



Start & Resource Guide

FOR KETOGENIC
& METABOLIC SUCCESS

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Let's Get Started!

Ketosis is individual. No two bodies respond the same, which means the only way to truly know what's happening in your metabolism is to test.

Data replaces guessing with certainty.

Real numbers give you real insight, allowing you to measure progress that actually aligns with your health goals, not assumptions, trends, or one-size-fits-all advice.

This visual guide is built to walk you through the process step by step, from setup, to testing, to understanding your results, so you can confidently interpret your metabolic data and make informed decisions.

When everything is set up correctly from the beginning, the entire process becomes simpler. Confusion drops. Confidence rises. You begin to trust your numbers, and that trust is what keeps momentum strong.

A solid foundation changes everything. With accurate, consistent measurements, your progress becomes clear, trackable, and meaningful.

That's when ketosis stops being a guess, and becomes a strategy.

Keto works.



Before You Set Up Your Meter, Create a MyMojoHealth (MMH) Account

What is MyMojoHealth? (MMH)



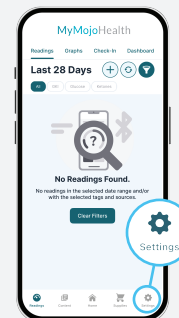
MyMojoHealth is a free app that helps you keep track of your test results. When you test your glucose and ketones, the app saves your numbers for you. You can see your results over time, learn what they mean, and watch your progress. It makes it easy to understand your health using real numbers.

NOTE: You need a mobile device (iPhone or Android) to use MyMojoHealth properly. Download the app on iOS or Android.

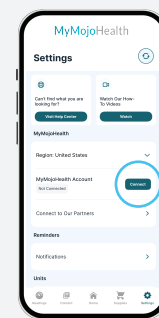


How to Create a MyMojoHealth Account on Your Mobile Device.

1. Download the MyMojoHealth app on your iPhone or Android device.
2. Open the app and select Create Account (you can also find this option in Settings - See Screenshots).
3. Enter your email address and create a secure password.
4. Follow the on-screen instructions to complete your account setup.
5. Check your email and verify your account through the verification email. (You have 24 hours to verify your account)
6. Log in to begin tracking and viewing your test results.



SETTINGS

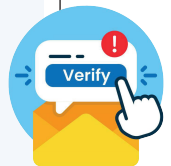
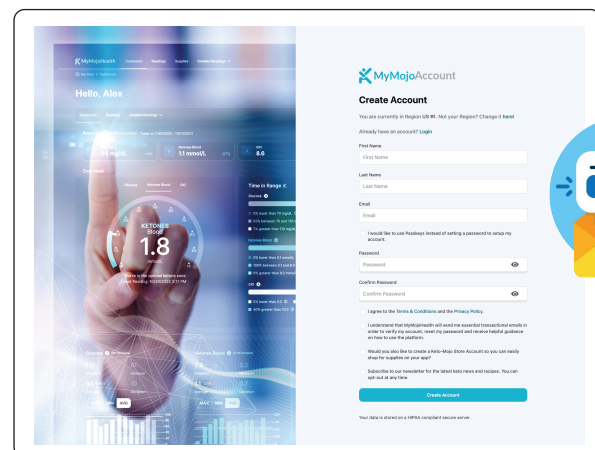
CLICK
CONNECTCREATE YOUR
ACCOUNT

You can create a MyMojoHealth account on your desktop but you will not be able to automatically sync your readings. You will have to enter your readings manually.

How to Create a MyMojoHealth Account on Desktop.

1. Visit: <https://keto-mojo.com/mymojohealth/>
2. Create a **user** account or a **practitioner** account.
3. Verify your email to complete setup.

⚠ You must verify your account within 24 hours



**VERIFY YOUR
ACCOUNT BY
EMAIL WITHIN
24 HOURS**

⚠ Important for Practitioners & Coaches:

- Ensure your patients or participants create their MyMojoHealth account in the same region as your account.
- Monitor your patients' or participants' accounts to ensure they are properly logged in and actively syncing their data when submissions are made.

Your Keto-Mojo Meter Is Covered for Life

- Your warranty begins the day you receive your meter.
- To activate your lifetime warranty, register your meter within 30 days at:
<https://keto-mojo.com/register-your-meter/>
- Please use your own name and email address when registering.
- If your meter is found to be defective, Keto-Mojo will replace it at no charge. We may request a photo or short video to help assess the issue.
- Questions? Contact us at support@keto-mojo.com.

Set Up & Sync Your Meter to the MyMojoHealth App

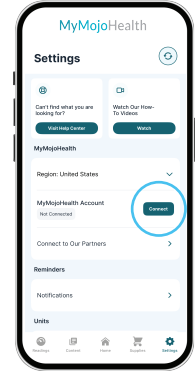
✦ You can only sync your meter using your mobile device. Please make sure you have the **MyMojoHealth App** downloaded and you have created an account before you sync.

⚠ **Important Setup Note:** Before using your meter for the first time, or anytime you replace the batteries, you'll need to complete a quick setup.

Activating Your Meter

- Your meter includes batteries that are already installed.
- Turn the meter over and gently pull out the clear plastic tab on the back to activate the batteries.

Automatic Time & Date: When you connect your meter to MyMojoHealth, the time and date will automatically sync based on your location, no manual setup needed. (To set up your meter manually, follow the steps on the next page.)



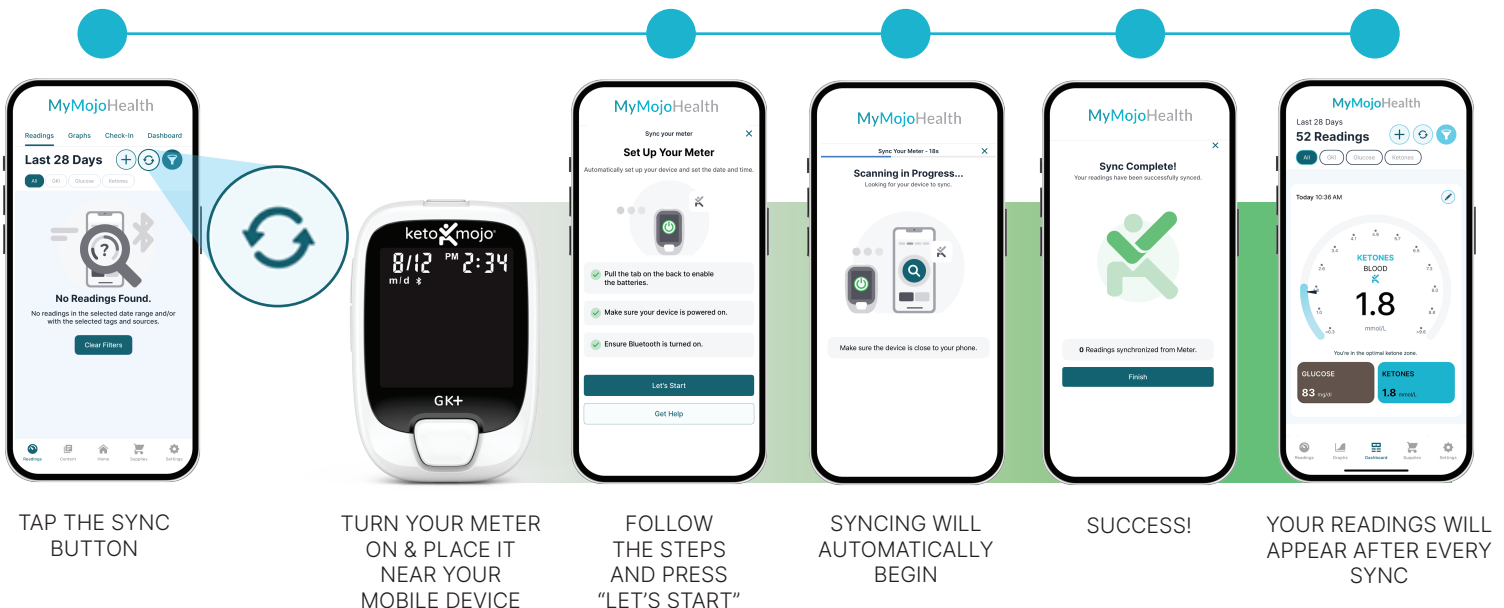
To Begin Syncing, Start Here

1. Open the MyMojoHealth (MMH) app on iOS or Android.
2. Tap the sync button with two circular arrows. (See below)
3. Follow the on-screen instructions to turn your meter on and tap **“Let’s Start.”**

When setup is complete, your meter is synced to MyMojoHealth.

✦ IMPORTANT

To ensure your readings are synced, make sure you are logged in. You can check in the settings tab in MyMojoHealth App.



Resources

GK+ Keto-Mojo Meter (USA, Canada): <https://keto-mojo.com/video/gkplus-meter-quick-start-settings>

GK+ Keto-Mojo Meter (USA, Canada): <https://keto-mojo.com/help-docs/setting-up-gkplus-meter/>

GKI Keto-Mojo Meter (EU, UK) <https://keto-mojo.com/video/quick-start-settings-for-the-keto-mojo-gki-bluetooth-meter-2/>

GKI Keto-Mojo Meter (EU, UK): <https://keto-mojo.com/help-docs/setting-up-your-gki-meter/>

PART 1: Setting Up Your Meter (Do This First)

⚠ Important Setup Note: Before using your meter for the first time; or anytime you change the batteries, you must check your meter settings.

✂ **Make sure the YEAR is set correctly. An incorrect year is the #1 cause of incorrect data.**

Step 1: Activate the Meter

- Your meter includes batteries that are already installed.
- Turn the meter over and gently pull out the clear plastic tab on the back to activate the batteries.

Step 2: Enter Setup Mode

Make sure:

- The meter is off
- No test strip is inserted
- Press and hold the main power button (front of the meter) for more than 2 seconds
- You'll hear a beep, the meter is now in setup mode
- The meter will guide you through each setting in order

Step 3: Set Date & Time

⚠ (Most Important Section)

Choose Clock Format

- Select 12-hour or 24-hour
- Use the side buttons to toggle
- Press the power button twice to save and continue

Set the Year (Critical)

- The year will flash
- Use side buttons to select the current year
- Press the power button twice to confirm

⚠ **An incorrect year is the #1 cause of incorrect data.**

Set Month & Day

- Month flashes → adjust → press power twice
- Day flashes → adjust → press power twice

Set Time

- Hour flashes → adjust → press power twice
- Minutes flash → adjust → press power twice

Step 4: Audio & Test Alarms (Optional)

- Beep Sound: "Beep" appears on screen
- Turn sound On or Off using side buttons
- Press power twice to confirm

Test Reminders: (Optional)

- You can set up to 5 daily alarms (A1–A5)
- Useful if you want reminders to test at the same times daily

Default times

- A1: 7:00, A2: 9:00, A3: 14:00, A4: 18:00, A5: 22:00

To set an alarm

- Select A1 (or any alarm)
- Turn On or Off

If On

- Set hour → press power twice
- Set minutes (00, 15, 30, or 45 only)
- Repeat for other alarms if desired

✂ If the meter is already turned on when an alarm time occurs, the alarm will not sound.

Step 5: Other Meter Settings

Meal Markers

- Apple / apple core symbols
- Tags readings as before or after meals
- Optional — turn On or Off

Hypoglycemia (Low Glucose) Warning

- Alerts for low blood sugar, Default is 70 mg/dL or 3.9 mmol/L

✂ Check with your healthcare provider on whether this feature should be on or off

Ketone Warning

- Designed mainly for Type 1 diabetics
- Alerts when both glucose & ketones are very high

Finish Setup

- Meter will briefly show all selected icons
- Press the power button once more, the meter turns off
- **Setup is complete!** 🔥

✂ To Change Settings Later

- Meter must be off
- Press and hold power button to re-enter setup
- You must move through the settings in order

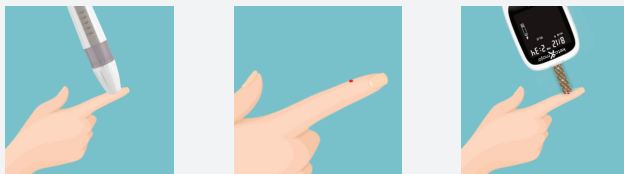
Important Procedures to Know

The Most Important Rule

- ✦ With the strip in the meter, touch the strip to the blood droplet. The strip will pull in the right amount of blood.
- ✦ Do not press, smear, or apply blood onto the strip.

How to Hold the Meter

- Hold the meter like a pencil
- Tilt downward at about a 45-degree angle
- Gently touch the strip tip to the blood droplet
- Let the strip pull blood in on its own (like a straw)



Common Mistakes to Avoid

- Pressing the strip into the finger
- Smearing blood onto the strip
- Pulling away before the meter beeps
- Blocking airflow to the strip

Have Everything Ready Before You Start:

- Keto-Mojo meter
- Glucose test strip
- Ketone test strip
- Lancing device & lancet
- Alcohol Swab

Step-by-Step Testing Process

Preparation

1. Check test strip expiration date
2. Open foil pouch from the notch at the top or bottom
3. Wash and dry hands (or use alcohol swab)
4. Finger must be clean and fully dry

⚠ Be careful to not touch your testing site to any surface until you test with the lancing device.

Start the Test

1. Insert the test strip into the meter
2. You'll see a flashing blood droplet, meter is ready

Draw Blood

1. Use lancing device on fingertip (Lancets are single use only)
2. Aim for a small, rounded blood droplet



Taking a Glucose Test

1. Touch glucose strip tip to blood droplet
2. Hold steady until meter beeps
3. Meter counts down 5 seconds
4. Result appears on screen
5. Eject and discard strip using rear eject button



Taking a Ketone Test

1. Insert ketone strip
2. You may be able to use the same blood droplet for the second test if sufficient blood remains. If not, form a new droplet.
3. Hold until meter beeps
4. Meter counts down 9 seconds
5. Result appears
6. Eject and discard strip

✦ Notes:

- You have ~3 minutes before the meter shuts off
- All results are saved automatically

Resources

📄 **INFOGRAPHIC:** <https://keto-mojo.com/meter-how-to-test-ketone-glucose/>

🎥 **WATCH VIDEO:** <https://keto-mojo.com/video/gkplus-meter-testing-demo/>

🎥 **WATCH VIDEO:** <https://keto-mojo.com/video/testing-demonstration-with-the-keto-mojo-gki-bluetooth-meter/>

✔ A Step-by-Step Guide for Testing Blood Glucose & Ketones

STEP 1: Gather Your Supplies

Make sure you have all the tools you will need:

- Keto-Mojo Meter
- Glucose or ketone testing strips
- Lancing device
- New, unused lancet
- Alcohol swab or access to soap and warm water
- Tissue or paper towel

✦ Always confirm you're using the right strip for the test you're taking. Glucose and ketone strips are different; Glucose is the brown strip; Ketone is the blue strip.

STEP 2: Clean & Prep Your Hands

To avoid contaminated or inaccurate results:

- Wash hands with warm water and dry thoroughly or clean the testing finger with an alcohol swab and let it fully dry.

STEP 3: Encourage Blood Flow

✦ Hydration matters, ensure you drink enough liquids before testing. Better blood flow = easier testing.

- Rub or massage the finger you'll test
- Warm your hands if they feel cold
- Shake your hands gently
- Squeeze the finger you'll test for ~10–12 seconds

STEP 4: Prepare the Lancing Device

- Remove the lancing device cap
- Insert a new lancet firmly into the device (Lancets needles are single-use only)
- Twist off the plastic lancet tip
- Replace the device cap
- Set the depth selector
 - Start at level 3 for average skin
 - Adjust higher for thicker skin, lower for softer skin

STEP 5: Insert the Test Strip into the Meter

- Insert a new glucose or ketone strip into the meter
- Make sure the strip is fully inserted
- Confirm the strip is facing up (color side toward you)
- Do not touch the blood-receiving tip of the strip
- Wait for the flashing blood droplet icon to appear
- ✔ This means the meter is ready for your sample
- ✦ Start with a glucose strip first, results appear faster (5 seconds vs. 9).

STEP 6: Prick Your Finger

- Use the side of your fingertip (less sensitive)
- Press the lancing device firmly against your finger
- Press the side button
- Wipe away the first drop of blood with a tissue
- Gently squeeze to form a new blood bubble

⊘ Avoid: Excessive squeezing, it can affect accuracy.

STEP 7: Taking A Test

- Bring the tip of the strip to the blood droplet
- Allow the strip to sip the blood into the channel
- Keep the strip in contact until the channel is full
- Wait for the meter countdown to begin

⊘ Do not place blood on top of the strip, this will cause an error.

✦ Test strip needs to be inserted into the meter before taking blood sample.

STEP 8: Read Your Results

Watch the screen for your result

- Glucose: ~5 seconds
- Ketones: ~9 seconds
- Use the ejector button on the back of the meter to remove the strip and discard safely.

STEP 9: Testing Both Glucose & Ketones (Optional)

- Remove the first strip after the reading displays
- Insert the second strip
- You can use the same testing site by gently squeezing the area to draw blood or start over at step 6

STEP 10: Sync Your Meter to MyMojoHealth

- Sync your meter to MyMojoHealth after every reading

Batteries

- Uses AAA alkaline batteries
- Replace both batteries together
- After replacement, recheck all settings

When to Test (Best Practices for Keto)

Work with your healthcare practitioner to determine the testing schedule that best supports your goals. When starting a ketogenic diet, many people find it helpful to test more frequently – such as twice daily and around meals – to better understand how food and lifestyle choices affect their glucose and ketone levels. As you become more familiar with your body's response, you may be able to test less often. If your primary goal is simply to confirm that you are maintaining ketosis and have established a consistent routine, testing once daily may be sufficient.

✦ Recommended testing times for most keto beginners:

Daily Minimum

- Morning (fasted): Before food or coffee

To Learn How Your Body Responds to Foods (Bio-Individuality):

- Test before a meal
- Test before breaking a fast
- Test 1–2 hours after a meal (to see food impact)
- Test before bed

How Often to Test:

- Starting Keto: 2+ times per day
- Testing for Bio-Individuality: Before and after meals
- Long-term keto: As needed for accountability

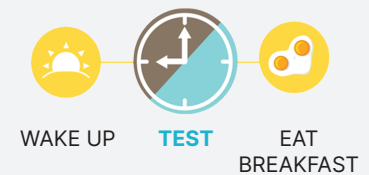
✦ Consistency matters more than frequency.

- Testing at the same time each day provides the most consistent and meaningful trend data.

Final Tip for Success

- Your meter is a feedback tool, not a judgment tool.
- Use results to learn, adjust, and stay consistent, not to chase perfection.

Test in the Morning While Fasted



Test Before Lunch or Dinner

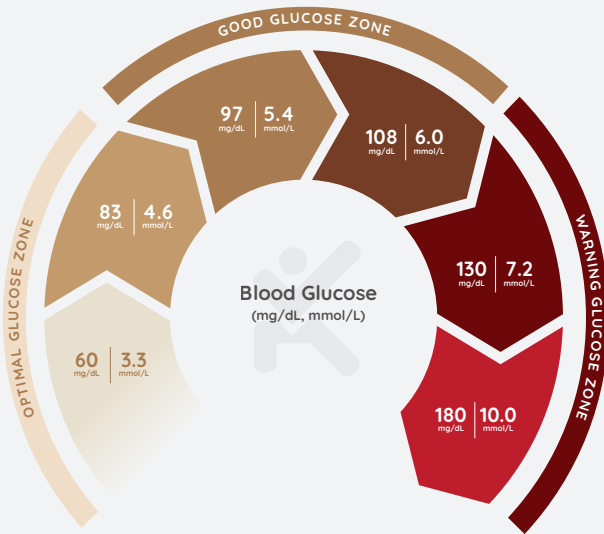


Testing Before and After Meals to Determine Food Sensitivities



Resources

▶ **Learn More:** <https://keto-mojo.com/testing-when-to-test-ketones-glucose/>



What your glucose results mean

Glucose, as you're probably aware, is a form of sugar. Alternatively, you can call glucose by its other name: carbohydrate. Yes, when you eat starchy carbs or sugar, you're eating glucose. That glucose then passes through your gut and into your bloodstream.

The ADA classifies diabetes based on fasting blood glucose (FBG) and hemoglobin A1c (HbA1c), which reflects average blood sugar levels over two to three months):

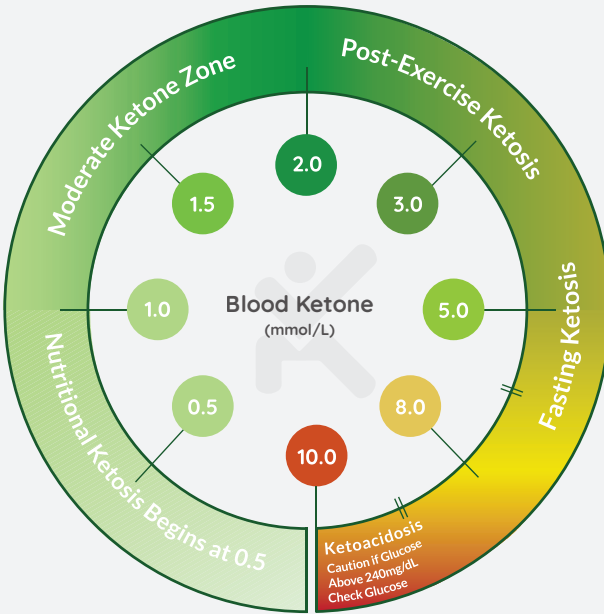
Normal: FBG under 100 mg/dl (5.6 mmol/L), HbA1c under 5.7%

Prediabetes: FBG from 100 to 125 mg/dl (5.6 to 6.9 mmol/L), HbA1c from 5.7% to 6.4%

Diabetes: FBG over 125 mg/dl (6.9 mmol/L), HbA1c 6.5% or above



<https://keto-mojo.com/article/what-should-your-glucose-levels-be/>



What your ketone results mean

If your goal is weight loss:

0.5–1.0 mmol/L = Light nutritional ketosis (good starting point)

1.0–3.0 mmol/L = Optimal ketosis (ideal range for weight loss and general health)

If keto is being used for medical or therapeutic purposes:

3.0–5.0 mmol/L is often recommended under medical supervision

3.0–8.0 mmol/L may occur with fasting or very high fat intake

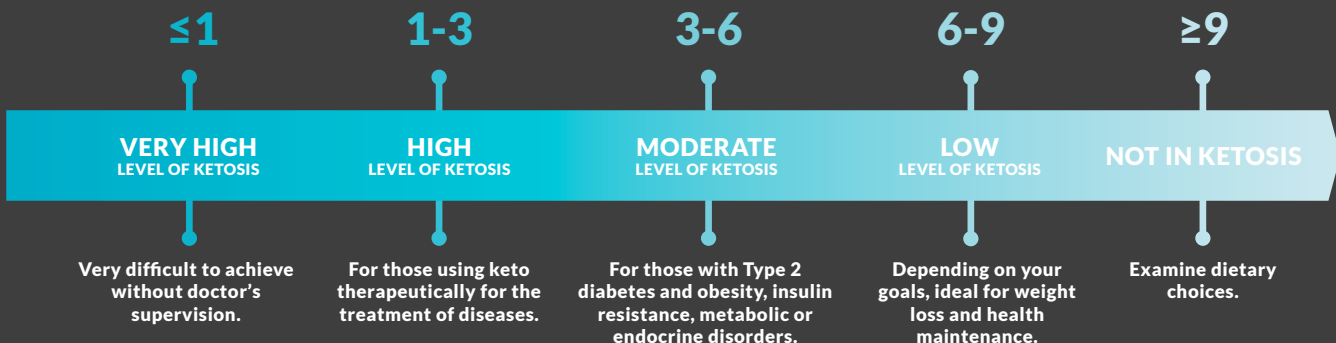
For most people, 1.0–3.0 mmol/L is the target. You do not need extremely high ketone levels for weight loss or overall health.



<https://keto-mojo.com/article/testing-what-should-ketone-levels-be/>

GLUCOSE KETONE INDEX (GKI)

The Glucose Ketone Index is a simple formula that tracks the ratio of blood glucose to ketones as a single value. It's a biomarker for tracking your metabolic health as well as your level of ketosis. Learn more: keto-mojo.com/glucose-ketone-index-gki



✦ For additional help, refer to your User's Manual for complete troubleshooting and error information, or contact Keto-Mojo Customer Support for further assistance. Email: Support@keto-mojo.com



GK+ METER HELP DOC: <https://keto-mojo.com/help-docs/error-codes-gk-meter/>

GKI METER HELP DOC: <https://keto-mojo.com/help-docs/error-codes-for-the-gki-meter/>

ERROR

WHAT IT MEANS & WHAT YOU SHOULD DO

E 1

Blood or control solution was added before flashing blood drop appeared.

Discard the test strip and repeat the test with a new test strip. Wait until you see the flashing blood drop on the display before testing.

E 2

The meter senses a used or contaminated test strip.

This error occurs when blood is applied to the strip before inserting it into the meter or performing a test incorrectly. Discard the test strip and repeat the test with a new test strip.

E 3

Incorrect test strip.

This error indicates there may be a hardware issue with the meter rather than a problem with the enzyme in the test strip. Please ensure you are using a Keto-Mojo Blood Glucose or Keto-Mojo β -Ketone Test Strip. If this error occurs three times in a row, please contact Customer Support at support@keto-mojo.com for assistance.

E 4

Incorrect sample.

Discard the test strip and repeat the test with a new test strip. Make sure that you are using a blood sample or Keto-Mojo Blood Glucose or Keto-Mojo β -Ketone Control Solution. If this error occurs three times in a row, please contact Customer Support at support@keto-mojo.com for assistance.

E 5

Temperature out of range.

Let the meter adjust to room temperature for 20 minutes before testing.

E 6 E 7

Potential hardware issue.

Take out the battery and restart the meter. If the problem continues, please contact Customer Support at support@keto-mojo.com for assistance.

E 10

Insufficient sample.

Discard the test strip, repeat the test with a new test strip and apply enough sample to fill check window of the test strip. If this error occurs three times in a row, please contact Customer Support at support@keto-mojo.com for assistance.

E 11

Low battery indication.

Replace the batteries. Open the battery compartment located on the back of the meter and remove and replace the 2 AAA batteries.

HI

Blood glucose test result is above 600 mg/dL; β -ketone test result is above 8.0 mmol/L.

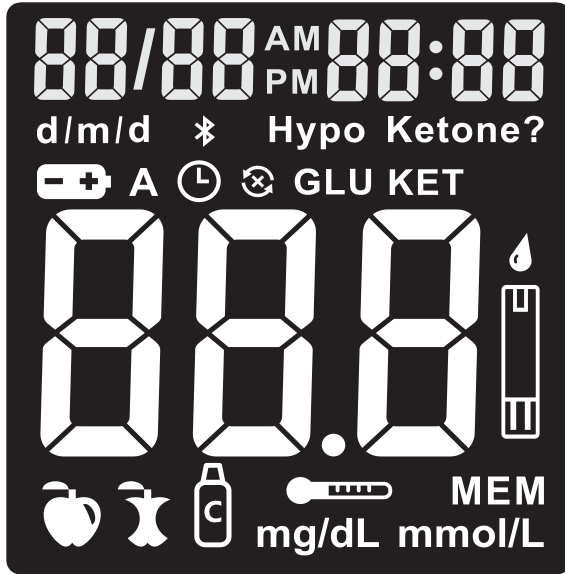
Readings above 8.0 mmol/L or 600mg/dL will show "HI," meaning your ketone levels are above our ability to detect them. If you have diabetes, contact your healthcare provider if your blood glucose is over 600mg/dL.

LO

Blood glucose test result is below 20 mg/dL; β -ketone test result is below 0.1 mmol/L.

This means your ketone reading is less than 0.1mmol/L. LO will also appear if the meter cannot detect a blood sample on the testing strip.

✦ For additional help, refer to your User's Manual for complete troubleshooting and error information, or contact Keto-Mojo Customer Support for further assistance.



ICON

DESCRIPTION

88/88

Top left area on the screen indicates date

AM
PM 88:88

Top right area on the screen indicates the year or time

m/d
d/m

Month/Day
Day/Month



Successful Bluetooth communication



Failed Bluetooth communication

GLU

Blood glucose test mode

KET

Blood ketone test mode

ICON

DESCRIPTION

A

Indicates average value



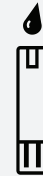
The meter is charged and ready for use

MEM

Indicates test result history

888

Center area on the display that shows the test results or error codes



Indicates the system is ready to test

Ketone?

Ketone warning

Hypo

Indicates that a low test result may cause hypoglycemia



Pre-meal marker



Post-meal marker

mg/dL

Blood glucose test results are displayed as mg/dL

mmol/L

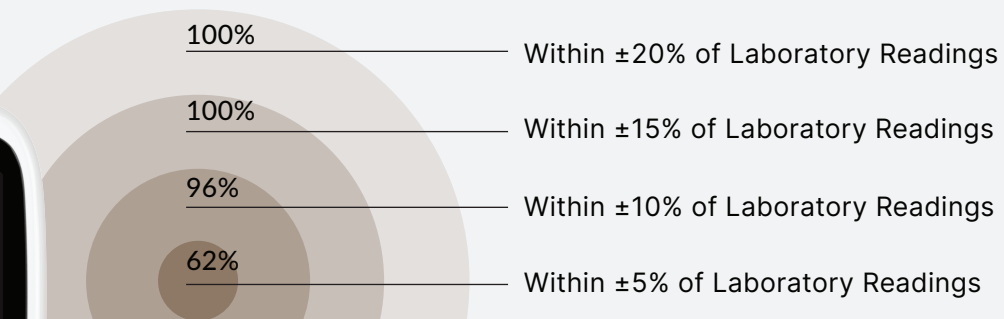
Blood β -ketone test results are displayed as mmol/L



Indicates the temperature is not suitable for testing

There are many factors that affect home glucose testing, not the least of which is sample size relative to lab results. For all home testing meters, accuracy is measured as a percent variance over time. We are proud to tell you that the Keto-Mojo meter exceeds all FDA standards and the more exacting ISO International standards. There is simply no other home blood testing meter more accurate.

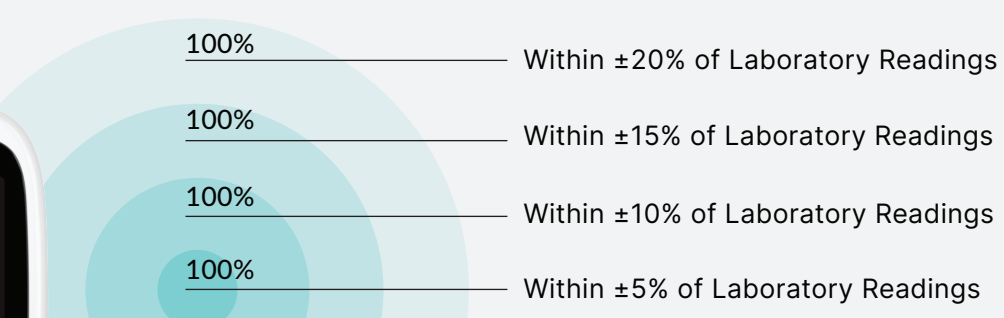
GLUCOSE STRIPS



WHAT THIS MEANS

96% of the time, your readings will be within ±10% of your lab results.

KETONE STRIPS



WHAT THIS MEANS

100% of the time, your readings will be within ±5% of your lab results.

You do not need to use the control solution unless:

- If the meter has been dropped
- If the meter has been damaged
- If you suspect that the meter is providing inaccurate readings

Testing Your Keto-Mojo Meter with Control Solutions

Testing is how we remove doubt and build confidence. Control solutions are a simple, reliable way to confirm that your Keto-Mojo meter and test strips are working exactly as they should.

✦ Keto-Mojo meters are factory-calibrated, so control testing is not required before every test. Instead, think of control solutions as a reassurance tool, especially helpful if results ever seem off or after opening new strips.

Each control solution contains a known concentration of glucose or β -ketones and is used just like a blood sample. For added accuracy and peace of mind, Keto-Mojo provides two levels of control solution (Level 2 and Level 3) to verify performance across a range of values.

Important: The acceptable control ranges are printed on your test strip box (or on the meter kit box if you're using strips from the kit). After testing, simply compare your result to the listed range. If your number falls within that range, your system is working correctly, and you can move forward with confidence.



Expiration Dates

Each meter kit contains 10 glucose and 10 ketone test strips.

Individual boxes of glucose, ketone, or combo (glucose/ketone) test strips contain 60 test strips.

We recommend ordering only the quantity you anticipate using within 1–3 months. This ensures you have sufficient time to use the strips prior to expiration. Typical expiration ranges from 3 to 12 months, depending on inventory rotation and the timing of your purchase. Test strips are individually packaged in foil pouches for enhanced sterility and preservation.

Please note that Keto-Mojo does not replace or issue credit or exchanges for expired test strips.

Resources



Video: <https://keto-mojo.com/video/gkplus-meter-control-solutions/>

SUPPORT

**Help Docs**

<https://keto-mojo.com/help-center>

Contact Customer Service

Email: support@keto-mojo.com

How To Videos

<https://keto-mojo.com/topics/how-to-series/>
<https://keto-mojo.com/topics/how-to-videos-europe/>

RESOURCES

Get Started with Keto Basics

<https://keto-mojo.com/keto-basics/>

Testing Basics

<https://keto-mojo.com/testing-basics/>

Keto & Low-Carb Recipes

<https://keto-mojo.com/recipes/>

Keto Guides

<https://keto-mojo.com/article-infographics/>



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USA-KMSTARTGUIDE - 06/26

KETO TOOLS

**MyMojoHealth**

<https://keto-mojo.com/mymojohealth/>

Macro Calculator

<https://keto-mojo.com/mymojomacros>

Meal Planner

<https://keto-mojo.com/keto-diet-meal-plans/>

Keto Health

<https://keto-mojo.com/health/>

Keto Research

<https://keto-mojo.com/research/>

Keto Videos

<https://keto-mojo.com/videos/>

Community by Keto-Mojo

<https://community.keto-mojo.com/landingpage>



Community by Keto-Mojo, a first-of-its-kind, private social platform designed to help individuals maintain low-carb, ketogenic, and other metabolic health lifestyles through structured support, expert guidance, and daily engagement.

Keto-Mojo is not a healthcare provider. The information provided is for informational purposes only and is not intended to replace medical advice, diagnosis, or treatment.

The Keto-Mojo system is FDA-cleared and CE-marked for use by individuals with diabetes at home (US, Canada, EU, South Africa) and by healthcare professionals in clinical settings (EU, South Africa) to monitor the effectiveness of diabetes management. It is not intended for diagnosis or screening. The system may also be used by individuals without diabetes as part of a general wellness routine to monitor glucose and ketone levels related to dietary or lifestyle practices, such as a ketogenic or low-carbohydrate diet (US). Always consult your healthcare provider before making changes to your diet, lifestyle, or medications.