



Contour[®] plus ONE[™]

Blood Glucose
Monitoring System

Viewing blood sugar patterns with the **CONTOUR™ DIABETES** app

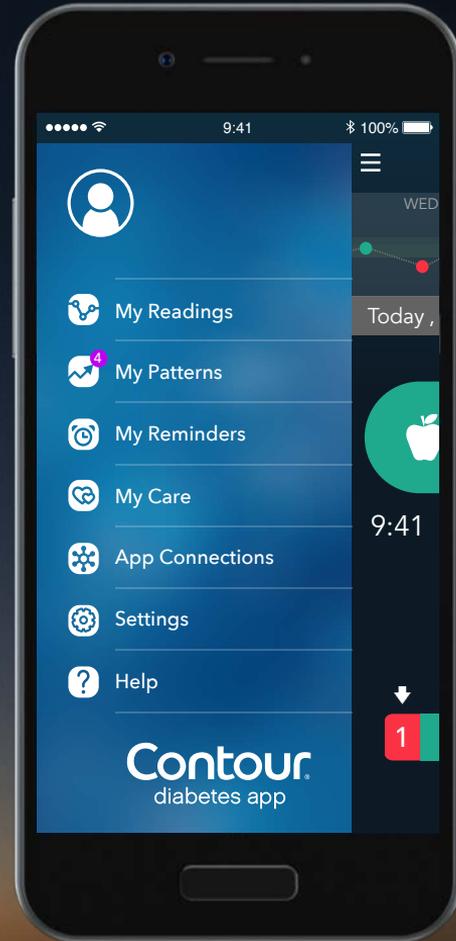


Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



**Contour[®]
plus ONE[»]**
Blood Glucose
Monitoring System

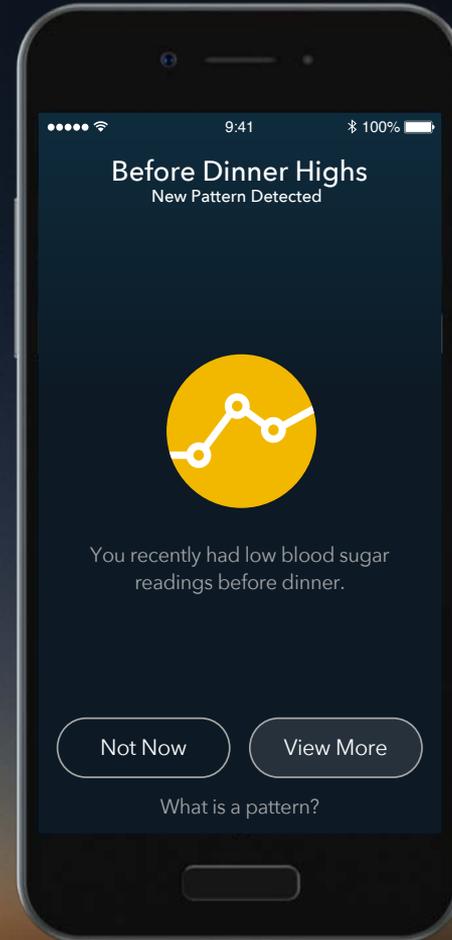
The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.



Contour[®]
plus **ONE**[™]
Blood Glucose
Monitoring System

1. Patterns

When the **CONTOUR DIABETES** app detects a pattern, you will receive a **New Pattern Detected** message.

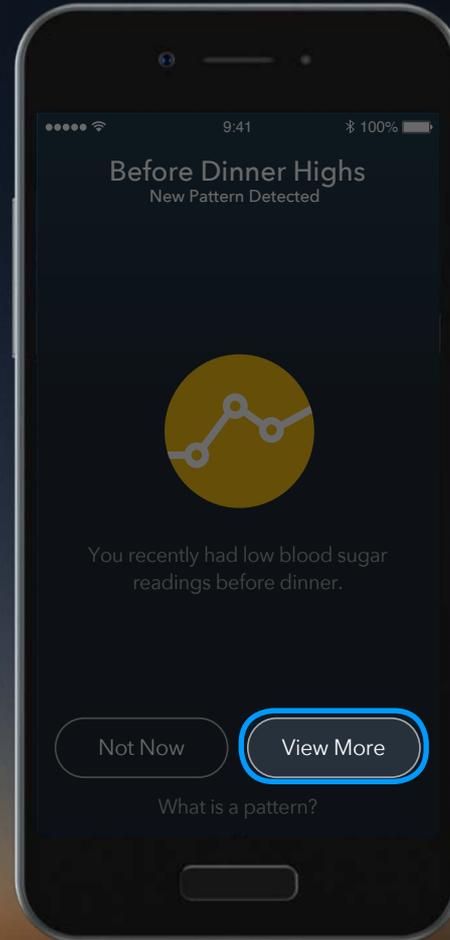


Contour
plus ONE
Blood Glucose
Monitoring System

1. Patterns

When the **CONTOUR DIABETES** app detects a pattern, you will receive a **New Pattern Detected** message.

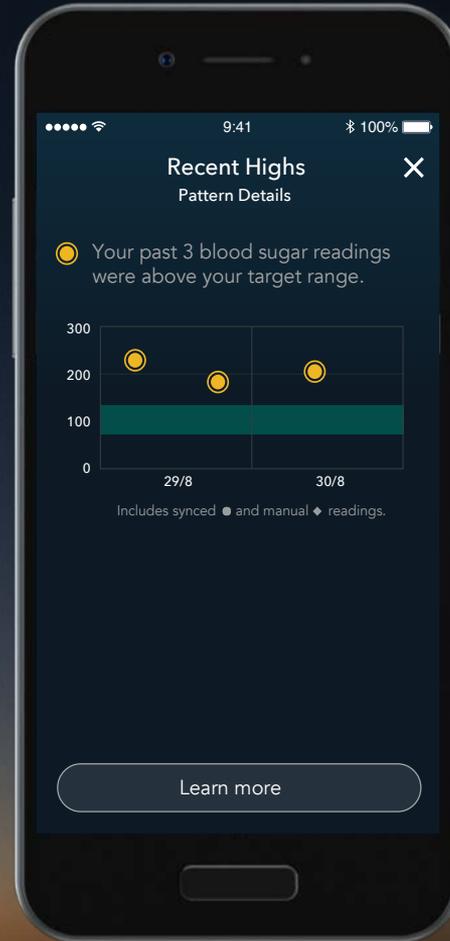
Tap **View More** to learn more about the pattern.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

2. Patterns

The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.



Contour[®]
plus ONE[™]
Blood Glucose
Monitoring System

2. Patterns

The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.

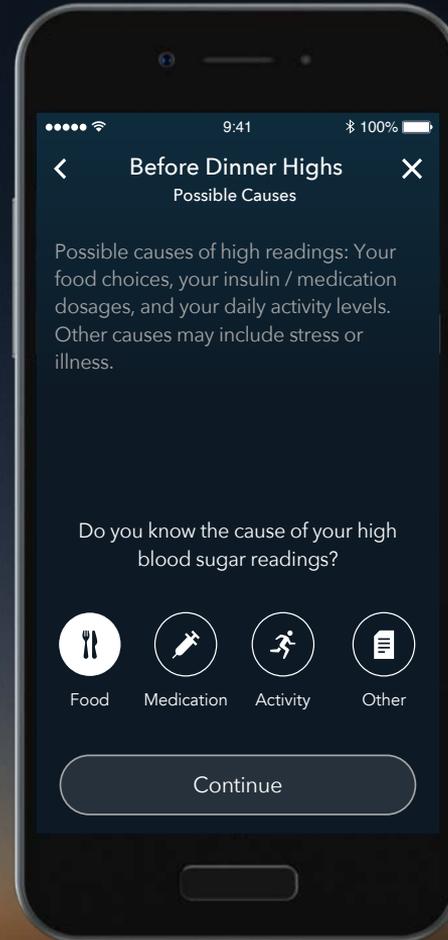
Tap **Learn more** to read about possible causes.



Contour[®]
plus **ONE**[™]
Blood Glucose
Monitoring System

3. Patterns

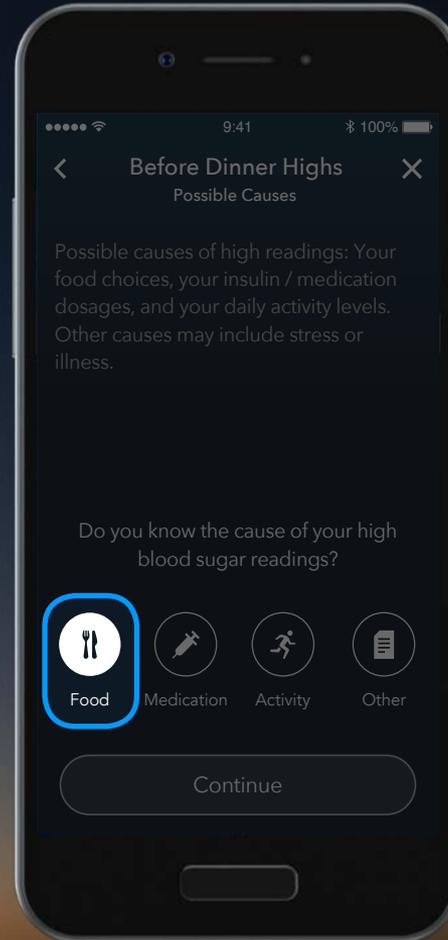
If you know the cause of your high blood sugar readings, you can select it here.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

3. Patterns

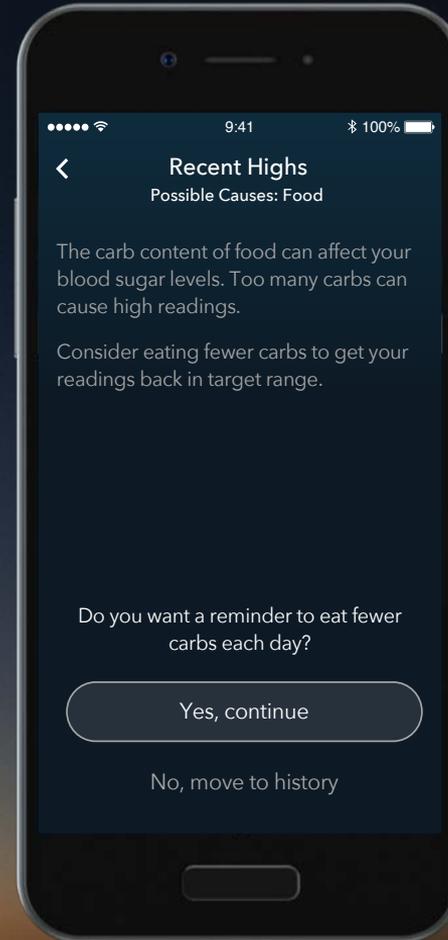
If you know the cause of your high blood sugar readings, you can select it here.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

4. My Patterns

The **CONTOUR DIABETES** app provides some information about the possible cause of this pattern.

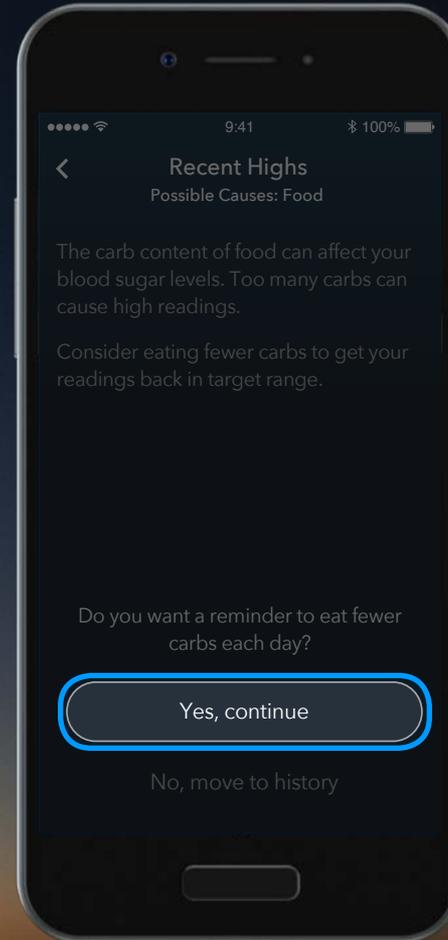


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

4. **My Patterns**

The **CONTOUR DIABETES app** provides some information about the possible cause of this pattern.

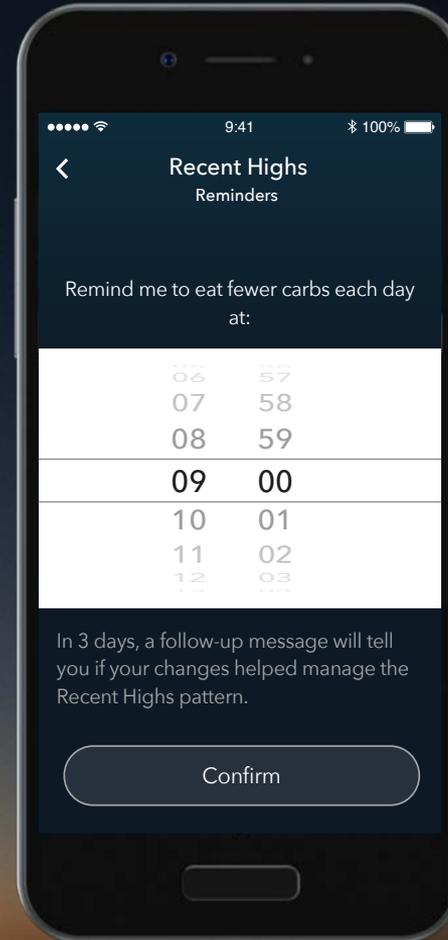
Tap **Yes, continue** to set a reminder to eat fewer carbs each day.



Contour[®]
plus ONE[™]
Blood Glucose
Monitoring System

5. My Patterns

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

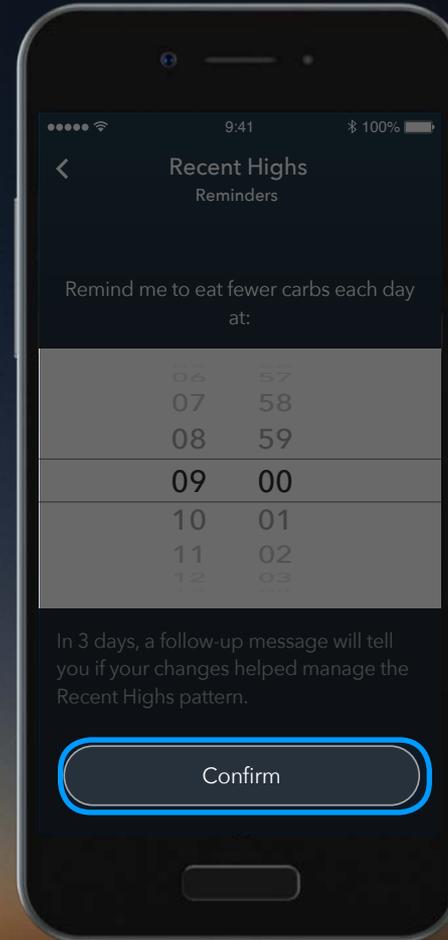


Contour[®]
plus **ONE**[»]
Blood Glucose
Monitoring System

5. My Patterns

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

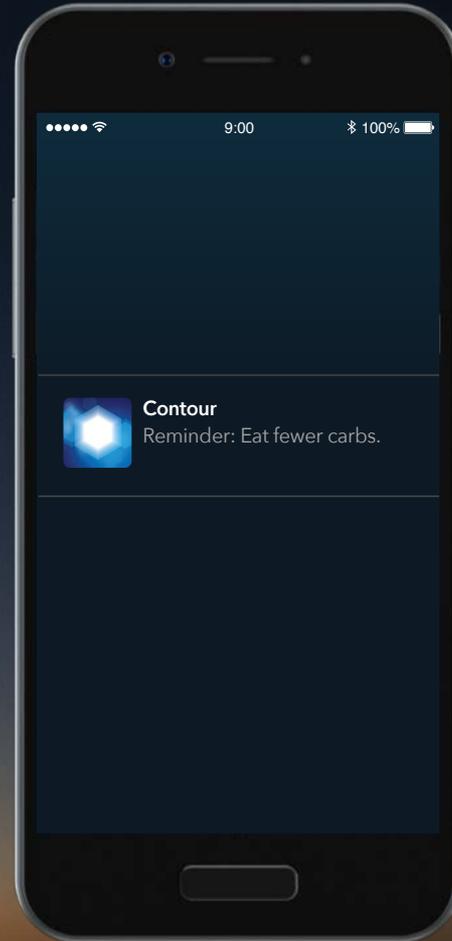
Tap **Confirm** to set the time.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

6. Patterns

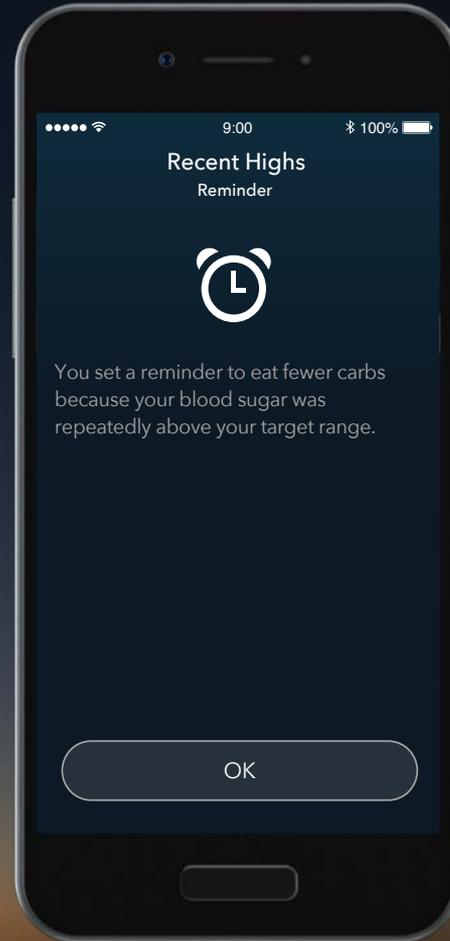
At your chosen time, a reminder will display.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

6. Patterns

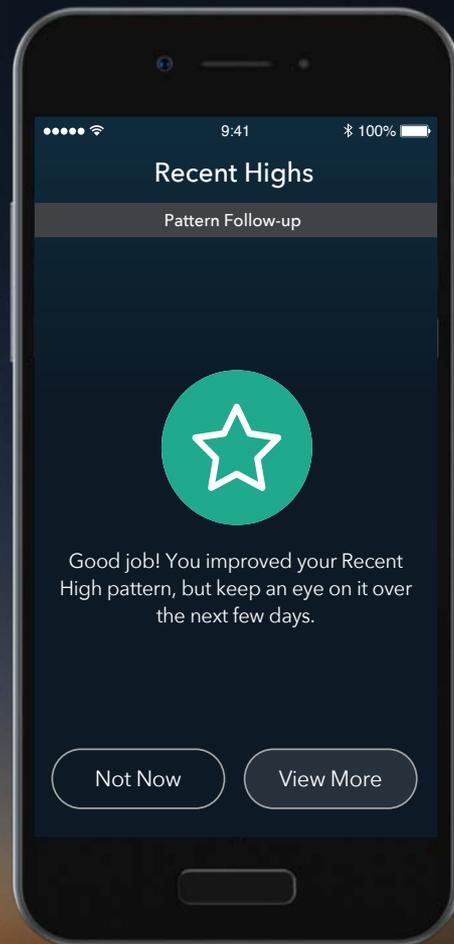
At your chosen time, a reminder will display.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

7. My Patterns

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.

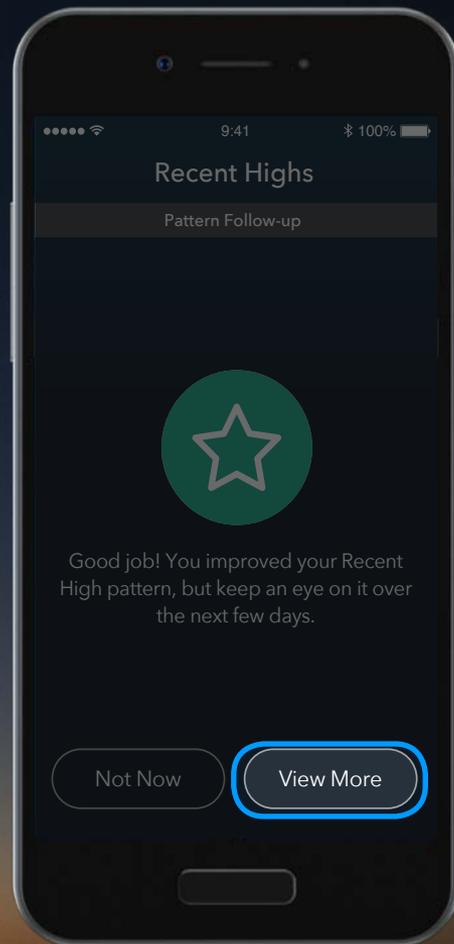


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

7. My Patterns

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.

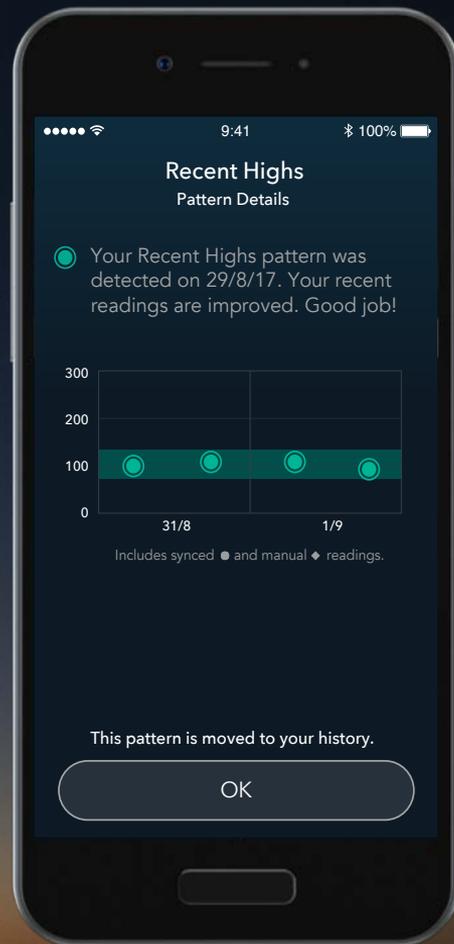
Tap **View More** to find out more.



Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

7. Patterns

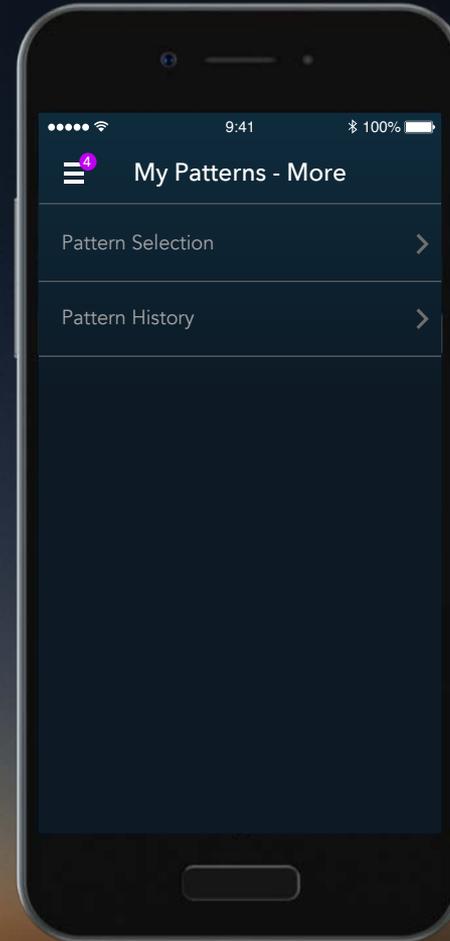
This pattern has been moved to your history and can be viewed at any time by choosing **My patterns** from the **Main Menu**.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

8. Patterns

At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.



Contour[®]
plus **ONE**[™]
Blood Glucose
Monitoring System

8. Patterns

At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

Talk to your Healthcare Professional and refer to the product user guide if you have any questions about the **CONTOUR[®]PLUS ONE** smart meter or the **CONTOUR[™]DIABETES** app.

For more information, and to find out whether these products are available in your country, visit **diabetes.ascensia.com**.



Hypothetical patient data for demonstration purposes only.
Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



Apple and the Apple logo are trademarks of Apple Inc., registered in the US and other countries. App Store is a service mark of Apple Inc. The Bluetooth word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks herein is under licence. Google Play and the Google Play logo are trademarks of Google Inc.

Ascensia, the Ascensia Diabetes Care logo and Contour are trademarks and/or registered trademarks of Ascensia Diabetes Care Holdings AG.

Date of preparation: February 2018 Code: G.DC.10.2017.52579

© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.

**Contour[®]
plus ONE[™]**
Blood Glucose
Monitoring System

diabetes.ascensia.com



Contour[®]

diabetes solutions