



## User's Manual Manual De Usuario

*Embrace*<sup>®</sup>

# TALK

Blood Glucose Monitoring System

Sistema de Medidor de  
Glucosa en La Sangre

## **Dear Embrace TALK Owner**

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Thank you for choosing the Embrace TALK Blood Glucose Monitor to help you manage your diabetes. We designed the Embrace TALK Blood Glucose Monitor to be accurate and easy to use. The added convenience of the bi-lingual talking feature can be used as a verbal aid for using the monitor. This manual contains all of the information needed to use and maintain your new blood glucose monitor. Please read it carefully before use.

Your Embrace TALK Blood Glucose Monitor provides an easy and precise way to measure blood glucose using fresh capillary whole blood taken from fingertips, palm, or forearm. The added convenience of auto-coding can help reduce the chance of inaccurate readings caused by incorrect coding of the monitor. Testing is done outside the body (in vitro diagnostic use). The test results are plasma-calibrated for easy comparison to lab results. The Embrace TALK Blood Glucose Monitor is a portable battery operated monitor intended for use as an aid by persons with diabetes and by health care professionals to monitor glucose concentration in whole blood.

If you have questions or simply need more information, please call Omnis Health at 1-877-979-5454 or visit our web site at [www.embracetalk.com](http://www.embracetalk.com). Again thank you for choosing the Embrace TALK Blood Glucose Monitor.

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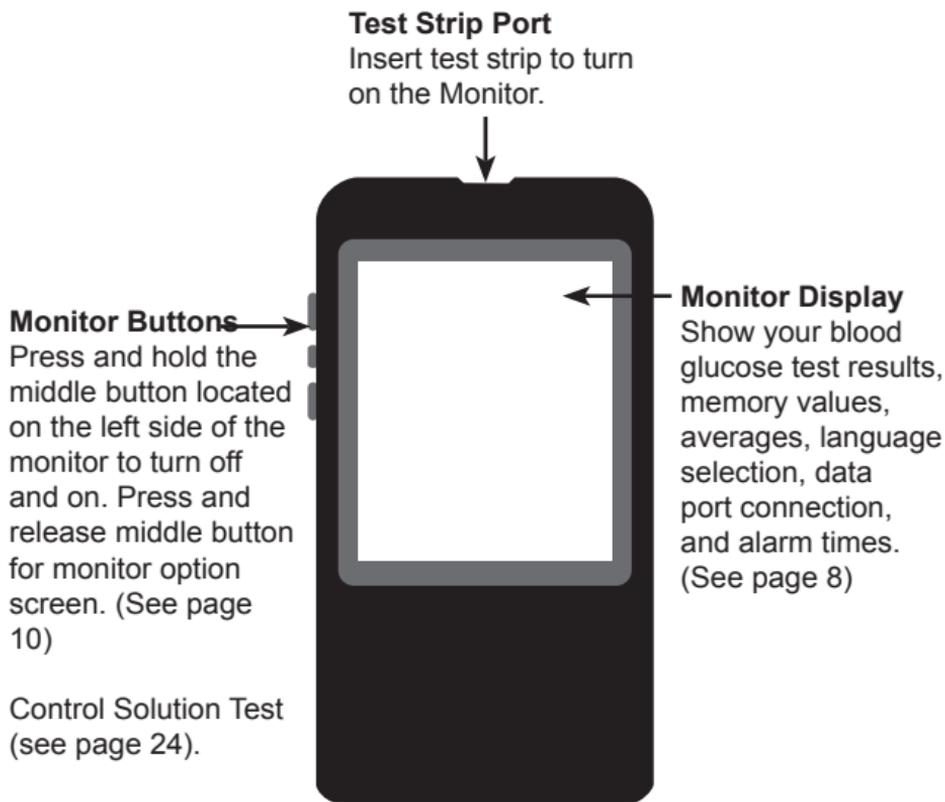
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## Understanding Your New Blood Glucose Monitor

Embrace TALK Blood Glucose Monitor may be sold individually or as part of a complete Monitoring System (starter kit). Package contents are described in the table below.

CONTENTS	PACKAGE CONFIGURATION	
	Monitoring System	Monitor
Embrace TALK Monitor	✓	✓
Instruction Manual	✓	✓
Carrying Case	✓	✓
Log Book	✓	✓
Lancing Device With Clear Cap	✓	
Test Strips	✓	
Lancets	✓	
Glucose Control Solution	✓	

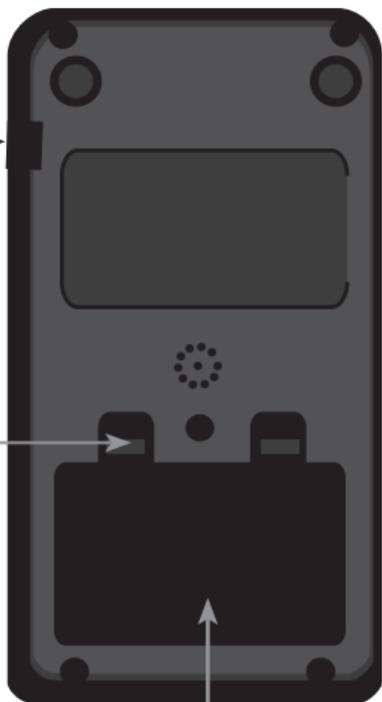
## Front of the Embrace TALK Monitor



## Back of the Embrace TALK Monitor

**Data Port** →  
This function is not yet available.

**BATTERY COVER  
TABS USED  
FOR REMOVING  
BATTERY COVER.** →



**Battery Compartment**  
Holds two AAA batteries  
battery cover.

## The Embrace TALK Blood Glucose Test Strip

### Contact Points

Insert this end of the test strip into the top of the monitor.



### Sampling End

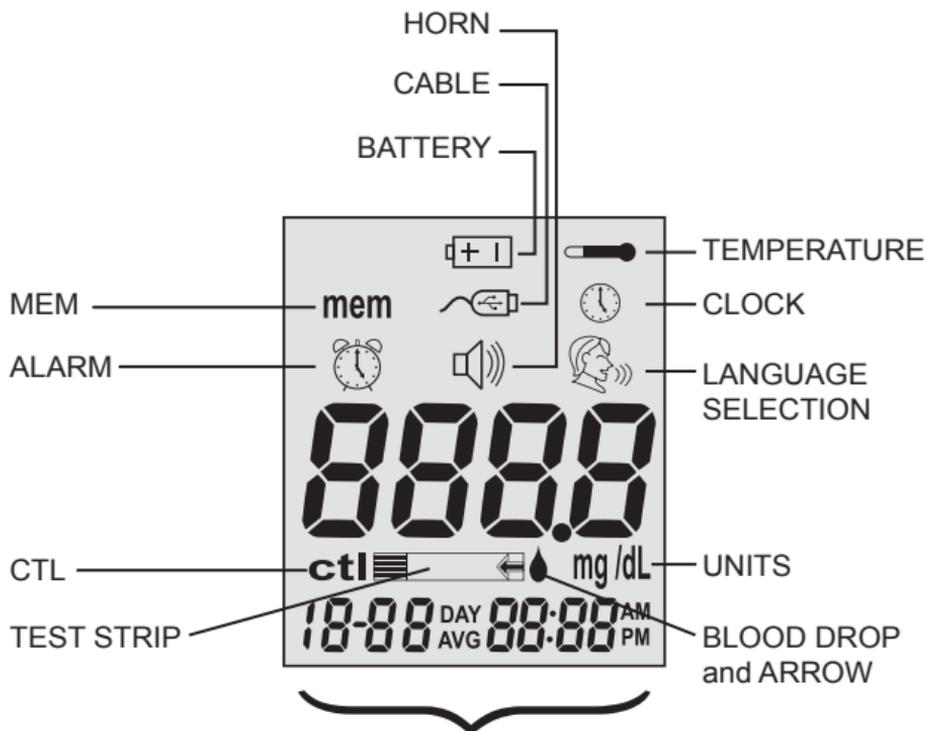
Dip this end of the strip into the blood or control solution drop.

The Embrace TALK are glucose specific, biosensor-based test strips that requires very little blood sample to quickly test glucose in fresh capillary whole blood. The test results are plasma-calibrated for an easy comparison to lab results, but may be 10 to 15% higher than results obtained from whole blood referenced blood glucose analysis. The test strip is also equipped with under-fill detection to alert you when there is not enough blood to perform a test, so you can be assured that each reading you get is an accurate and meaningful result.

### **IMPORTANT:**

- Immediately close the vial cap of the test strip bottle tightly after each use. Keep the unused test strips in the original bottle. **DO NOT** leave any test strips outside the bottle while not in use.
- **DO NOT** reuse test strips. Test strips are for single use only.
- Carefully discard used test strips and lancets in proper waste containers.

## Monitor Display Screen



Display of the date, time, am/pm of past and present blood glucose readings. As well as the day averages 7, 14, or 30 (see page 38).

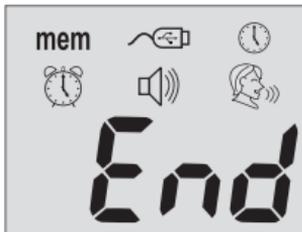
- CABLE..... Indicates the Monitor is in data transfer mode to PC\*. \*This function is not available yet.
- MEM ..... Blood glucose readings are stored (see page 38).
- ALARM ..... To set Alarm or indicates Alarm has been set (see page 14).
- CTL..... This icon indicates a control solution test (see page 24). To view the control solution test (see page 38).
- BATTERY ..... Appears when batteries need to be changed (see page 41).
- HORN..... Beeps when voice is turned off. Set sound volume (see page 16).
- TEMPERATURE .. Appears when it is either too hot or too cold to test (outside the ranges of 50°F~104°F).
- CLOCK..... Indicates the Monitor is ready to set up the year, date and time (see page 11).
- UNITS..... Unit of measurement for your blood glucose is mg/dL.
- TEST STRIP..... Flashes to prompt you to insert a test strip for testing.
- 
- BLOOD DROP and ARROW  
..... Indicates the Monitor is ready for testing.
- 
- LANGUAGE SELECTION  
..... Indicates the language selection (see page 17).

## Setting Up Your New Monitor

### The Setup Screen

The Setup Screen of the Embrace TALK Monitor allows you take advantage of the advance functions of this Monitor. Simply press and release the middle button for setup screen. Use the ▲▼ buttons to navigate to the desired function icon. When the icon is flashing press and release middle button to enter that function. Use the up or down arrows for the desired setting then press and release the middle button to set . To exit use the up or down button to navigate to the END of Function mode press and release the middle button. The monitor will announce each function when the voice feature is on.

- MEM ..... Stored blood and control solution test (see page 38).
- mem
- CABLE ..... Press the buttons to enter PC Link Mode for data transfer to PC\*



\*This function is not available yet.

- CLOCK: ..... For setting the year, date & time (see page 11).



- ALARM CLOCK .. For setting up the Alarms (see page 14). The monitor has 3 alarm settings (see page 14).



- HORN: ..... Set sound volume or turn off the voice feature. Setup (see page 16).



**LANGUAGE SELECTION** 

..... Press the buttons to enter Language Selection (see page17).

End ..... Exit Setup Screen and return to testing screen.

**Setting the Clock**

You will need:

- ✓ Your Embrace TALK Monitor

**NOTE:**

If the date and time on the Embrace TALK Monitor has not been set, test or control result will not be stored in memory.

**Step 1:**

Press and hold the middle button to turn on the monitor.

**Step 2:**

Press and release middle button for setup screen and then press and release the up or down buttons until  the clock (3<sup>rd</sup> icon on the top row) is flashing. When the clock icon is flashing press and release the middle button to enter the clock setup function. If the talking feature is on the monitor will say “set date and time”.

**Step 3: Set Year.**

If the talking feature is on, the monitor will say, “Set Year.” Press the up or down button until the desired year is reached and then press and release the middle button.



#### Step 4: Set Month:

The current month will flash. If the talking feature is on, the monitor will say, “Set Month.” Press the up or down button to reach the desired month. Once the desired month is reached press and release the middle button.



#### Step 5: Set Day:

The current date will flash. If the talking feature is on the monitor will say “Set Day”. Press and release the up or down button to reach the desired day. When the desired day is reached press and release the middle button.



#### Step 6: Set Time Format to 12-hours or 24-hours:

The current time format will flash. If the talking feature is on, the monitor will say “Set 12 hour/Set 24-hour. When the desired format is reached press and release the middle button.(12 hour is standard time/24 hour is military time).



#### Step 7: Set Hour:

The current hour will flash. If the talking feature is on, the monitor will say, “Set Hour.” Press the up or bottom button to reach the correct hour.

(AM or PM will be determine by the HOUR)

By pressing & releasing the up or down buttons and



passing the 12 this will change (AM to PM) or (PM to AM). When the desired hour and AM or PM is reached press and release the middle button to set the correct hour and if it's AM or PM.

### **Step 8: Set Minutes:**

The current minutes will flash. If the talking feature is on, the Monitor will say, "Set Minutes". Press and release the top or bottom button to the desired minute. Press and release middle button to set the minutes.

- Anytime during set up, inserting a Embrace TALK Test Strip will begin testing. Any changes made so far will be stored.
- You may need to reset the Year, Date and Time after changing the batteries.  
After date and time have been set, the monitor will announce the year, date and time if the talking feature is on. Begin testing by inserting an Embrace TALK Blood Glucose Test Strip (see page 29, Testing Your Blood Glucose), or press and hold the middle button to turn off the monitor, or see the next section on how to set up the alarm feature on your monitor.



## Setting the Alarms

You can set up to three alarms on the Embrace TALK Monitor. You must set the clock before you can set the alarms. When an alarm sounds, the Monitor will turn on, and a melody will sound for 30 seconds. Pressing the middle button or inserting a test strip will silence the alarm. You can set up one or all three alarms.

You will need:

- ✓ Embrace TALK Monitor

### **Step 1:**

Press and hold the middle button to turn on the monitor.



### **Step 2:**

Press and release the middle button to enter the set up screen. Then press and release the up or down button until the  on the second row starts to flash. If the talking feature is on, the monitor will say, "Set Alarm." Press and release the middle button to enter the alarm setting.

### **Step 3:**

The display screen will indicate alarm 1 ON or OFF. If the alarm is OFF and the voice feature is on the monitor will say "Set Alarm 1" Press and release the top button to turn the alarm on. The monitor will now show 1 ON. Press and release the middle button to set alarm 1. Press and release the up or down button to desired HOUR.



(AM or PM) will be determined by setting the hour. By pressing and releasing the top or bottom and passing the 12 will change (AM to PM) or (PM to AM). Press and release the middle button to set the hour. The minutes will begin flashing. Press and release the top or bottom button to desired minute. Press and release the middle button to set the minute. Repeat step 3 to Set Alarms 2 and 3.



#### **Step 4:**

You may set 1 alarm or all 3 alarms. If you choose to only set one alarm and have completed that desired alarm press and release the middle button until you have exited the alarm set up screen. If you choose to set all 3 alarms and the desired alarm times have been set press and release the middle button to exit the alarm set up screen.

#### **NOTE:**

- When the alarm or alarms have been set the icons (  and  ) should be displayed on the display screen of the monitor.

#### **NOTE:**

- Alarm will not sound during testing.
- Alarm will follow the time format (12-hour or 24-hour) you choose when setting the clock.
- Alarm will not be erased when changing the batteries.

Begin testing by inserting an Embrace TALK Blood Glucose Test Strip (see page 29, Testing Your Blood Glucose) or press and hold the middle button to turn off the monitor, or see the next section on how to turn on or off the talking feature on your monitor.

### **Talking and Horn Function**

Your Monitor has a Language Feature Option for English or Bilingual which can be used as a verbal aid for using the Monitor or hearing test results. The default Language is English which can be changed to Bilingual if desired. If the speaking feature is turned off the monitor will beep instead of speak.

You will need:

- ✓ Your Embrace TALK Monitor

### **Setting The Volume**

#### **Step 1:**

Press and hold the middle button to turn on the monitor.

#### **Step 2:**

Press and release the middle button.

#### **Step 3:**

Press and release the top button until the  starts to flash. Press and release the middle button to enter volume setting.



Press and release the top or bottom button to turn UP or DOWN the volume. (1 being lowest volume and 5 being loudest volume) Once the desired volume is reached press and release the middle button to set the desired volume.



To turn off the voice press and release the bottom button until 0 appears. Press and release the middle button to set VOICE FEATURE OFF. The monitor will now beep instead of speaking. To turn the voice feature on if turned off follow steps 1-3.

## Language Selection

### Step 1:

Press and hold the middle button to turn on the monitor.



### Step 2:

Press and release the middle button to enter set up screen. Press and release the bottom button until the  language icon is flashing. If the voice feature is on the monitor will say "Language Selection". Press and release the middle button to enter the Language Selection Option.

### Step 3:

The default language ENGLISH is announced (graph). To change the Language from the default (English) to another Language. Press and release the top button. The monitor will announce the Language change and the number 1 (English) will change to the number



2, and will announce that Language. Once the desired Language has been selected press and release the middle button to set that Language and exit the Language Selection Option.

**NOTE:**

- Anytime during set up you can insert an Embrace TALK Test Strip and begin testing. Any changes made so far are stored.
- Your choice of language and volume settings will not be erased when changing batteries.

Begin testing by inserting an Embrace TALK Blood Glucose Test Strip (see page 29, Testing Your Blood Glucose) or press and hold the middle button to turn off the monitor.

## Talking Function Table

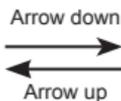
The talking function can be used as an aid for you to hear the test results and use of the monitor. The following table lists **WHEN** the monitor will speak and **WHAT** the monitor will say. **Testing Blood and Control Solutions** (see page 24, Control Solution Testing, and page 29, Testing Your Blood Glucose).

WHEN the Monitor will speak...	WHAT the Monitor will say...
Turned on	Greeting Tone
Prompt user to insert test strip	"Please insert test strip"
Test strip is inserted and the Monitor is ready to test (with flashing arrow and blood drop)	"Blood glucose test. Please apply blood onto the test strip"
Blood Glucose test is completed and the result is shown on screen	"Your blood glucose reading is (number) milligram (mg) per deciliter"(dL).
Blood Glucose test result is ABOVE the measurement range of 600 mg/dL	"Your blood glucose reading is above 600mg/dL".
Blood Glucose test result is BELOW the measurement range of 20 mg/dL	"Your blood glucose reading is below 20mg/dL".

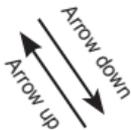
WHEN the Monitor will speak...	WHAT the Monitor will say...
Performing a Control solution test.	L1/L2 Control Solution Test please apply Control Solution onto the test strips.
Temperature is outside of testing range( 50°F~104°F)	"Temperature is out of range"
When monitor is turned on or when the Test Strip is inserted into the monitor. When the Monitor is turned off.	Melody

Insert Test strip and arrow up or down until CTL shows next to the test strip icon.

L1 control solution test. Please apply control solution



L2 control solution test. Please apply control solution



Blood glucose test. Please apply blood onto the test strip



**Setting Monitor Functions via the Setup Screen**

(see page 10, “Setting Up Your New System”)

Press and release the middle button to enter the Monitor Set Up Screen.

<b>WHEN the Monitor will speak...</b>	<b>WHAT the Monitor will say...</b>
MEM	“Memory Recall”
PC LINK	“PC Link”
CLOCK (time)	“Set Date and Time”
ALARM CLOCK	“Set Testing Alarm”
HORN VOLUME	“Set Sound Volume”
LANGUAGE SELECTION	“Language Selection”
END	“End of Function Mode”

<b>WHEN the Monitor will speak...</b>	<b>WHAT the Monitor will say...</b>
During date and time setup, setting up the year	“Set Year”
During date and time setup, setting up the month	“Set Month”
During date and time setup, setting up the date	“Set Date”
During date and time setup, setting up 12-H/24-H	“setting 12-H/24-H”
During date and time setup, setting up the hour	“Set Hour”
During date and time setup, setting up the Minutes	“Set Minutes”
When the Set Date and Time section has been completed	“The Date and Time Is (Year) (Month) (Date) (Time) (Minute) (AM/PM)”

## OTHER WARNING MESSAGES (see page 44, Solving Problems)

<b>WHEN the Monitor will speak...</b>	<b>WHAT the Monitor will say...</b>
Monitor Failure	"Error 1 Monitor Failure"
Used Test Strip	"Error 3 Used Test Strip"
Not Enough Blood or Control Solution	"Error 4 Not Enough Sample"

## Control Solution Testing

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The purpose of the control solution testing is to make sure the Embrace TALK Monitor and the Test Strip are working properly. You should perform Control Solution Testing when:

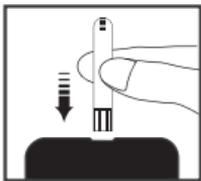
- Using the monitor for the first time
- Using a new bottle of Embrace TALK Blood Glucose Test Strips
- You left the test strip bottle cap open for a while
- You dropped the monitor
- You suspect your monitor and test strips are not working properly
- The blood glucose test results do not reflect how you feel
- Practice the testing procedure

### **IMPORTANT:**

- Use only the Embrace TALK Glucose Control Solutions with the Embrace TALK Test Strips. Other brands of control solution will produce inaccurate results.
- Always check the expiration date. DO NOT use control solutions if expired.
- DO NOT FREEZE. Store the control solutions at room temperature.

You will need:

- ✓ Embrace TALK Control Solution (Low-L1 or High-L2)
- ✓ Your Embrace TALK Monitor
- ✓ The Bottle of Embrace TALK Glucose Test Strips
- ✓ A small clean plate (glass or plastic) or hard surface.



### Step 1:

Take out the bottle of control solution. Check the expiration date. Do not use the control solution if EXPIRED. Check the bottle of control solution for LOW or HIGH to determine which level the monitor will need to be tested on.

(LOW) Monitor should be set to L1.

(HIGH) Monitor should be set to L2.

Gently mix the solution by rolling the bottle back and forth between your hands.

Place 2 drops of control solution on the clean glass/plastic plate.

Replace the cap on the control solution bottle IMMEDIATELY.

### Step 2:

Take out an Embrace TALK Test Strip and close the lid IMMEDIATELY.

### IMPORTANT:

- Check the expiration date printed on the test strip bottle and its package. Do not use expired test strips.
- Use each test strip immediately after removing it from the bottle.
- Do not use wet or damaged test strips.
- Keep away from direct sunlight and heat. Store the test strip bottle in

a dry, cool place.

- Record the “date opened” on the bottle label. Discard the bottle and any remaining test strip after 6 months from date of opening.
- Make sure you are testing in an environment between 50°F~104°F and relative humidity less than 85%. Your monitor will not work outside these ranges.

### Step 3:

Insert a test strip to turn on the monitor. If the talking feature is on the monitor will say “Please apply blood onto the test strip.” A flashing blood drop and arrow will appear in the monitor display screen. According to the level of control solution press and release the bottom button for (LOW-L1). Press and release the top button for (HIGH-L2). L1/L2 will appear on the display screen.

The **ctl** icon will appear next to the test strip icon. If the talking feature is on the monitor will say “L1/L2 control solution test please apply Control Solution onto the test strip”.

### Step 4:

Gently guide the tip of the strip into the drop of the control solution. When the strip and monitor have received the control solution the monitor will begin to play a melody. The monitor will start to count down.



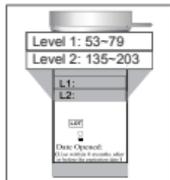
After 6 seconds the control solution reading will be displayed on the display screen.



### Step 5:

Compare the reading on the screen to the control solution range on the bottle of test strips.

If the number displayed on the monitor is within the L1 number range printed on the test strip Bottle, the monitor and strips are working properly and are ready for testing. If the reading falls outside the Level 1 (Low) range printed on the test strip bottle, see Control Solution Trouble Shooting , on page 28.



Follow steps 3 through 5 for the Level 2 Control Solution test and compare the result with the Level 2 range printed on the test strip bottle.

### NOTE:

- Control Solution testing results will be stored in the monitor's memory and indicated by **ctl** icon. Control Solution testing result will not be used for calculating averages.
- Remove the test strip from the monitor into proper waste container. In approximately 2 minutes the monitor will automatically turn off.

### IMPORTANT:

- DO NOT REUSE TEST STRIPS.

## Control Solution Trouble Shooting

If your control solution testing is out of range (too high or too low), it may be caused by the following:

Possible Causes	What you can do
<ul style="list-style-type: none"> <li>• Wrong brand of Control Solution being used</li> <li>• Control Solution not at room temperature</li> <li>• Expired or contaminated control solution</li>   <li>• Damaged test strip</li> <li>• Monitor malfunction</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure you are using Embrace TALK Control Solution.</li> <li>• Make sure the testing environment is between 50°F to 104°F, &lt;85% RH.</li> <li>• Check the expiration and open bottle date on both the control solution and test strips. (Test strips should be used within 6 months from date opened. Control solution should be used within 3 months from date opened). Repeat testing using a new test strip. If the result is still out of range, use a new bottle of control solution and retest.</li> <li>• If problem persists, call Omnis Health@1-877-979-5454.</li> </ul>

## Testing Your Blood Glucose

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Materials you will need:

- ✓ Your Embrace TALK Monitor
- ✓ A new Embrace TALK Test Strip
- ✓ Lancing device with a clean, unused lancet (or safety lancets)
- ✓ Clear cap for Alternate Site Testing (AST) on palm and forearm (optional)

### **Before you begin, make sure:**

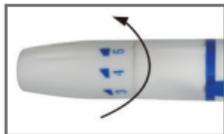
- Set up your monitor properly and run a control test. See “Setting Up Your New System” on page 4, and “Control Solution Testing” on page 23 for details.
- Wash your hands and testing site thoroughly with soap and warm water, and dry well.
- You are testing in an area between the 50°F~104°F and relative humidity less than 85%. Your monitor will not test outside of this range and will display . If the voice feature is on the monitor will say “temperature out of range”. Move the monitor into an area that is between 50°F~104°F and relative humidity less than 85%, and let it sit for 10 to 15 minutes before testing again.

## Preparing Your Lancing Device

Embrace Lancing Device included in Starter Kit only (see page 4).

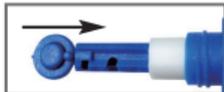
### **Step 1:**

Twist off the adjustable cap counter clock wise and insert a clean unused lancet as shown.



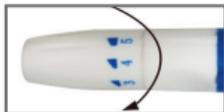
### **Step 2:**

Twist the protective cover off the lancet exposing the needle. Twist clockwise adjustable cover back onto the lancing device.



### **Step 3.**

Adjust the puncture setting on the adjustable cap for the puncture depth level (1 is the lightest and 5 is the deepest).



### **Step 4:**

With one hand holding middle way down the lancing device, pull and release the opposite end of the inserted lancet (you should hear a click sound). The lancing device is now ready for pricking.



## **IMPORTANT:**

Use a new sterile lancet every time you test to avoid cross contamination. If alcohol wipes are used to cleanse the fingers, make sure the area is dry before the blood sample is obtained. We recommend washing with soap & warm water. Alcohol and Hand Sanitizer may alter the blood test.

## Performing a Blood Glucose Test

### **IMPORTANT:**

- Check the expiration date printed on the test strip bottle and its package. Do not use expired test strips.
- Use each test strip immediately after removing it from the bottle.
- Do not use wet or damaged test strips.
- Keep away from direct sunlight and heat. Store the test strip bottle in a dry, cool place.
- Record the “date opened” on the bottle label. Discard the bottle and any remaining test strip after 6 months from date of opening.

### **For Finger Tip Testing:**

#### **Step 1:**

Set up the Lancing Device.

#### **Step 2:**

Wash hands with soap and warm water. Rinse and dry hands thoroughly.

#### **Step 3:**

Take out an Embrace TALK Strip from the test strip bottle and close the lid IMMEDIATELY.

#### **Step 4:**

Insert test strip. A flashing blood drop and arrow icon will appear on the Monitor display screen. If the talking feature is turned on the monitor will say, “Please apply blood onto the test strip”.

**Step 5:**

Set the lancing device to the desired puncture depth (1 being less deep-5 being deepest). Pull blue end of lancing device until you hear a click. Hold the lancing device against the side of your finger and press the small blue button located in the middle of the lancing device to create the puncture.

**Step 6:**

Gently guide the tip of the strip straight into the blood drop at a slight angle. The tip of the strip will act as a straw and pull the blood up into the strip. Leave the tip of the strip in the blood drop until the monitor begin beeps or plays a melody. The monitor will start to count down. After 6 seconds the monitor will display your results. If the talking feature is on the monitor will say “Your blood glucose reading is [number] milligrams per deciliter”.



**NOTE:**

- Your reading will automatically be stored in the monitor's memory.

**CAUTION:**

**IF YOU SEE “HI” OR “LO” DISPLAYED, YOUR BLOOD GLUCOSE LEVEL MAY BE ABOVE 600 MG/DL OR BELOW 20 MG/DL, REPEAT TESTING. IF YOU STILL RECEIVE THE SAME RESULT, CALL YOUR PHYSICIAN OR HEALTHCARE PROFESSIONAL IMMEDIATELY.**

**Step 7:**

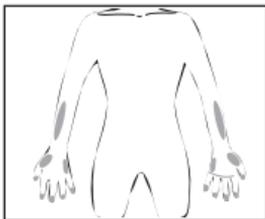
Remove the used test strip and lancet and discard according to your local disposal regulations where applicable. The monitor will automatically shut off in 2 minutes.

**TIP:**

- Gently massage your hand and finger toward the puncture site to form a blood drop. Do not “milk,” or squeeze around the puncture site.
- If the testing area is moist this may result in the strip not being able to pull enough blood up into the strip.  
Make sure the drop of blood is in the shape of a dome or bubble.
- Lance the side of your fingertip to avoid soreness. To avoid calluses, choose a different lancing site each time.

## **Important Information on Alternate Site Testing (AST)**

The Embrace TALK Blood Glucose Monitor can test for blood glucose other than your fingertip such as palm and forearm (alternate site testing, or AST). Alternate site testing can be less painful than fingertip testing, but because of the physiological differences between your fingertip and palm and forearm<sup>(1)</sup>; alternate site test results may be significantly different than results from fingertip testing under certain conditions. You should consult with your doctor or healthcare professional before using alternate site testing.



### **DO AST ONLY in the following intervals:**

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

### **Alternate Site Testing SHOULD NOT be used when:**

- You have Hypoglycemic unawareness (not able to tell if you have low blood sugar)
- Within 2 hours of a meal, exercise, or medication
- You will be operating machinery or driving a car
- You are sick
- You think your blood glucose is low
- Your AST results do not match the way you feel
- You are testing for hyperglycemia
- Your routine glucose results are often fluctuating
- If you are pregnant

**NOTE:**

- Rubbing forearm until warm before lancing will help minimize the difference with fingertip test results. The palm (at the base of the thumb) does not require rubbing before testing.
- If results from alternate site testing do not agree with how you feel, use fingertip testing instead.

**PERFORMING ALTERNATE SITE TESTING (AST):****Step 1:**

Set up the lancing device (see page 30, Preparing Lancing Device).

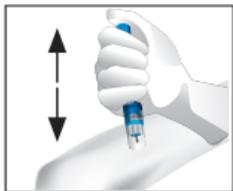
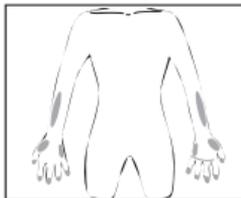
**Step 2:**

Wash hands with soap and warm water. Rinse and dry hands thoroughly.

**Step 3:**

For testing on palm and forearm: Hold the lancing device (use the clear cap) against the test site (base of palm or forearm). Avoid a test site that has veins, moles, excessive hair, or bone. Press the lancing device firmly against the test site and press the button located in the middle of the lancing device, do not remove the device from your arm.

Applying pressure, press down and release with out braking the suction until blood drop is approximately 1  $\mu$ L in size is brought to the surface or blood drop is visible.



When blood is present lift the lancing device straight up not to smear the blood.

Palm testing (at the base of the thumb) does not require the suction method.

1. Jungheim K., Koschinsky T.: "Risky delay of hypoglycemia detection by glucose monitoring at the arm." *Diabetes Care* 2001;24(7):1303-04.

### **IMPORTANT:**

- Discard used test strips and lancets according to your local disposal regulations.

## **Understanding Your Blood Glucose Test Results**

Blood glucose value will vary depending on food intake, medication, health, stress, and exercise. The American Diabetes Association suggests the following targets for most non-pregnant adults with diabetes<sup>1</sup>:

- Between 70–130 mg/dL before meals
- Less than 180 mg/dL two hours after starting a meal

It is important to consult with your physician or healthcare professional to determine an appropriate target range for you.

**What to do if you get a high or low reading**

If the monitor displays results that are “HI” or “LO,” or you get a result that is more than 250 mg/dL or below 50 mg/dL AND you feel ill:

- Treat your diabetes according to the instructions from your doctor and/or consult your healthcare provider.

If the monitor displays results that are “HI” or “LO,” or you get a result that is more than 250 mg/dL or below 50 mg/dL AND you DO NOT feel ill:

- Test your monitor with control solution, refer to page 24, Control Solution Testing.
- Test again using fingertip or palm (at the base of thumb). Do not test on forearm.

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

Reference: 1. American Diabetes Association. Checking Your Blood Glucose, [www.diabetes.org](http://www.diabetes.org). Accessed 1/24/2012.

## Viewing Your Monitor's Memory

Your Embrace TALK monitor automatically stores up to 300 test and control results with date and time. The monitor also provides 7, 14, and 30 days averaging to help track your blood glucose trend. You must set up your monitor to use the memory and day averaging function, see “Setting Up Your New System” on page 10. The monitor will not memorize test or control results if the date and time are not set.

### **NOTE:**

- The monitor will store up to 300 readings. When monitor has stored 300 readings, the next reading will replace the oldest reading in memory (the Memory can not be cleared).

## Viewing Stored Readings and 7, 14, 30 Days Average from Memory

You will need:

✓ Your Embrace TALK Monitor

### Step 1:

Press and hold the middle button to turn on the monitor.



### Step 2:

Press and release the middle button to enter the set up screen. **MEM** icon should be mem flashing. If the **MEM** icon is not flashing, press and release the up or down buttons until the **MEM** icon is flashing.

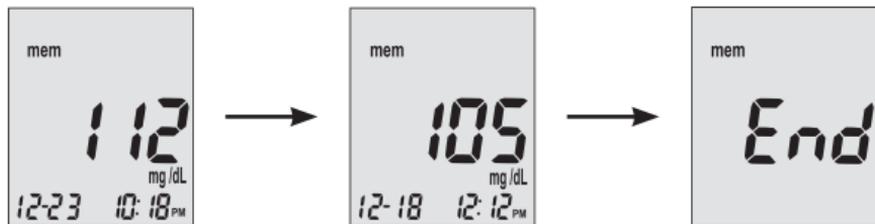


If the talking function is on the monitor will say “Memory Recall.”

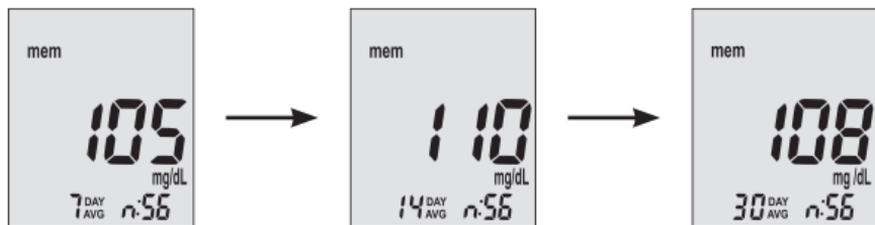
### Step 3:

Press and release the middle button to enter the Memory. Press and release the top button for the daily readings. When the last reading is reached, press and release bottom button to decline to most recent reading. When most recent reading is reached, press and release the bottom button for the averages (7, 14 & 30 day averages).

Press and release bottom button for the 7 Day Average, again for 14 Day Average and again for 30 Day Average.



The number of results included in the averages is shown right next to the <sup>DAY</sup>AVG icon.



Press and release the middle button to exit the Memory Recall Screen.

**nil** will appear on the display screen after the last recorded test result if less than 300 readings are stored.

Control solution results are not included in the day average calculations.

**NOTE:**

- Control testing results are flagged by **ctl** on the bottom left corner of the display screen as well as Control Solution Test stored in Memory.
- When the monitor memory is blank, the display screen will show nil
- When there are no day average data available, the display screen will show 4 dashes
- If the monitor memory is full, adding a new test result will cause the oldest one to be deleted
- Stored test results and day averages will not be erased when changing batteries
- You can begin testing anytime by inserting a test strip

## Caring for the Monitor

Caring for your Embrace TALK monitor is easy. Follow these simple guidelines to keep your monitor working properly.

### Changing the Battery

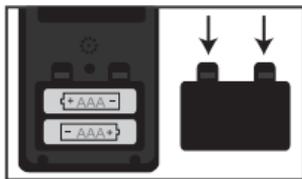
Batteries need to be changed when the  icon appears on the monitor display.

Materials you will need:

- ✓ Two Alkaline AAA Batteries
- ✓ Your Embrace TALK Monitor

**Step 1.**

Pull back and up at the same time on the tabs at the top of the battery cover to remove the battery cover.



**Step 2.**

To insert the new batteries. The top battery, The positive (+) end will face to the left. The bottom battery the positive (+) end will face to the right. Make sure batteries are firmly in place.

You should hear a click when inserting the batteries, this will ensure the batteries are in firmly.

**NOTE:**

- When the batteries have been changed. Push and hold the middle button to turn on the monitor.
- The monitor will prompt you to reconfirm the year, date and time (see page 11 for “Setting the Clock”).
- The year, date, stored results, alarm settings, volume setting, and language choice stay in memory when the batteries are changed.

## **Cleaning the Monitor**

- If the monitor gets dirty, use a moist (NOT WET) lint-free cloth dampened with a mild detergent
- Do not get water inside the monitor or hold it under running water
- Do not use glass or household cleaners on the monitor
- Do not try to clean the test strip holder

## **Storage and Precautions**

- Handle the monitor with care- severe shock, such as dropping the monitor, could damage the electronics
- The monitor and test strips are designed to be used within the environment between 50°F~104°F and relative humidity less than 85%.
- Avoid leaving the monitor in extremely hot or cold places, such as near a heat source or in an extremely hot or cold car
- Do not store or use the monitor or test strips in high humidity levels, such as bathroom or kitchen
- Always close bottle cap immediately after removing a test strip and make sure it's closed tightly
- Do not take the monitor apart. Doing so will void the warranty. If there are technical problems or questions, call Omnis Health at 1-877-979-5454 for assistance.

## Solving Problems

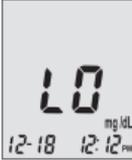
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This section details the significant display screen messages and error codes you will encounter when using your Embrace TALK Monitor and test strips.

All warranty claims must be directed to Omnis Health, LLC.

The warranty applies only to the original purchaser of the system.

What you see	What the Monitor says	What it means	What you should do
	<p>“Error 1 Monitor Failure”</p>	<p>The monitor electronics are damaged</p>	<p>Remove and put back in the batteries and turn the monitor back on. If problems persists, call us at 1-877-979-5454</p>
	<p>“Error 3 used test strip”</p>	<p>Used or damaged test strip</p>	<p>Repeat the test with a new test strip. Remember to add sample only when you see the prompt on the display screen or the monitor verbally prompts you to add sample.</p>
	<p>“Error 4 not enough sample”</p>	<p>Not enough sample in the test strip for the monitor to read.</p>	<p>Remove the test strip and repeat the test with a new test strip. See “Testing Your Blood Glucose” on page 29.</p>
	<p>“Temper- ature is out of range”</p>	<p>Temperature out of range</p>	<p>Move the Monitor into an area that is between 50°F~104°F and relative humidity less than 85%,, and allow 10 to 15 minutes for the monitor’s temperature to get back with in range.</p>

What you see	What the Monitor says	What it means	What you should do
	<p>HI “Your blood glucose reading is above 600 mg/dL”</p>	<p>Test result is higher than 600 mg/dL</p>	<p>Wash and dry your hands and repeat the test on your fingertip with a new test strip. If the result is still “HI,” contact your physician or healthcare professional immediately.</p>
	<p>LO “Your blood glucose reading is below 20 mg/dL”</p>	<p>Test result is lower than 20 mg/dL</p>	<p>Wash and dry your hands and repeat the test on your fingertip with a new test strip. If the result is still “LO,” contact your physician or healthcare professional immediately.</p>
	<p>“Low Battery”</p>	<p>Batteries are low</p>	<p>Change the battery according to page 41, Inserting (or changing) the Battery.</p>
	<p>“nil”</p>	<p>There are no results stored in the monitor</p>	<p>Check if the date and time on you monitor is set up. See “Setting Up Your New System” on page 10. Start testing your blood glucose, see “Testing Your Blood Glucose” on page 29.</p>

## Product Warranty

Omnis Health, LLC warrants the Embrace TALK Blood Glucose Monitor to be free of defects in workmanship and materials under normal use for a 5 year warranty. The liability of Omnis Health, LLC is limited to repair or replacement and in no event shall Omnis Health, LLC be liable for any collateral or consequential damages or loss. Instruments subjected to misuse, abuse, neglect, unauthorized repair or modification will be excluded from this warranty. This warranty specifically excludes expendables and consumables. All warranty claims must be directed to Omnis Health, LLC.

The warranty applies only to the original purchaser of the system.

## Specifications

Test Strips:	Embrace TALK Blood Glucose Test Strips
Test Range:	20 - 600 mg/dL
Calibration:	Plasma
Test Time:	6 Seconds
Sample Size:	1 $\mu$ L
Hematocrit Range:	30-55%
Display Type:	Large LCD screen
Memory:	300 blood test results with date and time
Result Averaging:	7, 14, and 30 days averaging
Dimension:	100L x 54W x 12H (mm)
Weight:	66g
Battery:	2 Alkaline AAA Battery
Battery Life:	1000 tests of continuous use or 1 year
Automatic Power-off:	After 2 minutes of non-use
Operating Temperature:	50°F~104°F
Relative Humidity:	Less than 85%
Storage Condition:	Monitor at 39°F~122°F Test Strips at 39°F~86°F

*For additional information, refer to the Embrace TALK Test Strip insert.*

## We're Here to Help.

If you have any questions about our Embrace® products, please call us toll-free or visit our website.

## Estamos aquí para ayudar

Si usted tiene cualquiera pregunta sobre nuestros productos de Embrace®, por favor llámenos gratis o visita nuestro sitio de Web.



1-877-979-5454  
[www.EmbraceTalk.com](http://www.EmbraceTalk.com)

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