

Ask your healthcare provider for the OneTouch Verio Flex® meter and download the FREE OneTouch Reveal® app today



Small changes can help you step forward

Diabetes doesn't have to hold you back. With the right help and support, making small changes to your daily routine can help you manage diabetes a little easier. Here are some suggestions to get you started:

- **Trying some simple exercises** while watching TV
- **Swapping your burger bun** for crispy lettuce
- **Taking your coffee break outside** once or twice a week

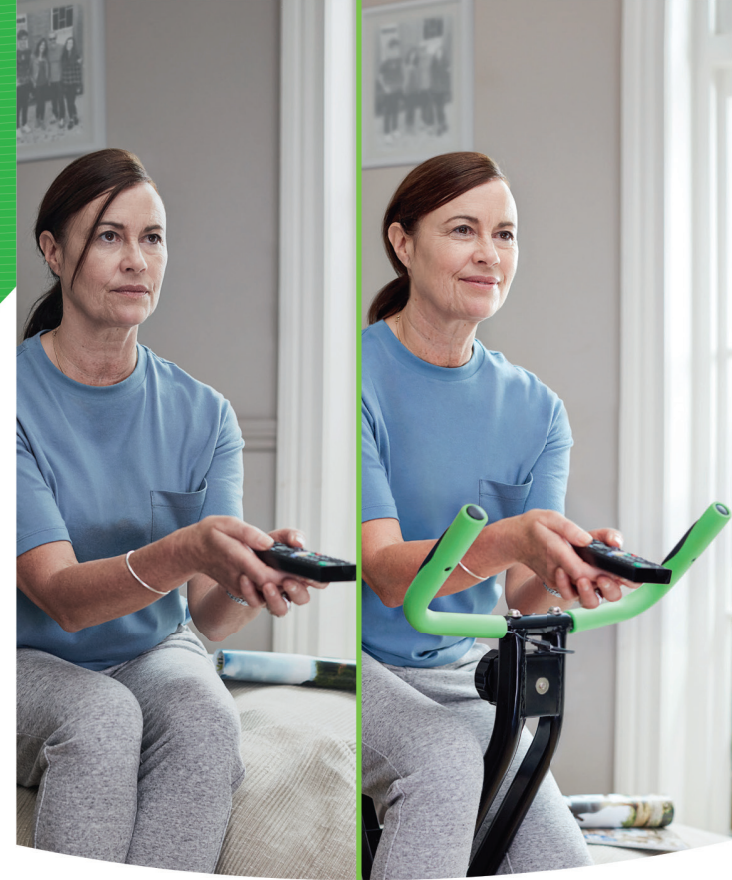
See if changes are working for you with the OneTouch Verio Flex® meter and the OneTouch Reveal® app.



You can also view your account on your computer at OneTouchReveal.com

Discover more at OneTouch.com or call 1 866 693-0599

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Small changes can help you take a step forward in your diabetes management

Introducing the OneTouch Verio Flex® meter and the OneTouch Reveal® app

ONETOUCH
every touch is a step forward™



Taking a step forward starts with seeing where you are

Take the guesswork out of your numbers, with the OneTouch Verio Flex® meter.

- **ColorSure™ technology** tells you when your blood sugar readings are in range and when they're not
- **Sync data, seamlessly, from your OneTouch Verio Flex® meter** directly to your smartphone – so you have the information you need to take action*

Red lets you know you are...

HIGH

Blue lets you know you are...

LOW

Green lets you consider if you are...

GOOD TO GO

ColorSure™
TECHNOLOGY



Together, the OneTouch Verio Flex® meter and the OneTouch Reveal® app change the way you see your blood sugar



- **Draws a timeline of important blood sugar events and activities**, highlighting when you have been repeatedly out of range, so you can consider different solutions for the future



- **ColorSure™ technology transforms data into quick visual snapshots** that connects your blood sugar with food, insulin and activity

Change the way you see your blood sugar. Try making small changes, taking steps to help you manage your diabetes



- **Helps you see and share progress** with your family, friends, or your trusted care network
- **Keep all your data in one place** and know it is accessible at all times



* Please speak with your healthcare professional about actions that are right for you. Treatment decisions should be based on the numerical result and a healthcare professional's recommendations and not solely on where results fall within the range limits.