



PERIOPERATIVE  
TELEHEALTH  
EVALUATIONS

## Perioperative Telehealth Evaluations™

### GLUCOMETER SETUP & USE GUIDE

This guide supports blood glucose awareness before and after surgery. Use only if instructed by your healthcare provider.

#### Getting Started

1. Wash hands with soap and warm water. Dry completely.
2. Insert a test strip into the glucometer.
3. Prepare the lancing device with a new lancet.
4. Use the side of the fingertip for testing.
5. Apply blood to the test strip as instructed.
6. Record your result in the tracking log or app.

**Disclaimer:** Educational use only.