

To Get Started:  
Read This First

# ACCU-CHEK® Aviva

## First Time Guide

Welcome to the Family of Accu-Chek Products

**!** This First Time Guide does not replace the User's Manual for your Accu-Chek Aviva Meter. Please be sure to read the "Product Safety Information" contained in the User's Manual.

EN Congratulations on your decision to take control of your diabetes! Your Accu-Chek Aviva Blood Glucose Meter is one of the best and safest blood glucose meters available.

This First Time Guide helps you set up your system and guides you through a test. Performing a test with a control solution to verify your system is working properly should be a part of your routine. See "Control Testing" in your User's Manual for more information. Your User's Manual also has more information about additional features of your system and understanding your test results.

### 1 Insert the Code Chip



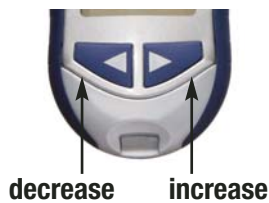
Make sure the meter is off. Turn the meter over. Turn the code chip over so that the code number faces away from you, then push it into the code chip slot until it stops.

**CHANGE THE CODE CHIP EVERY TIME YOU OPEN A NEW BOX OF TEST STRIPS.**

### 2 Adjust the Time and Date—First Time Use



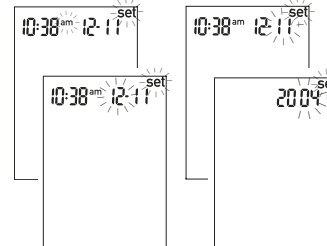
**1.** Press and release to turn the meter on. The time and date appear on the display. "Set" and the hour flash.



**2.** Press and release or to decrease or increase the hour. Press and **hold down** or to scroll faster.



**3.** Press and release to set the hour. The minutes flash.



**4.** Repeat steps 2 and 3 to set the minutes, am/pm, month, day, and year. The flashing field is the one you are changing.



**5.** Once you set the year, press and **hold** until the flashing test strip appears.

Note: Your new meter comes with the battery installed and a pre-set time and date. You may need to change the time to your time zone. Having the correct time and date is important if you use the meter memory or if you want to download your results to a computer.

### 3 Perform a Blood Glucose Test

To test blood from alternate sites, refer to your User's Manual.



**1.** Wash and dry your hands.  
**2.** Prepare your lancing device. Take one test strip from the test strip container. Close the container tightly.



**3.** Insert the test strip into the meter in the direction of the arrow. The meter turns on.



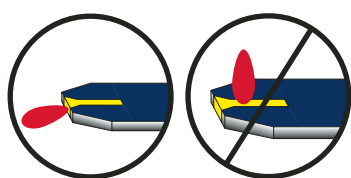
**4.** Make sure the code on the meter display matches the code number on the test strip container. If you miss seeing the code number, take the test strip out and re-insert it into the meter.



**5.** When the blood drop flashes, obtain a drop of blood from your fingertip.



**6.** Gently squeeze your finger to assist the flow of blood. This helps you get a blood drop.



**7.** Touch the blood drop to the **front edge** of the yellow window of the test strip. Do not put blood on top of the test strip.



**8.** When you see flash, you have enough blood in the test strip. If you applied blood, but do not see the flashing , you may reapply more blood within five seconds.



**9.** After your result appears, discard the used test strip.

### After Your Test

- See your User's Manual for more information about diabetes, your meter, and your blood glucose results.
- Please complete and mail your warranty card for best possible customer service.

ACCU-CHEK, ACCU-CHEK MULTICLIX, and ACCU-CHEK AVIVA are trademarks of Roche. ©2005 Roche Diagnostics. All rights reserved. 04550412002-0605

Roche Diagnostics GmbH,  
D-68298 Mannheim,  
Germany  
www.accu-chek.com

CE 0088

