




# FreeStyle Optium Neo Blood Glucose and Ketone Monitoring System

Remember the clocks go back this weekend!  
For those using a FreeStyle Optium Neo Monitoring System,  
here are the easy steps to update the time and date in your meter.



- Start with your meter off (no test strip inserted).
- Press the  Button.
- **Set Time.** Press and hold the time on the screen for 3 seconds until the screen changes.



- Set Time Format (12 hour or 24 hour clock).
- Press the Up and Down Arrow Buttons to change.
- Press the  Button to continue.
- Set Hour. The **hour** blinks. Press the Up and Down Arrow Buttons to change.
- Press the  Button to continue.
- Set Minutes. The **minutes** blink. Press the Up and Down Arrow Buttons to change.



- Press the  Button to continue.

**Set Date.** The month blinks. Press the Up and Down Arrow Buttons to change.

- Press the  Button to continue.

The day blinks. Press the Up and Down Arrow Buttons to change.



- Press the  Button to continue.

**Set Year.** Press the Up and Down Arrow Buttons to change.

- Press the  Button to save. Setup complete.

You have now updated the time and date in your FreeStyle Optium Neo Monitoring System.

***FreeStyle...Now that's progress!***