



**DARIO**

Quick Guide

Congratulations on your choice of the Dario™ Blood Glucose Monitoring System (BGMS). Dario™ was created to make life easier for people with diabetes - with the right tools, information and support in your pocket. It is a smartphone-based monitoring system, featuring a pocket-sized meter with an integrated lancing device and test strips, combined with an easy-to-use mobile application.

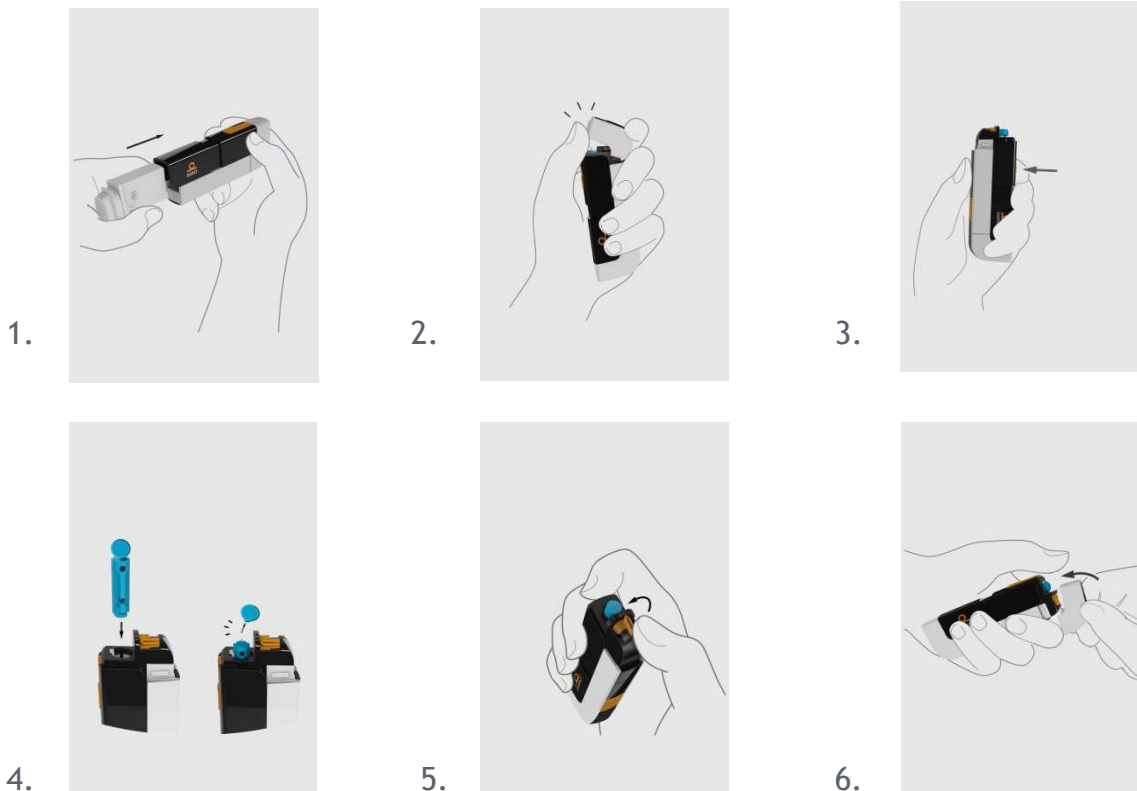
Living with diabetes is a daily challenge. But with Dario™ in your pocket and the best support, we can thrive with diabetes together.

This quick guide will guide you through your first introduction with Dario™. We suggest that you read our complete instructions on our user guide ([link](#)) thoroughly in order to familiarize yourself with the system and its many features.

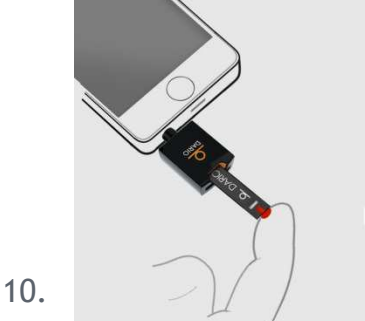
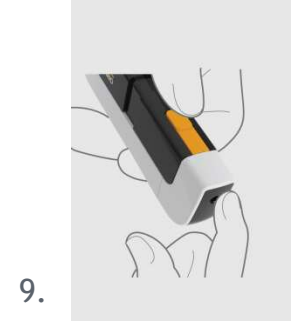
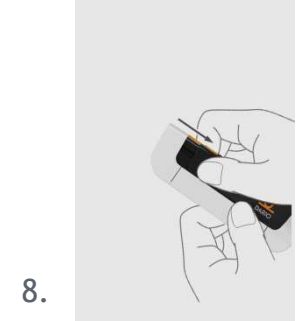
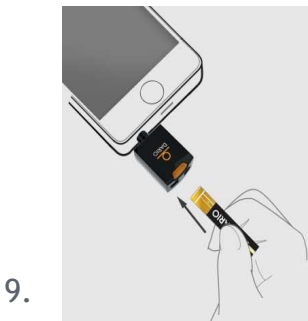
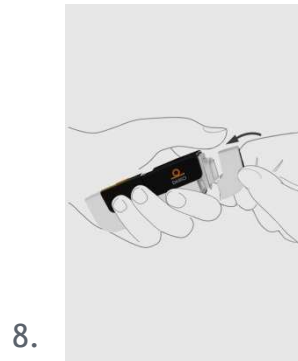
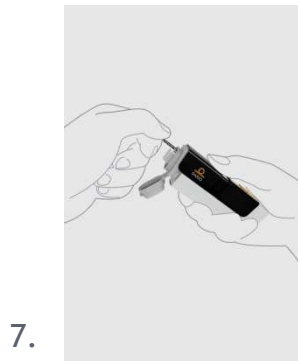
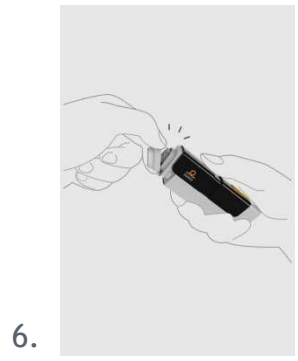
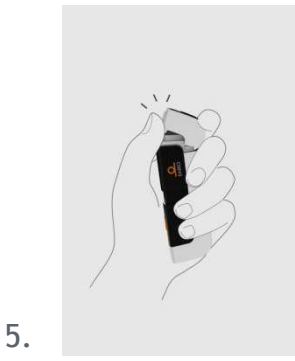
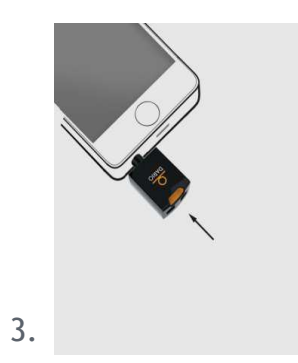
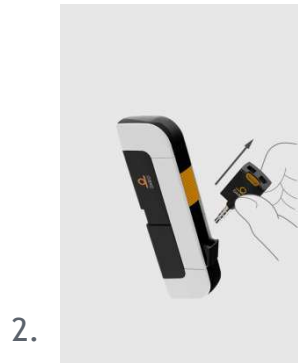
## Step 1: Download

# Download Dario™ App

## Step 2: Set your Dario™ BGMS



Step 3: You are ready to take your first sugar test:





Note

**Make sure to return the meter to the housing when you finish your test.**



Note

**Please note you might need to adjust your phone settings accordingly:**

Go to: **Settings > General > Accessibility > Hearing**

Check the following settings:

Setting	Must Be Set
Mono Audio	OFF
Audio Volume Balance	In the middle between L and R

Go to: **Settings > Sounds**

Look at the **RINGER AND ALERTS** section (slider) and make sure that it is set to the maximum volume (all the way to the right).

Go to: **Settings > Privacy > Microphone**

Make sure that the Dario™ app is set to ON (green).

Go to: **Settings > Music > Volume Limit**

Make sure that it is set to the maximum volume (all the way to the right).

Make sure the audio jack is working with ear phones from both sides.