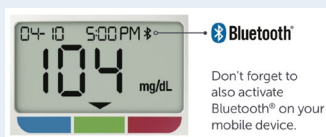




1 Turn On and Set Up Your Meter by following the included instructions to select the current date and time.

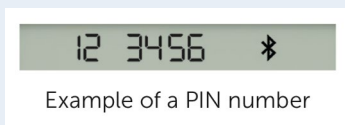
2 Activate Bluetooth on Your Meter

- Press **OK** and **^** to turn your meter's Bluetooth on.
- Make sure your mobile device's Bluetooth is also on.



3 Pair Your Meter to Your Mobile Device

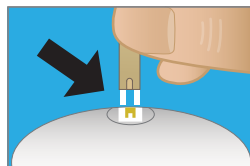
- Open the KP Health Ally app on your mobile device and follow the on-screen instructions.
- If prompted, enter the PIN shown on your meter screen into your mobile device and tap Pair.



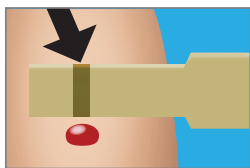
4 Success! You're ready to test your blood sugar with your new meter and send data to your care team.

Testing Your Blood Glucose

- Insert a test strip (silver-prong side down, gold side facing you) to turn the meter on.



- A flashing blood drop will appear on the meter screen.
- Apply a blood sample on either side of the test strip and wait for the channel to fill.



- The channel turns red and the meter counts down from 5 to 1.

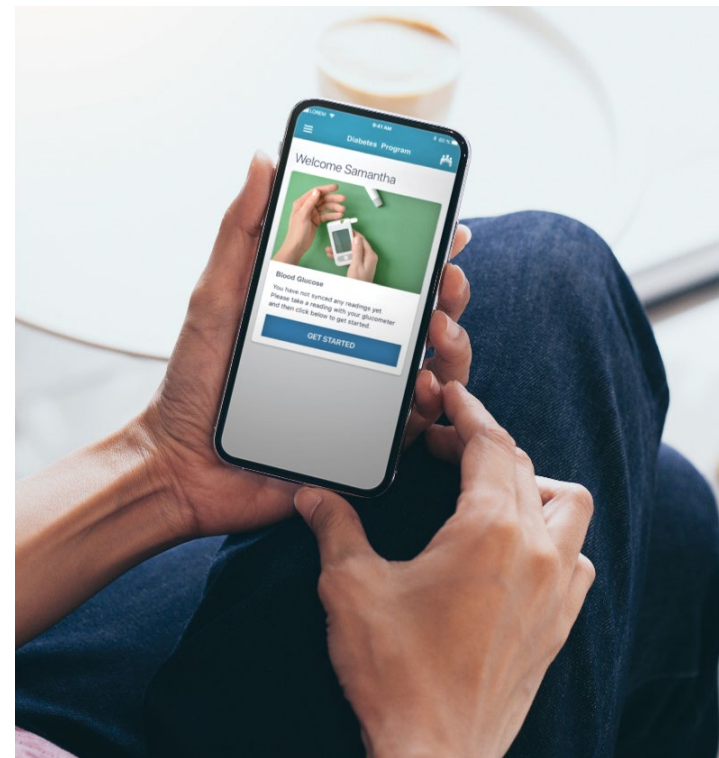
For assistance with your blood sugar management, please contact your diabetes care team.

If you need **technical assistance** with completing remote glucose monitoring enrollment or the KP Health Ally app, call **833-240-6595**.

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

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Welcome to Remote Blood Glucose Monitoring





KP Health Ally Mobile App and Account Creation

Download the KP Health Ally mobile app on a Bluetooth-enabled phone or smart device and log in with your kp.org account information. If you don't have a kp.org account, tap Register on the sign-in screen to create an account. There's also a Sign-in Help link if you've forgotten your information.

Registering for an Account

After clicking Register, continue through the prompts by entering your information as it appears on your Kaiser Permanente ID card. You'll also be asked for an email address and to create a case-sensitive password.

Finish Enrollment with These Easy Steps

- 1 You should've received an email from Kaiser Permanente (**make sure the sender address ends in @kp.org**). Inside is a link to the KP Health Ally app in the store (select the link for your device). You can also just search for KP Health Ally in the app store.
- 2 After installing the app, open it and log in using your kp.org account information. If you don't have an account, tap Register. If you forget your info, tap Sign-in Help.
- 3 Review the consent and click "Agree & Continue." You'll then be asked to pair your meter to the device.
- 4 Activate Bluetooth on your Verio Flex meter and mobile device. To activate Bluetooth on your meter, make sure it's on and press the  button and the  button at the same time (OK button and up arrow).
- 5 You're ready to upload! Upload and sync your first blood-glucose reading to the app for your care team to see. For future readings, your app must be open to sync to your care team. If it's your first time syncing, or has been a while since your last syncing, make sure your meter and phone stay awake until done. You may need to tap an arrow on the meter and your phone's screen.

Get the free KP Health Ally mobile application by visiting your phone's or device's app store:



- Review a timeline of important blood-sugar events and recent readings.
- Track progress and patterns with a logbook of your readings.
- Add comments to your readings.

