

# User Manual

## EasyTouch<sup>®</sup> GCHb

Blood Glucose / Cholesterol / Hemoglobin Monitoring System

Before using the products, read all of the instructions carefully. It includes all the information you need to know to get accurate readings. For EU customer service, dial +49-6894-581020.

**Do not change** your medical plan without a doctor's approval.

The EasyTouch<sup>®</sup> GCHb system should not be used for diagnosis.

- If using the EasyTouch<sup>®</sup> GCHb system to monitor an existing disease, only adapt treatment with proper training.
- Do not use the EasyTouch<sup>®</sup> GCHb system to test newborns.
- Do not use the EasyTouch<sup>®</sup> GCHb system for proper disposal of used test strips, lancets, and batteries.
- The monitoring system will not work properly at altitudes greater than 8,000 feet (2,400 meters) above sea level.
- This system is designed for use at temperatures between 14°C and 40°C (57.2°F and 104°F) and less than 85% relative humidity. If you use the system outside of the proposed conditions, it can give false results.

### Precautions

- Do not use the meter in a very dry environment, especially if synthetic materials are present, may cause damaging static discharges in dry environment.
- Do not use this meter near cellular or cordless telephones, walkie talkies, garage door openers, radio transmitters, or other electrical or electronic equipment that are sources of electromagnetic radiation, as these may interfere with the proper operation of the meter.
- Store the device and the components in a clean, safe location.

### Limitations

The following compounds (left column) in the blood at the given concentrations can cause inaccurate results on the test for:

Compound	Glucose	Cholesterol	Hemoglobin
Ascorbic Acid (Vitamin C)	>150 mg/dL	X	>180 mg/dL
Azathioprine	>20 mg/dL	X	X
Asparaginase	>20 mg/dL	>1.5 mg/dL	X
L-Dopa	>20 mg/dL	>1.5 mg/dL	>20 mg/dL
Dopamine	>20 mg/dL	>3 mg/dL	>20 mg/dL
Methyl-Dopa	>4 mg/dL	>5 mg/dL	>4 mg/dL
Salicylates	>400 mg/dL	X	X
Uric Acid	>10.5 mg/dL	X	X
Xylazine	>40 mg/dL	X	X
Bilirubin	>20 mg/dL	X	X
Creatinine	>20 mg/dL	X	X
Glutathione	>10 mg/dL	X	X
Hematinide	>30% - >85%	>50% - >85%	>20% - >70%

Cholesterol up to 500 mg/dL or triglycerides up to 3,000 mg/dL do not significantly affect the glucose results. Grossly lipemic patient samples have not been tested and are not recommended for testing with the EasyTouch<sup>®</sup> GCHb System.

### Intended Use

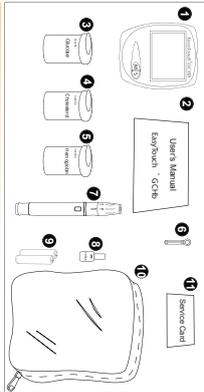
The EasyTouch<sup>®</sup> GCHb Monitoring System is designed for in vitro testing of blood glucose, cholesterol, and hemoglobin in patients with diabetes, hypercholesterolemia, or anemia to measure glucose, cholesterol, and hemoglobin. Simply add a drop of blood to the test strip, and the result is displayed on the screen in 6 seconds for glucose and hemoglobin, and 150 seconds for cholesterol.

### Test Principle

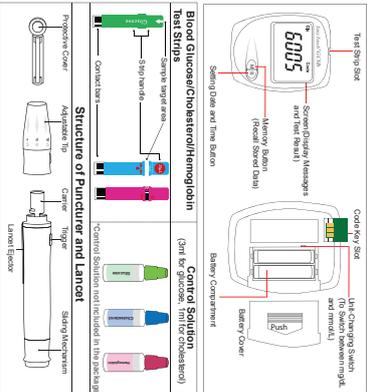
Blood glucose, cholesterol and hemoglobin measurements are based on electrical current changes caused by the reaction of glucose, hemoglobin, or cholesterol with the reagent on the electrode of the corresponding strip.

### Items in the Package

1. EasyTouch<sup>®</sup> GCHb Meter
2. EasyTouch<sup>®</sup> GCHb User Manual
3. EasyTouch<sup>®</sup> Blood Glucose Test Strips / Manual
4. EasyTouch<sup>®</sup> Blood Cholesterol Test Strips / Manual
5. EasyTouch<sup>®</sup> Hemoglobin Test Strips / Manual
6. Lancets
7. Puncturer
8. Check Strip
9. AAA Alkaline Batteries (2)
10. User Manual
11. Service Card



### Getting to Know the System



### Checking the Unit of Measure

The EasyTouch<sup>®</sup> GCHb Meter can measure your blood glucose, cholesterol, and hemoglobin in mg/dL, g/dL, or mmol/L. Just adjust the switch in the battery compartment.

Unit	Left Position		Right Position	
	mg/dL	g/dL	mmol/L	mmol/L
Glucose	No	Yes	No	Yes
Cholesterol	No	Yes	mmol/L	Yes
Hemoglobin	No	Yes	mmol/L	Yes

### Inserting the Batteries

1. Insert the AAA batteries from the back of the meter.
2. Insert two AAA batteries into the battery compartment.
3. Replace the battery cover.



### Setting the Time and Date

- When you insert new batteries, the meter automatically enters date and time setting. Set the correct date before using the meter.
1. Press the "M" button on the left to the date setting.
  2. Adjust the date by pressing the "S" button until the current date appears.
  3. Repeat this process to set the hour and minute.
  4. Simply wait 30 seconds for the meter to turn off automatically.

### Using the Check Strip

- Insert the check strip into the test strip slot on the meter. The screen should display "OK". If "X" appears on the screen, remove the check strip and reinsert it. If "X" is displayed again, call our customer support. Do not test until the meter is working properly.

- Use the check strip to check the meter when:
- You use the EasyTouch<sup>®</sup> GCHb Monitoring System for the first time.
- You think there's something wrong with the results you got and you do not.
- You check whether the meter and test strips are working correctly.

### Control Testing - What control testing is

By using control solution that has a measured amount of glucose or cholesterol, you can check if your meter and strips are accurate. If your control results fall within the range on the test strip vial, you can be sure that the system is working properly.

### When to control test

Perform a control test when you think there is something wrong with your measurement and you want to check if the meter and test strips are working correctly.

### Items you need

- EasyTouch<sup>®</sup> GCHb Series Meter
- EasyTouch<sup>®</sup> I. Glucose Control Solution (not included)
- EasyTouch<sup>®</sup> II. Cholesterol Control Solution (not included)
- EasyTouch<sup>®</sup> Hemoglobin Control Solution (not included)
- EasyTouch<sup>®</sup> I. Glucose Test Strips
- EasyTouch<sup>®</sup> II. Cholesterol Test Strips
- EasyTouch<sup>®</sup> Hemoglobin Test Strips
- EasyTouch<sup>®</sup> I. Glucose Code Key
- EasyTouch<sup>®</sup> II. Cholesterol Code Key
- EasyTouch<sup>®</sup> Hemoglobin Code Key

**Always write down the opening date of your glucose, cholesterol or hemoglobin control solution bottle and test strip vial.** **Always write down the opening date of your glucose, cholesterol or hemoglobin control solution bottle and test strip vial.** **Always write down the opening date of your glucose, cholesterol or hemoglobin control solution bottle and test strip vial.** **Always write down the opening date of your glucose, cholesterol or hemoglobin control solution bottle and test strip vial.** **Always write down the opening date of your glucose, cholesterol or hemoglobin control solution bottle and test strip vial.**

### Control Testing Steps

1. Insert the glucose, cholesterol or hemoglobin code key into the code key slot on the back of the meter.
2. Take one glucose, cholesterol, or hemoglobin strip from the vial. Close the vial strip slot on the meter.
3. Insert the test strip into the test strip slot on the meter. The meter will display the code number.
4. Hold the glucose, cholesterol, or hemoglobin control solution bottle upside down and slowly squeeze the bottle to form a small drop. Discard the first drop of the solution. Squeeze out a second drop and let it touch the edge of the test strip.
5. The target area of the test strip will turn red as the second drop of solution touches the target zone. Immediately after the meter sounds a beep, close the cap of the control solution. The meter then counts down from 6 for glucose or hemoglobin, or 150 for cholesterol, and displays your result on the screen.
6. An acceptable range shown on the test strip vial.
7. Remove the test strip from the meter and discard it.

### Understanding Control Testing Results

You will find the acceptable range of glucose, cholesterol, and hemoglobin on the test strip vial label. If your control results fall within the acceptable range, you can begin to test your blood glucose, cholesterol, and hemoglobin levels. If your control results are not within the acceptable range, consider the following items:

- Are you using test strips or control solutions expired?
- Have you ever forgotten to close your test strip vials or control solution bottles?
- Does the code in the meter match the code on the test strip vial?
- Did you follow all the operating instructions correctly?
- Repeat the control test with a new test strip, following the steps exactly.
- **If you continue to receive control results that are outside of the acceptable range, contact your healthcare provider immediately.**

### Preparing the Puncturer

Blood glucose, cholesterol, and hemoglobin monitoring devices require a small amount of blood to provide accurate results. Always ensure you use lancets immediately after a test.

1. Unscrew the puncturer's adjustable tip.
2. Insert a lancet into the carrier.
3. Twist off the protective cover to expose the lancet tip.
4. Rotate a desired skin penetration depth setting on the adjustable tip until the appropriate setting number lines up with the arrow. Settings are based on skin type:
  - Depth 1-2 for soft or thin skin
  - Depth 3 for average skin
  - Depth 4 for thick or calloused skin
5. Hold the tip of the puncturer with one hand and pull the sliding mechanism back with the other. When you hear a click, the finger rises up.
6. Release the sliding mechanism. The puncturer is now ready to obtain a blood sample.

### Blood Glucose Testing

1. The first time you use the EasyTouch<sup>®</sup> GCHb Meter or open a new test strip vial, insert the code key from the test strip vial. Each test strip vial contains one code key. Make sure the number on the code key matches the code number on the vial of test strips you use.
2. Insert the test strip into the test strip slot on the meter. The meter will display the code number. The code number on the test strip vial matches the code number on the vial of test strips you use.
3. Insert the test strip into the test strip slot on the meter. The meter will display the code number, and then the code number displayed matches the code number on the test strip vial.
4. Hold the glucose control solution bottle upside down and slowly squeeze the bottle to form a small drop. Discard the first drop of the solution. Squeeze out a second drop and let it touch the edge of the test strip.
5. The target area of the test strip will turn red as the second drop of solution touches the target zone. Immediately after the meter sounds a beep, close the cap of the control solution. The meter then counts down from 6, shows your result on the screen, and stores your result in its memory automatically.
6. An acceptable range shown on the test strip vial.
7. Remove the test strip from the meter and discard it.

### To increase blood flow to the lancing site, use warm water to wash your hands before lancing.

1. Wash your hands with warm water.
2. Dry your hands thoroughly.
3. Press the end of the finger on your finger.
4. Push the finger on the puncturer.
5. Withdraw the puncturer.
6. **It is very important that you get enough blood on your test strip so that the entire reaction zone is covered. This ensures that your meter can give accurate and reliable results.**
7. Wipe away the first drop of blood and allow a second drop to form.
8. Touch the drop of blood to the top of the test strip target area. The target area turns red as the second drop of blood touches the target zone. The meter then counts down from 6, shows your result on the screen, and stores your result in its memory automatically.
9. Record the your glucose value on the provided log sheet.

Fasting Blood Glucose	
Normal	70 - 100 mg/dL
Early Diabetes	101 - 125 mg/dL
Diabetic	> 126 mg/dL

The following values are expected glucose levels for non-diabetics

Upon waking - fasting	70 - 99 mg/dL
After meals	70 - 140 mg/dL
Before meals	70 - 130 mg/dL
1 - 2 hours after starting a meal	< 180 mg/dL

Always consider your symptoms when interpreting your blood glucose results. If your results come out with how you feel, perform a control test. The following are just some of the symptoms for low and high blood sugar.

Hyperglycemia	Hypoglycemia
• Dizziness/headache	• Frequent urination
• Sweating	• Thirst
• Hunger	• Headache
• Fainting/heartbeat	• Fatigue
• Shakiness	• Blurred vision

### Blood Cholesterol Testing

1. The first time you use the EasyTouch<sup>®</sup> GCHb Meter or open a new test strip vial, insert the code key from the test strip vial. Each test strip vial contains one code key. Make sure the number on the code key matches the code number on the vial of test strips you use.
2. Take one strip from the vial of cholesterol test strips. Close the vial quickly.
3. Insert the test strip into the test strip slot on the meter. The meter will display the code number. The code number on the test strip vial matches the code number on the vial of test strips you use.
4. Clean your finger with an alcohol swab. Let it dry completely.
5. Press the puncturer on your finger.
6. Release the trigger on the puncturer.
7. Withdraw the puncturer.
8. Wipe away the first drop of blood and allow a second drop to form.
9. Touch the drop of blood to the side of the test strip target area. The target area turns red as the second drop of blood touches the target zone. The meter then counts down from 150 seconds, shows your result on the screen, and stores your result in its memory automatically.
10. Record your cholesterol value on the provided log sheet.

### The following are ranges for blood cholesterol levels:

Desirable	180 - 200 mg/dL
Borderline high	200 - 239 mg/dL
High	> 240 mg/dL

The above range is just for reference, and it may not apply to everyone. If your blood cholesterol is borderline high or high, discuss these results with your healthcare provider.

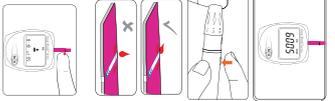
### Consult your healthcare provider for the appropriate range for you.

### Hemoglobin Testing

1. The first time you use the EasyTouch<sup>®</sup> GCHb Meter or open a new test strip vial, insert the code key from the test strip vial. Each test strip vial contains one code key. Make sure the number on the code key matches the code number on the vial of test strips you use.



- Take one strip from the vial of hemoglobin test strips. Close the vial quickly. The strip will first display the code number, and then the blood symbol. Let it dry completely.
- Place the puncturer on your finger. Press the trigger on the puncturer.
- Press the button on the puncturer. Wipe away the first drop of blood and allow a second one to form.
- Touch the drop of blood to the side of the test strip target area. The target area turns red as the strip absorbs the blood. Apply blood until the meter sounds a beep. The meter then counts down from 6, shows your result on the screen, and stores your result in its memory automatically.
- Remove your hemoglobin value on the provided log sheet.



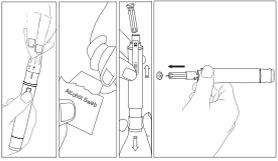
**The following are ranges for hemoglobin levels:**

Male	Female
13.5-16.5 g/dL (4.4-5.0 mmol/L)	12.1-15.1 g/dL (3.7-4.9 mmol/L)

The above ranges is just for reference, and it may not apply to everyone. If your hemoglobin is high or low, discuss these results with your healthcare provider.

**After Blood Testing**

- Pull the test strip out of the meter. The meter turns off by itself. Unswivel the adjustable tip of the puncturer.
- Put the protective cover back on the lancet. Place the protective cover on the lancet. Push the lancet back and slide the lancet ejector forward simultaneously. This action ejects the lancet.
- Carefully remove an alcohol swab from its packaging.
- Thoroughly clean the tip of the lancet. Dispose of the used alcohol swab, lancet and test strip, and store the puncturer in a clean location.

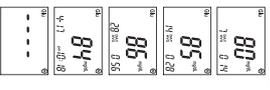


**Using the Meter Memory**

The EasyTouch GCCh Meter automatically stores the 200 most recent glucose, 50 most recent cholesterol, and 50 most recent hemoglobin test results. The meter will store the oldest result in the memory if the newest result is added. The memory is not affected by replacing or removing the batteries.

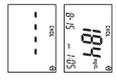
**Reviewing Blood Glucose Results**

- Insert the glucose code key and press 'M' to access the memory feature.
- Press the memory feature. The 7-day average, 14-day average, and the 28-day average will be displayed on the screen in order.
- On the fourth button press after the 28-day average, the newest blood glucose test result with the 'M' button.
- The stored results with date are displayed in order from the most recent to the oldest with each press of the 'M' button. The meter will turn off when the symbol is displayed on the screen.



**Reviewing Blood Cholesterol Results**

- Insert the cholesterol code key and press 'M' to access the memory feature.
- The most recent result will appear.
- Each press of 'M' will display in the second-most recent memory test results in order of the most recent to the oldest by repeatedly pressing the 'M' meter displays and automatically turns off.



**Reviewing Hemoglobin Results**

- Press 'M' to access the memory feature.
- The most recent result will appear.
- Each press of 'M' will display in the second-most recent result.
- Review more test results in order of the most recent to the oldest by repeatedly pressing the 'M' meter displays and automatically turns off.



**Deleting Results from Memory**

- When reviewing results, simply press and hold 'S' to delete the displayed result.
- The meter then sounds a beep as the memory icon flashes once.
- Release 'S' and the meter sounds three beeps in rapid succession to confirm that the result has been deleted.
- The meter then returns to the first result.

**Maintenance - Taking Care of Your Meter**

- Do not submit your meter to strong impact or pressure.
- Keep your meter between -10°C and 60°C (14°F and 140°F) and less than 95% relative humidity. Do not store the meter in areas such as the kitchen, bathroom, laundry room, or car.
- Keep the meter away from water.
- Do not use glass/household-cleaning solutions to clean the meter. Simply use an alcohol pad to wipe the surface of the meter, but do not wipe the test strip slot or code key slot.
- Do not disassemble the meter.
- If you have any questions, please contact customer service or your healthcare provider.

**Changing the Batteries**

- When the symbol "E" is displayed on the screen, replace the batteries immediately.
- Slide battery cover off the back of the meter.
- (1.5V) into the battery compartment.
- Slide battery cover back in place and turn on your meter.

**Cleaning the Meter**

- Clean the meter with a 70% isopropyl alcohol swab.
- DO NOT spray any cleaning solution directly onto the meter.
- DO NOT immerse the meter in liquid.

**Specifications**

Model no.	Glucose	Cholesterol	Hemoglobin
ET-321	20 - 600 mg/dL (1.1 - 33.3 mmol/L)	100 - 400 mg/dL (2.6 - 10.4 mmol/L)	7 - 26 g/dL (0.3 - 1.6 mmol/L)
Measuring Range	5 sec	150 sec	6 sec
Test Time	5 sec	150 sec	6 sec
Sample Volume	Finger capillary whole blood		
Sample Type	Finger capillary whole blood		
Measurement Method	Amperometric		
Operating Temperature	14 - 40°C (20 - 85°F) R.H.		
Storage Temperature	-10 - +60°C (-25°F - 140°F) R.H. (for meter)		
Storage Humidity	4 - 30% (for strips)	30 - 55%	
Conditions			
Hemoglobin Range	60 g without batteries		
Weight	90 x 66 x 22 HxWxD (mm)		
Dimensions	GD: 55 x 45 mm		
Display	AAA - 2 Alkaline		
Battery	More than 1,000 tests		
Battery Life			

**Troubleshooting**

Symbol	What it means	Action
	Low battery power.	Replace the batteries.
	"LO" appears on the screen before the meter turns off.	Replace the batteries.
	The ambient temperature is higher than 40°C (104°F).	Repeat the test in a warmer environment.
	The ambient temperature is lower than 10°C (50°F).	Repeat the test in a cooler area.
	The ambient temperature is about 67°F (19°C) - 140°F (60°C).	You may need to wait as long as 20 minutes before repeating the test.
	Your blood glucose test results are over 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose test results are below 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 25 g/dL (16.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is higher than 26 g/dL (1.6 mmol/L).	Repeat the test in a warmer environment.
	Your hemoglobin level is lower than 7 g/dL (0.3 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is higher than 400 mg/dL (22.2 mmol/L).	Repeat the test in a warmer environment.
	Your blood glucose level is lower than 20 mg/dL (1.1 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is higher than 400 mg/dL (10.4 mmol/L).	Repeat the test in a warmer environment.
	Your blood cholesterol level is lower than 100 mg/dL (2.6 mmol/L).	