

## Product Usage Guide

### 01 Download the app, register and log in



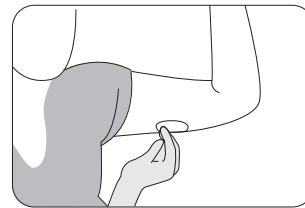
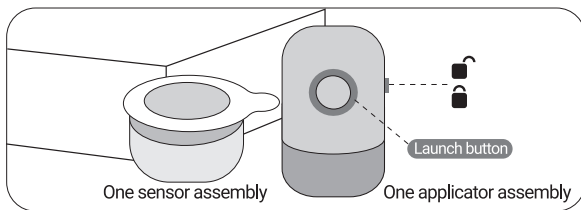
Scan the QR code to download the app and follow the app's prompts to complete registration and information settings. Allow all permissions requested by the app.



Scan the QR code to watch the wearing tutorial video

### 02 Preparation before inserting

Open the Instara packaging. Inside is:



#### Notice

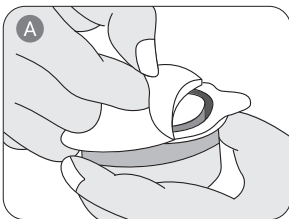
Please be careful of areas prone to sensor loss, such as armpits, areas with tumorous skin or scar tissue, and areas with a profuse scalp.

#### Operation

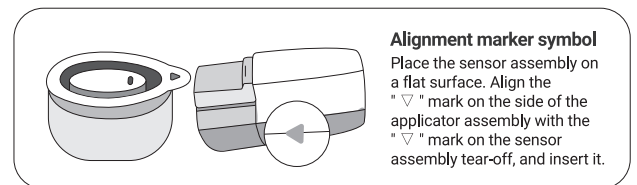
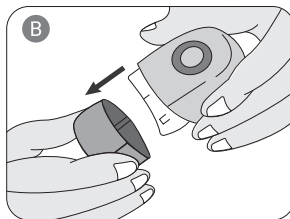
Choose a softer area on the underneath of the upper arm as the inserting site. Clean the skin with an alcohol cotton pad. Let it dry.

### 03 Assemble the Sensor

Remove the aluminum foil seal from the sensor assembly.

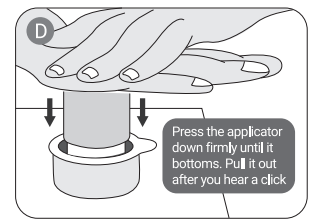
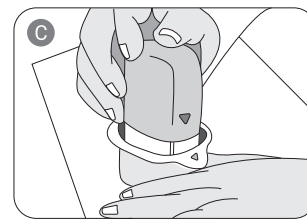


Remove the bottom cover from the applicator assembly.



#### Alignment marker symbol

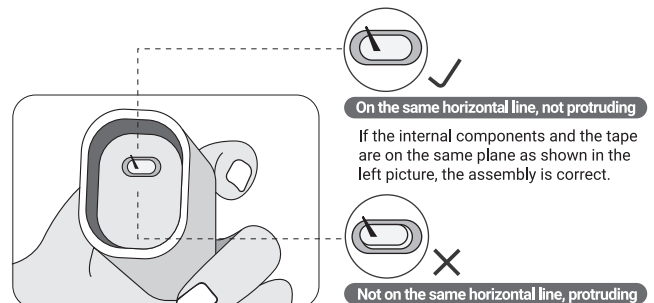
Place the sensor assembly on a flat surface. Align the "∇" mark on the side of the applicator assembly with the "∇" mark on the sensor assembly tear-off, and insert it.



Press the applicator down firmly until it bottoms. Pull it out after you hear a click

### 04 Check and confirm

If the internal components and the tape are on the same plane (as shown in the right ✓ picture), the assembly is correct. If the internal components are obviously raised (as shown in the right × picture), please repeat the downward pressure operation in steps 03C and 03D.



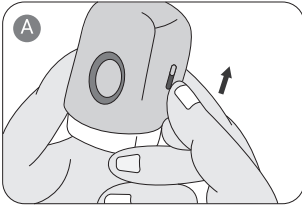
On the same horizontal line, not protruding

If the internal components and the tape are on the same plane as shown in the left picture, the assembly is correct.

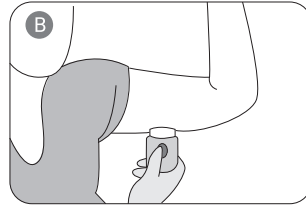
Not on the same horizontal line, protruding

If the internal components are obviously raised, try to repeat the downward pressure operation in steps 3C and 3D.

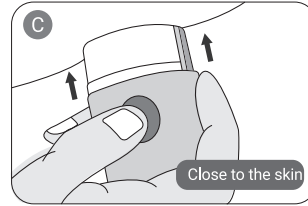
## 05 Insert the Sensor



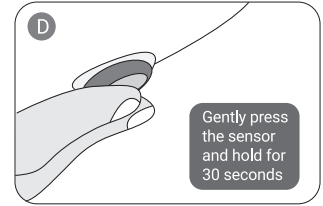
Turn the unlock switch on the side of the applicator to **lock** position



Place the applicator close to the skin (very important)



Press the launch button of the applicator.

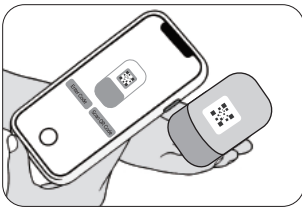


Remove the applicator and gently press the sensor and the edge of the tape to ensure that the tape is firmly attached to the skin.

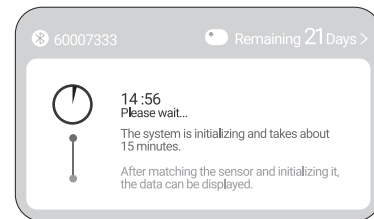
### Important Note

During the first 24 hours of wearing, please keep the sensor dry and sweat-free. This will help the sensor adhere more firmly and provide a more stable signal.

## 06 Connect the APP and activate the sensor

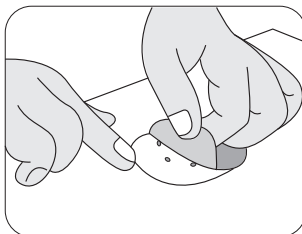


Follow the app's instructions to connect and activate the sensor by scanning the QR code on the back of the applicator. If the scan fails, manually enter the 8-digit connection code.

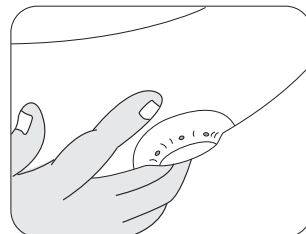


It takes about 15 minutes to activate the sensor.

## 07 Paste the reinforcement sticker



Peel off the first protective film of the reinforcement sticker



Align the sensor, apply the reinforcement sticker

Ensuring the ventilation hole is not blocked. Peel off the second protective film and press around the edges of the reinforcement sticker to secure it firmly.

### Important Note

Some people may be allergic to adhesives. Avoid wearing the sensor twice in a row on the same area. When finished wearing the sensor, gently pull up the adhesive edge of the sensor and slowly peel it off your skin.

### Download the electronic manual

[https://service.teljane.com/user\\_manual/quick-guide-en.pdf](https://service.teljane.com/user_manual/quick-guide-en.pdf)

### More information



If you have any questions during use, please contact our online customer service team via email at [Service@teljane.com](mailto:Service@teljane.com).