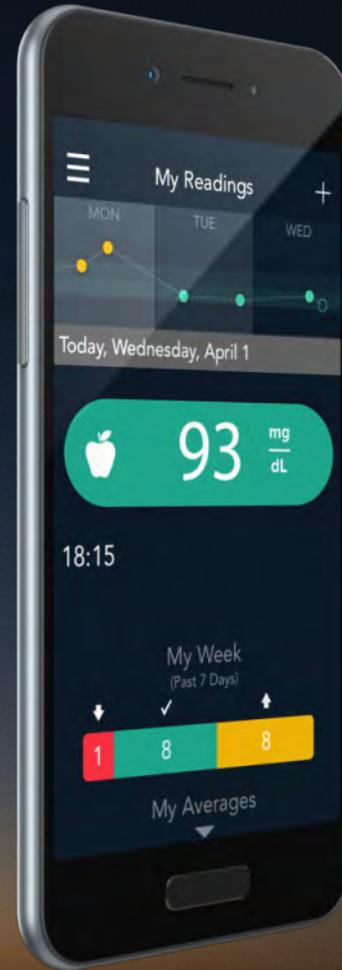




# Contour<sup>®</sup> plus ONE<sup>»</sup>

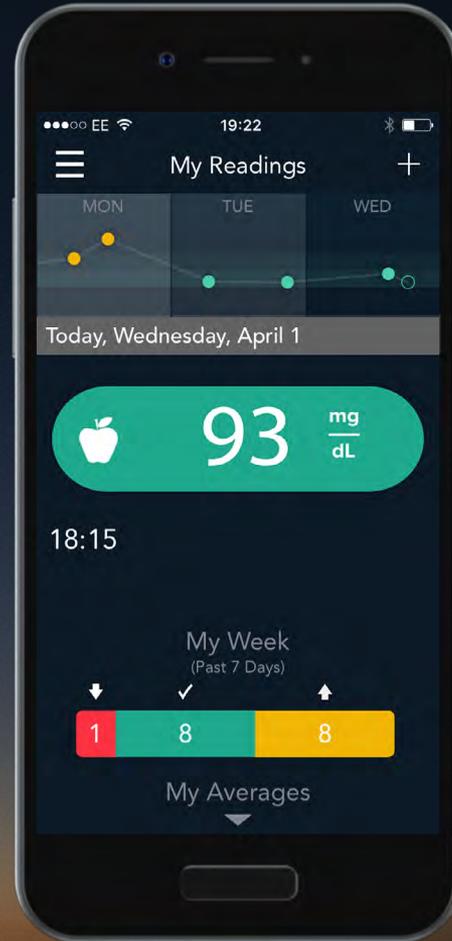
Blood Glucose  
Monitoring System

# How to share your blood glucose reports with your Healthcare Professional



Contour  
plus ONE  
Blood Glucose  
Monitoring System

With the **CONTOUR™ DIABETES app**, you have the ability to send your results to your doctor in advance of your appointment, or share your results on the day of your appointment.

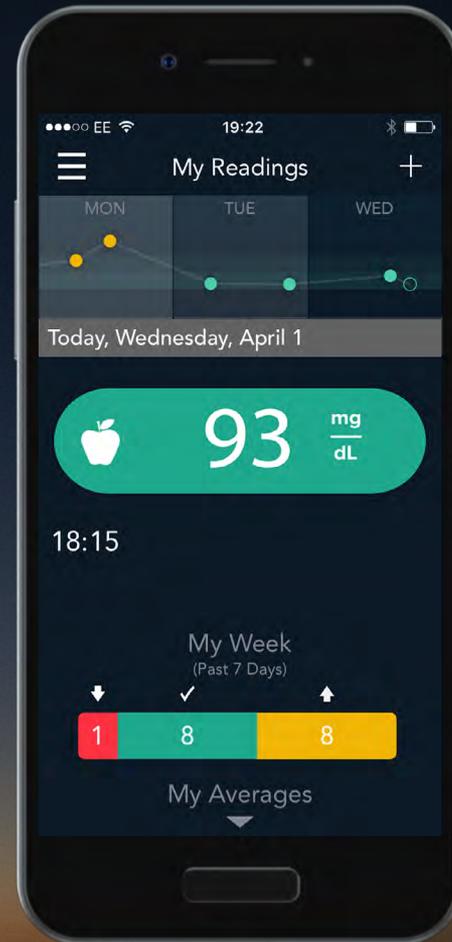


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plus **ONE**<sup>»</sup>  
Blood Glucose  
Monitoring System

1.

## Reports

From **My Readings** select the 'Main Menu' symbol.

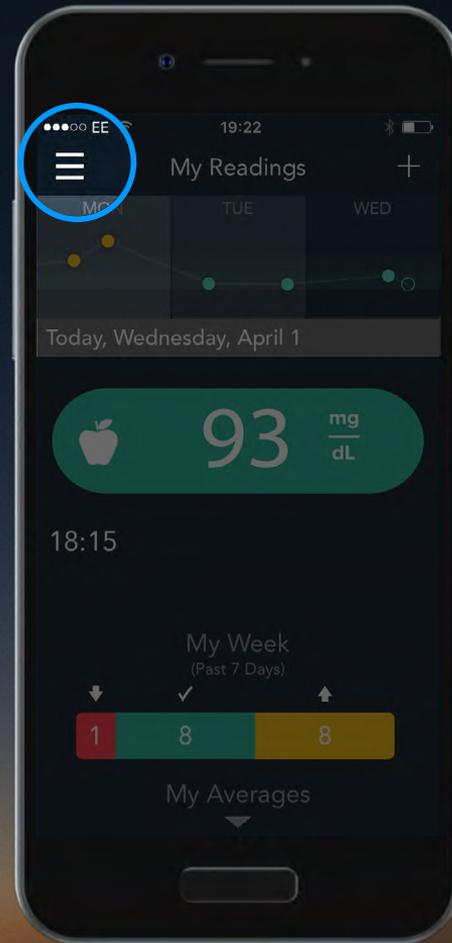


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plus ONE<sup>»</sup>  
Blood Glucose  
Monitoring System

1.

## Reports

From **My Readings** select the 'Main Menu' symbol.

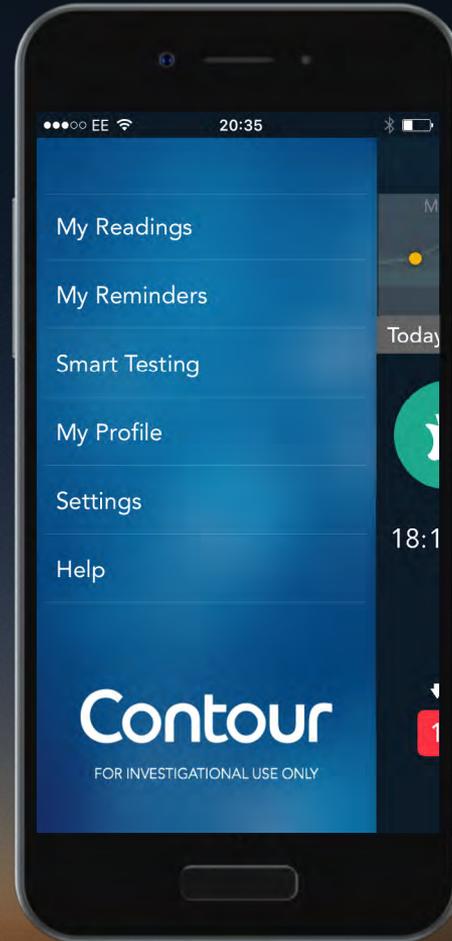


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Blood Glucose  
Monitoring System

2.

## Reports

From the Main Menu select 'My Profile' and then 'Healthcare Team'.

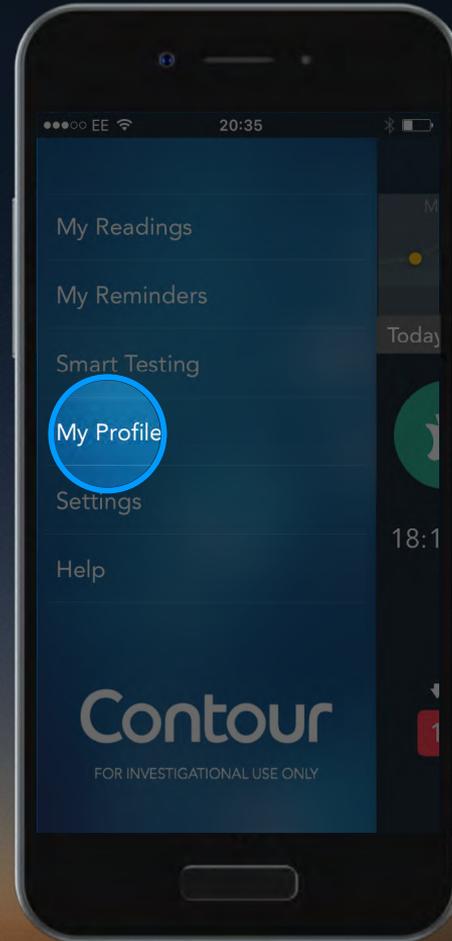


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Blood Glucose  
Monitoring System

2.

## Reports

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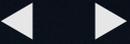
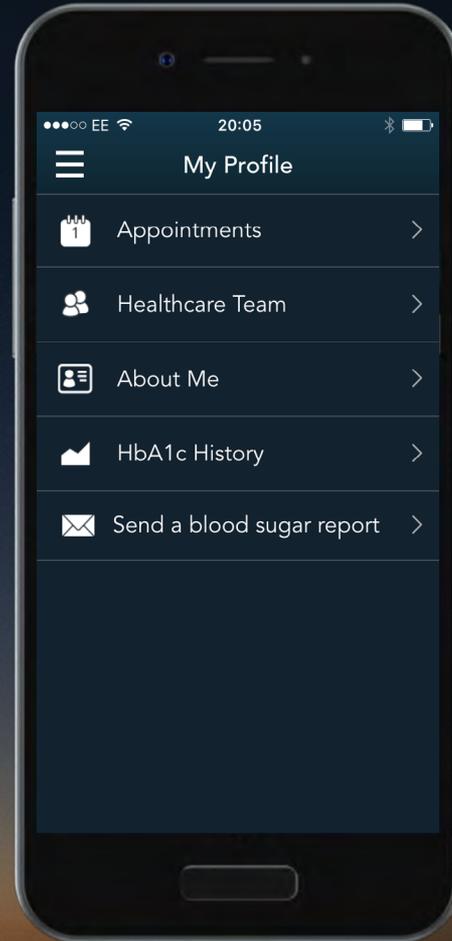


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Blood Glucose  
Monitoring System

2.

## Reports

From the Main Menu select 'My Profile' and then 'Healthcare Team'.

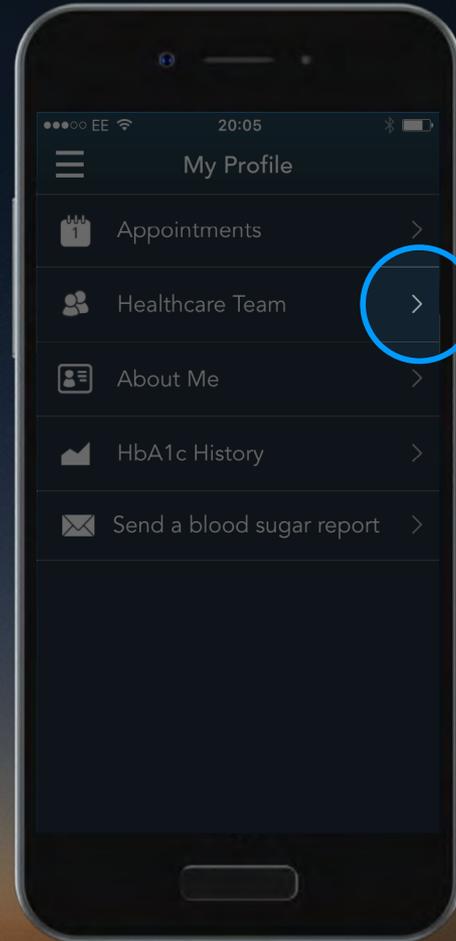


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Blood Glucose  
Monitoring System

2.

## Reports

From the Main Menu select 'My Profile' and then 'Healthcare Team'.

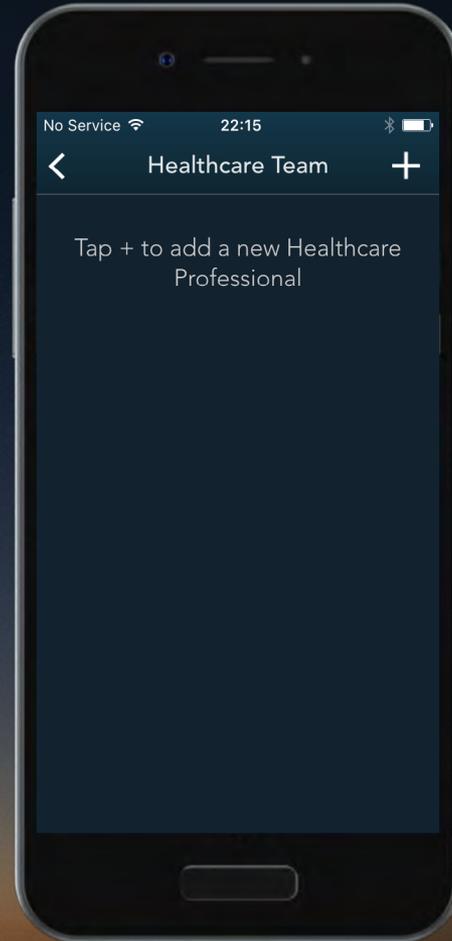


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Monitoring System

3.

## Reports

Select '+' to add a new Healthcare Professional.

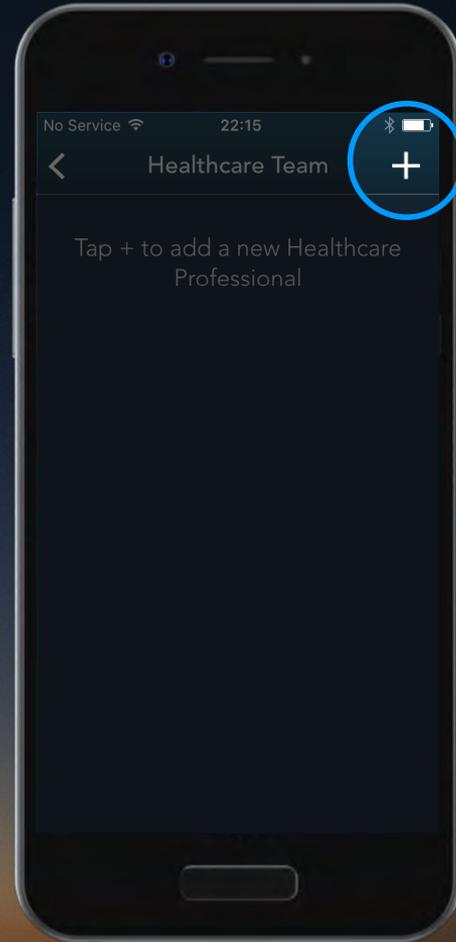


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Blood Glucose  
Monitoring System

3.

## Reports

Select '+' to add a new Healthcare Professional.

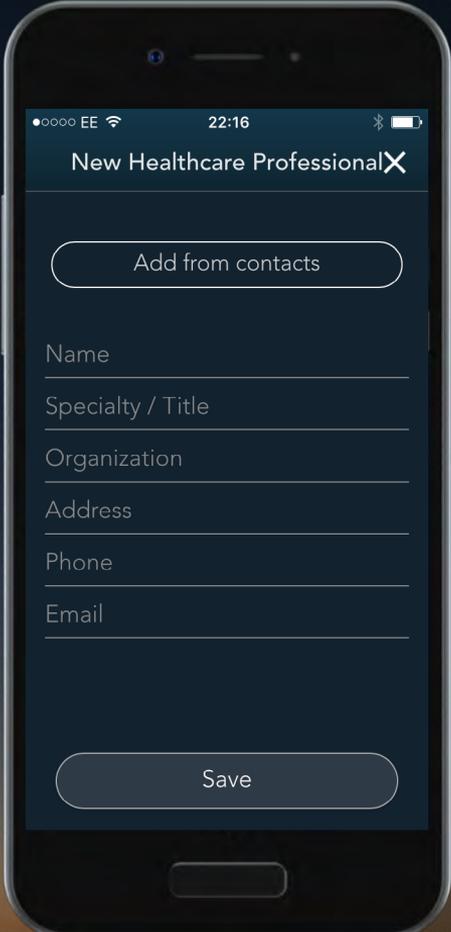


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Monitoring System

4.

## Reports

Tap a field to enter their details, then select 'Save' once complete.



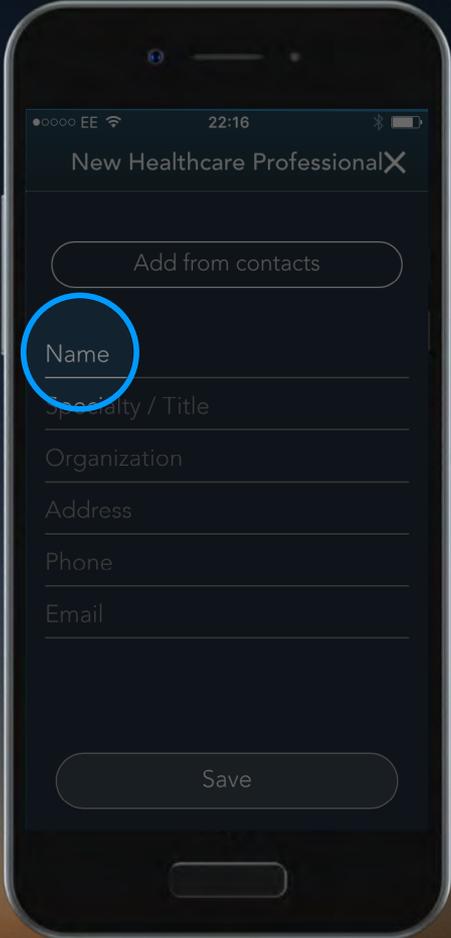
The image shows a smartphone screen displaying a form titled "New Healthcare Professional" with a close button (X) in the top right corner. The status bar at the top shows signal strength, "EE", Wi-Fi, the time "22:16", and battery level. Below the title is a rounded button labeled "Add from contacts". The form contains six text input fields: "Name", "Specialty / Title", "Organization", "Address", "Phone", and "Email". At the bottom of the form is a rounded button labeled "Save".

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Monitoring System

4.

## Reports

Tap a field to enter their details, then select 'Save' once complete.



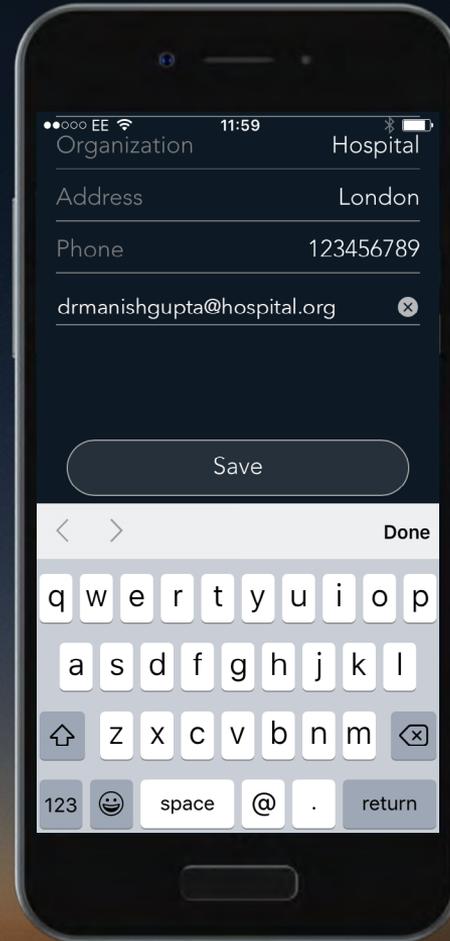
The image shows a smartphone screen with a form titled "New Healthcare Professional" with a close button (X) in the top right. The form includes a button "Add from contacts" and several text input fields: "Name", "Specialty / Title", "Organization", "Address", "Phone", and "Email". A blue circle highlights the "Name" field. At the bottom of the form is a "Save" button. The status bar at the top shows signal strength, "EE", Wi-Fi, the time "22:16", and battery level. In the top right corner of the overall image, there are two white navigation arrows pointing left and right.

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4.

## Reports

Tap a field to enter their details,  
then select **'Save'** once complete.

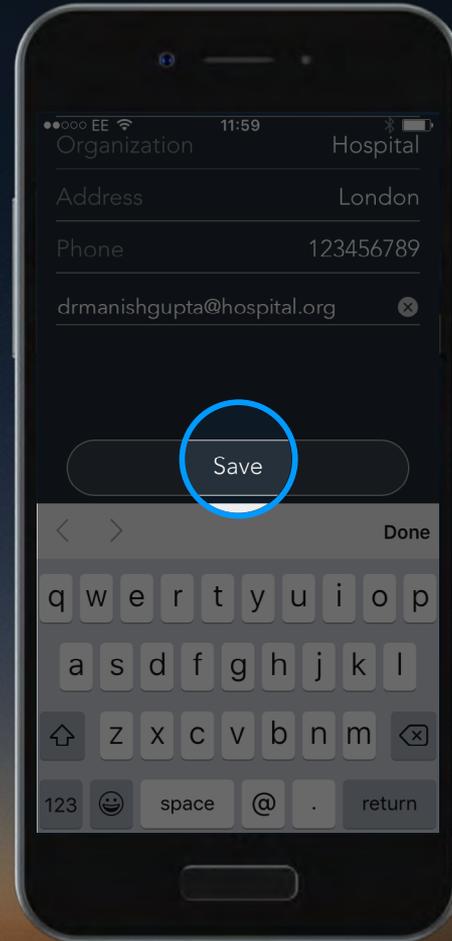


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Blood Glucose  
Monitoring System

4.

## Reports

Tap a field to enter their details, then select **'Save'** once complete.

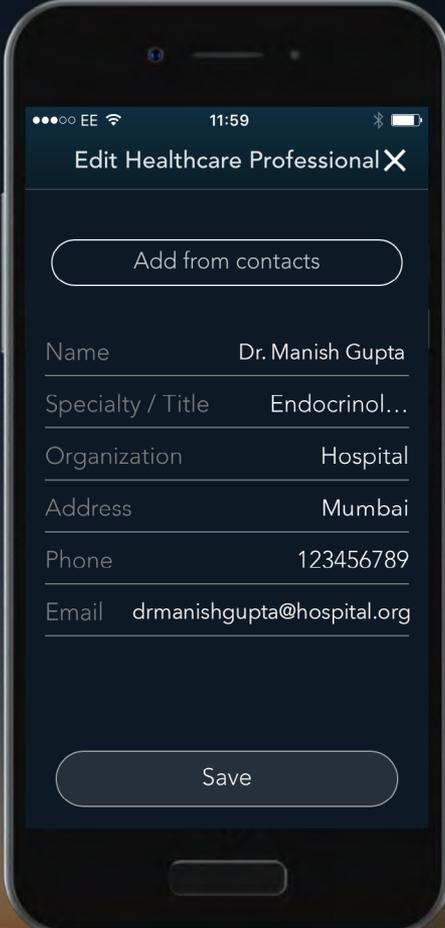


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plus **ONE**»  
Blood Glucose  
Monitoring System

4.

## Reports

Tap a field to enter their details, then select 'Save' once complete.



The image shows a smartphone screen displaying a form titled "Edit Healthcare Professional". The form includes a status bar at the top with signal strength, Wi-Fi, and battery icons, and the time 11:59. Below the title is a close button (X). A button labeled "Add from contacts" is positioned above the form fields. The form fields are: Name (Dr. Manish Gupta), Specialty / Title (Endocrinol...), Organization (Hospital), Address (Mumbai), Phone (123456789), and Email (drmanishgupta@hospital.org). A "Save" button is located at the bottom of the form.

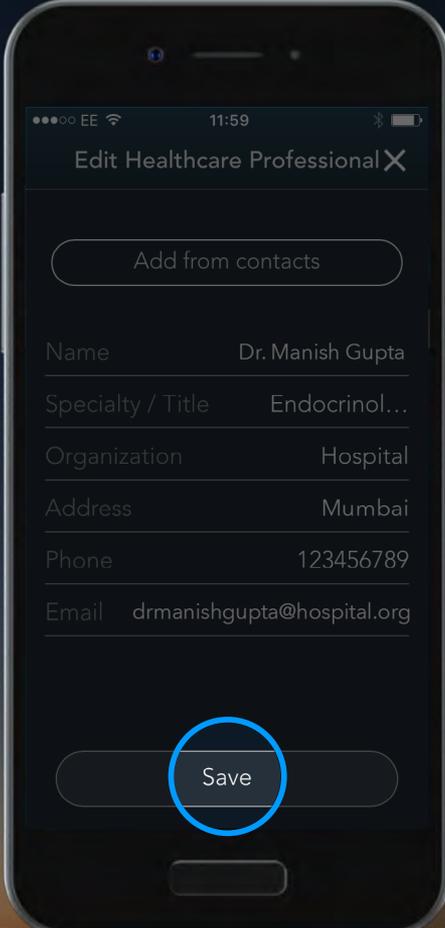
Name	Dr. Manish Gupta
Specialty / Title	Endocrinol...
Organization	Hospital
Address	Mumbai
Phone	123456789
Email	drmanishgupta@hospital.org

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Monitoring System

4.

## Reports

Tap a field to enter their details, then select 'Save' once complete.



The image shows a smartphone screen with a form titled "Edit Healthcare Professional". The form contains the following fields and values:

- Add from contacts** (button)
- Name**: Dr. Manish Gupta
- Specialty / Title**: Endocrinol...
- Organization**: Hospital
- Address**: Mumbai
- Phone**: 123456789
- Email**: drmanishgupta@hospital.org

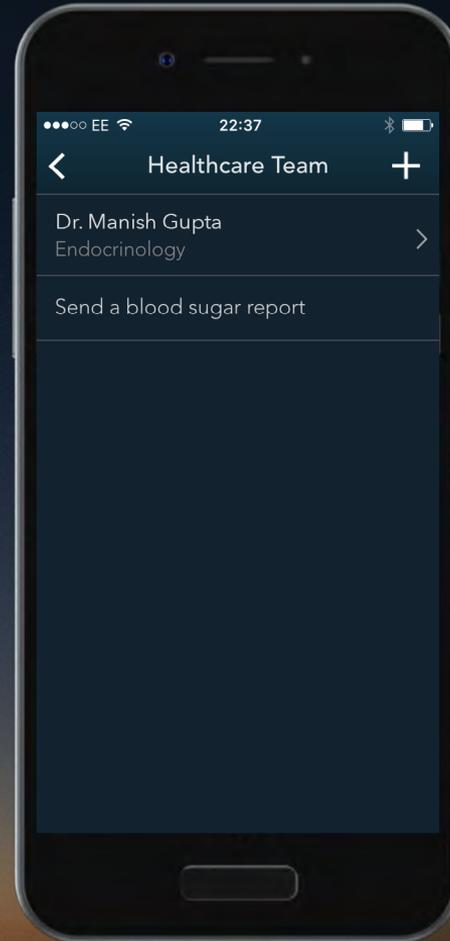
At the bottom of the form, there is a "Save" button, which is circled in blue. The status bar at the top of the phone shows the time as 11:59 and signal strength as EE.

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5.

## Reports

Select 'Send a blood sugar report' at the end of your Healthcare Professional contacts.

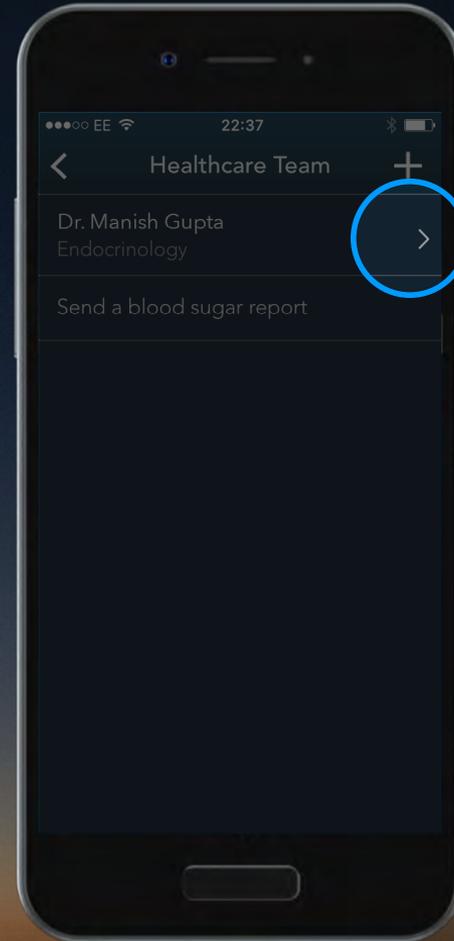


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plus ONE<sup>»</sup>  
Blood Glucose  
Monitoring System

5.

## Reports

Select 'Send a blood sugar report' at the end of your Healthcare Professional contacts.



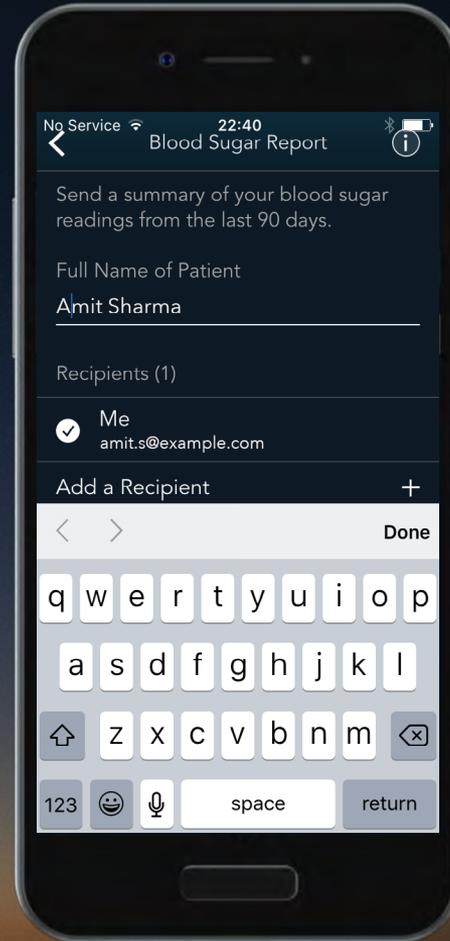
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plus ONE<sup>»</sup>  
Blood Glucose  
Monitoring System

6.

## Reports

Your email address is already prepopulated if you created an account.

Enter your full name. Select 'Add a Recipient' to add your Healthcare Professional from your Healthcare Team list.



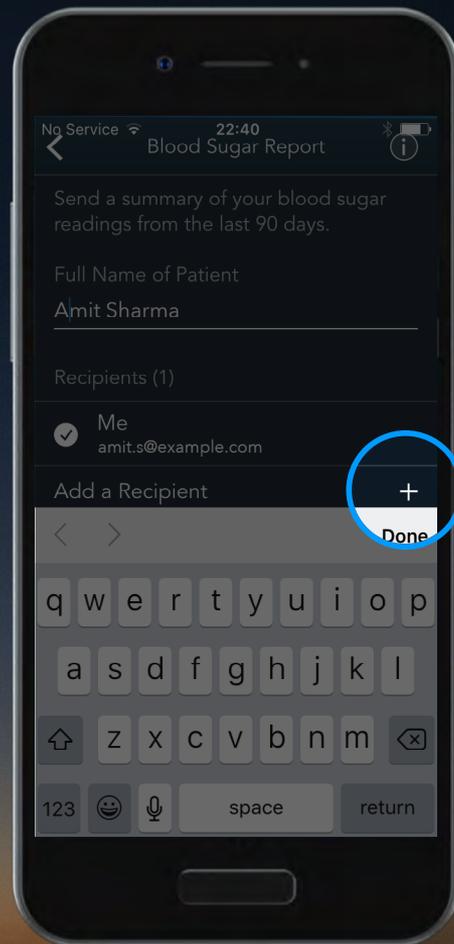
Contour<sup>®</sup>  
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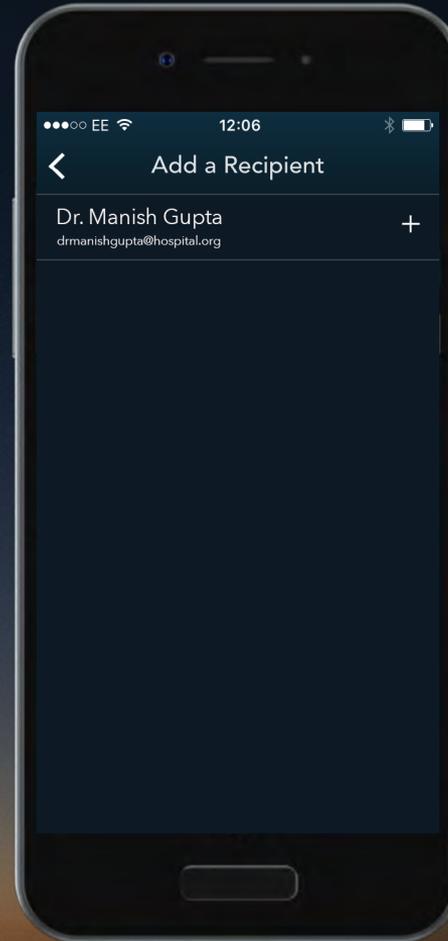
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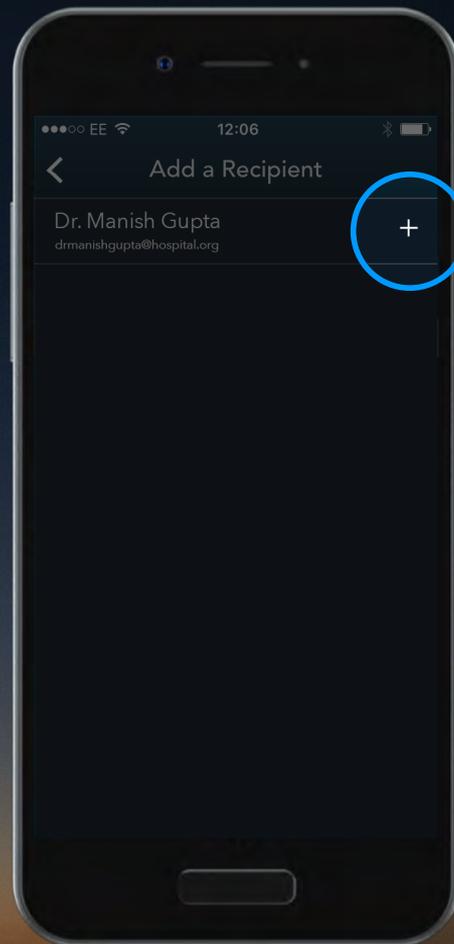
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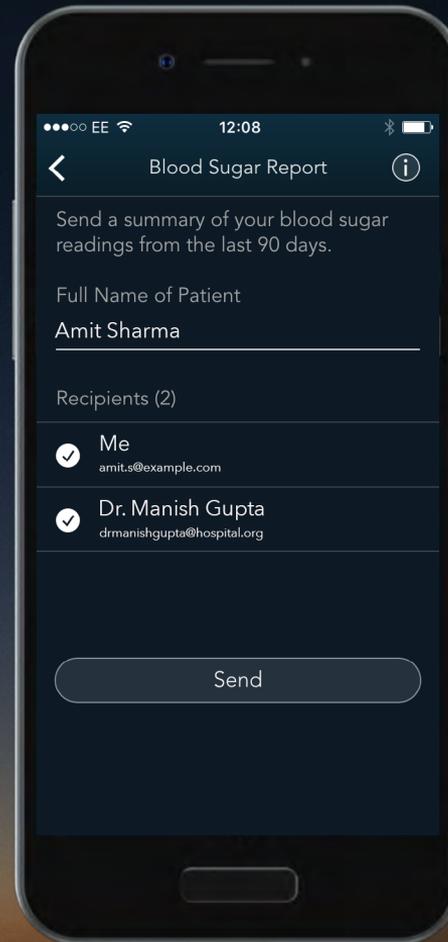


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7.

## Reports

Select 'Send' to send a summary of your blood glucose readings from the last 90 days.

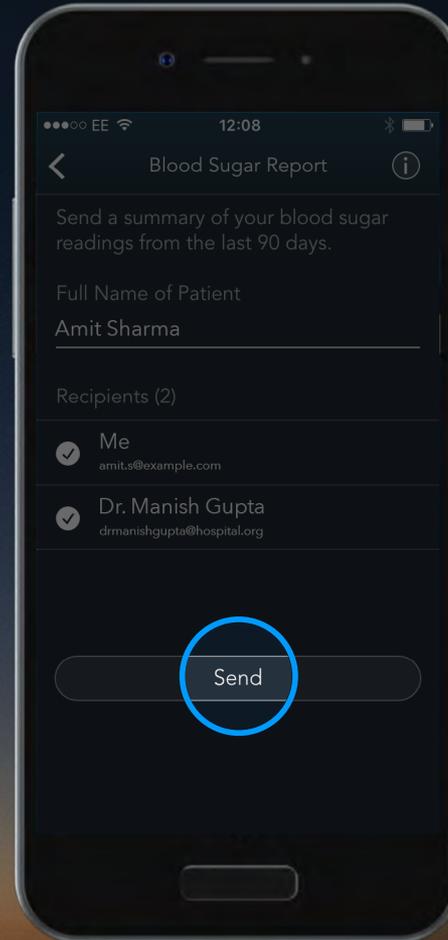


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Blood Glucose  
Monitoring System

7.

## Reports

Select 'Send' to send a summary of your blood glucose readings from the last 90 days.



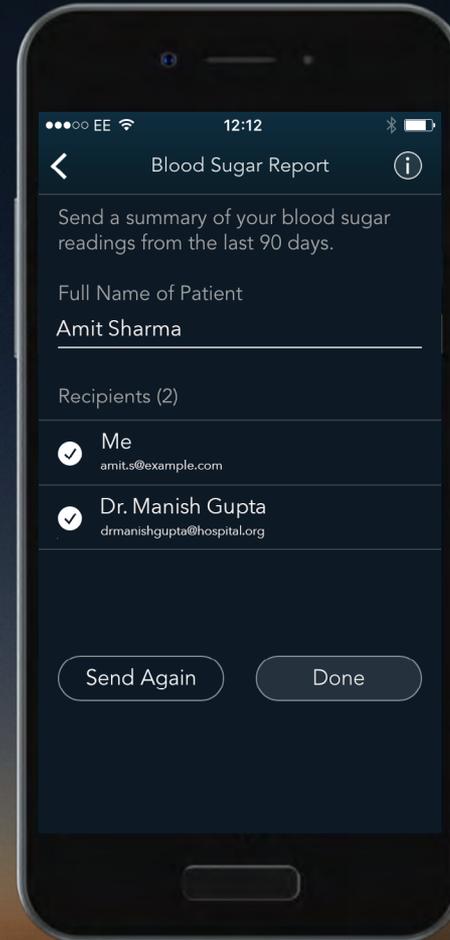
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Monitoring System

8.

## Reports

Your default email client will launch.

When you have sent the email,  
click 'Done' to finish.



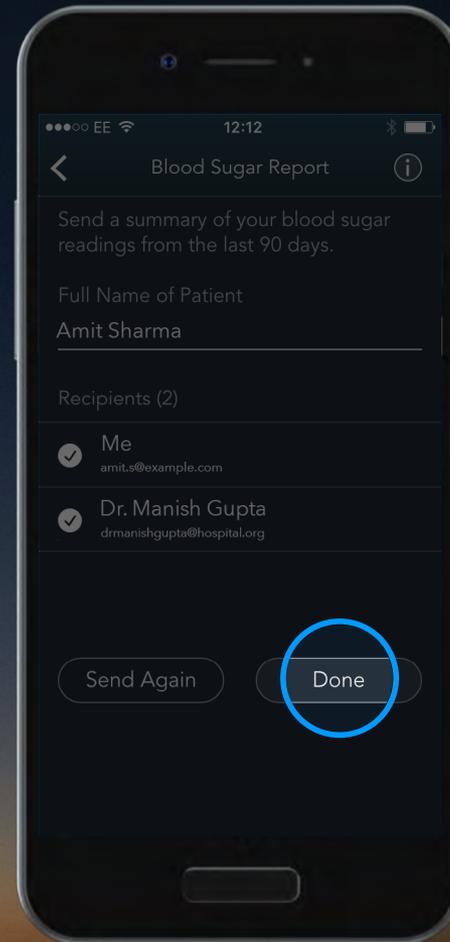
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Monitoring System

8.

## Reports

Your default email client will launch.

When you have sent the email, click 'Done' to finish.



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9.

## Reports

The report displays an overview of your profile data from the last 90 days with before and after-meal values.

The report is sent as a PDF.



Topics for Discussion

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Talk to your Healthcare Professional and refer to the product user guide if you have questions about the **CONTOUR®PLUS ONE** smart meter and the **CONTOUR™DIABETES app**. For more information, and to find out whether the **CONTOUR®PLUS ONE** meter is available in your country, visit [diabetes.ascensia.com](http://diabetes.ascensia.com)

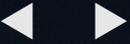


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