

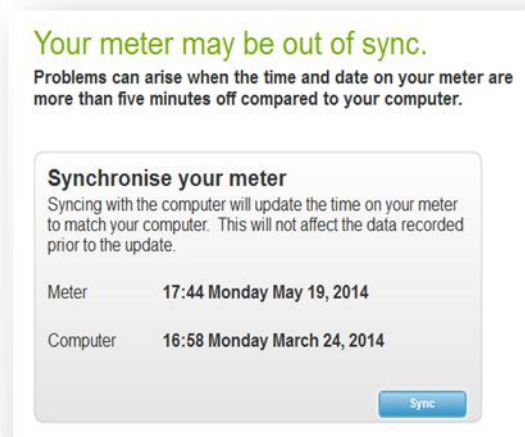
# FreeStyle InsuLinx Blood Glucose Monitoring System



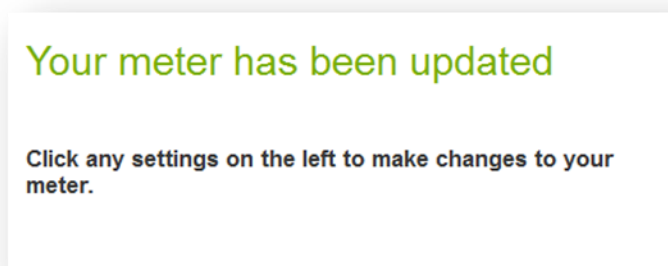
Summer time is almost here. Remember the clocks go forward this weekend! For those using a FreeStyle InsuLinx Monitoring System, there are two quick ways to update the time in your meter.

## By USB

- Using the yellow USB Cable provided, connect your meter to your PC or MAC computer.
- [FreeStyle Auto-Assist Software](#) will show the current time in your meter and the current computer time.



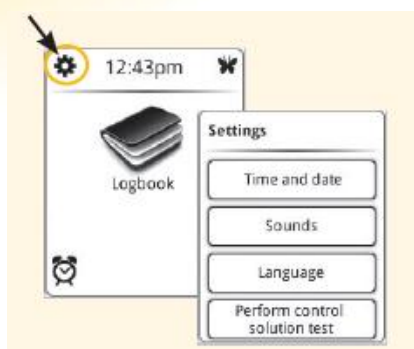
- Press the blue "Sync" button to update the time in your FreeStyle InsuLinx Blood Glucose Monitoring System.



- Your meter has now been updated to the time shown on your PC or MAC.

## Manually Update - Step-by Step

- At the Home Screen, tap **Settings**.



- Tap **Time and Date**.
- Tap the current time shown on your FreeStyle InsuLinx screen.
  - Use the arrow buttons to change the time. To Save, tap **OK** in the top right of the screen.
- You may wish to change the date, tap the current date shown on your FreeStyle InsuLinx Screen.
  - Use the arrow buttons to change the date. To Save, tap **OK** in the top right of the screen.
- Tap **done**, then press the **Home button** to return to the **Home Screen**.

You have updated the time in your FreeStyle InsuLinx Blood Glucose Monitoring System.

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