



Trusted  
by diabetologists  
in India\*

ONETOUCH SELECT PLUS SIMPLE® METER

**Make the  
Simple Choice**

**ONETOUCH®**

\*In a survey conducted in India in 2020 with 150 Diabetologists.



# Make the simple choice.

- **Do you or someone you know have diabetes?**

People with diabetes may be asked to self-monitor their blood sugar levels.

- **What should you do?**

Take charge of your diabetes. Regular tracking of blood sugar levels may be a valuable part of a diabetes care plan.

- **What is self-monitoring of blood sugar?**

Self-monitoring of blood sugar is the process of checking your blood sugar levels using a blood sugar meter to determine how well your diabetes treatment plan is working.

# When should you check?

- An effective way to manage your diabetes is to check around the events that may affect your blood sugar: meals, exercise, medications, and times of illness.
- Whether you are on medication or not, checking your blood sugar will give you valuable information that can help you better manage your diabetes.

## What you can learn from checking your blood sugar

Possible times your doctor may tell you to check*	What you can learn
In the morning, before eating	How well your body is regulating your blood sugar overnight How well your medication is helping to manage your blood sugar levels overnight
Before and 1-2 hours after the beginning of the meal	How food and portion choices in a meal affect your blood sugar level How well your treatment plan is working to help manage the changes in blood sugar levels from your meal
Before activity	If you need a snack before you start an activity
During or immediately after activity	How the activity affects your blood sugar level
Several hours after activity	If the activity causes a delayed effect on your blood sugar level
When you feel sick	If illness or stress is affecting your blood sugar levels
As suggested by your health care professional	How well your treatment plan is working

# How you can easily monitor your blood sugar at home



## Find a meter that works for you

- Choose a reliable meter that is simple to use and meets the latest accuracy standards.
- Select a meter that shows you when your blood sugar is in or out of range to help you decide what actions to take based on your doctor's recommendations.



## Maintain a daily log

- Write down your readings in a logbook.
- Show the logbook to your doctor at appointments.



## Monitor regularly

- Ask your doctor how often to check your blood sugar.
- This could include before and after meals.

**Start self-monitoring your blood sugar levels today**

# What are your blood sugar goals?

Start by asking your doctor to set your blood sugar goals and your schedule for checking your blood sugar

When to check	My goals
Fasting (before breakfast)	_____mg/dL
Before Meal (lunch/dinner)	_____mg/dL
After Meal (any meal)	_____mg/dL

## ADA\* guidelines for blood sugar goals in adults with diabetes

HbA1c	Less than 7.0%
Preprandial blood sugar (before meals)	80-130 mg/dL
Peak postprandial blood sugar (1-2 hours after start of meal)	Less than 180 mg/dL



**So simple.  
No set up,  
No coding.**

**8 out of 10 healthcare professionals** agreed that this meter is so simple, it can be used right out of the box. No additional instructions needed.\*

\*In a Market Research study using a simulated model of the OneTouch Select® Plus Simple meter conducted in India in 2016 with 50 healthcare professionals.

## Simple 2-Step testing for accurate results



**Step 1:** Insert a OneTouch Select<sup>®</sup> Plus test strip



**Step 2:** Apply blood to the top of the test strip



Your result will appear on screen

# Easy to understand blood sugar results with ColourSure® technology

Clear understanding of your results with ColourSure® technology that helps you know when results are high, low or in range\*\* so you can consider when to take action.

**ColourSure®**  
TECHNOLOGY



**Blue** lets you know you're low



**Green** lets you consider if you're good to go



**Red** lets you know you're high

Treatment decisions should be based on current numerical glucose reading and healthcare professional recommendation.

\*\*The OneTouch Select® Plus Simple meter comes with pre-set ranges and cannot be changed. For more information, please refer to the product owner's manual.



ONETOUCH® ULTRASOFT® 2 LANCING DEVICE

# Designed for less pain

Making lancing less painful could eliminate one of the key barriers to blood glucose monitoring<sup>1</sup>



<sup>1</sup>Heinemann L, Boecker D. Lancing: Quo Vadis? Journal of Diabetes Science and Technology 2011;5(4):966-981

# OneTouch Select<sup>®</sup> Plus test strips: Accuracy you can trust



- OneTouch Select<sup>®</sup> Plus test strips have **7 years** of proven clinical accuracy\*
- Requires only a small amount of blood (1.0  $\mu$ L)



Diabetologists in India agree OneTouch<sup>®</sup> glucometers give **accurate** and **reliable results**<sup>†</sup>

\*Data on file

<sup>†</sup>In a survey conducted in India in 2020 with 150 Diabetologists.



To watch the  
OneTouch Select Plus  
Simple<sup>®</sup> meter demo  
video, click link below





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# ONETOUCH Select Plus Simple<sup>®</sup> Blood Glucose Monitoring System



Simple to use



Easy to understand



7 years of proven accuracy<sup>#</sup>

\*In a survey conducted in India in 2020 with 150 Diabetologists.

<sup>#</sup>Data as on file

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