# Blood Glucose Cellular Case for Greater Goods BGM

# Getting Started

## How to Assemble Your Connected BGM

**Step 1: Insert batteries into the BGM.**
Included in the small box with the BGM will be two coin cell (3.0 V lithium) batteries. Make sure the BGM is turned off and, pressing down on the battery compartment, slide its tray off of the Cellular Case. Insert two batteries firmly into the compartment with the + side facing up. Then, place the cover back on the battery compartment, pushing down until you hear the tab click into place.

**Step 2: Slide the BGM into the cellular case.**
Looking at both pieces top-down, line up the right side of the BGM with the opening on the left side of the Cellular Case. Slide the BGM into the Cellular Case until you hear a click. (The buttons on the BGM are intentionally covered by the Cellular Case. While using the BGM with the Cellular Case, you'll no longer need to interface with that part of the BGM.)

**Step 3: Remove the plastic tab from the back of the cellular case.**
The Cellular Case is already loaded with three AAA batteries. To activate the device, flip the Cellular Case, so it's front faces down, and remove the plastic tab from the battery compartment. When the tab is removed, a blue light sequence will flash, and the Cellular Case will automatically search for a network to connect to and update its internal clock.
**The BGM and Cellular Case are now connected and ready to transmit glucose readings to Omada.**

## Taking a Reading

**Step 1:** Wash hands and the site from where the blood sample will be drawn thoroughly with warm, soapy water. Rinse and dry.

**Step 2:** Unscrew and remove the adjustable tip on the lancing device.

**Step 3:** Insert a new disposable lancet firmly into the lancet holder. Twist off the protective cover of the lancet and set it aside, then replace the adjustable tip. Keep the protective cover to replace on top of the used lancet after testing.

**Step 4:** The lancing device has five puncture depth settings, numbered 1 through 5. The smaller numbers are for a shallower puncture, and the larger numbers are for a deeper puncture. Choose a depth of penetration by rotating the top portion of the adjustable tip until the setting number matches the arrow.

**Step 5:** Cock the lancing device by holding the body in one hand and pulling on the sleeve with the other hand until the device clicks.

**Step 6:** With the contact bars facing up, insert a test strip into the BGM's test strip port.

**Step 7:** Obtain a blood sample using the lancing device. Place the device against the pad of the finger. The best puncture sites are on the middle or ring fingers. Press the release button. Remove the device from the finger. Wait a few seconds for a blood drop to form. A minimum volume of 0.5 microliter is needed.

**Step 8:** Apply the blood sample to the narrow end of the test strip until the meter beeps. If the blood sample does not fill the confirmation window, an Er4 message may appear because of abnormal viscosity or insufficient volume. If Er4 appears, retest with a new test strip.

**Step 9:** Remove the used test strip and safely discard it. After this, the Cellular Case will connect to the BGM to sync the reading and send it to Omada. All of the lights on the Cellular Device will turn green, signalling that all steps of the process were completed successfully.

# FAQs

## What Comes in the Box?

In the box you will find:

1. Greater Goods Essential Blood Glucose Meter
2. Lancing Device
3. Control Solution
4. Test Strips (one time use)
5. Lancets (one time use)
6. Cellular Case

The cellular case was specially designed to securely transmit BGM readings to Omada accounts via a cellular network. Readings will appear in the Omada app and then can be reviewed with coaches.

## Do I ever need to remove the BGM from the Cellular Case?

As long as both devices are functioning properly, there's no need to remove the BGM from the cellular case.

## How do I change the batteries in the BGM when it's connected to the Cellular Case?

There is a hole in the back of the cellular case, so the battery cage for the BGM can be reached when the two devices are connected. The batteries in the BGM can be difficult to remove, and sometimes, using an appliance, such as pliers, can be helpful.

## My batteries are low in the Cellular Case, should I change the batteries in both devices?

Yes, we recommend changing the batteries in both devices at the same time if the cellular case batteries are low.

## How do I access my BGM results?

Upon completion of a BGM reading, your results will immediately be sent to Omada, then you can view your results on the Omada application on your phone.

## I'm running low on lancets and test strips, how do I get more?

As long as you are still a member with Omada, the number of lancets and test strips you have is accounted for and new ones will be sent in the mail as you get low. If for some reason this doesn't happen, please contact Omada customer support.

## My BGM won’t connect with the Cellular Case, what should I do?

Make sure when you slide the BGM into the Cellular Case that you hear them click into place. The click should indicate that they are successfully connected. Also, remember, the buttons on the BGM are supposed to be covered by the Cellular Case: you won’t need to use them at all.

# TROUBLESHOOTING

**Light Decoder**

**Lights off:** Device is in standby mode; insert a test strip to wake the BGM and take a reading.

**Three blue lights:** Initial connection to Omada was successful.

**Three green lights:** A measurement was successfully sent to Omada.

**First light red:** The BGM is disconnected from the Cellular Case. Try reinserting the BGM.

**Second light red:** The cellular signal is weak or nonexistent. Move the device to a location with a stronger signal.

**Third light red:** The reading was not sent.

**All three lights red:** The batteries are low. Insert three new AAA batteries into the Cellular Case and two coin cell (3.0 V lithium) batteries into the BGM.

# TYPICAL RESULTS

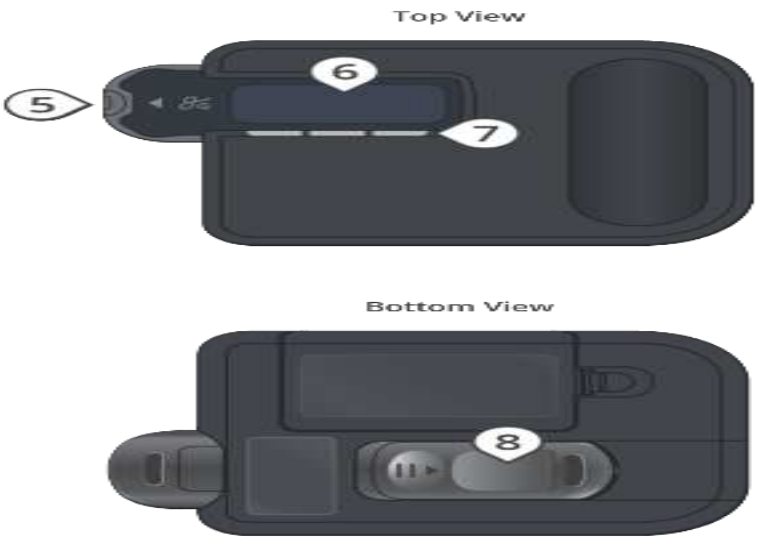
**Understanding Glucose**
With the results from the BGM and Cellular Case, Omada coaches will:

- Identify trends and patterns.
- Troubleshoot highs and lows.
- Help balance glucose with food and activity.
- Help overcome everyday challenges.

**Glucose Levels**
The table below indicates glucose levels used in the Omada program.

| **LEVEL** | **GLUCOSE (MG/DL)** | |
|---|---|---|
| Very High | >250 | |
| High | 181-250 | |
| In Range | 70-180 | |
| Low | 54-69 | |
| Very Low | <54 | |

# TECH SPECS


1. Blood Glucose Meter
2. Cellular Case
3. Cellular Case Port
4. Cellular Case Battery Compartment
5. Blood Glucose Test Strip Port
6. Blood Glucose Meter Display
7. Cellular Case Light Strip
8. Blood Glucose Meter Battery Compartment

# WARRANTY TERMS

This product is covered by a 2-year manufacturer's warranty, and we promise to deliver great customer service for the lifetime of your monitor. While your warranty does not cover damage or mistreatment to your BGM/Cellular Case, our priority is your happiness, and we encourage you to contact us about any issues you might have.

**Terms**
Your BGM/Cellular Case  is warranted by the manufacturer against defects in materials and workmanship for two (2) years from the original purchaser from the date of purchase. Proof of purchase is required.

**Void Warranty**
The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties, and limits the liability of the manufacturer. This warranty gives you certain legal rights and you may have other rights depending on which state the product was purchased in.

**Defective Product**
If your BGM/Cellular Case is defective, please contact Greater Goods, LLC.

# WARNINGS

- Consult your physician before measuring blood glucose levels.
- Do not change medication use or dosage based on measurements from this device. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat high blood pressure.
- This device is not intended to be a diagnostic device.
- This device is intended for adult use only. Keep this unit out of reach from infants, children, or pets.
- Do not confuse self-monitoring with self-diagnosis. If you are taking medication, consult your physician to determine the most appropriate time to measure your blood glucose levels.
- Avoid strong electromagnetic magnetic field radiated interference signals or electrical fast transient/burst signals.
- This unit is not suitable for continuous monitoring during medical emergencies or operations.
- Do not use this device near flammable gasses (anesthetic gas, oxygen, hydrogen) or flammable liquids (alcohol).
- Do not disassemble or attempt to repair this device or any of its components. Doing so will void your warranty. Parts and accessories not approved for use with this device may damage the unit.
- Remove batteries from the device if it is not to be used for some time.
- Always use AAA batteries in the Cellular Device and coin cell 3.0 lithium V batteries in the BGM.
- Do not heat or deform the batteries, or dispose of them in fire. Batteries should not be disposed of with household waste. Please check with your local authority for battery recycling advice.

**FCC Regulations:**
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiated radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**Caution:**

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**FCC RF Exposure Information (SAR)**
This device is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the United States.

During SAR testing, this device is set to transmit at its highest certified power level in all tested frequency bands, and placed in positions that simulate RF exposure in usage near the body with the separation of 5mm. Although the SAR is determined at the highest certified power level, the actual SAR level of the while operating can be well below the maximum value. This is because the device is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output.

The exposure standard for wireless employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6W/kg.

The FCC has granted an Equipment Authorization for this model device with all reported SAR levels evaluated as in compliance with the FCC RF exposure guidelines.

For this device, the highest reported SAR value for usage near the body is 0.64W/kg.

While there may be differences between the SAR levels of various devices and at various positions, they all meet the government requirement. This device is complied with SAR for general population /uncontrolled exposure limits in ANSI/IEEE C95.1-1992 and had been tested in accordance with the measurement methods and procedures specified in IEEE1528.

To support body-worn operation, choose the belt clips or holsters, which do not contain metallic components, to maintain a separation of 5mm between this device and your body.

RF exposure compliance with any body-worn accessory, which contains metal, was not tested and certified, and use such body-worn accessory should be avoided.

## GIVING BACK

Small actions come together to create a powerful impact. That's why Greater Goods collects a small portion of each purchase to give back to our charity partners. All of these small contributions add up to create a steady stream of contributions to our partners. Your order helps the Global Orphan Project and Love146 care for children in need and child trafficking survivors. To learn more, check out our Community Page.