

## Symbols & Messages

Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

### Meter Modes



Logbook




Averages

~A1c Estimated A1c



Settings

### Trending Arrows

(in Logbook Mode )  
(and in ~A1c Mode ~A1c)



Trending Up



Trending Down



Steady

### Viewing Estimated A1c (~A1c)

(in ~A1c Mode ~A1c)



Number of days remaining until the next profile is required



~A1c Percentage

### Mealtime Tags



No Tag



Fasting




Pre Meal



Post Meal

### Viewing Averages

(in Averages Mode )



Number of readings used in calculation



Number of days used in calculation

### Time & Date Setting

(in Settings Mode )



Time Setting



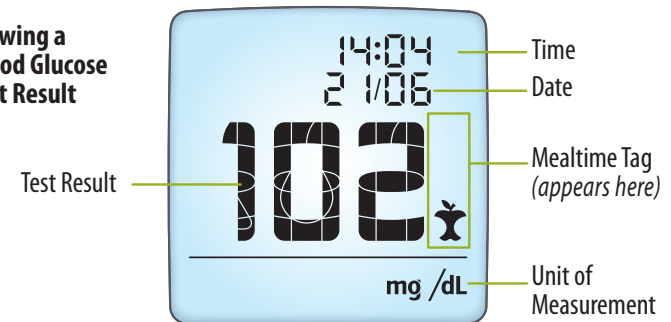
Date Setting

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## Symbols & Messages

Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

### Viewing a Blood Glucose Test Result



An Error occurred



Control Solution result



Apply Sample to Test Strip



Outside operating temperature range



Glucose test result is lower than 20 mg/dL



Low Battery



Glucose test result is above 600 mg/dL



Dead Battery

## Viewing the Logbook (Past Results)

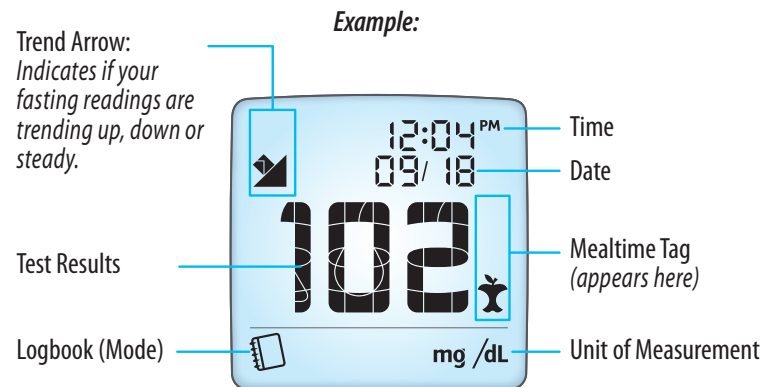
Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

### Meter Buttons:



### Viewing the Logbook:

- [1] When your meter is deactivated, press the CHECK button to enter the logbook. Your most recent result is shown.
- [2] Press the UP or DOWN arrow buttons to scroll through the logbook.



### How to Change Mealtimes Tags while in Logbook Mode:

- [1] Press the Mealtimes button. The mealtime tag on the reading you are Viewing will start to ash.
- [2] Press the Mealtimes button to scroll through mealtime tag options. Press the CHECK button to confrm.



## Viewing Averages

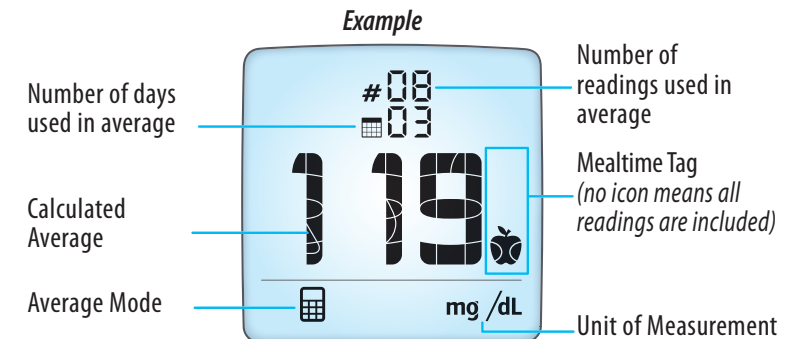
Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

### Meter Buttons:



### Viewing Averages:

- [1] When your meter is deactivated, press the CHECK button to activate the meter. The most recent result is displayed.
- [2] Press the CHECK button again to enter the averages mode.



- [3] Press the Mealtimes button scroll through the averages for:

- All readings (no icon)
- Fasting readings
- Pre-meal readings
- Post-meal readings

Press the UP or DOWN arrow buttons to scroll through the different number of days included in the average:

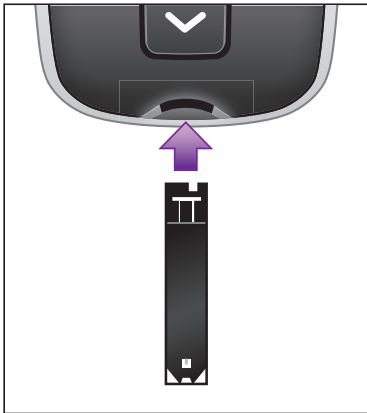
- 03 3 Day
- 07 7 Day
- 30 30 Day

## Blood Glucose Test

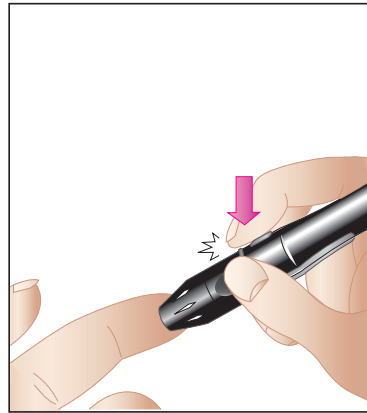
Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

**IMPORTANT:** See your MyStar Extra® Owner's Guide for a more detailed step-by-step guide on how to perform the test.

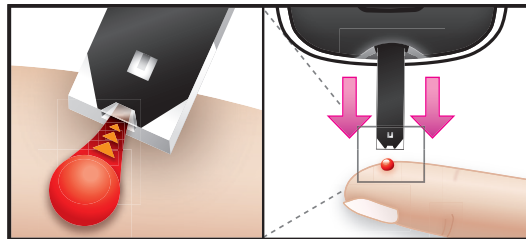
[1] Insert the test strip into the meter



[2] Lance test site



[3] Bring test strip to blood sample



## Blood Glucose Test

Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

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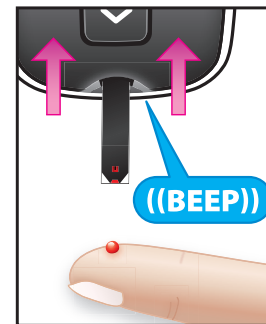
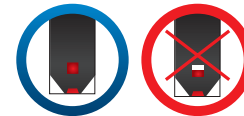
Mealtime button



CHECK button

**[4] Remove test strip from Blood sample when the test strip's Visual fill window completely turns red**

Your meter will beep once when you should remove the test strip from the blood sample.



**[5] View Test Result and Set Mealtime Tag**

Blood glucose test result with time and date is shown on the display with the suggested mealtime tag flashing.



To change the mealtime tag press the Mealtime button. Press the CHECK button to confirm the mealtime tag and it stops flashing.

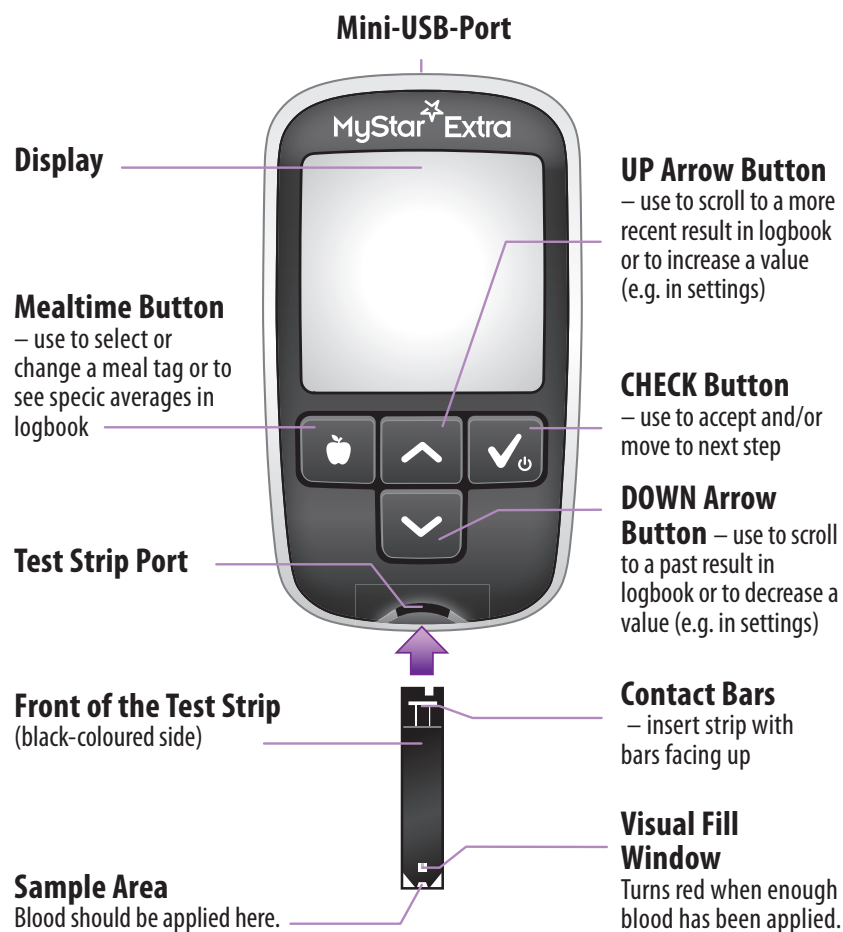


**[6] Final Steps**

Remove the used test strip. The meter will automatically deactivate.

## Meter & Test Strip Overview

Refer to the My Star Extra® Owner's Guide for complete instructions for use.



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## Setting Time & Date

Refer to the My Star Extra® Owner's Guide for complete instructions for use.

### Meter Buttons:



UP Arrow



DOWN Arrow



CHECK

[1] When your meter is deactivated, press and hold the CHECK button to enter settings mode.

Select the time format (12 hr vs. 24 hr) and press the CHECK button to select.

The setting icon (⚙️) will appear with the time flashing next to the time icon (🕒).

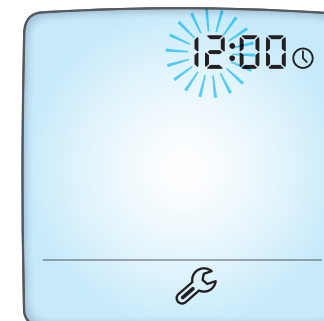
[2] Press the DOWN or UP arrow button to choose the value (flashing).

Press the CHECK button to confirm.

Repeat step [2] until time and date are set correctly.

[3] Press and hold the CHECK button to exit the settings mode.

*Example of setting hour (flashing):*



**For technical questions:**



## Viewing Estimated A1c (~A1c)

Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

### Obtaining an ~A1c result

To obtain an ~A1c result, perform the following steps in order:

[1] **Create** a "Profile"

[2] **Confirm** that a "Profile" was created

[3] **Take** "Fasting" blood glucose tests every day for the next 6 days after your "Profile" day

### [1] Create a "Profile"

A "Profile" consists of 7 blood glucose tests taken in one day.

- Take the 7 blood glucose tests using the "Profile" Schedule.

### Profile Schedule

Profile Measurement Number	Tag
1. Fasting (05:00 - 10:59)	Fasting
2. Post breakfast (05:00 - 10:59)	Post-meal
3. Pre Lunch (11:00 - 15:59)	Pre-meal
4. Post Lunch (11:00 - 15:59)	Post-meal
5. Pre Dinner (16:00 - 20:59)	Pre-meal
6. Post Dinner (16:00 - 20:59)	Post-meal
7. Bedtime (21:00 - 23:59)	No tag

### [2] Confirm that a "Profile" was Created

Activate the meter by pressing the (  ) button. The "Logbook" screen will appear (  ), displaying your most recent blood glucose test result. Press the (  ) button twice more.



#### "Profile" Created

If message "A2" is displayed, you have successfully created your "Profile" and are now required to take 6 "Fasting" blood glucose tests (refer to section [3] Take "Fasting" Blood Glucose Tests).



#### "Profile" Not Created

If message "A1" is displayed, refer to "Profile" Troubleshooting in the Owner's Guide.

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## Viewing Estimated A1c (~A1c)

Refer to the MyStar Extra® Owner's Guide for complete instructions for use.

### [3] Take "Fasting" Blood Glucose Tests

After you have confirmed that a "Profile" was created, take a "Fasting" blood glucose test every day for the next 6 days.

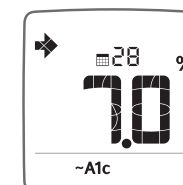
Take a "Fasting" blood glucose test when you have not had any food or drink (except water) for at least 6-8 hours (usually immediately upon waking up).

Tag the "Fasting" blood glucose test by pressing the (  ) button on the meter until the (  ) is displayed.

### View Your ~A1c Result

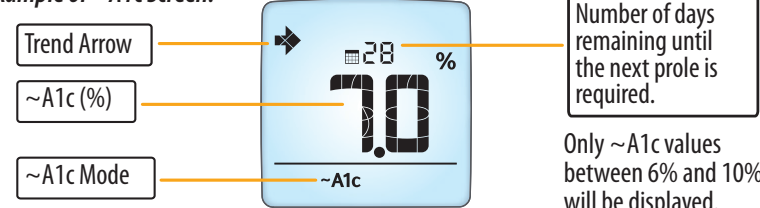
Activate the meter by pressing the (  ) button. The "Logbook" screen will appear (  ), displaying your most recent blood glucose test result. Press the (  ) button twice more.

If you have taken enough "Fasting" blood glucose tests, an ~A1c result is displayed (example ~A1c).



**Continue to Obtain ~A1c Results** by taking "Fasting" blood glucose tests every day and creating a "Profile" once every 32 days.

### Example of ~A1c Screen:



**CAUTION:** Do not use these ~A1c values to make treatment decisions. Any changes in treatment must be done in consultation with your physician.