

# Starting your test

# Finishing the process for a successful in-home test

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

1



Remove a once-a-week strip from your open container.

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

2



The 3-digit code on your meter should match the code on the open container.

Press "M" to confirm.

3



Simply use the lancet to prick your finger.

Gather a drop of blood on your finger tip.

4



Within 15 seconds of sticking your finger:

Place the drop to the side of the once-a-week strip in the clear area.

Wait for beep, then remove finger.

5



Open your Logbook to the page matching your once-a-week strip container number.

Read your PT/INR result on the screen and record the result in your PHM Logbook.\*



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**

\*If the meter or once-a-week testing strip does not work, call PHM immediately. DO NOT USE ANOTHER TEST STRIP, as insurance may only cover one strip per week.

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