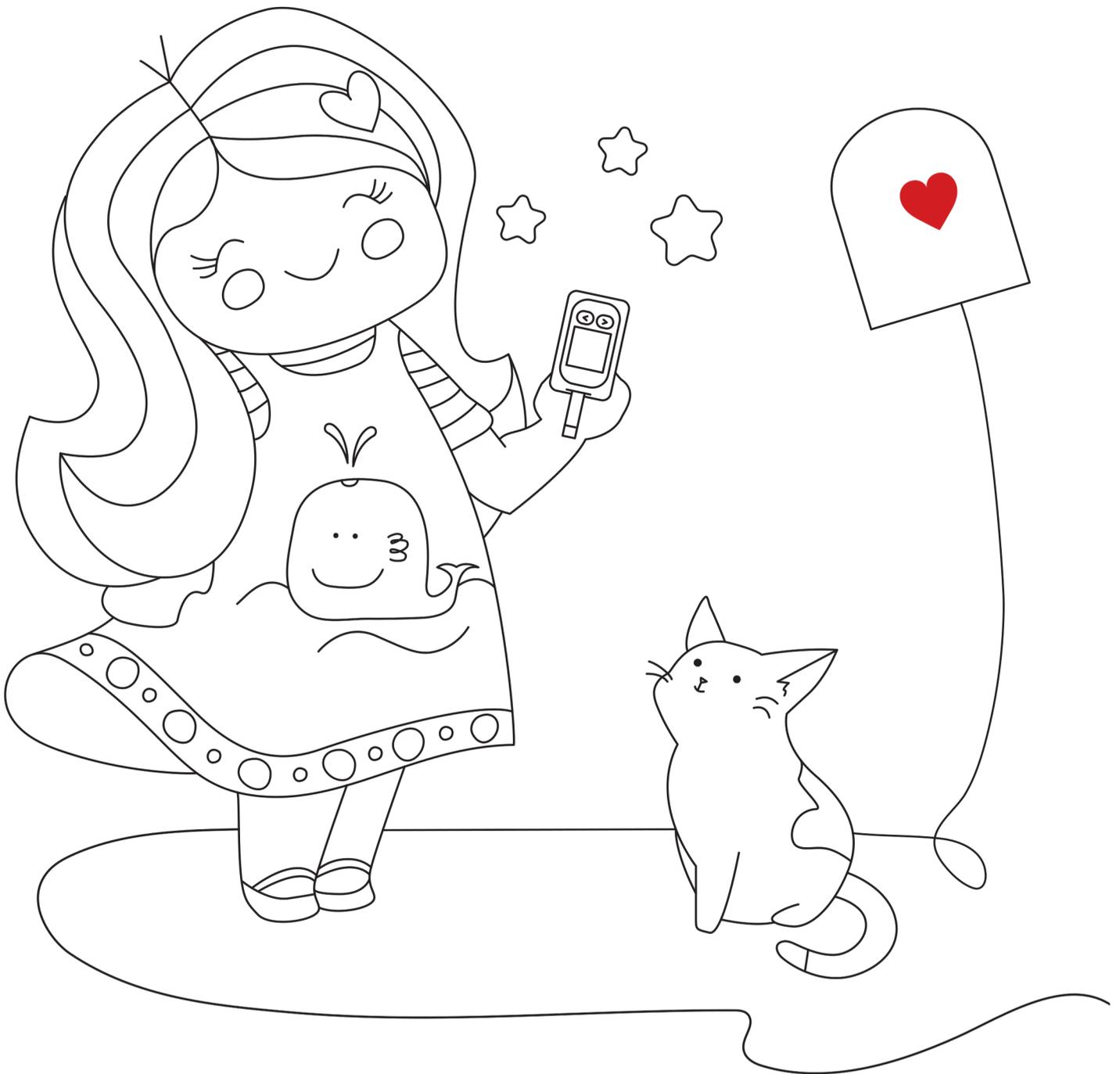
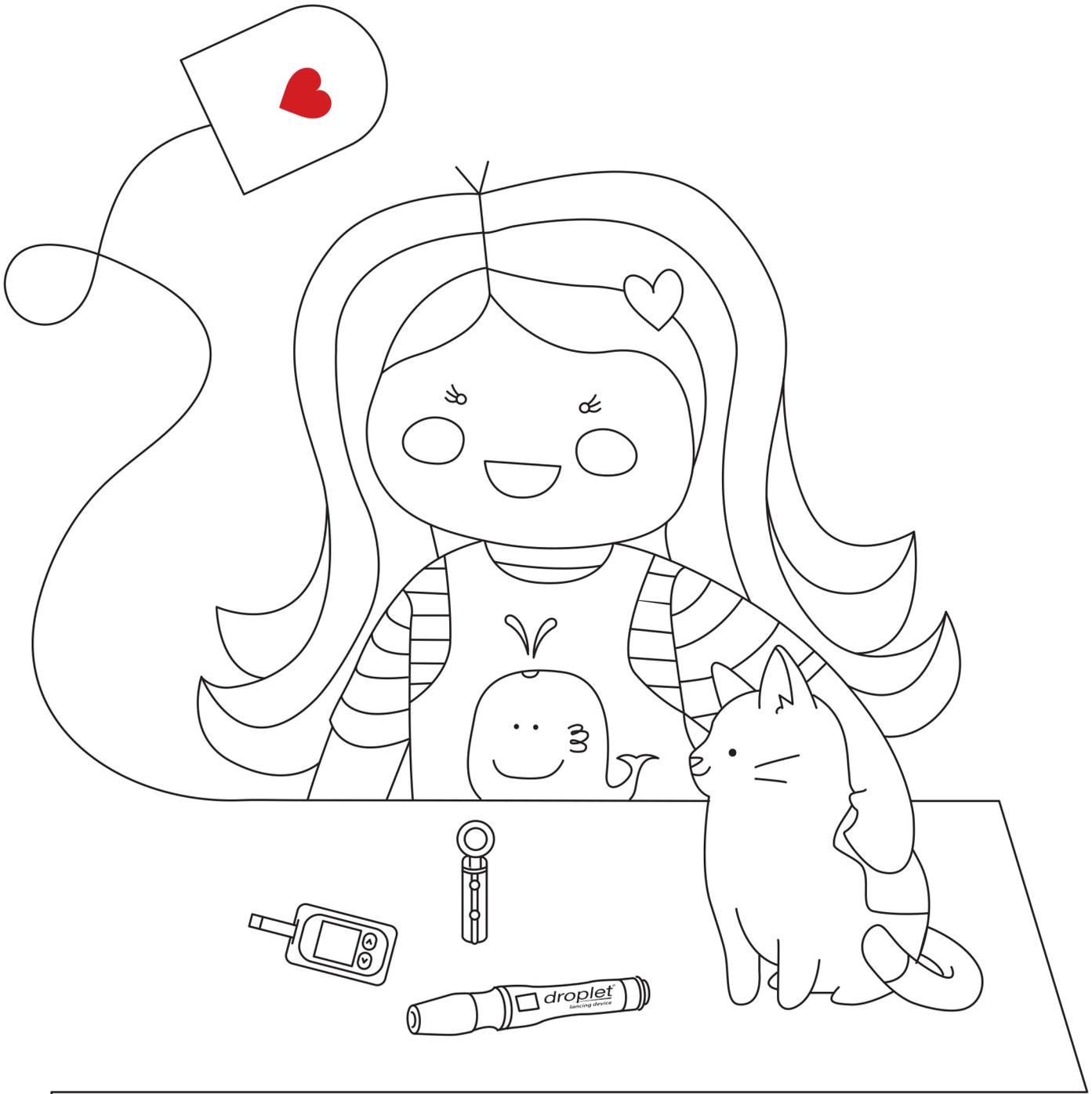


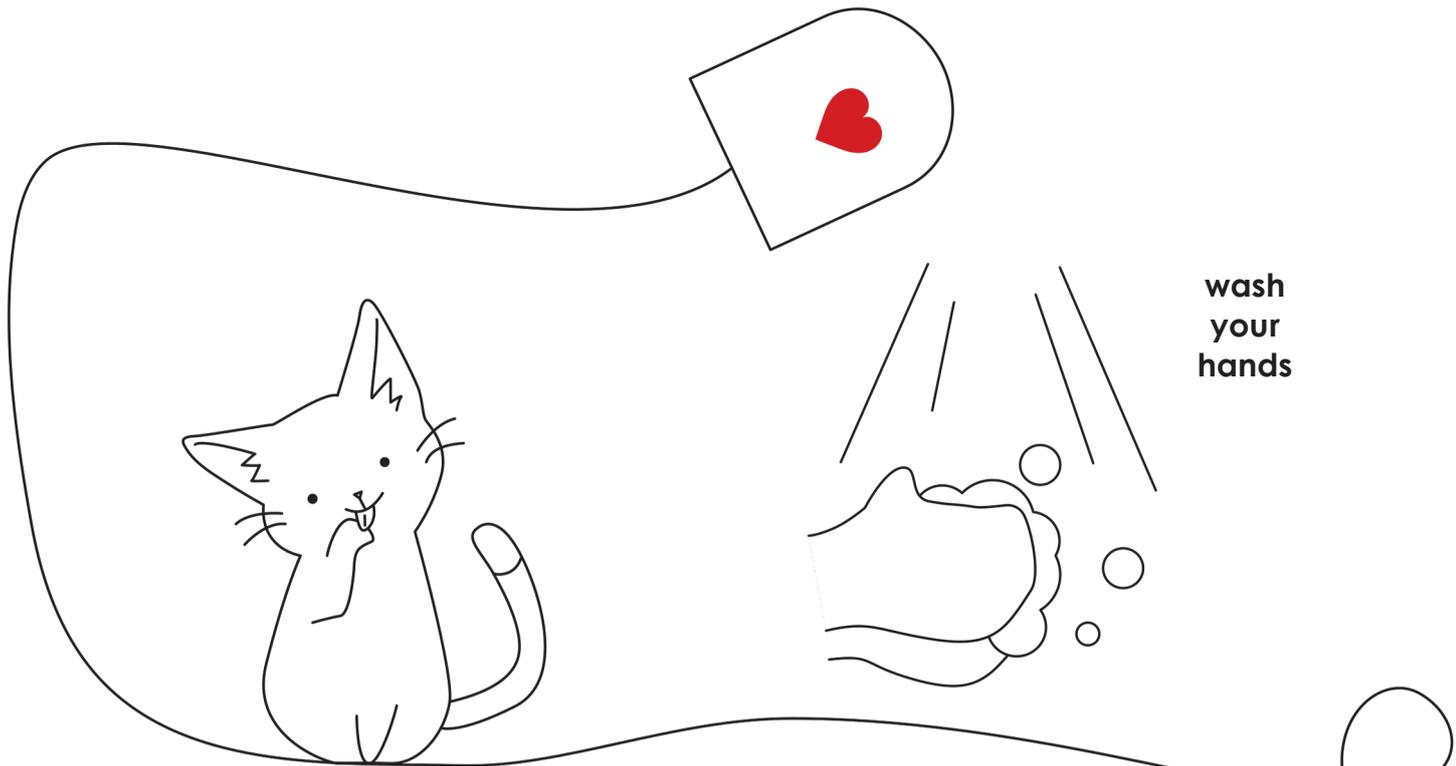
Hi, do you know how to measure blood sugar? I'll show you, it's easy!



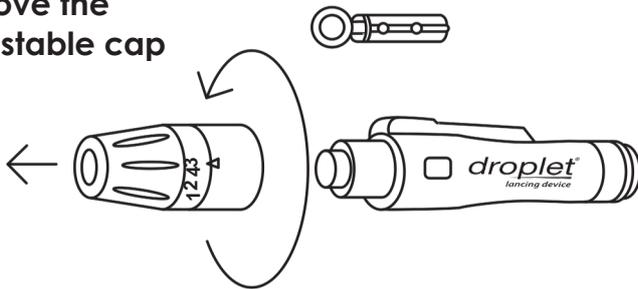
I have diabetes. This means I need to measure my blood sugar every day. This helps my mom, my doctor, and me to make sure that I eat well, exercise, and properly treat my diabetes. This will help me avoid serious complications from diabetes.



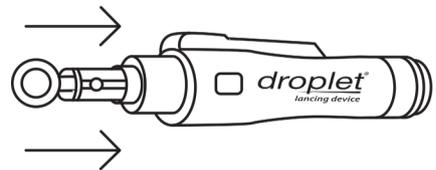
**Are you ready?
Let's start**



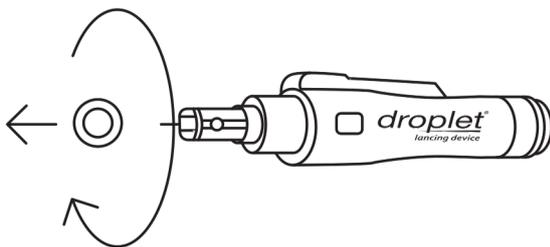
remove the adjustable cap



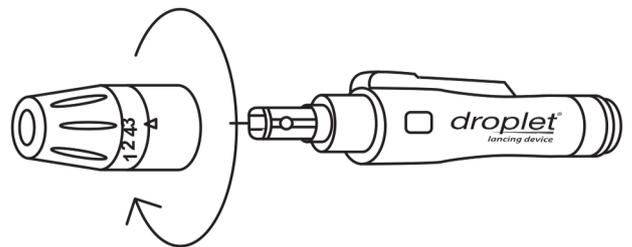
insert the lancet



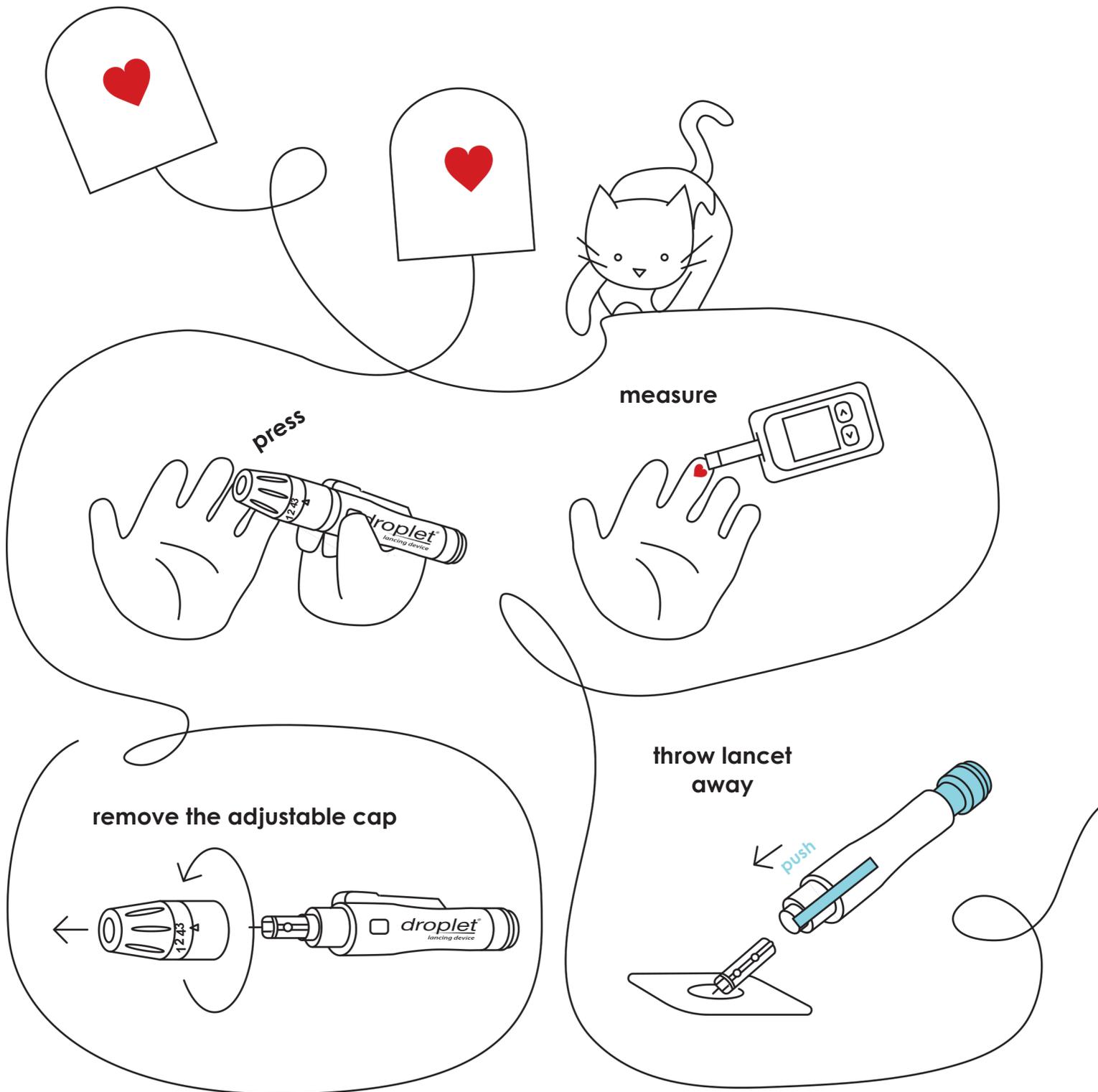
twist off the protective cap



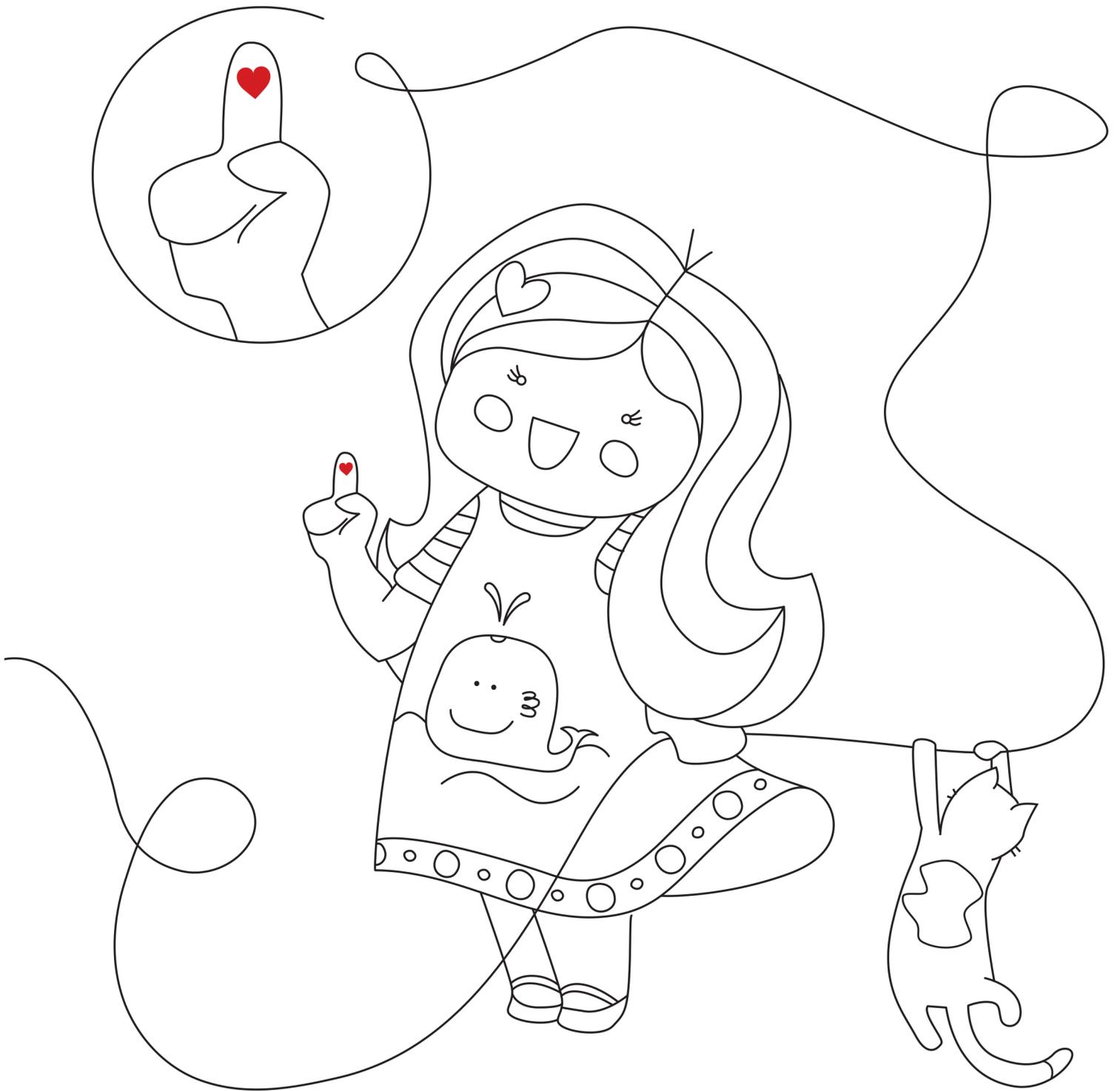
put the cap back on



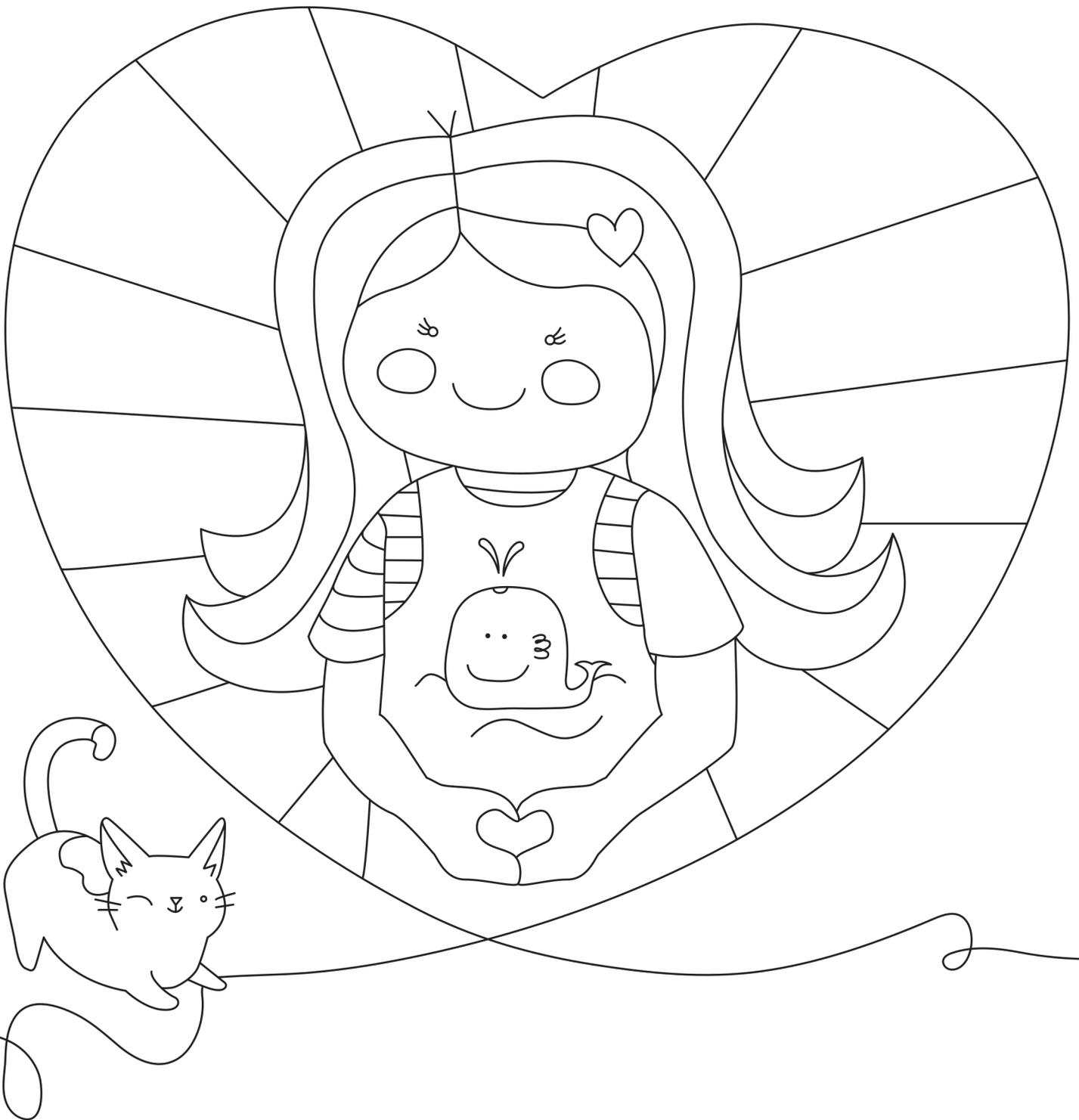
Wash your hands with soap and water. Be sure to dry carefully! After you've put a new lancet into your lancing device, set the correct puncture depth.



Press your lancing device against your fingertip and press the button until you hear an audible click. Be sure to use your middle or ring fingers for the puncture. After, you will see a small drop of blood on your finger. Put the blood drop on your glucometer strip and wait for your results. Be sure to carefully remove the used lancet and dispose of safely.



It's important to use a new lancet every time you use your lancing device. Reusing a lancet may increase your pain and your chances of infections. It's important to protect your health by using a new lancet every time!



That wasn't so bad! I hope you'll always remember to use a new lancet for each puncture. See you soon!