**eTouch**®
No Needle, No Blood, No Pain

# USER MANUAL

## ETM-G01 USER GUIDE BOOK

Non-Invasive Blood Glucose Meter

# ETM-G01
## The Noninvasive Blood Glucose Meter

The ETM-G01E is a true non-invasive blood glucose meter that does not require fingerpricks for testing blood sugar levels. Blood sugar levels can be accurately measured by lightly pressing the four sensing discs on the ETM-G01E device with the thumb and index finger of both hands. This eliminates the pain caused by daily fingerpricks for testing and the risk of wound infection. Furthermore, there is no need to buy expensive and short-lasting blood glucose test strips. It is an ideal solution for patients with diabetes and people who want to know their blood glucose levels at any time.Our hope is that all users can test their blood glucose daily in a way that is easy, painless and free of the risk of infection.

# USAGE

## ✓ INDICATIONS

1. Patients with type 2 diabetes.
2. Prediabetic patients.
3. People with normal blood glucose levels.

## ⚠ PRECAUTIONS

1. Be sure to clean your fingers and the four sensing discs each time you use the ETM-G01E blood glucose meter.
2. Do not touch your hand with the other hand during the process of testing. Keep your body away from other metal objects.
3. Do not use alkaline batteries.

## ⊙ WARNING

1. Patients with renal disease
2. Patients undergoing dialysis
3. Those with palmar hyperhidrosis
4. Patients with implanted electrical stimulation devices (e.g.,pacemakers or ICU ptients)
5. Those with impaired thumbs or index fingers

**The ETM-G01E is not suitable for patients with the conditions listed above.**

6. After the ETM-G01E blood glucose meter is used to test blood glucose levels, "Lo" or "Hi" indicate that blood glucose levels are, respectively, "too low" and "too high" and taking proper medical measures is recommended.
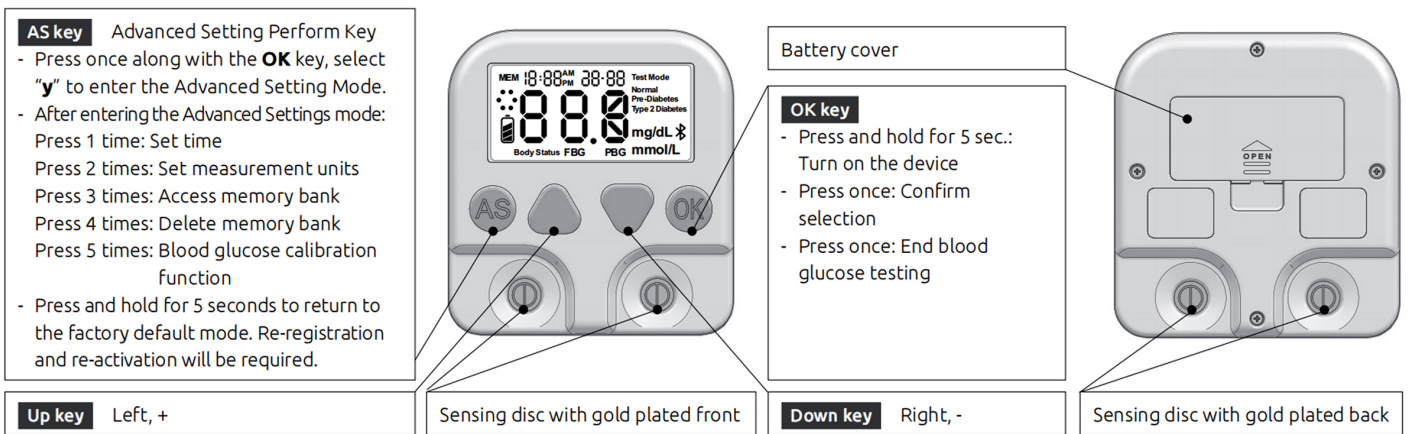
| mg/dL (mmol/L) | Empty stomach (Fasting Blood Glucose) | Two hours after a meal (Postprandial Blood Glucose) |
|---|---|---|
| Normal | 80 ~ 100 ( 4.4 ~ 5.6 ) | 120 ~ 140 ( 6.7 ~ 7.8 ) |
| Pre-Diabetes | 101 ~ 125 ( 5.6 ~ 6.9 ) | 141 ~ 200 ( 7.8 ~ 11.1 ) |
| Type 2Diabetes | 126 + ( 7.0+ ) | 201 + ( 11.2 + ) |

**Empty stomach:** Eight hours after the last meal (only water is allowed for the 8 hours after the meal, all other beverages are considered food)

**Two hours after a meal:** After 2 hours from the first mouthful of the last time you started eating (the meal must be finished within 15 minutes for that particular test)

# I. PRODUCT SPECIFICATIONS

• Palmtop size: 92 x 86 x 24 mm

• Power supply: 2 AAA batteries (to prevent

damage from leakage, use of alkaline batteries is notrecommended)

• Low power consumption: Can typically test 600-1,000 times

• Monochromatic display without backlight

• Powers off automatically after 2 minutes idle

• The detailed functions of each key are shown in the figures below

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**AS key**  Advanced Setting Perform Key
- Press once along with the **OK** key, select "**y**" to enter the Advanced Setting Mode.
- After entering the Advanced Settings mode:
  Press 1 time: Set time
  Press 2 times: Set measurement units
  Press 3 times: Access memory bank
  Press 4 times: Delete memory bank
  Press 5 times: Blood glucose calibration function
- Press and hold for 5 seconds to return to the factory default mode. Re-registration and re-activation will be required.

Battery cover

**OK key**
- Press and hold for 5 sec.: Turn on the device
- Press once: Confirm selection
- Press once: End blood glucose testing

| **Up key**  Left, + | Sensing disc with gold plated front | **Down key**  Right, - | Sensing disc with gold plated back |
|---|---|---|---|

# PROCEDURES

## REGISTRATION, LOGIN, UNLOCKING AND ACTIVATION OF THE ETM-G01E BLOOD GLUCOSE METER

After turning on the ETMG-01E blood glucose meter for the first time, you must download the companion APP to your mobile phone and then use the APP to register, login, unlock and activate the TMG-01E blood glucose meter.



### ** REMINDER:

1. Users of ETM-G01E must download the **"Glucose Test Assistant"** APP to log in, register, unlock and activate ETM-G01E before it can be used normally.

2. The **"Glucose Test Assistant"** APP is used only for unlocking and activating the ETM-G01E. The APP itself cannot perform blood glucose



Launch APP (Glucose Assistant)

### SETUP PROCEDURES ARE AS FOLLOWS:

1. Download and install the APP to your mobile phone:
** Reminder: Make sure your mobile phone is connected to the Internet.



Enter your mobile phone number

Mobile site for users: Download and install the "Glucose Test Assistant" APP from ottv.co/etmg01e, or search for "Glucose Test Assistant" in Google Play and install the APP on your mobile phone. After installation, users can use the "Glucose Test Assistant" APP to register, login, unlock and activate the ETM-G01E Blood glucose meter onwards.

Search for "Glucose Test Assistant" in the App Store and install the APP. After installation, users can use the "Glucose Test Assistant" APP to register, login, unlock and activate the ETM-G01E Blood glucose meter onwards.

# Product Activation

Use the "Glucose Test Assistant" APP on your mobile phone to register, log in, unlock and activate the ETM-G01E blood glucose meter.

**\*\* Reminder:** Before using the Blood Glucose Testing Help APP, your mobile phone must have Bluetooth and Internet access enabled.

**1) Android users:** Follow Figures 1 to 3, select the "Allow-Allow-Allow" option for each step to enable APP authorization.

**2) Apple users:** Follow Figures 4 to 6, select the "Allow-Allow-Allow" option for each step to enable APP authorization.

**3) Registration and login of the ETM-G01E blood glucose meter:** (The procedures below are identical for both Android and Apple users).

**Follow Figures 7 to 8:**

a. Enter your mobile phone number in the first blank and select **"Get verification code".** Your mobile phone should receive an SMS with a verification code and auto-fill the second blank after approximately 5 seconds.
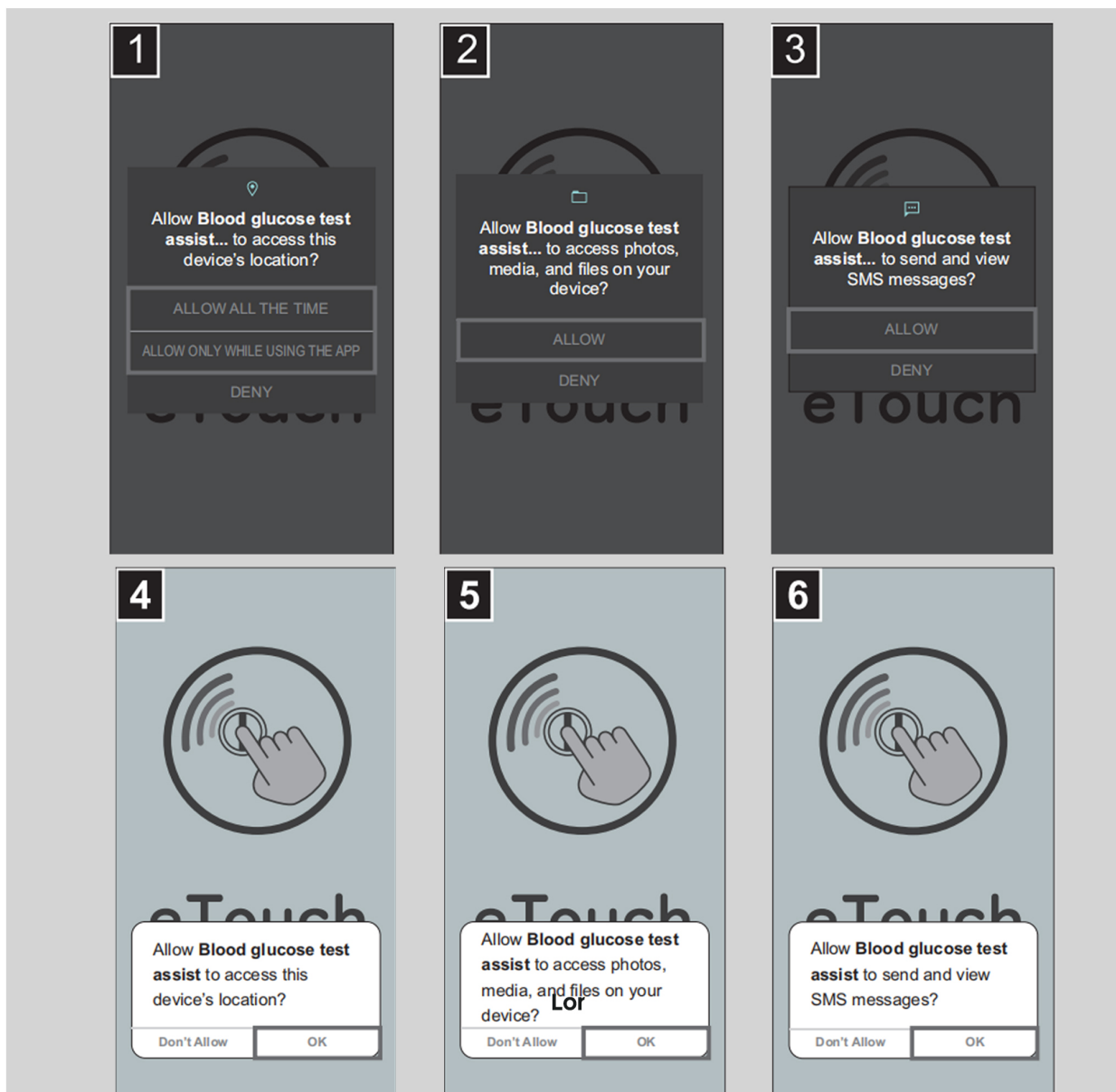
# PROCEDURES

b. At this point, the mobile phone will have completed the registration and login procedures of the ETM-G01E. Users can then edit their personal information or return to the main screen.

(3) Unlocking and activation of the ETM-G01E Blood Glucose meter: Follow Figures 9 to 12.

a. Select **"Connect device"** and wait until your mobile phone displays **"Connected".**

b. Select **"Device awaiting activation"** on the screen.

c. Enter your mobile phone number when prompted and select **"Get verification code",** the mobile phone should receive an SMS with a verification code and auto-fill the second blank after approximately 5 seconds. If it doesn't auto-fill, manually enter the verification code on the mobile phone until **"Device is activated" is displayed on the screen.**

If the ETM-G01E's turns off and does not display anything, this means that the device has been activated and is ready for use!

3. The ETM-G01E needs to be re-registered and re-activated **every 3 months, every time the mode is switched from Advanced Settings to default, every time the battery is replaced, or every time the battery is removed and reinstalled. After turning on the device, an APP message will appear on the screen of the ETM-G01E. Users should perform the procedures stated in item 2 on page 6 one the installed.**

After turning on the device, an APP message will appear on the screen of the ETM-G01E. Users should perform the procedures stated in item 2 on page 6 one the installed **"Glucose Test Assistant"** APP on the phone: Registration, login, unlocking and activation of the ETM-G01E blood glucose meter, return to the factory default mode of blood glucose testing function.



Enter "Verification Code"



or select from clipboard



Click "LOGIN"



Click "CONNECT DEVICE"
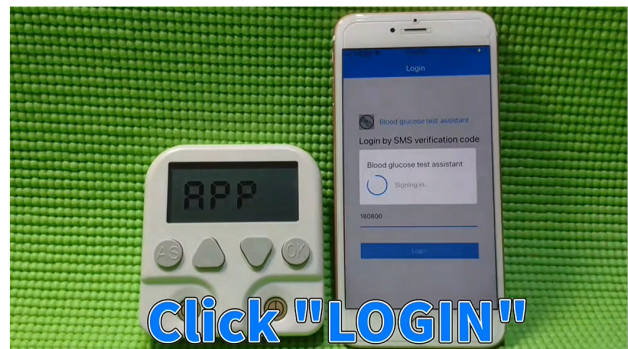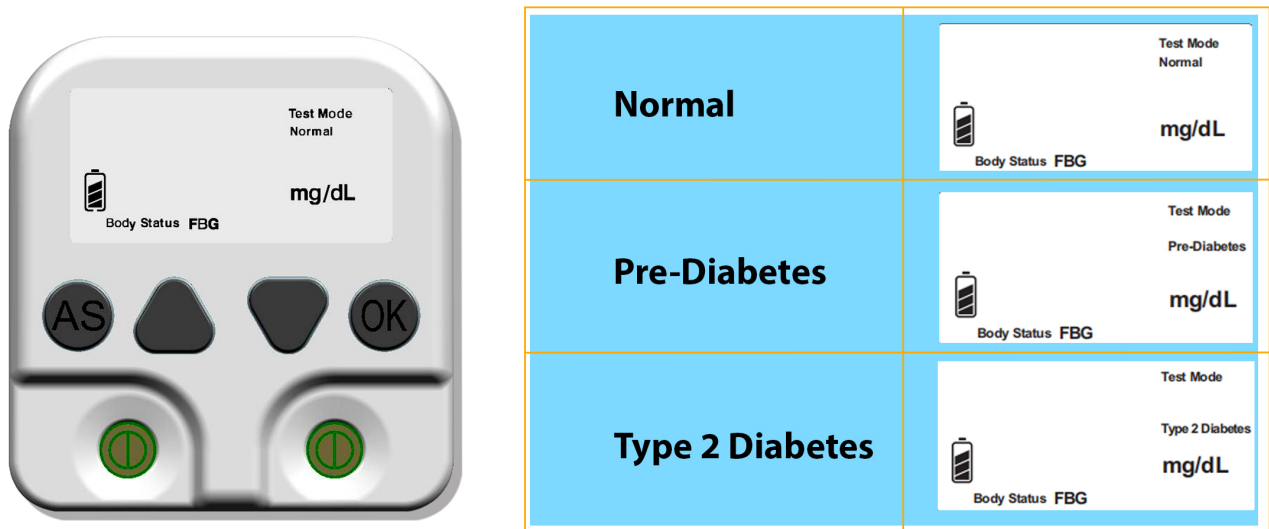
## III. PERFORM BLOOD GLUCOSE TEST
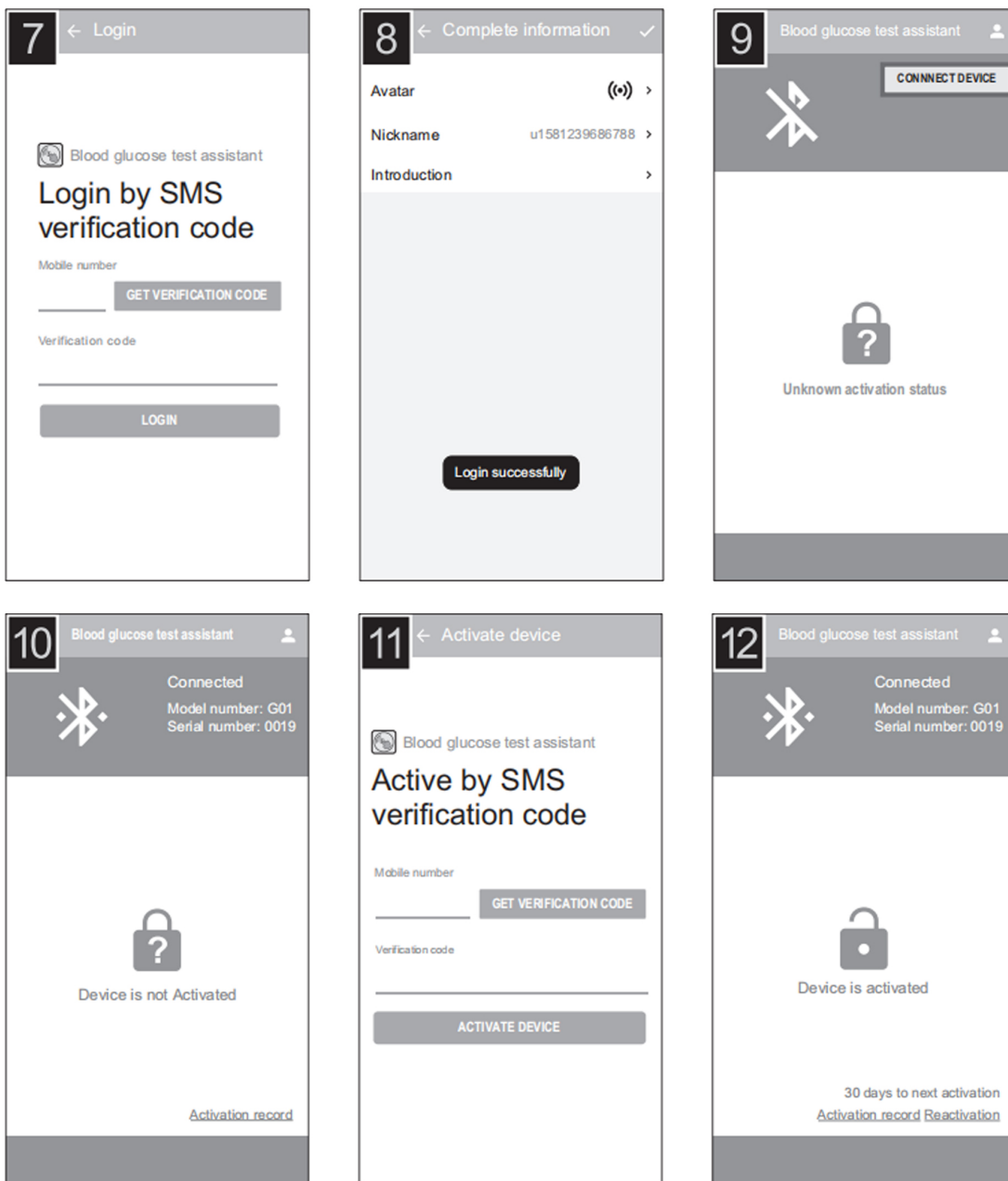












# 1. Precautions:

1) To ensure that the test results are accurate, please wash your hands and make sure your fingers are dry and clean before using the device.

2) To ensure the blood glucose test results are correct, it is recommended that users take the test at the time points of **"8 hours of empty stomach"** and **"2 hours after meals".**

3) The factory default testing mode is the default mode for easy operation, but in this mode the device will test blood glucose levels without displaying the date and time, and the test results will not be recorded in the memory bank.

4) The factory default unit for blood glucose values is mg/dL, which can be changed with the **AS** key.

5) Please be sure to wipe and clean the four sensing discs regularly (cleaning with alcohol is recommended) to ensure the obtained values are accurate.

# III. PERFORM BLOOD GLUCOSE TEST

## 2. THE SETUP PROCEDURES ARE AS FOLLOWS:

1) Press and hold the OK key for 5 seconds to turn on the ETM-G01E device.
2) Select the type of diabetes: Select the correct type of diabetes according to your personal blood glucose status. There are 3 types: Use the Up and Down keys to select diabetes type (Normal, Pre-Diabetes, or Type 2



| | | |
|---|---|---|
| **Normal** | | Test Mode Normal<br><br>mg/dL<br>Body Status FBG |
| **Pre-Diabetes** | | Test Mode<br><br>Pre-Diabetes<br>mg/dL<br>Body Status FBG |
| **Type 2 Diabetes** | | Test Mode<br><br>Type 2 Diabetes<br>mg/dL<br>Body Status FBG |

(Please consult your doctor to confirm the correct type of diabetes)

** **Reminder:** Only those who are confirmed to have type 2 diabetes by doctors should select type 2 diabetes for testing. If type 2 diabetes is confirmed for testing, use the Up and Down keys to select "Type 2 Diabetes" and press OK to confirm. The screen will display y_d (on medication); n_d (no medication); Use the Up and Down keys to select whether medication has been taken. Press OK to confirm, as shown in Figure E and Figure F. Then continue to the following operations.

3) Select Body Status: Use the Up and Down keys to select your body status: "empty stomach" or "2 hours after meals", then press OK to confirm.

4) A rotating circle on the left side of the screen will appear, indicating that the device is in the testing state. The user can lightly press the upper and lower 2 sensing discs of the device

# III. PERFORM BLOOD GLUCOSE TEST

With the thumb and index finger of both hands to start blood glucose testing. Under normal operational conditions, the blood glucose value will appear on the screen of the ETM-G01 approximately 5 to 8 seconds after pressing the 4 sensing discs with the four fingers. Press OK again to turn off the device and end the test.
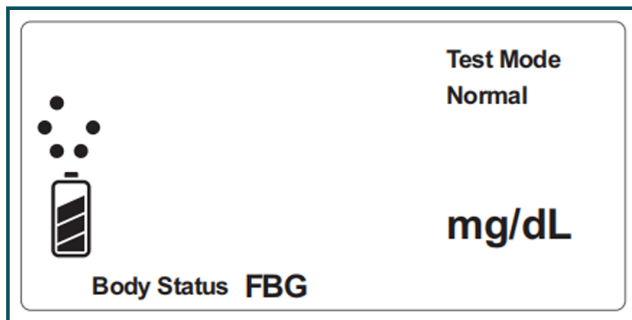


5) If the results are not displayed after 10 seconds, the screen will display error message **"C1"** and the device will automatically turn off, indicating that your fingers were not properly placed on the four sensing discs. Press **OK** and hold for 5 seconds to turn on the device, adjust the contact locations of your fingers on the 4 sensing discs, then perform the test again.

6) During testing, only touch the sensing discs with the four fingers used for testing. Other parts of the hands should not touch each other. Otherwise, it will cause errors or inaccuracies in the blood glucose values.

7) To avoid getting contaminants on the sensing discs and fingers, which would affect the accuracy of the ETM-G01E blood glucose testing, it is recommended to clean the four sensing discs and the thumb and index finger of both hands before performing the test.

## IV. ADVANCED SETTINGS MODE

1. Users may want to keep records of all blood glucose test results recorded by the ETM-G01, or shorten the setup time needed for each subsequent use. This can be done via Advanced Settings.

2. For users who want to further improve the accuracy of blood glucose values measured by the ETM-G01, whether they have normal blood glucose, are pre-diabetic patients, or are patients with type 2 diabetes, please make good use of the Calibration function of the Advanced Settings mode to increase the accuracy of blood glucose measurements.

# THE SETUP PROCEDURES ARE AS FOLLOWS:

1) Press and hold the **OK** key for 5 seconds to turn on the device. Users should first select the diabetes type: **Normal, Pre-Diabetes** or **Type 2 Diabetes.** Press the **Up** and **Down** keys to select and then press OK to confirm.

2) Press the **AS** key once and the screen will display **"y",** then press **OK** to select and confirm the Advanced Settings mode. If users do not want to enter Advanced Settings mode, press the **Up** or **Down** key and the screen will then display "n". Then press OK to select not entering the Advanced Settings mode and return to the factory default mode.



| | |
|---|---|
| **Normal** |  |
| **Pre-Diabetes** |  |
| **Type 2 Diabetes** |  |
| **Set time** |  |
| **Unit of measurement** |  |

# THE SETUP PROCEDURES ARE AS FOLLOWS:

3) Press the AS key once to enter the time settings. The device will flash "2019" for the year. Select the year, month, day, hour and minute by using the Up and Down keys to make your selection and press OK to confirm. Press and hold the OK key for 5 seconds to turn on the device. Press the AS key two times to display the blood glucose unit settings. Use the Up and Down keys to set the blood glucose units to mg/dL or mmol/L and press OK to confirm and turn off the device. The device is now in the Advanced Settings mode.

**4)** Press and hold the OK key for 5 seconds to turn on the device. Press the AS key three times to read the recorded data. Use the Up and Down keys to select which record you want to view and press OK to confirm. Press OK again to turn off the device.
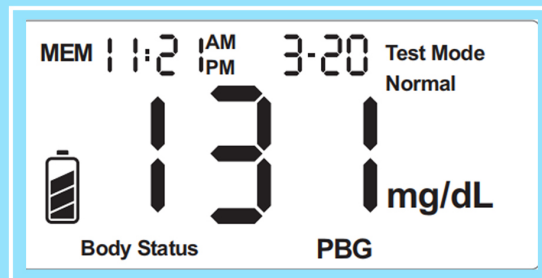


**5)** Press and hold the OK key for 5 seconds to turn on the device. Press the AS key four times to delete all recorded data. After the screen displays dEL, "---" will appear after pressing the OK key, meaning all records have been deleted.



**6) Setting up and using the calibration function of the Advanced Settings mode:**

a. Press and hold the **OK** key for 5 seconds to turn on the device and select diabetes type: Normal, Pre-Diabetes or Type 2 Diabetes. Press the **Up** and **Down** keys to select and then press OK to confirm. As shown in Fig.
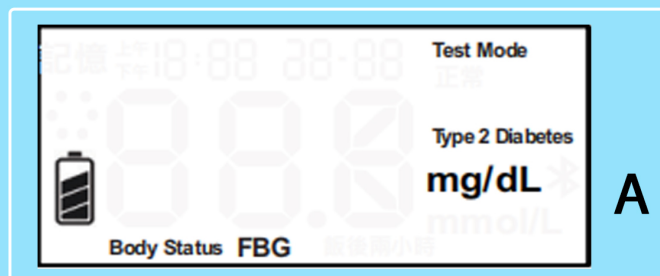
**B.** Press the AS key once and the screen will display "y". Press OK to enter the Advanced Settings mode. [Press the Up and Down keys and the screen will display "n", then press OK to return to the factory default mode] as shown in Fig. B.



B

** In Advanced Settings, press and hold the AS key for 5 seconds at any time to return to factory default mode. However, all records and previously entered information will be erased. Therefore, the user must use only this feature with care and after consideration.

**C.** After entering the Advanced Settings mode, press the AS key five times and the screen will show "CAL" for selecting the calibration function, then press OK to confirm and enter the calibration function. Asshown in Fig. C.



C
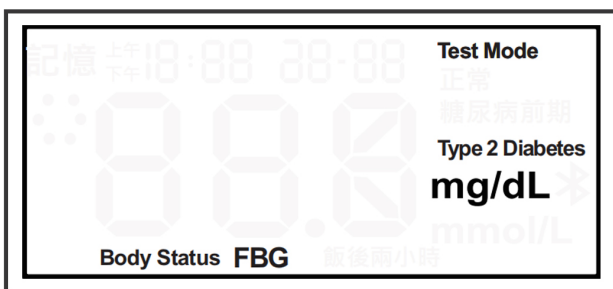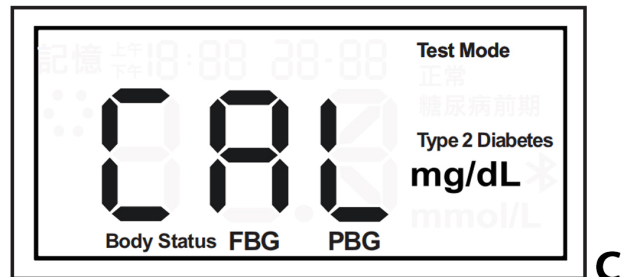


**D.** d. Press the Up and Down keys to select BodyStatus: [Empty stomach] or [2 hours after meals], then press OK to confirm. As shown in Fig. D.

# E.

① If **"Normal"** or **"Pre-Diabetes"** is selected in step a. above, the procedure will jump directly to step f. below.

② If **"Type 2 Diabetes"** is selected in step a. above, the screen will display y_d (on medication); n_d (no medication); Use the **Up** and **Down** keys to select whether medications has been taken. Press **OK** to confirm. The procedure will enter step f. As shown in Fig. E and Fig. F.



F



E
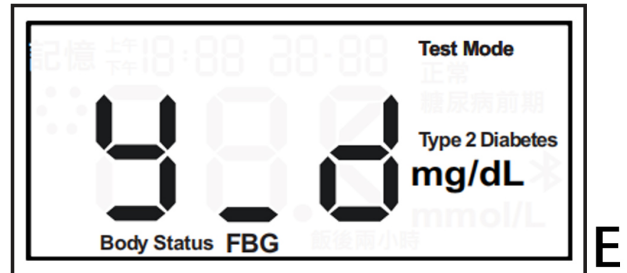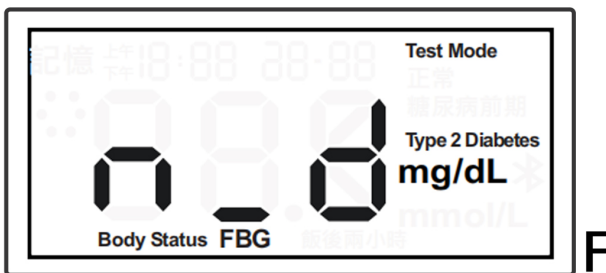
# F.

Enter the blood glucose value (serum) obtained from a recent blood test performed in a hospital or laboratory by pressing the Up and Down keys. If [empty stomach] is selected in step d. above, then enter the fasting blood glucose value. If [2 hours after meals] is selected in step d. above,then enter the blood glucose value measured two hours after meals. As shown in Fig. G.

G
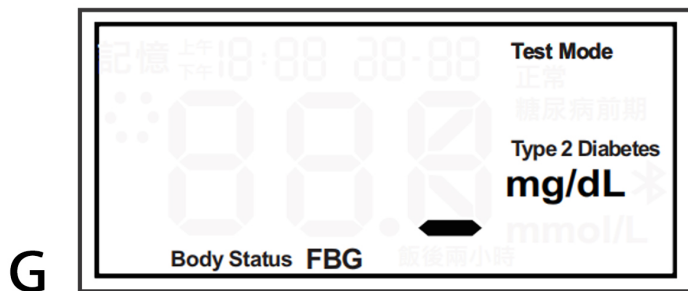
Select the units digit of the tested blood glucose value by using the **Up** and **Down** keys and press the **AS** key after finishing the selection. Then enter the setting for the tens digit. Likewise, select the tens digit of the tested blood glucose value by using the **Up** and **Down** keys and press the **AS** key after finishing the selection. Then enter the settings for the hundreds digit. Likewise, select the hundreds digit of the tested blood glucose value by using the **Up** and **Down** keys and press **OK** to confirm the obtained blood glucose value after finishing the selection. For the aforementioned units digit, tens digit, and hundreds digit, if any correction of the entered number is needed, before pressing OK to confirm, use the **AS** key to move to the number that needs correction and use the **Up** and Downkeys to select the correct value until the units digit, tens digit, and hundreds digit are all correct, then press the **AS** key to move the flashing underline to the hundreds digit before pressing **OK** to confirm.As shown in Fig. H., Fig. I and Fig. J.
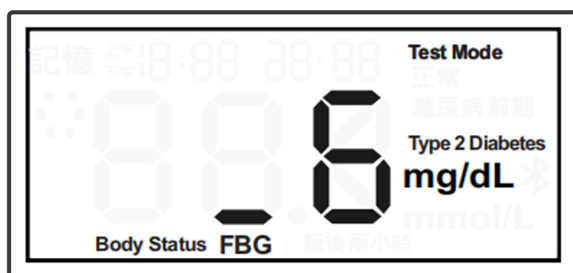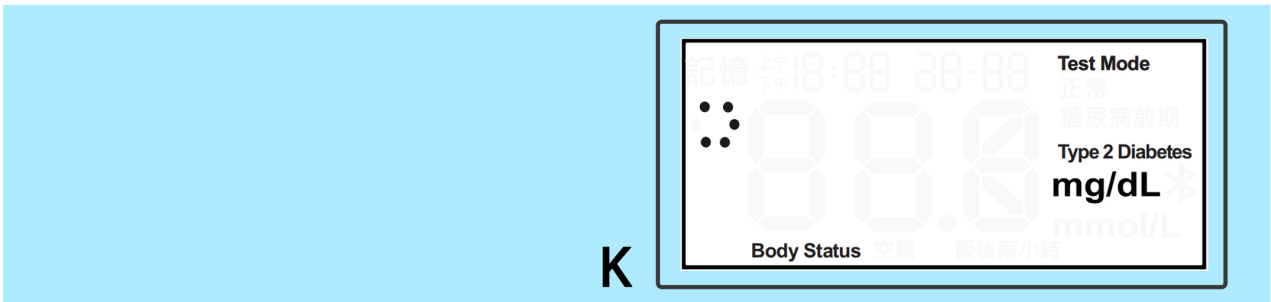


H
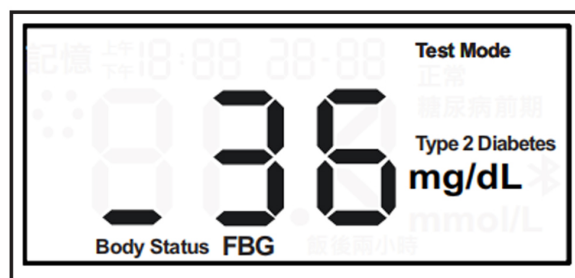


I
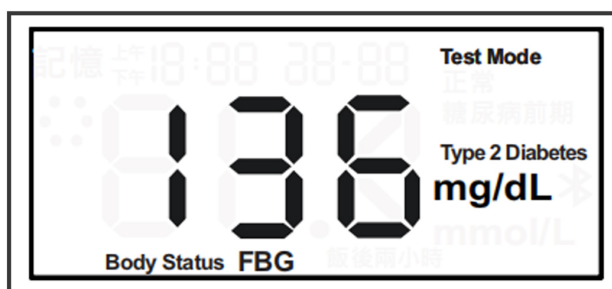


J

## G.

After pressing the **OK** key to confirm the aforementioned values, the dots on the left of the screen will start to rotate, which indicates the device has entered calibration mode. Lightly press the 2 sensing discs on the top and bottom of the ETM-G01E device to perform the calibration. It will take about 10 seconds to complete the calibration. As shown in Fig. K.



K

\*\* If for f. you choose **"Empty stomach",** then the procedures in g. must be performed when you have an **empty stomach;**
\*\* If for f. you choose **"Two hours after a meal",** then the procedures in g. must be performed **two hours after a meal;**
\*\* **Even if all other settings are correct, if you do not enter the correct body status,then there will be errors in the measured blood glucose. Therefore, it is essential to enter the correct settings!**

## H.

After completing the calibration, the screen will display **"E-C",** meaning the calibration has completed. Press **OK** to confirm, the screen will display **"OFF"** and the device will turn off. As shown in Fig. L.



L
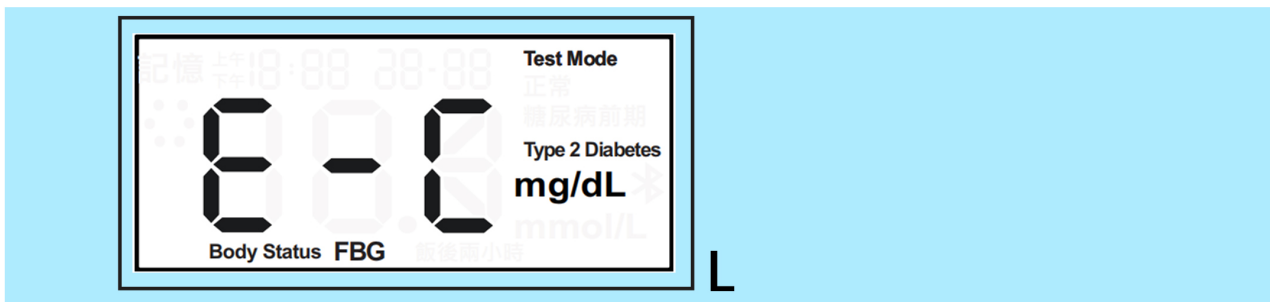
\*\* After calibration verification is completed, the blood glucose value entered into the ETM-G01 will remain valid until a new blood glucose value is entered (the stored value will not be erased when the battery is changed).
\*\* Press and hold the **AS** key for 5 seconds to return to factory default mode. This will cause the calibration blood glucose value to be erased.

## I.

After calibration verification is completed in Advanced Settings, restart the device to measure blood glucose:Press and hold the **OK** key for 5 seconds to turn on the device (the ETM-G01 will be working on the calibration verification in Advanced Settings)

The screen will first display **(Empty stomach)**. If your body status is currently empty stomach, and **"Normal"** or **"Pre-Diabetes"** was selected for 6) a, then please press the **OK** key as indicated on-screen to measure your blood glucose. As shown in Figure M.

If your body status is Two hours after a meal, and **"Normal"** or **"Pre-Diabetes"** was selected for 6) a, then please select "Two hours after a meal" using the (Up and Down) keys as indicated on-screen, and press the **OK** key measure your blood glucose . As shown in Figure N.

If **"Type II Diabetes"** was selected for 6) a, then after selecting **"Empty stomach"** or **"Two hours after a meal",** the screen will display y_d (on medication) or n_d (no medication). As shown in Figure E and Figure F. Use the **Up** and **Down** keys to select whether medication has been taken. Press **OK** to measure your blood glucose.
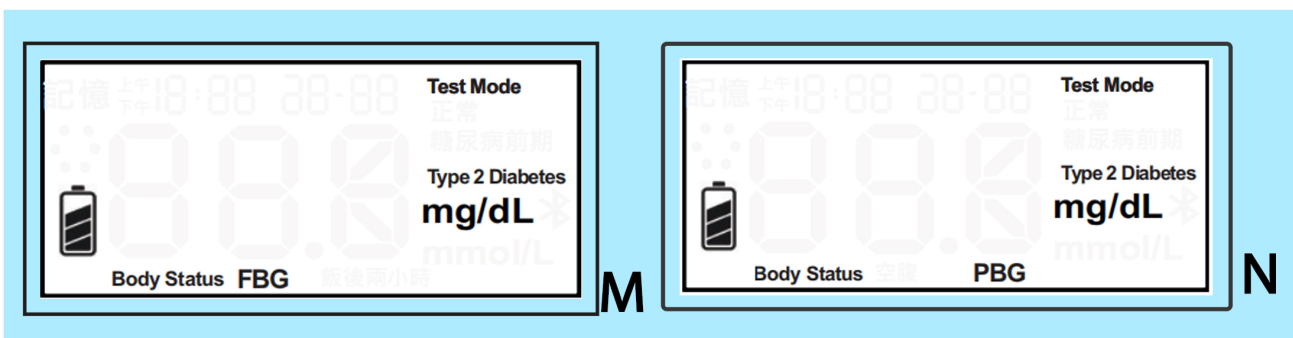
# I.

If the Advanced Settings mode is selected, the device will further customize a blood glucose test for the user to improve the accuracy of blood glucose measurement.

7) Under normal operational conditions, the blood glucose value will appear on the screen of the ETM-G01E approximately 5 to 8 seconds after pressing the 4 sensing discs with the four fingers. Be sure to press the four gold-plated sensing discs with the thumb/index finger of the left and right hands.
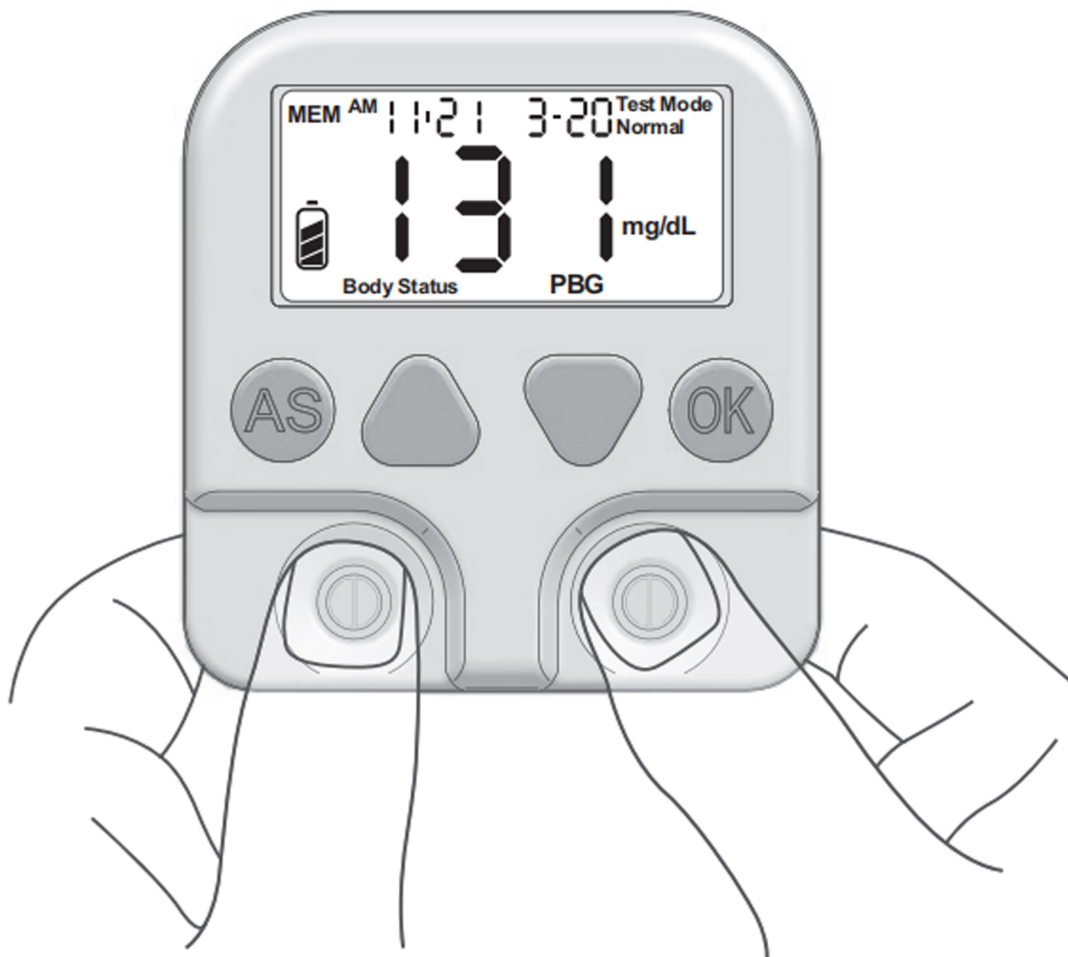
8) The detected blood glucose value will be displayed on the screen. Press the OK key to show the number of batches of the tested value and the time of the test. Press OK to confirm and record the data.

9) In the advanced Settings mode, approximately 900 entries of data can be recorded for later retrieval by users.

## V. Return to the default mode of factory settings

1. To return to the default mode, users must use the AS key to reset the ETM-G01E.

2. Press and hold the OK key for 5 seconds and then press and hold the AS key for 5 seconds, the device will return to factory settings without the device turning off. However, users must launch the "Glucose Test Assistant" APP on the mobile phone to re-register and re-activate the ETM-G01. If the ETM-G01 is not re-registered and re-activated by using the mobile phone for a long time, the battery will be exhausted due to extended use of Bluetooth functions.