



Unio™
Cara

Enjoy comfort.



swiss design

mylife™ Unio™ Cara – the simple and reliable blood glucose meter.

- Pre-set blood glucose monitoring system for fast initialisation and easy training
- Automatic data transfer for quick and simplified therapy monitoring
- Connectivity to the mylife™ App for a convenient bolus suggestion
- Side-loading test strip for hygienic strip removal without blood contact
- Comfortable blood sampling with the automatic load and release function of mylife™ AutoLance™

The easy-to-use
pre-set meter
with a large display



More freedom. More confidence. With mylife™.

YPSOMED
SELF-CARE SOLUTIONS



Unio™
Cara



mylife™ Unio™ Cara A reliable and user-friendly device

mylife™ Unio™ Cara is a patient focused blood glucose monitoring system that meets user requirements: a pre-set and high quality blood glucose meter with intuitive operation. Markers, alarms or blood glucose target range can be set additionally if preferred.

Measurement data can easily and automatically be transferred via Bluetooth® to the mylife™ App (iOS/Android) and via micro-USB to different therapy management software, such as the mylife™ Software (as of the mylife™ Software version 2.0 also via Bluetooth®). The mylife™ App allows your patients to track their own blood glucose measurements and

those from people they take care of. Furthermore, settings can be easily synchronised between the blood glucose meter and the mylife™ App.

The mylife™ AutoLance™ is a high precision lancing device. With an automatic load and release function and constant pricking pressure, it ensures easy and virtually painless blood sampling.

mylife™ Unio™ Cara is the ideal blood glucose monitoring system for people with diabetes who appreciate a handy and easy-to-use meter with a large display.

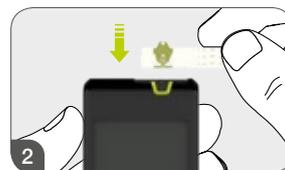
High measurement convenience In just a few steps

Safe and easy application makes mylife™ Unio™ Cara the ideal blood glucose meter for patients of any age. The device activates automatically when a test strip is inserted and identifies the strip code. An audible signal confirms the correct insertion of the solid test-strip. When applying blood, the test strip visually indicates if enough blood has been applied. Measurement results are easy to read thanks to large numbers and the illuminated display.



Removing test strip

Take the handy and solid test strip out of its vial and close the box again.



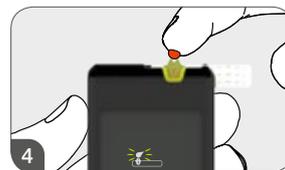
Inserting test strip

The device activates automatically and recognises the strip code (Autocoding).



Extracting blood

Holding down the safety button, gently push against the fingertip. Precise and almost painless lancing thanks to the automatic load and release function.



Applying blood

Apply the blood from above onto the test strip. The channel absorbs the blood sample while the blood sample window on the test strip shows the filling level.



Reading the measurement

Read the measurement on the LCD display and set markers.



Removal of test strip without blood contact

Remove the strip and dispose of.





Components at a glance

All you need for a plain and simple measurement



mylife™ Unio™ Cara blood glucose meter

- Pre-set, large display, easy-to-use
- Easy-to-read menu-based LCD display with intuitive operation
- Fast and accurate¹ results
- Blood glucose target range can be defined
- Alarm functions with 4 daily alarms
- Up to 4 markers can be selected for each measurement
- Bluetooth® and micro-USB: data can be transferred to the mylife™ App and to therapy management software, such as the mylife™ Software



mylife™ AutoLance™ lancing device

- Automatic load and release function in one step
- Automatic pressure control allows steady pricking pressure and thus ensures almost painless blood sampling
- Safety button prevents unintentional release
- 7 variable puncture depths
- Practical bayonet lock and stop function for easy lancet replacement
- AST cap available for alternative measuring sites



mylife™ Unio™ test strip

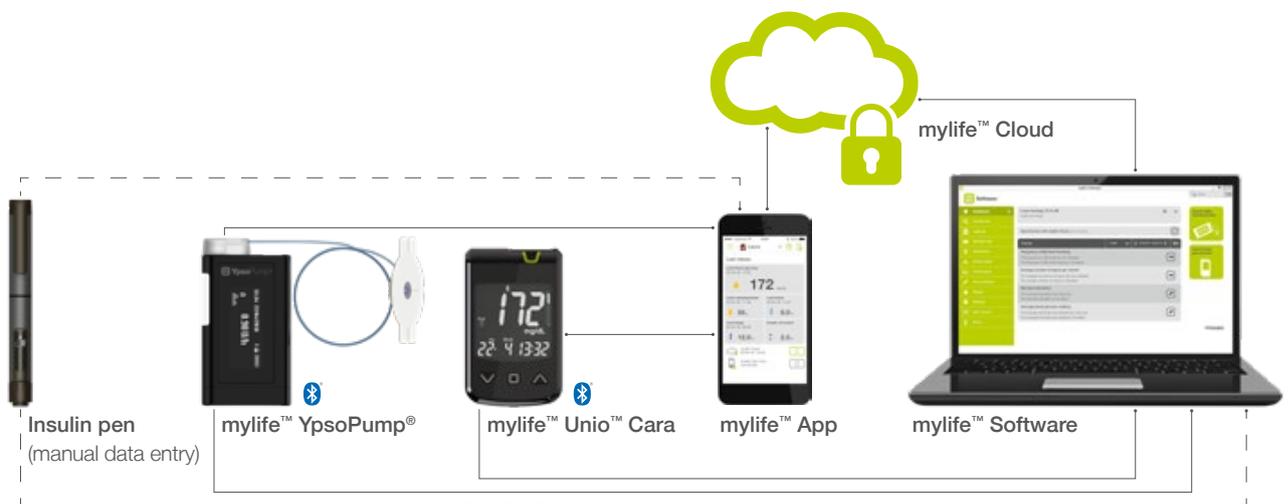
- High accuracy and precision with GDH-FAD enzyme^{1,2}
- Autocoding
- High Definition Signal Transmission (HDST)
- Solid test strip for a good grip
- Test strip removal without blood contact
- Easy taking of test strips from the compact vial



mylife™ Unio™ Cara

Matches the mylife™ YpsoPump® and pen therapy

mylife™ Unio™ Cara is ideal for diabetes self-management in combination with the mylife™ YpsoPump® insulin pump: both devices have Bluetooth® connection and can send data wirelessly to the mylife™ App. The mylife™ Unio™ Cara also offers people with pen therapy the possibility to transfer their blood glucose data wirelessly to the mylife™ App for bolus suggestions. Regardless of the therapy form, the mylife™ App enables users to combine their therapy data in one management solution – giving users a comprehensive and quick therapy overview. No matter where they are. Thanks to the optional mylife™ Cloud, data synchronisation between health care professionals and patients is easier than ever.



Diabetes therapy management

Informative and intuitive

The mylife™ therapy management solution is designed to adapt to an on-the-go lifestyle. Access diabetes therapy data on your personal computer via the mylife™ Software, in the mylife™ Cloud and in the mylife™ App.

- Intuitive and user friendly design for ease-of-use
- Identical interface for all users to simplify communication
- Optional use of cloud service to match user preferences
- Possibility of data sharing to simplify therapy management



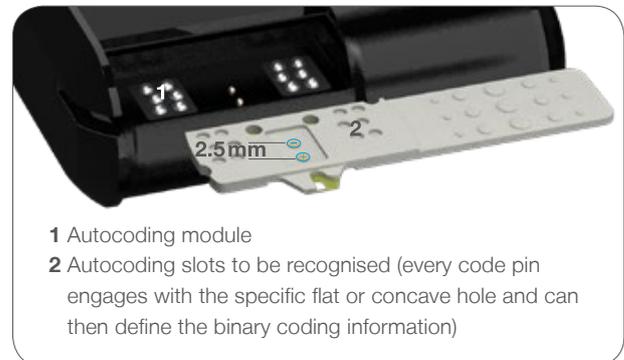
Download the mylife™ App directly from the Apple App Store or Google Play Store and find more information about the mylife™ Software on your mylife™ Diabetescare website:

www.mylife-diabetescare.com/digital



Autocoding and High Definition Signal Transmission (HDST) for reliable accuracy and precision

Autocoding stands for the automatic calibration of the meter, meaning modern blood glucose measuring systems correct the measurement automatically. The measurement of mylife™ Unio™ Cara is adjusted by a specific correction value stored in the Auto-coding module of the meter, correcting the measured blood glucose value as close as possible to the reference device. The patient does not have to calibrate the meter manually by inserting a code or key.



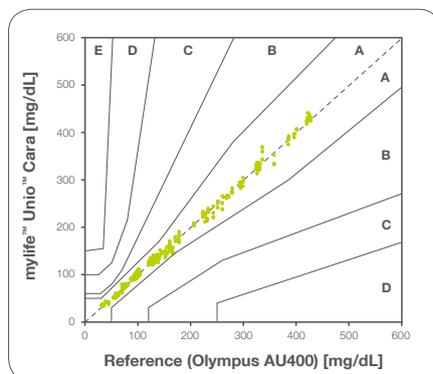
- 1 Autocoding module
- 2 Autocoding slots to be recognised (every code pin engages with the specific flat or concave hole and can then define the binary coding information)

Signal transmission from the test strip to the device is crucial for the quality of measurement results. mylife™ Unio™ Cara uses the innovative High Definition Signal Transmission (HDST) technology, which enables precise and accurate signalling. The very short signal path of just 2.5 mm and gold contacts help to minimise interference and thus ensure very good signal transmission. Gold is one of the most corrosion-resistant of all established conductive materials, ensuring optimal signal transmission from test strip to measurement device.³

In the context of the requirements of ISO 15197:2013⁴, mylife™ Unio™ Cara's advanced measuring technique leads to convincing results:

System accuracy¹

ISO 15197:2013 demands $\geq 95\%$ of measurements within ± 15 mg/dL (± 0.83 mmol/L) at a glucose concentration < 100 mg/dL (< 5.55 mmol/L) and within $\pm 15\%$ at a glucose concentration ≥ 100 mg/dL (≥ 5.55 mmol/L). All three reagent system lots achieved 100% within ± 15 mg/dL (± 0.83 mmol/L) and $\pm 15\%$. 100% of mylife™ Unio™ Cara test results (600 of 600 pooled measurements) cover zone A in the Consensus Error Grid (CEG) (A and B zones must be $\geq 99\%$).



Definition of the error grid zones:

- Zone A** No effect on clinical action
- Zone B** Altered clinical action – little or no effect on clinical outcome
- Zone C** Altered clinical action – likely to affect clinical outcome
- Zone D** Altered clinical action – could have significant medical risk
- Zone E** Altered clinical action – could have dangerous consequences

Measurement precision²

mylife™ Unio™ Cara shows very good results when tested for measurement repeatability (ten meters, three test strip lots at five glucose ranges): $SD \leq 2.3$ mg/dL (≤ 0.13 mmol/L) (TNO⁵ acceptance criteria: $SD \leq 10$ mg/dL (≤ 0.56 mmol/L) at glucose concentrations < 100 mg/dL (< 5.55 mmol/L) and $CV \leq 2.6\%$ (TNO criteria: $CV \leq 5\%$ at a glucose concentration ≥ 100 mg/dL (≥ 5.55 mmol/L)).



Technical data

Competitive product features

Product specifications	
Technology	Electrochemical: GDH-FAD
Haematocrit range	20–70 % when blood glucose ≤ 200 mg/dL (11.1 mmol/L) 20–60 % when blood glucose > 200 mg/dL (11.1 mmol/L)
Calibration	Plasma
Sample	Capillary, venous and arterial whole blood
Blood volume	0.7 µL
Measuring time	5 seconds
Memory	1 000 measurements
Measurement range	10–600 mg/dL (0.6–33.3 mmol/L)
Data interface	Wireless via Bluetooth® or via micro-USB port
Data management	Data can be transferred to the mylife™ App and to therapy management software, such as the mylife™ Software. (Diabass®, SiDiary and diasend® conformity to be reconfirmed. Please contact your local Ypsomed customer service).
Screen and operation	Large LCD screen, simple and intuitive navigation with helpful symbols
Illumination	Illuminated screen for good readability day and night
Blood glucose target range	An upper and a lower limit can be set, warning signals during measurement
Alarm functions	4 alarms with possible repeat function
Event markers	Markers for pre-prandial and post-prandial, sport, illness, wake-up. Up to 4 markers for each measurement result.
Power supply	2 CR2032 coin cell batteries (about 1 000 measurements)



mylife™ Unio™ Cara and accessories

Product overview

	Item
Blood glucose measurement starter set	mylife™ Unio™ Cara set
Test strips	mylife™ Unio™ test strips
Lancets	mylife™ Lancets, 30G (box of 200 units) mylife™ Lancets multicolor, 30G (box of 200 units) mylife™ SafetyLancets, 28G/1.5 mm (boxes of 100 and 200 units) mylife™ SafetyLancets Comfort, 30G/1.2 mm (boxes of 100 and 200 units)
Accessory	mylife™ micro-USB cable

1 Bionime Corporation: Test Report for the System Accuracy Evaluation Blood Glucose Monitoring System GM722, Chung Shan Medical University Hospital, Taiwan, 09.2017. Declaration Letter of Study Report Equivalence of GM722 and mylife™ Unio™ Cara, 03.2018, available on request.

2 Bionime Corporation: Test Report for the Evaluation of Precision (ISO 15197:2013), Model GM722 and Strip GS720 (mylife™ Unio™), Taichung, Taiwan, 08.2017. Declaration Letter of Study Report Equivalence of GM722 and mylife™ Unio™ Cara, 03.2018, available on request.

3 Hsu C. et al.: Fabrication of a Glucose Biosensor Based on Inserted Barrel Plating Gold Electrodes. Anal Chem 2009, 81(1): 515–518. DOI: 10.1021/ac8019619.

4 ISO 15197:2013; In vitro diagnostic test systems – Requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus. International Organisation for Standardization, Geneva.

5 Post H. et al.: Portable In-Vitro Blood Monitor Systems for (Self-)Monitoring-Blood Glucose Monitors – Particular Requirements and Test Methods. TNO Quality Guideline PG/TG/2001 045 2001. Delft: TNO, 2001.

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Diabetescare

More **freedom.**
More **confidence.**
With **mylife™.**



Infusion systems



Blood glucose
monitoring systems



Therapy
management



Pen needles

With its mylife™ Diabetescare brand, Ypsomed offers a comprehensive portfolio of products and services for people with diabetes. This allows users easy, discreet and reliable self-treatment. With mylife™ Diabetescare, self-treatment becomes simpler and easier.

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