepare the test strip and Glucose Control Solutions.
2) Press the "M" button（main button）, the meter will power on and the code number will show on the screen.
3) Make sure the code number on the display matches the code printed on the test strip vial.
4) Insert an Easy Trak® strip to the strip slot.
5) Press the "＞" button."L1"（refers to Level 1）. You can select L1, L2 or blood by pressing the "＞" or "＜" button.

6) When the control bottle symbol flashes on the meter, it means that you can start testing. You have 3 minutes to apply the control solution. If you do not apply the control solution within 3 minutes, the meter will turn off automatically.



7) Use a clean, wet tissue to wipe the cap top of the closed test strip vial. Dry thoroughly.
8) Gently squeeze a drop onto the strip vial cap top.
9) Let the applied point of the test strip touch the control solution drop.
10) Allow the solution to be automatically drawn into the reaction zone until it is completely filled.
11) After 6 seconds, the result will be shown on the screen.
12) Compare the control test result with the range printed on the label of the test strip vial.

Note

In the control mode（L1 or L2）, the test result will not store in the meter's memory.

For detailed information please refer to the Glucose Control Solution instructions.

2.5 Blood Sampling

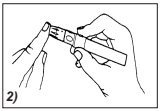
* Fingertip or Alternative Site Blood Sampling :

For detailed information of lancing device, please refer to the Lancing device instructions.

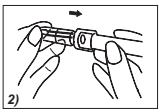
1) Wash your hands in warm, soapy water. Rinse well and DRY them thoroughly. You can also use an alcohol pad to clean your fingertip. It is necessary to make sure the site is DRY before testing.

2) Select the puncture site either on finger or on other areas(AST). Hold the lancing device firmly against the puncture site. Press the release button.

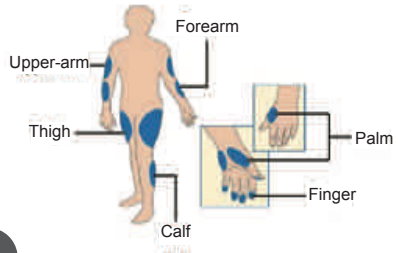
3) Gently squeeze around the punctured area to obtain enough blood.



against your finger



Change the clear cap for other areas(AST)



Note

You can refer to the above picture to select which target area you what to perform blood sampling.

a. From finger

b. From alternative site testing (AST): palm, forearm, upper-arm, calf, and thigh

CAUTION

1) **Use alternative site testing only two hours or more after taking insulin, two hours or more after a meal, two hours or more after exercise.**
2) **Do not use alternative site testing if you are pregnant, or if you are aware that your glucose level is not as stable as usual, or if you think you have hypoglycemia (low blood sugar) or hyperglycemia (high blood sugar), or at times when you think your blood glucose may be rising or falling rapidly.**
3) **Do not use alternative site testing if your alternative site testing results do not match the way you feel.**

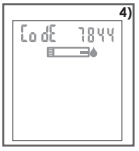
2.6 Testing Your Blood Glucose

* Steps to Test your Blood Glucose :

1) Take one test strip out of the test strip vial. Replace the vial cap immediately and close it tightly.
2) Insert this test strip (with the black bars facing up) into the test strip slot of the meter. The meter turns on automatically.

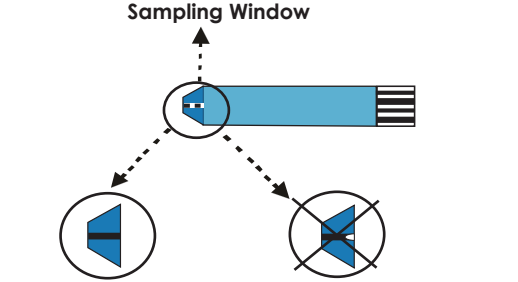
3) Or you can press the "M" button to turn on the meter, and a test strip symbol will instruct you to insert a test strip. Please insert test strip within 1 minute, then the meter will display the code number.

4) When the blood drop symbol flashes on the meter, it means that you can start testing. You have 3 minutes to apply the blood sample. If you do not apply the sample within 3 minutes, the meter will turn off automatically.



5) Take the pre-set lancing device. Hold the lancing device firmly against the puncture site. Press the release button to get a drop of blood.Gently squeeze around the punctured area to obtain enough blood.

6) Pick up the meter and use the most comfortable way to touch the blood drop to the edge of the application point of the test strip. The blood will be drawn into the test strip automatically. You will hear a beep letting you know the test has begun.



Note

Look at the sampling window on the test strip. If you have enough blood on the strip, you will not see any white. The sampling window will be completely filled with blood.

If it doesn't have enough blood, it will look like the one on the right above.

7) When you hear a beep, the meter starts to count down from 6 seconds. After countdown, the test result is displayed with date and time and stored in the meter's memory automatically.

Note

If the test result is higher then 240 mg/dL (include 240 mg/dL),exclamation point (❗) will be showed on the screen.

8) Record the result in your Log Book.
9) Remove the test strip from the meter. Discard the used test strip and lancet in a puncture-proof container.

- **When result either falls in a hypoglycemic range (<50mg/dL), or in hyperglycemic range (>250 mg/dL), contact your healthcare provider for assistance.**
- **Caution:**
  If you get a high or low reading and you do not feel ill.

- Treat your diabetes according to the instructions from your doctor.

If you get a high or low reading and you do not feel ill ;

- Repeat your measurement.
- Make sure the internal code number you see on your meter matches the code on the vial of strips.
- Make sure your readings are in mg/dL.
- Test your meter with control solution.

If you still get a high or low reading, contact your health care professional.

2.7 Reviewing Results in Memory

* Steps to Recall Your Test Results in Memary :

The Easy Trak® Blood Glucose Meter automatically stores up to 960 test results with respective dates and time. You can review them in order, from the newest to the oldest. Once 960 results are in memory, the meter automatically deletes the oldest result when a new one is added. Results stored in memory will not be lost when you replace the battery.

1) Press the "M" button（main button）to turn on the meter.
2) When the test strip symbol flashes, press the "M" button again. 7 days average result will be shown on the screen in 1 minute.
3) Press the ">" button , 14 days average result will be shown on the screen for 1 minute.
4) Press the ">" button again, 21 days average result will be shown on the screen for 1 minute.
5) Press the ">" button again, 28 days average result will be shown on the screen in 1 minute.

Note

At any steps if you want to shut the meter off, press the "S" button.

6) At 7 days average result, press the “M” button again, you can read test results in memory, the latest test result will be shown for one minute. Press the “>” or “<” button to review your test result history.

Note

To read sequence of test results in memory, continue to press the ”>”or “<” button.

To quickly recall a certain test result, keep holding the”>”or “<” button until the one you want appears.

7) If you want to delete any memory from 960 memories, you can press the “S” button≧3 seconds. You will see ”Del” flashing on the screen. Then you can press the “S” button again. This memory will be deleted and go to the next one automatically.

Note

When you delete the individual memory, the “SEt” flashes on the screen, your memories are rebuilded.The duration is various.

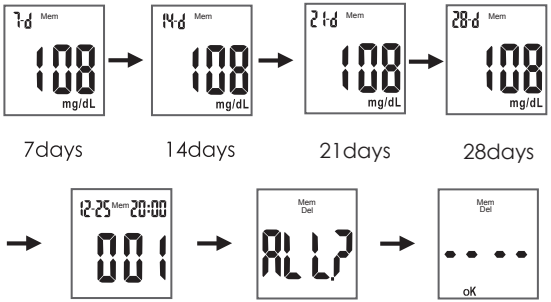
8) When you see the oldest reading, The LCD display shows “Mem Del ALL?” on the screen for 1 minute.
9) If you want to delete all the memories in the meter, press the “S” button≧3 seconds. “----” message will be shown on the screen which means the memories in the meter were all deleted.
10) If you don’t want to clear anything, press the “S” button, the meter turns off.

Note

If you do not press the "M" button within 1 minute, the meter will turn off automatically.

At any steps of memory mode if you want to shut the meter off, press the "S" button the meter will turn off and all setting still can be automatically saved.

11) Results from tests with control solution are not used in calculation of Average.



Note

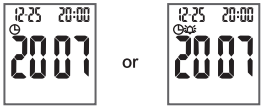
If you want to turn off the meter while you are in the memory and average, you can press the "S" button.(the exception occurred when the meter is counting down.)

Note

Reset the date is a must after every single replacement of battery; otherwise, the average function is not going to be valid for tracing the memory data. Once resetting is completed,"SEt" will display on the screen, and the meter is going to generate and reload the memories automatically. It is going to take a minute for completing, and the duration is various.

2.8 Viewing Date, Time or Temperature

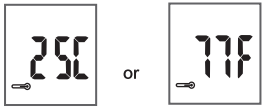
1) Press the "<" button（Left arrow button）date, time and clock symbol（ ◷ ） will be shown on the screen for 3 seconds and the meter will turn off automatically.



Note

If you had set the alarm, alarm symbol（ ⏰ ） can be shown on the screen.

2) Press the ">" button（Right arrow button） temperature, temperature unit and thermometer symbol（ ⊸ ） will be shown on the screen for 3 seconds and the meter will turn off automatically.



Section 3. Important Notes

3.1 Caring for Your Meter

Taking care of your meter is very simple. Just follow the guidelines shown below :

1) Do not disassemble your meter. If you have any questions, please contact your local authorized distributor of Easy Trak® Blood Glucose Monitoring System.
2) Please use your meter carefully. Avoid throwing, shaking, or dropping it, which may damage its internal parts.
3) Clean the meter's surface with a soft tissue slightly dampened with water. Do not use alcohol or abrasive solutions.
4) Do not wash or pour liquid on the meter.

3.2 Handling & Storage

1) Handle your meter with care and protect it from direct sunlight or extremely high or low temperature.
2) Do not expose your meter and test strips to an environment of high humidity, such as in bathrooms, kitchens, etc.
3) Keep your meter free of dust.
4) It is recommended that you use the carrying case that is designed to store and protect your Easy Trak® Blood Glucose Monitoring System.
5) Put your system in an appropriate operating environment at least 30 minutes before testing.

3.3 Explanation of Displays

• All-symbol Message :

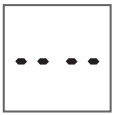
When you press the "M" button or insert a test strip into the meter, all symbols will be displayed together for 2 seconds. Then the meter turns on automatically.

• New Meter and Test Strip Insertion Message :

The meter will instruct you to insert a test strip into the test strip slot by flashing strip symbol on the display.

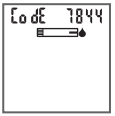
• No Memory In The Meter Message :

If there is no memory in the meter, you press "M" button two times and the meter shows "----" .



• Sample Application Message :

This requires you to apply the blood sample or control solution to the test strip after inserting a test strip.



Apply
Blood sample

Apply
Control solution Low

Apply
Control solution High

• Test Result Message :

The meter shows results ranging from 20 to 600 mg/dL (1.1 to 33.3 mmol /L) with respective dates and times.

or

• HI Message :

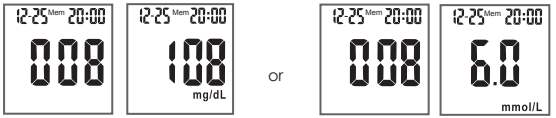
If the test result is higher than 600 mg/dL (33.3 mmol / L) , the "HI" message is displayed.

• Lo Message :

If the test result is lower than 20 mg/dL (1.1 mmol / L) , the "Lo" message is displayed.

• Units of Test Result :

You can select either mg/dL or mmol/L in setting mode. The units will be displayed along with the test result.



3.4 Error Messages & Troubleshooting

When you operate the meter incorrectly, error messages are displayed. Each message is defined below.

E-U

Cause:

(1) Test strip was removed during testing;
(2) A damp or used test strip was used;
(3) The blood sample was applied before inserting the test strip;
(4) The blood sample or control solution was applied without the blood drop or control bottle symbol flashed.

Action:

(1) Do not remove the test strip before the result is displayed;
(2) Repeat the test with a new test strip;
(3) Insert the test strip into the meter first and then apply the blood sample.
(4) Apply the blood sample or control solution after the blood drop or control bottle symbol flashes.

E-O, E-OO, E-tF

Cause:
Damaged meter.

Action:
Contact your local authorized distributor of Easy Trak® Blood Glucose Monitoring System.

E-t

Cause:
The system is not operated within the appropriate temperature range (50°~104°F or 10°~40°C).

Action:
Move your meter and test strips to a place where the temperature is appropriate for running a test. Wait at least 30 minutes and test again.

E-b

Cause:
The battery is low.

Action:
Replace the battery soon.

3.5 Expected Values[1]

Expected blood glucose levels for people without diabetes:		
Time	**Range (mg/dL)**	**Range (mmol/L)**
fasting	70-110	3.9-6.1
Two hours after meals	less than 140	less than 7.8

[1] *American Diabetes Association Clinical Practice Recommendations 2004, Diabetes Care, Vol. 27, Supplement 1, p.S9.*

3.6 Meter Warranty

Home Aide Diagnostics warrants, to the original purchasers of the Easy Trak® Blood Glucose Meter, that your meter shall be free of defects in materials and workmanships under a life time warranty from the date of purchase. If the meter does not work properly because of defects in materials or workmanships, Home Aide Diagnostics will replace it with an equivalent product or repair it at no cost to the purchaser.
This warranty does not apply to the battery supplied with the meter or to a meter that has been modified, altered, abused, or misused in any way. Home Aide Diagnostics shall not be responsible for any incidental or consequential damages. NO OTHER WARRANTIES, EXPRESS, OR IMPLIED ARE MADE.
Please contact your local authorized distributor for assistance if you have any question about the warranty service.