

# Starting your weekly scheduled test...

# ...Completing your weekly scheduled test

Once a week, on the same scheduled day, you will perform a test.

1



Before you perform your test, lay out all the materials in front of you.

Be sure you have the meter, lancet, test strip and pipette with tip attached ready.

Make sure that the meter is on a flat, level surface.

2



Remove a once-a-week strip from the open box.

Turn on your meter.

Insert the once-a-week strip into the meter.

While meter is warming up, move to step 3

3



Simply use the lancet to prick your fingertip.

Hold the pipette comfortably in your hand.

Angle the pipette to ensure you gather a good sample.

Press down on the top button and insert the pipette tip into the sample.

Slowly release the button to collect your blood sample.

4



Resting your hand on the side of the meter, place the tip of the pipette into the test strip "well" (green light flashing) and push down on the top button.

Transfer sample to meter.

Keep the button pushed down until you have dispensed your sample and have fully removed the pipette from the test strip well.

Your test result will appear on the display.

5



Open your Logbook to your current testing date and record the INR result you see on the meter display.

6



There are two ways to report your PT/INR number to your personal PHM case manager\*:

Secure Login to:  
[www.myphm.com](http://www.myphm.com)

Or call us at:  
**1 (877) 811-9690**

\* Please call your personal, dedicated case manager immediately if during your once-a-week test you encounter any trouble.

If you encounter any trouble during your testing, please call PHM immediately.  
DO NOT USE ANOTHER TEST STRIP, as insurance may only cover one strip per week.