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The FreeStyle Freedom Lite System Uses a Tiny Sample of 0.3 μl So You Can Test on a Variety of Locations

Many Test Sites Available

The human figure above shows the areas where you can test with the FreeStyle Freedom Lite system. Avoid moles, veins, bones and tendons.

WARNING:
We recommend that you test on your fingers if you are testing for hypoglycaemia (low blood glucose) or if you suffer from hypoglycaemia unawareness.

Important Information About Your FreeStyle Freedom Lite Blood Glucose Monitoring System

How the FreeStyle Freedom Lite System Should Be Used
The FreeStyle Freedom Lite system is intended for use outside the body (in other words, in vitro diagnostic use only).

• The FreeStyle Freedom Lite system is used for measuring blood glucose (also known as blood sugar) from samples taken from the forearm, upper arm, hand, thigh, calf or fingers.
• The FreeStyle Freedom Lite meter should only be used with FreeStyle Lite test strips and FreeStyle control solution. Using other test strips and control solution with this meter can produce inaccurate results.

Do use the FreeStyle Freedom Lite system for:
• Testing blood glucose.
• Testing glucose in fresh capillary whole blood samples.

Do not use the FreeStyle Freedom Lite system for:
• The diagnosis of or screening for diabetes mellitus.
• Testing on newborns.
• Testing of arterial blood.
Important Information About Your FreeStyle Freedom Lite Blood Glucose Monitoring System (continued)

**WARNING:**
- The FreeStyle Freedom Lite system contains small parts that may be dangerous if swallowed.

**Caution:** Please read all the instructions provided in this Owner's Booklet and practise the testing procedures before using the FreeStyle Freedom Lite system. Blood glucose monitoring should be done with the guidance of a healthcare professional.

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Important Health-Related Information

- Low or high blood glucose readings can indicate a potentially serious medical condition. If your blood glucose reading is unusually low or high, or if you do not feel the way your reading indicates, repeat the test with a new test strip. If your reading is not consistent with your symptoms or if your blood glucose result is less than 60 mg/dL (3.3 mmol/L) or higher than 240 mg/dL (13.3 mmol/L) you should contact your healthcare professional and follow his or her treatment advice.

- For additional information, consult your test strip product information.
The FreeStyle Freedom Lite Meter and How It Works

**System Check Screen**
This screen briefly appears each time the meter is turned on so that you can make sure the display is working properly. Do not use the meter if the system check screen does not match the example here. Please call Customer Care.

**Display Screen**
Displays your test results and other important information.

**m (Mode) Button**
- Move to different mode settings.
- Scrolls backwards.
- Silences a reminder alarm.

**Sample Areas (dark-coloured half-circles on test strip)**
Apply blood or control solution to one sample area only. Insert strip into the meter printed side up (see image to the right).

**Data Port**
Download test results. Requires a compatible data management system. For more information, please go to our website or call Customer Care.

**c (Configure) Button**
- Marks a control solution test.
- Scrolls forwards.
- Silences a reminder alarm.
- Changes the date, time, alarm settings, sound options and reviews stored readings.

**Test Strip Port**
Insert the Top end of a new FreeStyle Lite test strip here. The meter powers on when you insert the test strip.

**Test Strip Port**
Insert the Top end of a new FreeStyle Lite test strip here. The meter powers on when you insert the test strip.

**FreeStyle Lite Test Strip**

**Sample Areas**

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The FreeStyle Freedom Lite Meter Display

Memory Mode Symbol
Shows you test results stored in the meter memory.

Battery Symbol
Appears when you should replace your meter battery.

Control Solution Test Result Symbol
Shows that you have marked a test result as a control solution test.

Test Result Area
Displays test results.

Message Area
Displays date, time and number of tests.

Sound Level Symbols
Indicates high, low or off sound volume.

Thermometer Symbol
Appears if your meter is out of operating temperature range.

Blood Drop and Test Strip Symbols
These symbols work together in an animation to tell you when the meter is ready for you to apply blood or control solution.

mg/dL or mmol/L
Either mg/dL or mmol/L will display, indicating the unit of measurement setting of your meter. The unit of measurement setting of your FreeStyle Freedom Lite meter is preset and cannot be changed.

Day Average Symbol
Shows the average value of glucose readings from the last 7-, 14- or 30-days.

P Symbol
Indicates PM in 12-hour format only (for example 4:00 p.m.)
The FreeStyle Lite Test Strip

Apply blood or control solution to only one test strip sample area per test.

**Important:** Do not apply blood to both sample areas. Test strips may be used only once. Discard used test strips. You can continue to fill the test strip for up to 60 seconds. Be sure to reapply the sample to the same sample area.

**WARNING:**
The cap or vial contains drying agents that may be harmful if inhaled or swallowed and may cause skin or eye irritation.

**Important:** The FreeStyle Freedom Lite meter should only be used with FreeStyle Lite test strips. Using other test strips with this meter can produce inaccurate results.

**Important Test Strip Information**
- The FreeStyle Freedom Lite system has an operating range of 4 °C to 40 °C (40 °F to 104 °F).
- Store the test strip package in a cool, dry place between 4 °C and 30 °C (40 °F to 86 °F).
- Use test strips only within the system operating temperature range.
- Keep away from direct sunlight and heat.
- Store your test strips in their original vial only; never transfer them to another vial or any other container.
- Never store individual test strips outside the vial.
- After removing a FreeStyle Lite test strip from the vial, immediately close the vial cap tightly.
- With clean, dry hands you may gently touch the test strip anywhere when removing it from the vial or inserting it into the meter.
- Do not use test strips beyond the expiry date. This may cause inaccurate results.
- Do not bend, cut or alter FreeStyle Lite test strips.

**Note:** For further information, refer to the FreeStyle Lite test strip package insert.

The FreeStyle Control Solution

Each FreeStyle control solution vial contains a red liquid with a fixed amount of glucose that is used to:
- Practise testing without having to use your own blood.
- Ensure that your meter and test strips are working together properly.

A control solution test should be performed when you question your results and want to confirm that your meter and test strips are working properly.

For information on how to obtain control solution, call Customer Care.
Control Solution Information
FreeStyle control solution can be used for three months after opening the bottle or until the expiry date printed on the label, whichever comes first.

Important: Count forwards three months from the date you open a new bottle of control solution. Write this date on the side of your control solution bottle. This is your discard date, unless the expiry date printed on the bottle comes first.

Example: You open the control solution on January 15th. Count forwards three months to April 15th. This is the discard date that you record on the bottle.

- Use only FreeStyle control solution with your FreeStyle Freedom Lite system.
- Replace the cap on the control solution bottle immediately after using.
- Do not use control solution past the expiry date.
- Do not add water or any liquid to control solution.
- Control solution tests are specified to be accurate only when used between 15 °C and 40 °C (59 °F and 104 °F).
- Control solution test results should fall within the range printed on the test strip vial label.

Important: The control solution range is a target range for control solution only. It is not a target range for your blood glucose level.

- If control solution results are out of this range, repeat the test.
- If your control solution test results continue to fall outside the range printed on the test strip vial, do not use the FreeStyle Freedom Lite system to test your blood glucose. Contact Customer Care.

Caution: Results from FreeStyle control solution tests do not reflect your blood glucose level.

Meter Setup
Setting Up Your Meter

- **To Enter Setup Mode**
  Start with the meter off (no test strip inserted). Press and hold the “m” button for two seconds until the SET display screen appears.

- **To Exit at Any Time**
  Press and hold the “m” button for two seconds until the meter turns off.

- **To Move Through the Screens**
  Press the “c” button to move through all the setup screens such as reminder alarms, sound level, time, date and so on.

- **To Change Settings Within the Screen**
  Press the “c” button.

Setting the Reminder Alarms
You may set up any or all of the reminder alarms (1-4). Note: A reminder alarm will never sound during a test.

To set a reminder alarm or multiple reminder alarms, please follow these steps.

1. Start with the meter off. Press the “m” button and hold until the SET display appears with 01234. You are now in the reminder alarm setting mode and the “0” is blinking.

2. To move to the first reminder alarm press the “c” button once. You are now ready to set reminder alarm 1 (“1” is blinking).
Setting the Sound
There are three (3) sound volume options:

- Off
- Low
- High

There are three sound volume options to let you know when the test strip is full, when the reading is done, and when an error occurs:
1. Press the "c" button until the desired sound level appears.
2. Press the "m" button to move to "Setting the Time".
3. Press the "m" button to move to the hour setting. With the hour blinking, press the "c" button until the correct hour appears.
4. Press the "m" button to move to the minute setting. With the minute blinking, press the "c" button until the correct minute appears.
5. Press the "m" button to move to the reminder alarm volume setting. Default setting is off. Press the "c" button to select the desired volume setting: low, high or off.
6. Press the "m" button to move to the reminder alarm volume setting. This will bring you back to the reminder alarm setting. If you wish to set multiple reminder alarms press "c" to move to reminder alarm 2. Repeat.

Select reminder alarm
Select minute
Select hour

Select reminder alarm volume

Note: To save your reminder alarm settings and exit setup mode, press and hold the "m" button for two seconds until the meter turns off. Press the "m" button when "0" is blinking to move to the next setup screen without setting any reminder alarms.

Setting the Time
1. With the hour blinking, press the "c" button until the correct hour appears. The "P" displays for "PM" times.
2. Press the "m" button to move to minute setting. With the minute blinking, press the "c" button until the correct minute appears.
3. Press the "m" button to move to "Setting the Time Format".

Setting the Time Format
1. With the hour mode blinking, press the "c" button to move between 12-hour and 24-hour format. The time automatically updates to the format selected.
2. Press the "m" button to move to "Setting the Date and Date Format".
Performing a Control Solution Test

1. Insert the top of the test strip into your meter until it stops. This will power on the meter.

2. Press the “m” button to move to the day setting. With the day blinking, press the “c” button until the correct day appears.

3. Press the “m” button to move to “Date Format”. With the date blinking, press the “c” button to select month-day or day-month format. The date automatically updates to the format selected.

4. Press the “m” button to move to the year setting. With the year blinking, press the “c” button until the correct year appears.

You have completed Meter Setup.
- To move to “Setting the User Reminder Alarms” press the “m” button.
- To exit press and hold the “m” button for two seconds.

Important: Do not apply control solution to both test strip sample areas.

If the sound is on, your meter will beep when the test strip is full. A short line then moves clockwise around the display screen while the sample is processing.

Setting the Date and Date Format

1. With the month blinking, press the “c” button until the correct month appears.

2. Press the “m” button to move to the day setting. With the day blinking, press the “c” button until the correct day appears.

3. Press the “m” button to move to “Date Format”. With the date blinking, press the “c” button to select month-day or day-month format. The date automatically updates to the format selected.

4. Press the “m” button to move to the year setting. With the year blinking, press the “c” button until the correct year appears.

You have completed Meter Setup.
- To move to “Setting the User Reminder Alarms” press the “m” button.
- To exit press and hold the “m” button for two seconds.
Testing Your Blood Glucose

**Important:** To ensure accurate results, wash your hands and the test site (for example, your forearm) with soap and water. Make sure there is no cream or lotion on the test site. Thoroughly dry your hands and the test site.

- With the FreeStyle Freedom Lite meter, you can test your blood glucose on your forearm, upper arm, hand, thigh, calf or fingers.
- Testing with the FreeStyle Freedom Lite meter requires a very small sample size, 0.3 microlitres of blood; about the size of pinhead (example: •).

**WARNING:**
We recommend that you test on your fingers if you are testing for hypoglycaemia (low blood glucose) or if you suffer from hypoglycaemia unawareness.

Times when you may be checking for low blood glucose include:
- When you are feeling symptoms such as weakness, sweating, nervousness, headache or confusion.
- When you have delayed a meal after taking insulin.
- When your healthcare professional advises you to do so.

The result will appear on the display screen and if the sound is on, your meter will beep twice. To mark the result as a control solution result, press and hold the “c” button for two seconds until the control solution symbol (•) appears at the top right of the display screen.

If you have marked a blood glucose test as a control solution test by mistake, you can unmark it by pressing and holding the “c” button again for two seconds.

Compare your control solution test result to the range printed on your test strip vial label. Your control solution results should fall within the range printed on the side of your test strip vial.

Out of range test results may be caused by:
- Error in performing the test
- Expired or contaminated control solution
- Test strip deterioration
- Meter malfunction
Performing a Blood Glucose Test

1 Prepare Your Meter
Insert a FreeStyle Lite test strip into the meter until it stops. The meter will power on.

Note: If you do not start the test within two minutes, the meter will turn off. To restart your meter, take out the unused FreeStyle Lite test strip and reinsert it into the meter.

System Check Screen
Each time the meter powers on, this screen briefly appears so that you can make sure the display is working properly.

The date and time will briefly appear after the system check screen so that you can make sure your meter is set to the correct time and date.

Filling the FreeStyle Lite Test Strip with Blood
a. Make sure that the FreeStyle Lite test strip is in the meter, the meter is powered on and the blood drop and test strip symbols are displayed. You are now ready to apply the blood sample.

b. Bring the FreeStyle Lite test strip to the blood sample at a slight angle.

Important: Use only one test strip sample area per test. Do not apply blood to both edges, or you may get an inaccurate result. Test strips may be used only once. Discard used test strips.

c. The FreeStyle Lite test strip pulls the blood into the strip through the sample area.

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**Important Test Strip Information**
- Do not press the FreeStyle Lite test strip against the test site.
- Do not scrape the blood onto the FreeStyle Lite test strip.
- Do not apply blood to the flat side of the FreeStyle Lite test strip.
- Do not apply blood to the FreeStyle Lite test strip when the FreeStyle Lite test strip is out of the meter.
- Do not put blood or foreign objects into the FreeStyle Freedom Lite test strip port.

**4 Waiting for Result**
- Do not pull the FreeStyle Lite test strip away from the sample until you hear one beep or see the short line moving clockwise on your meter screen. This means you have enough blood and the meter is reading your glucose.
- If after five seconds your meter does not show a short line moving around the display screen, the sample may be too small. You may add blood to the same sample area of the test strip from which you started for up to 60 seconds from the time of the first application.
  - The test result is complete when your blood glucose test result is shown on the display screen and you will hear two beeps if the sound is on.
  - The time that the meter takes to display a reading depends on your blood glucose level. The higher your glucose level, the longer it takes to get a result.

**LO and HI Readings**

**Important**: Low or high blood glucose readings can indicate a potentially serious medical condition. The FreeStyle Freedom Lite meter displays results from 20 mg/dL to 500 mg/dL (1.1 mmol/L to 27.8 mmol/L).

If your test result is lower than 20 mg/dL (1.1 mmol/L), LO will appear on the meter display screen. This reading indicates severe hypoglycaemia (low blood glucose).

**LO Reading with Symptoms**
If you have a LO reading and have symptoms such as weakness, sweating, nervousness, headache or confusion, then follow your doctor’s recommendation to treat hypoglycaemia.

**LO Reading without Symptoms**
If you get a LO reading, but have no symptoms of low blood glucose, then retest with a new test strip on your fingers. If you still get a LO reading, follow your doctor’s recommendation to treat hypoglycaemia.

If your test is above 500 mg/dL (27.8 mmol/L), HI will appear on the display screen. This indicates severe hyperglycaemia (high blood glucose).

**HI Reading with Symptoms**
If you feel symptoms such as fatigue, thirst, excess urination or blurry vision, then follow your doctor’s recommendation to treat hyperglycaemia.

**HI Reading without Symptoms**
If you get a HI reading, but have no symptoms of high blood glucose, then retest with a new test strip. If you still get a HI reading, follow your doctor’s recommendation to treat hyperglycaemia.
Test Results
The meter stores the last 400 test readings with time and date. You may scroll forwards through all of the readings by pressing the “c” button. The “m” button allows you to scroll backwards. The first reading you see is the most recent result.

Temperature: A result with a thermometer symbol (℃) indicates that the reading was taken outside of the meter’s specified operating temperature range and may not be accurate. This value is included in your 7-, 14- and 30-day averages.

LO Reading: A LO reading (under 20 mg/dL or 1.1 mmol/L) is included in the memory as LO; it is not included in your 7-, 14- and 30-day averages.

HI Reading: A HI reading (over 500 mg/dL or 27.8 mmol/L) is included in the memory as HI; it is not included in your 7-, 14- and 30-day averages.

Control Solution Test
A value with (¢) indicates that you have marked this reading as a control solution test. The date and time of the control solution reading will appear on the bottom of the screen.

Blood Glucose Test
A result without a control solution symbol indicates that it is a blood glucose reading. The date and time of the test will appear on the bottom of the screen.
Data Download

The “PC” symbol displays when a data cable is inserted in the meter data port. You cannot perform a test while the data cable is in the meter data port. The meter will display “PC” until the data cable is removed from the data port.

Requires a compatible data management system. For more information, please go to our website or call Customer Care.

Meter Maintenance

Battery

Your FreeStyle Freedom Lite meter comes with one preinstalled, no. 2032, 3 volt, lithium battery. The battery provides enough power for the meter to perform about 1000 tests. If your battery runs low, the battery symbol (ображене) appears on every display screen until you change the battery.

Important: When this symbol appears, you should replace the battery immediately.

• To avoid losing the time and date settings, replace the battery within one minute of removing the old battery.
• If you take more than one minute to replace the battery, you may need to reset the time and date to get the correct 7-, 14- and 30-day averages. If the time and date settings are lost, the time and date displays flash 00:00 and 00-00 until they are reset.
• Removing the battery does not affect the meter’s memory log or previously-stored user settings (such as date and time formats).
• If the time and date settings are not reset, test results will be stored in memory with a time of 00:00 and a date of 00-00.
• Even if you lose your time and date settings – you can perform a blood glucose test, and results will not be affected.

Replacing the Battery

1. Turn the meter over. Slide the battery door to the right to open.

To remove the battery, pull the plastic tab up to release the battery.
System Troubleshooting
Error Messages

Error 1

Possible Causes
- Sample is too small.
- Problem with the FreeStyle Lite test strip.
- Problem with the meter.
- Very low blood glucose (less than 20 mg/dL or 1.1 mmol/L).

What You Should Do
1. If you have symptoms such as weakness, sweating, nervousness, headache or confusion, follow your doctor’s recommendation for treating hypoglycaemia.
2. Conduct a control solution test using a new FreeStyle Lite test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new FreeStyle Lite test strip.
3. If the retest using control solution does not work or the error persists, call Customer Care.

Error 2

Possible Causes
- Problem with the FreeStyle Lite test strip.
- Problem with the meter.
- Very high glucose (above 500 mg/dL or 27.8 mmol/L).
- HIGH control solution applied when temperature is too cold. (This applies only to control solution that is labeled as HIGH.)

Caring for Your Meter
Avoid getting dirt, dust, blood, control solution, water or any other liquid in the meter’s test strip and data ports.

Important: Never immerse the meter in water or any other liquid. This may cause inaccurate reading or meter malfunction.

Do not try to clean the strip or data ports.
Do not pour liquid into the strip port, data port or buttons.
Do not place your meter in water or any other bath.

Clean the outside of the meter using a cloth dampened with one of the following:
- Mild detergent/mild soap and water.
- 70% isopropyl alcohol.
- A mix of one part household bleach, nine parts water.

Replacing the Battery (continued)

Install the battery with the positive (+) sign up towards you.

To close, slide the battery door in until it snaps into place.

Note: The European Battery Directive requires separate collection of spent batteries, aiming to facilitate recycling and to protect the environment. The batteries in this product should be removed and disposed of in accordance with local regulations for separate collection of spent batteries.
What You Should Do
1. If you have symptoms such as thirst, fatigue, excess urination or blurry vision, follow your doctor’s recommendation for treating hyperglycaemia.
2. Conduct a control solution test using a new FreeStyle Lite test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new FreeStyle Lite test strip.
3. If the retest using control solution does not work or the error persists, call Customer Care.

Error 3
Possible Causes
• Incorrect test procedure. For example, putting blood on the test strip before inserting the test strip into the meter or applying blood before the blood drop and test strip symbols display.
• Problem with the FreeStyle Lite test strip.
• Problem with the meter.

What You Should Do
1. Be sure you see the blood drop and test strip symbols on the display screen before you apply blood or control solution.
2. Conduct a control solution test using a new FreeStyle Lite test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new FreeStyle Lite test strip.
3. If the retest using control solution does not work or the error persists, call Customer Care.

Error 4
Possible Causes
• Problem with FreeStyle Lite test strip.
• Problem with the meter.

What You Should Do
1. Conduct a control solution test using a new test strip. If the results of the control solution test are within the range printed on the side of your test strip vial, retest using blood and a new FreeStyle Lite test strip.
2. If the retest using control solution does not work or the error persists, call Customer Care.
FreeStyle Freedom Lite System Specifications

<table>
<thead>
<tr>
<th>Probable Cause</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assay Method</td>
<td>Coulometric electrochemical sensor</td>
</tr>
<tr>
<td>Automatic Shutoff</td>
<td>Two minutes after last user action</td>
</tr>
<tr>
<td>Battery Life</td>
<td>1000 tests</td>
</tr>
<tr>
<td>Calibration</td>
<td>Plasma equivalent</td>
</tr>
<tr>
<td>Haematocrit</td>
<td>15% to 65%</td>
</tr>
<tr>
<td>Measurement Units</td>
<td>mg/dL or mmol/L</td>
</tr>
<tr>
<td>Meter Storage Temp.</td>
<td>-20 °C to 60 °C (-4 °F to 140 °F)</td>
</tr>
<tr>
<td>Memory</td>
<td>400 blood glucose and control solution tests with date and time</td>
</tr>
<tr>
<td>Operating Relative Humidity</td>
<td>5% to 90% (non-condensing)</td>
</tr>
<tr>
<td>Operating Temperature</td>
<td>4 °C to 40 °C (40 °F to 104 °F)</td>
</tr>
<tr>
<td>Power Source</td>
<td>One no. 2032, 3 volt, lithium battery, replaceable</td>
</tr>
<tr>
<td>Result Range</td>
<td>20 mg/dL to 500 mg/dL (1.1 mmol/L to 27.8 mmol/L)</td>
</tr>
<tr>
<td>Sample</td>
<td>Fresh capillary whole blood samples</td>
</tr>
<tr>
<td>Sample Size</td>
<td>0.3 microlitre (300 nanolitres)</td>
</tr>
<tr>
<td>Size</td>
<td>Width 2.00&quot; (5.1 cm) x Length 3.30&quot; (8.4 cm) x Thickness 0.63&quot; (1.6 cm) (at thickest point)</td>
</tr>
<tr>
<td>Weight</td>
<td>1.4 ounces to 1.6 ounces (39.7 grammes to 45.4 grammes) including battery</td>
</tr>
</tbody>
</table>

Troubleshooting

**Meter does not enter the test mode after inserting a test strip.**

<table>
<thead>
<tr>
<th>Probable Cause</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>The battery is dead.</td>
<td>Replace the battery (and reset the date and time, if necessary.)</td>
</tr>
<tr>
<td>The battery is installed incorrectly or there is no battery in the meter.</td>
<td>Check that the battery is installed correctly with the positive (+) sign facing upward, towards you.</td>
</tr>
<tr>
<td>Test strip inserted upside down, wrong end in or incompletely inserted into the meter.</td>
<td>Insert the FreeStyle Lite test strip with the printed side up and the top of the strip in the meter.</td>
</tr>
<tr>
<td>Defective meter or test strips.</td>
<td>Call Customer Care.</td>
</tr>
<tr>
<td>Blood or foreign objects put into the test strip port.</td>
<td>Call Customer Care.</td>
</tr>
</tbody>
</table>

**Test does not start after applying the blood sample.**

<table>
<thead>
<tr>
<th>Probable Cause</th>
<th>What to Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sample too small.</td>
<td>You may add blood to the same sample area of the FreeStyle Lite test strip from which you started for up to 60 seconds from the time of the first application. If necessary, repeat the test using a new FreeStyle Lite test strip and a larger blood sample.</td>
</tr>
<tr>
<td>Defective test strip.</td>
<td>Repeat the test with a new FreeStyle Lite test strip.</td>
</tr>
<tr>
<td>Sample applied after meter times out (two minutes) and turns off.</td>
<td>Repeat the test using a new test strip. Wait until you see the blood and test strip symbols on the display screen before you apply the blood sample.</td>
</tr>
<tr>
<td>Defective meter or test strips.</td>
<td>Call Customer Care.</td>
</tr>
</tbody>
</table>
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