About Your New Blood Glucose Meter

Your blood glucose meter is already connected to your Omada account through a cellular network. Blood glucose readings—including the date and time they were taken—will automatically sync.
As you measure your blood glucose over the course of the program, you'll see your progress in the Omada app.

It's only for tracking blood glucose. Your blood glucose readings, including date, time and context (e.g. before breakfast), are automatically transmitted to Omada. We don't recommend tracking other data on the meter, as it won't be sent to or reviewed by Omada.

It's easy to use. Inside the box, you'll find the official manufacturer's user manual and instructions for using your new blood glucose meter. This Quick Start Guide provides a basic how-to. The user manual for the device will give you more detailed information.

> 💡 Follow all set up instructions in the device's user manual to ensure your blood glucose readings are accurate and timestamped correctly.

Understand Your Blood Glucose with the Help of Your Specialist

When you start Omada, you can use your blood glucose meter to establish baseline blood glucose readings. This information, along with your ongoing blood glucose readings can be reviewed by your Specialist to help you:

- Identify trends and patterns
- Troubleshoot highs and lows
- Balance blood glucose with food and activity
- Overcome everyday challenges

Your specialist will address any very high or very low readings with you. If you opt-in to 24/7 Blood Glucose Phone Support, you can receive more immediate support. See www.omadahealth.com/24-7 for details.

Glucose Levels in Omada

This table shows the glucose levels used in the Omada program.*

OMADA LEVEL	BIOTEL LEVEL	GLUCOSE (MG/DL)	
Very High	High Above Target	>250	
High	Above Target	181–250	
In Range	In Target	70 - 180	
Low	Below Target	54 - 69	
Very Low	Below Target	<54	

*Please note that the Greater Goods blood glucose monitor display does not label readings according to these levels. "HI" will appear on the meter display if a reading is >600, while "LO" will appear if a reading is <20.

We're Here to Help

Have questions about your blood glucose meter?

Go to omadahealth.com/bg-meter

Test Strips Delivered When You Need Them

Your glucose meter comes with an initial supply of test strips and lancets. While you're enrolled in Omada, we'll keep track of how often you use a test strip with your meter and how many strips you have left. When your supply is running low, we'll send you an email confirming that more strips and lancets are on the way, at no cost to you.

Share Your Progress With Your Healthcare Provider

Omada securely keeps track of the readings from your blood glucose meter in the Omada app. When it's time for a checkup, you can export your readings into an easy-to-read report and share directly with your healthcare provider, if you so choose.

Get Started with Your Connected Blood Glucose Meter

Easily track your blood glucose over time and get expert insight to learn more from every reading.