



GlucoMen

(areo



- 1. Begin by turning on NFC on your GlucoMen blood glucose monitor.
 - a. Press and hold in the on/off button on the left side of your monitor until the word 'SET' is shown on the display.
 - b. Press the 'up' or 'down' button on the right side of the monitor until the display shows N)).
 - c. Now press the 'on/off' button on the left side of the display and check that the display says 'ON'.
 - d. NFC is now activated on your GlucoMen blood glucose monitor.
- 2. Check that the time on your blood glucose monitor matches the time on your phone. If they do not match, set the time on your blood glucose monitor.
- **3.** Now make a new, up-to-date blood glucose measurement and remove the test strip from your monitor (important).
- 4. Open Hedia.
- 5. Press the + button on the dashboard (frontpage).



6. Press 'connect a blood glucose monitor' to start entering settings.



7. A list of supported units is displayed - press on GlucoMen.



8. An info screen pops up - press 'Connect and synchronise' to pair the unit. **9.** An input screen is displayed while Hedia searches for your GlucoMen monitor.





Apple phone

Android phone

10. Place your blood glucose monitor close to the NFC scanner on your telephone. Move the back of your phone back and fouth on top of the GlucoMen to locate the NFC chip.



- 11. When synchronisation is complete, an OK message is displayed.
- **12.** Your most recent blood glucose reading will now be transferred from your GlucoMen monitor to Hedia.
- 13. Your GlucoMen monitor is now your standard blood glucose monitor in Hedia and will automatically synchronise when pressing the button 'Synchronise blood glucose monitor'. Always remember to place your blood glucose monitor close to the NFC scanner on your telephone.



