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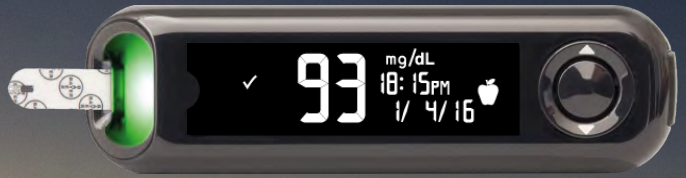
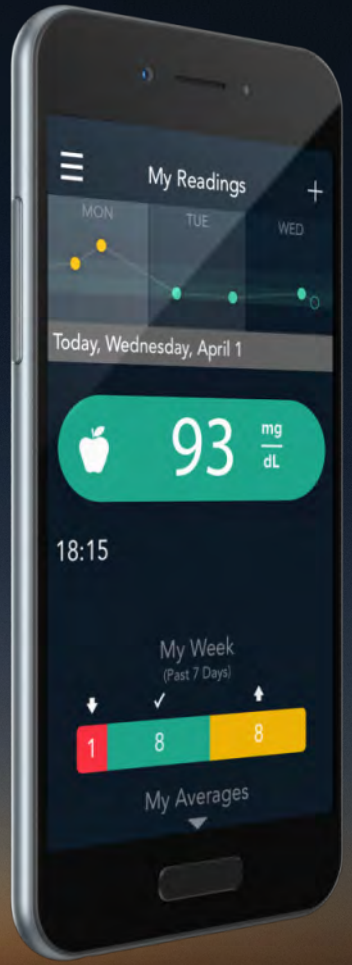
Setting up the CONTOUR™ DIABETES app





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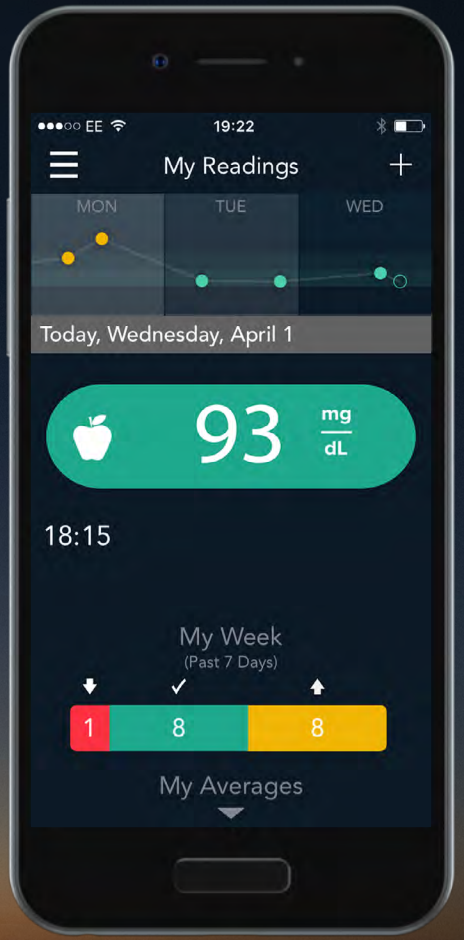
Setup Process

The first time you use the **CONTOUR DIABETES app**, you will be asked to complete the Setup process to customize your settings.

Once you have created your account and paired a meter to your mobile device you will then be taken through the Setup process.



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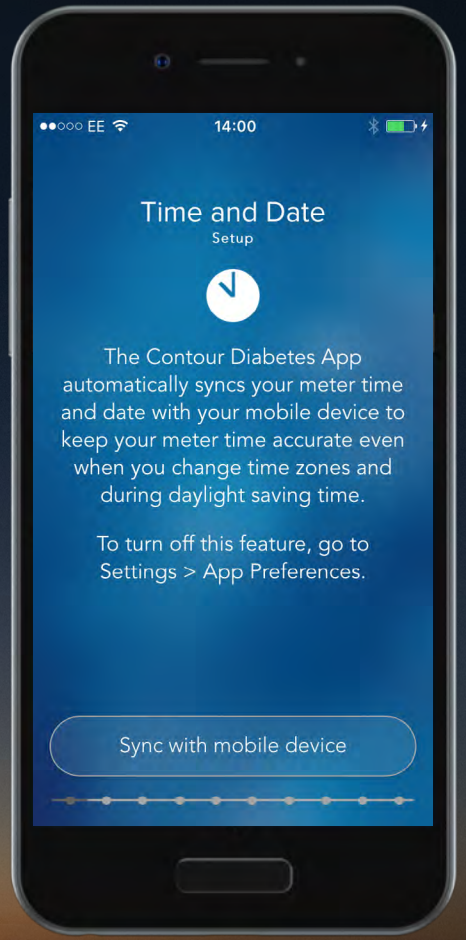
1.

Time and Date

The **CONTOUR DIABETES app** automatically syncs your meter Time and Date with your mobile device to keep your meter time accurate even when you change time zones and during daylight saving time.



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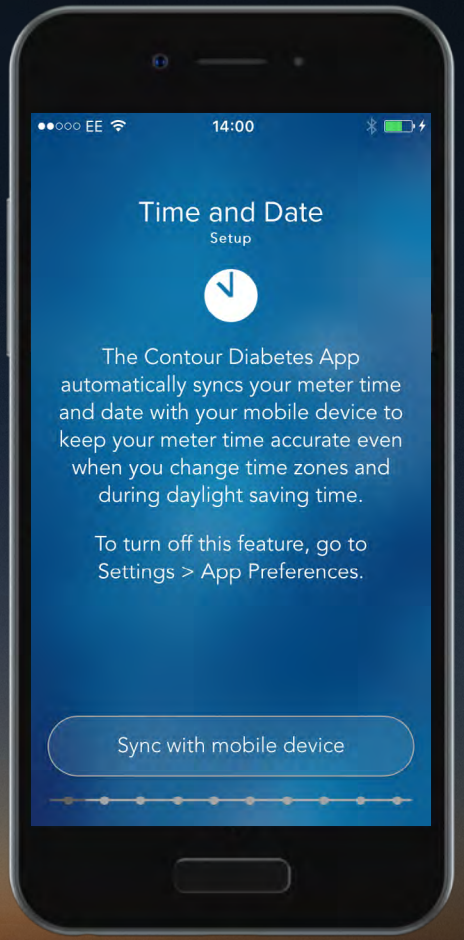
2. Time and Date

Select ‘Sync with mobile device’ to set your local Time and Date for accurate time stamps on your blood sugar readings.

Select ‘Continue’.



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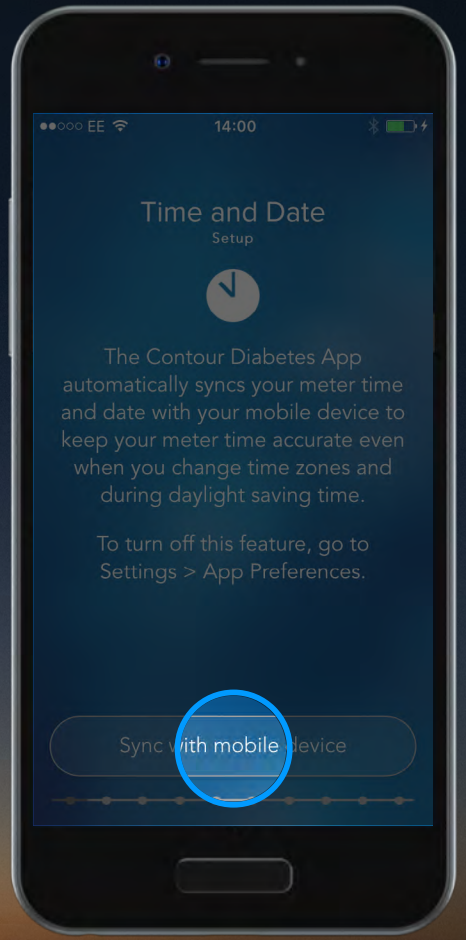

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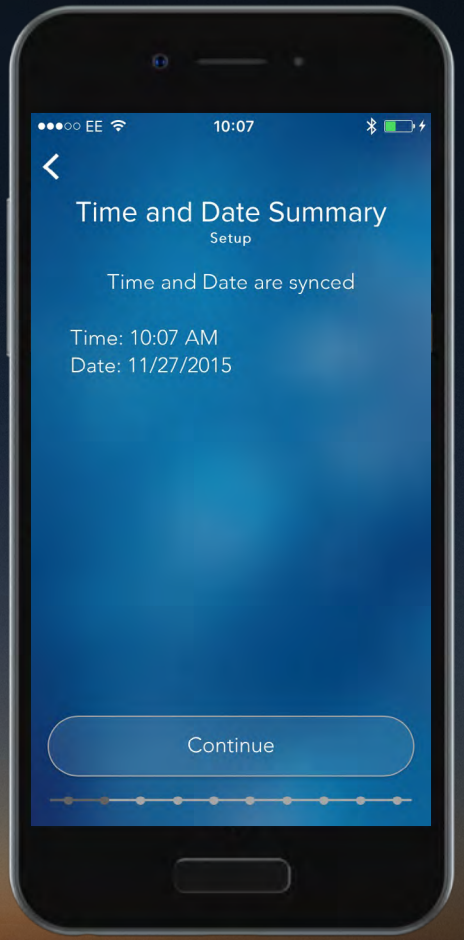

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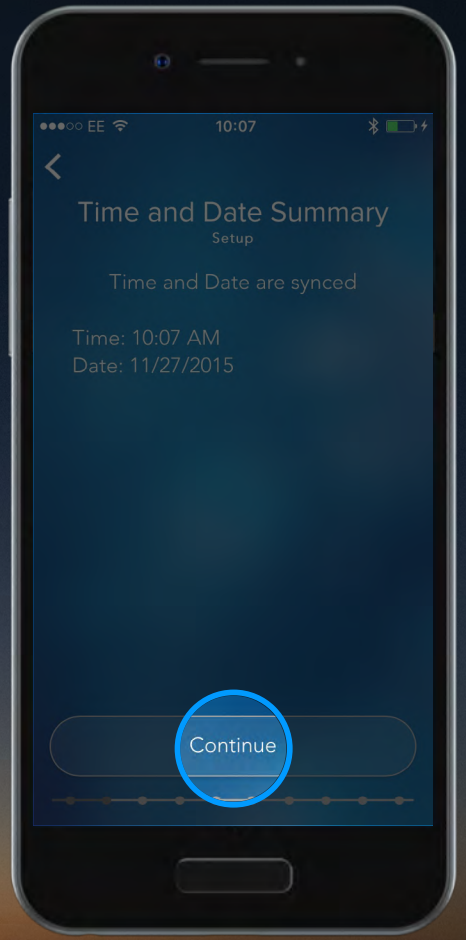

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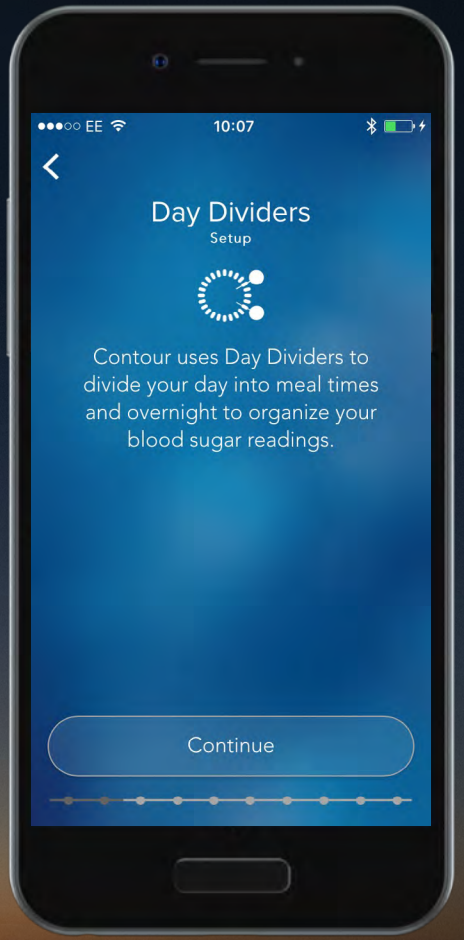
3.

Day Dividers

The **CONTOUR DIABETES app** uses Day Dividers to divide your day into meal times and overnight to organize your blood glucose readings.

Select ‘Continue’ to set your Day Dividers.



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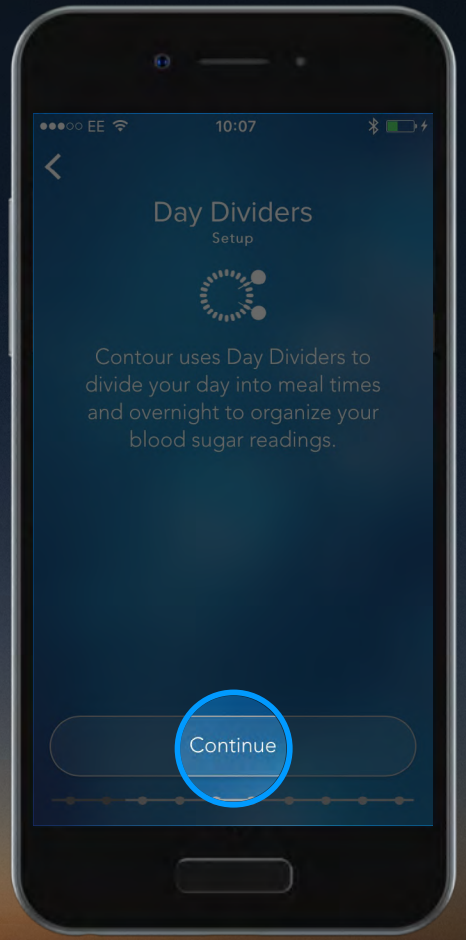

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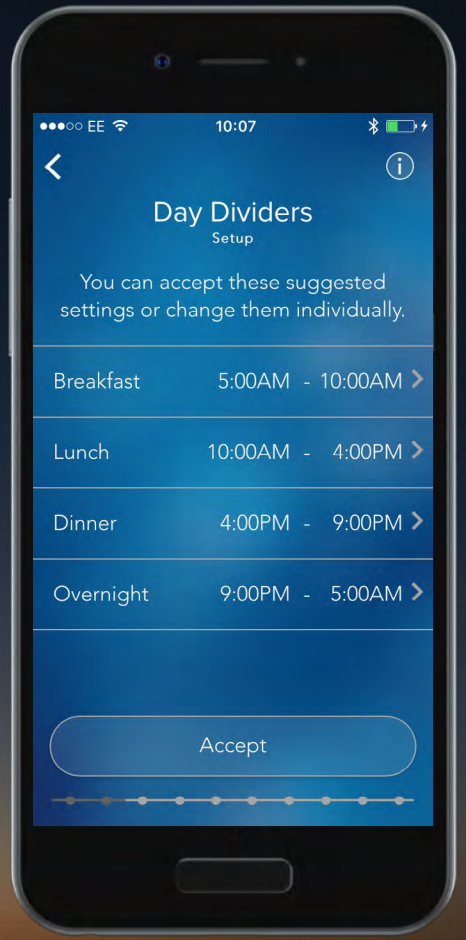
4.

Day Dividers

You can accept the suggested times by selecting ‘Accept’.

Tap the ‘arrow’ next to each divider to view or change it.



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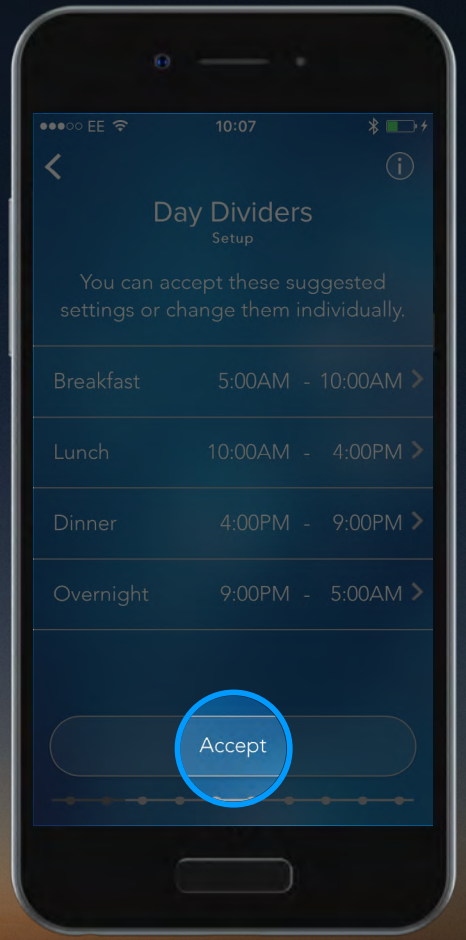

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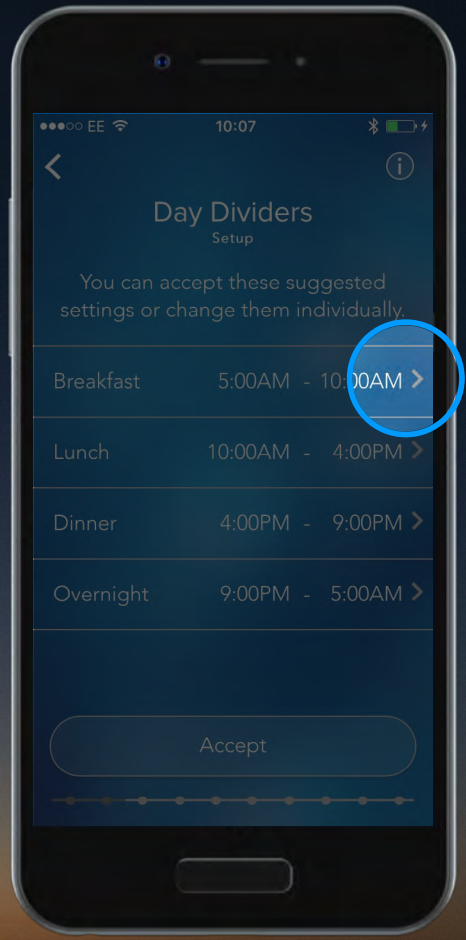

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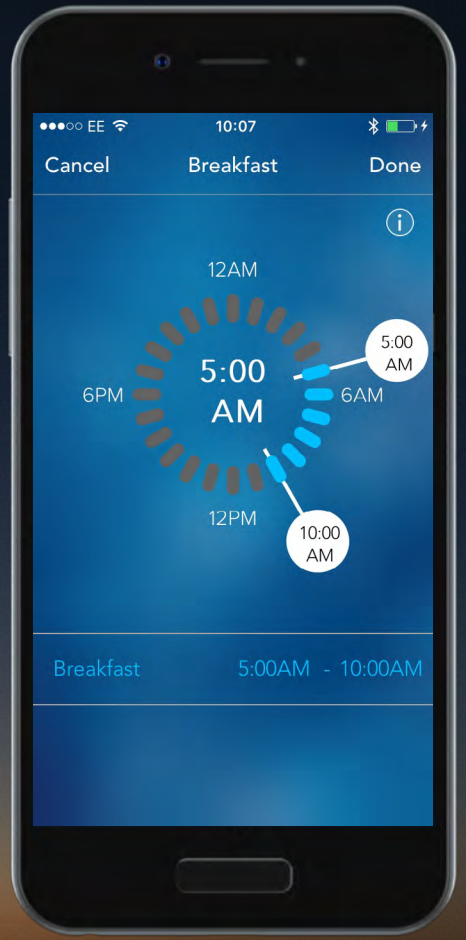
5. Day Dividers

Slide the time marker around the clock face to change the time.

Select ‘Done’ when you have finished.



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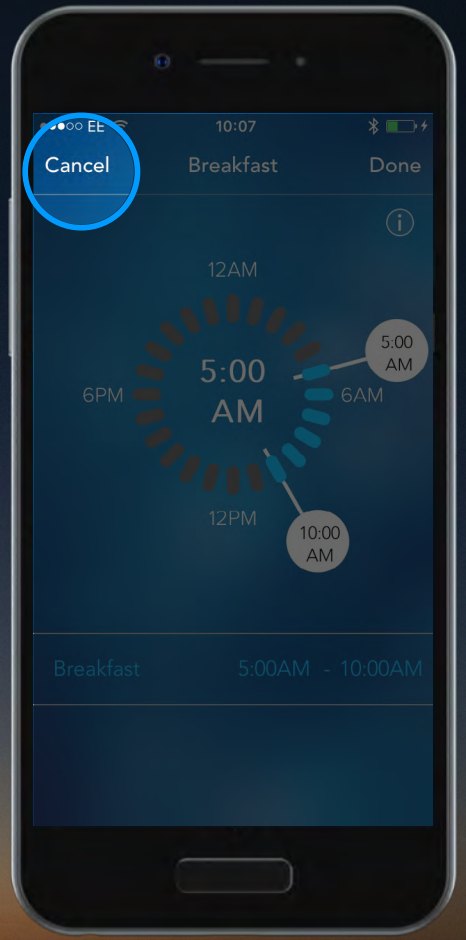

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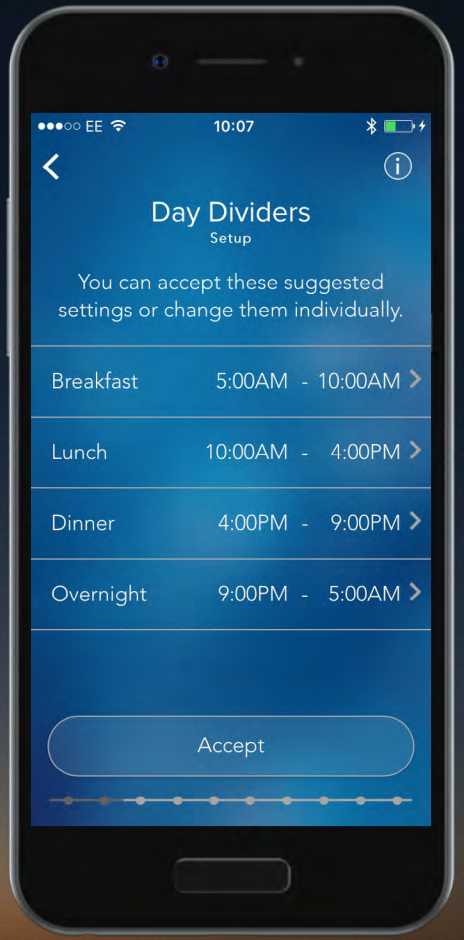
6. Day Dividers

Select ‘Accept’ to confirm your chosen timings.



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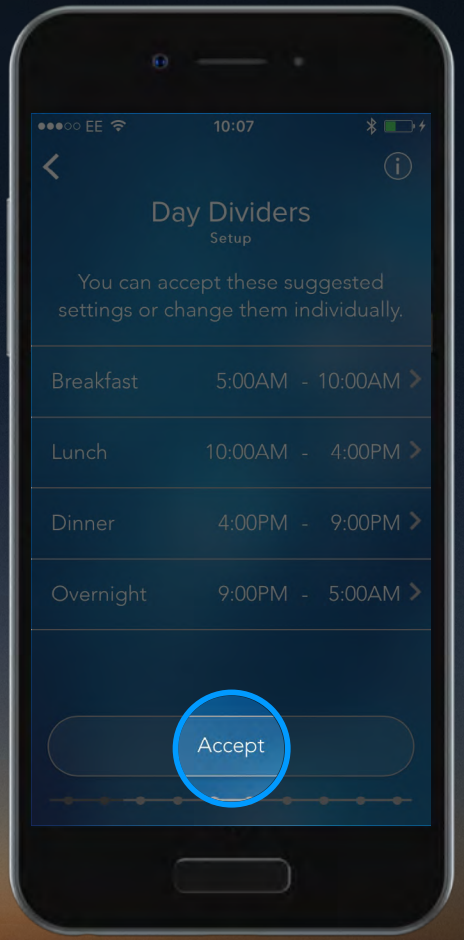

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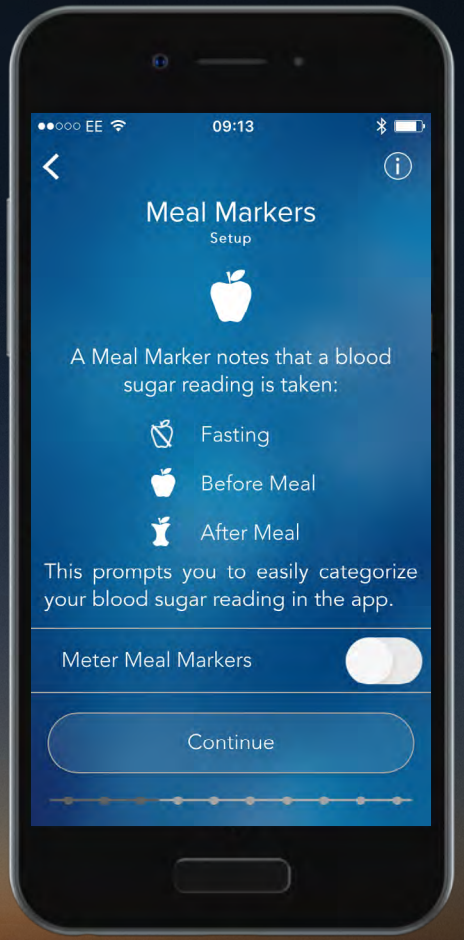
7.

Meal Markers

The **CONTOUR DIABETES app** uses Meal Markers to note when a blood glucose reading is taken in relation to a meal.



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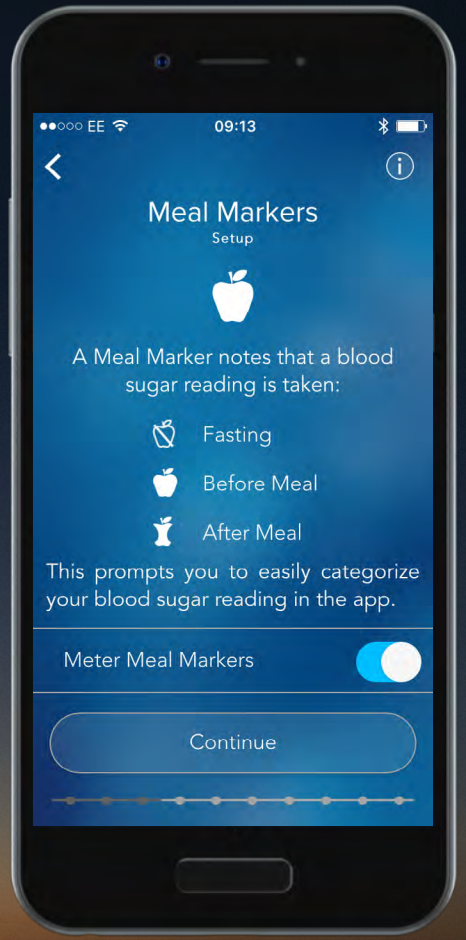
8. Meal Markers

You can always categorize your blood glucose readings with meal markers in the app.

If you prefer to meal mark on your meter after each test, select the ‘toggle button’ to turn meal markers on and then select ‘Continue’.



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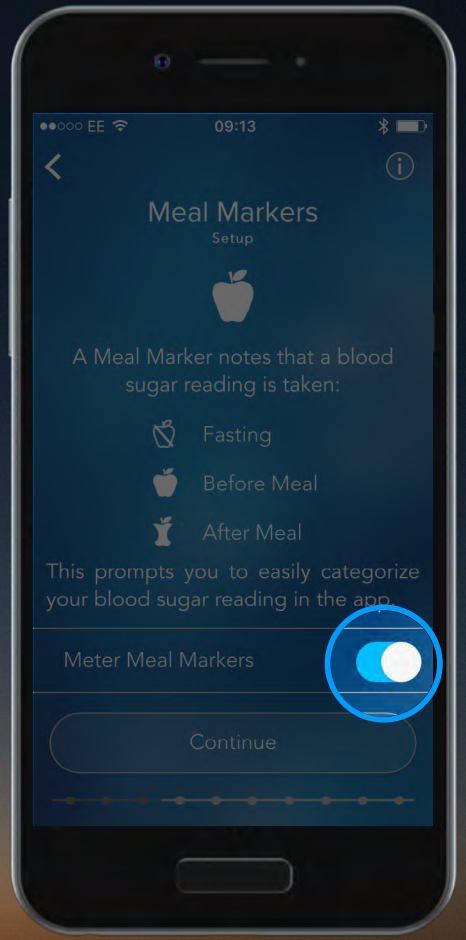

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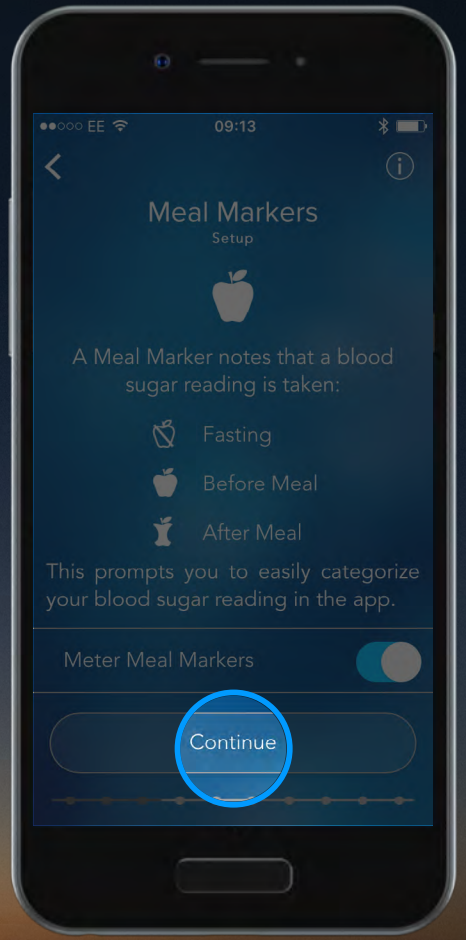

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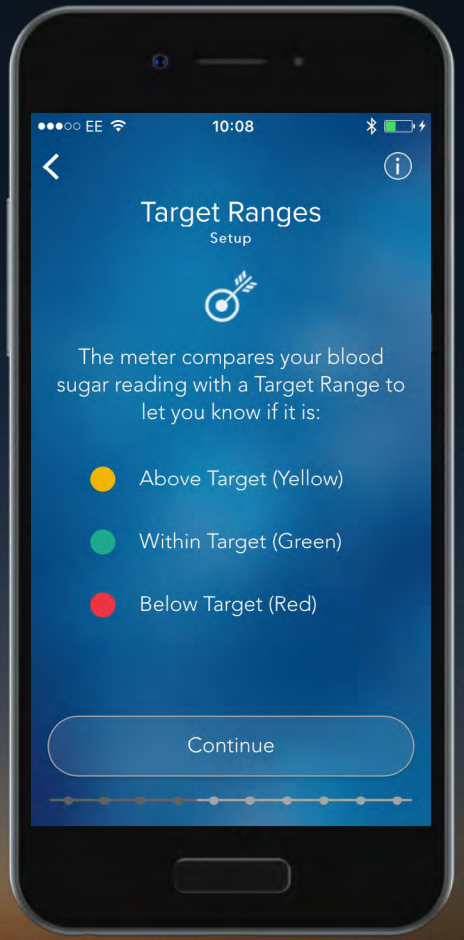
9.

Target Ranges

The **CONTOUR DIABETES app** compares your blood glucose reading with a Target Range to let you know if it is above, within or below target.

Select ‘Continue’ to set your Target Ranges.

WARNING - Talk to your Health Care Professional before setting any Target Ranges in the **CONTOUR DIABETES app**.



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10.

Target Ranges

You can accept the pre-set ranges by selecting ‘Accept’.

Tap the ‘arrow’ next to each divider to view or change it.

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Target Ranges

You can accept the pre-set ranges by selecting ‘Accept’.

Tap the ‘arrow’ next to each divider to view or change it.

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11.

Target Ranges

Slide the target value up and down to change a Target Range, or accept the pre-set Target Ranges.

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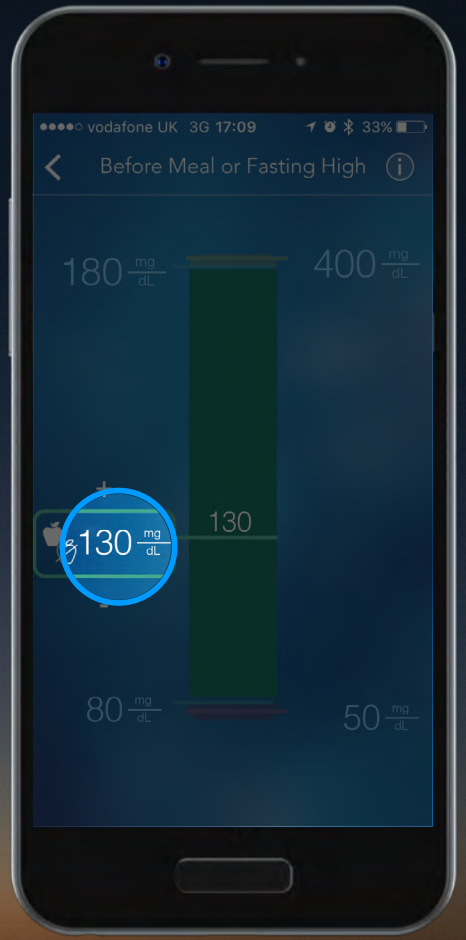
11.

Target Ranges

Slide the target value up and down to change a Target Range, or accept the pre-set Target Ranges.



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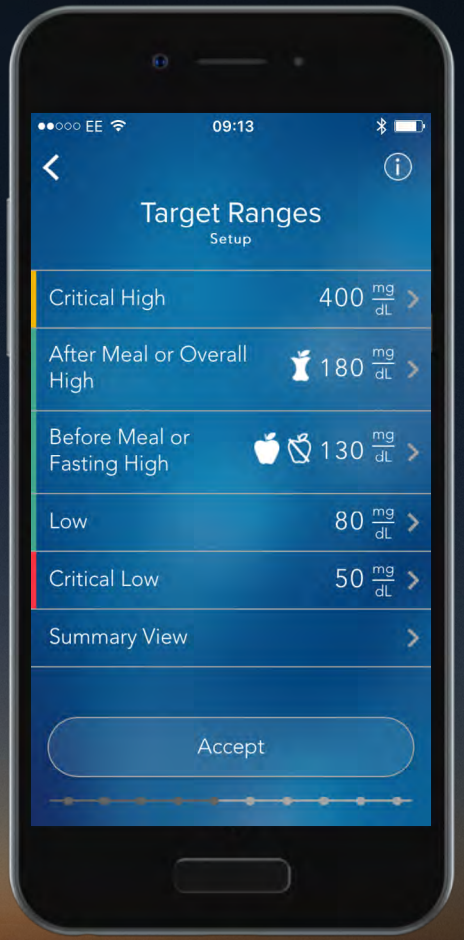
12.

Target Ranges

Select ‘Accept’ to set your Target Ranges.



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12.

Target Ranges

Select ‘Accept’ to set your Target Ranges.

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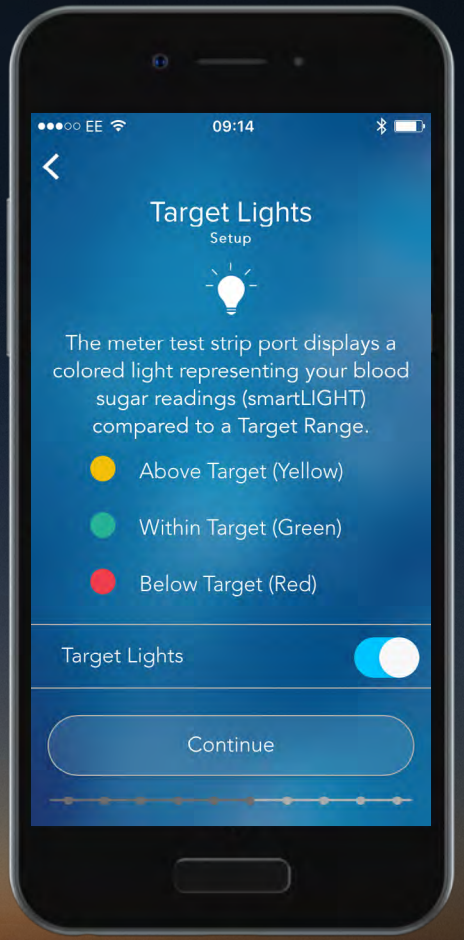
13.

Target Lights

The **CONTOUR® PLUS ONE** smart meter test strip port displays a colored light representing your blood glucose reading compared to a Target Range.



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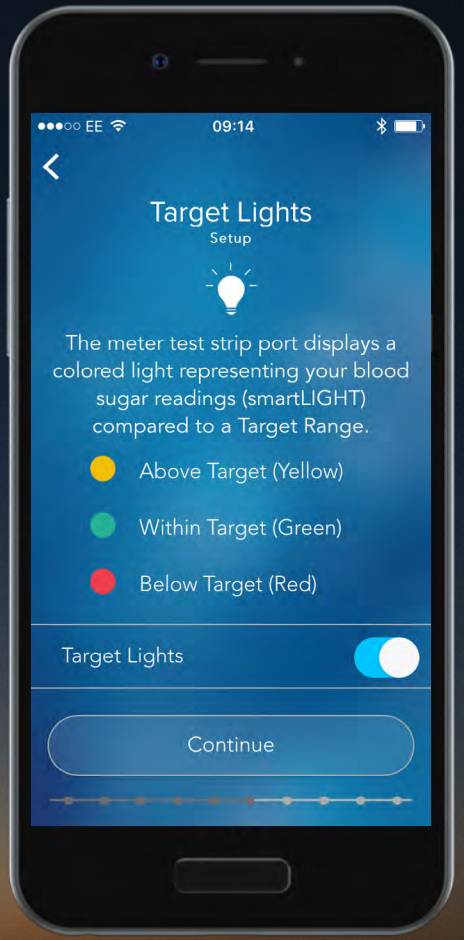
14.

Target Lights

Tap the toggle button to turn Target Lights on and off.

Select ‘Continue’ to set.



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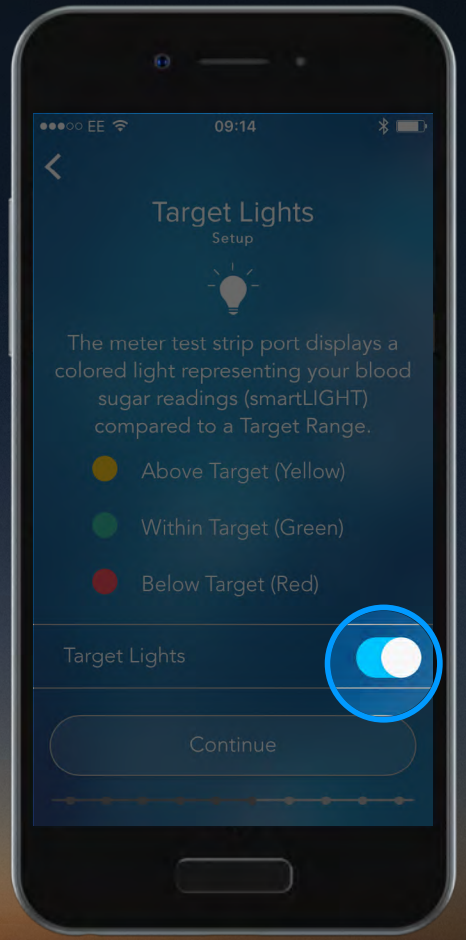

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Target Lights

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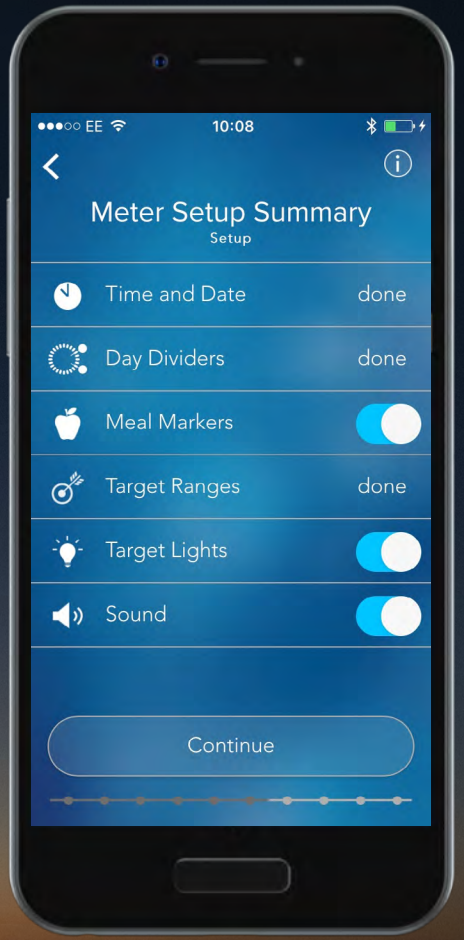
15.

Meter Setup Summary

Once you have finished the initial meter set up, a summary screen appears.

Select ‘Continue’ to confirm, or tap the toggle buttons to turn meter settings on or off.



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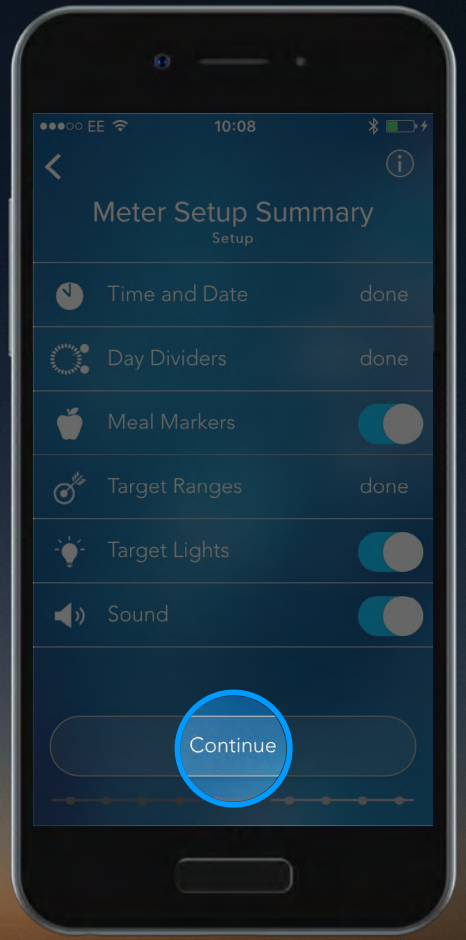

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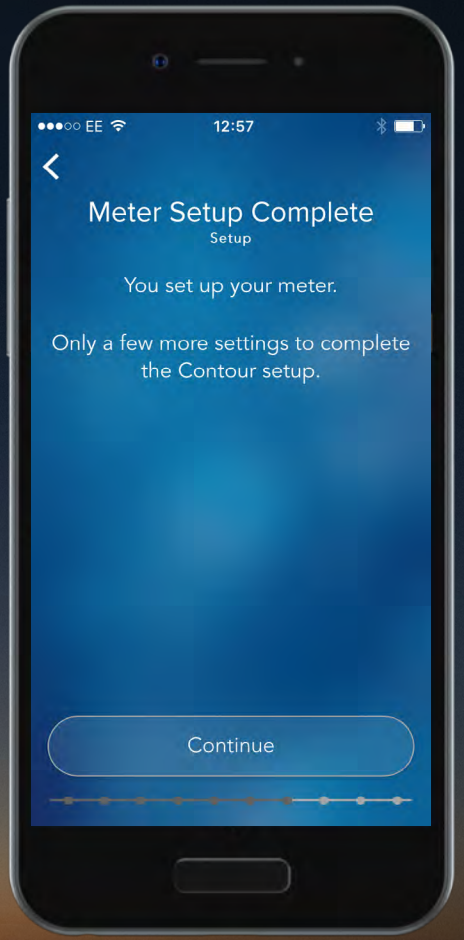
16.

Meter Setup Summary

Now select ‘Continue’ to complete your **CONTOUR DIABETES app** setup.



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16.

Meter Setup Summary

Now select ‘Continue’ to complete your **CONTOUR DIABETES app** setup.

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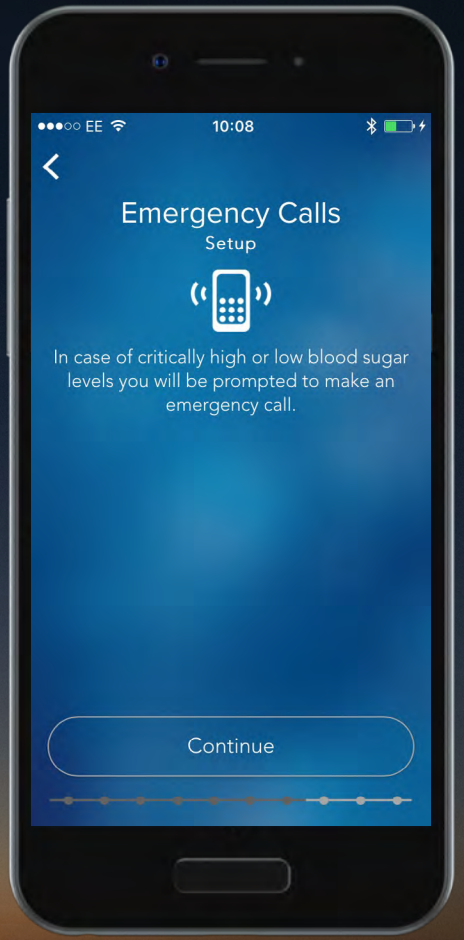
17.

Emergency Calls

The **CONTOUR DIABETES app** prompts you to make an emergency call in the case of critically high or critically low blood glucose levels.

Select ‘Continue’ to set up your local emergency number.



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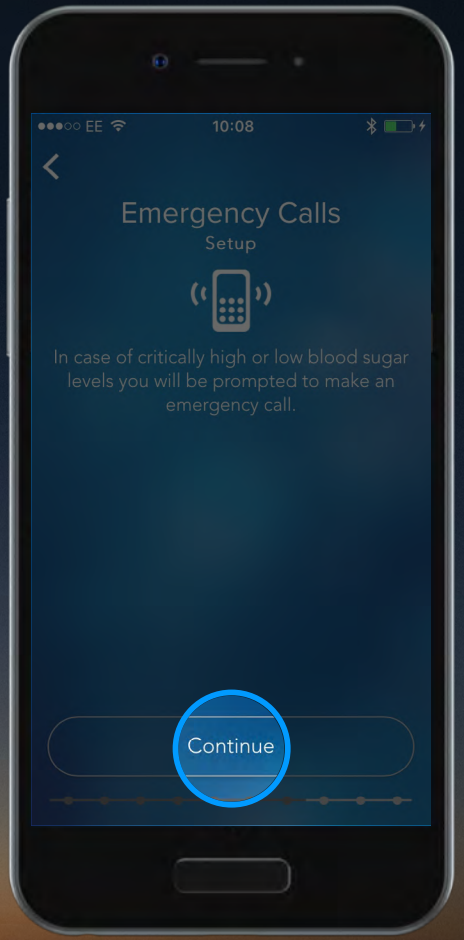

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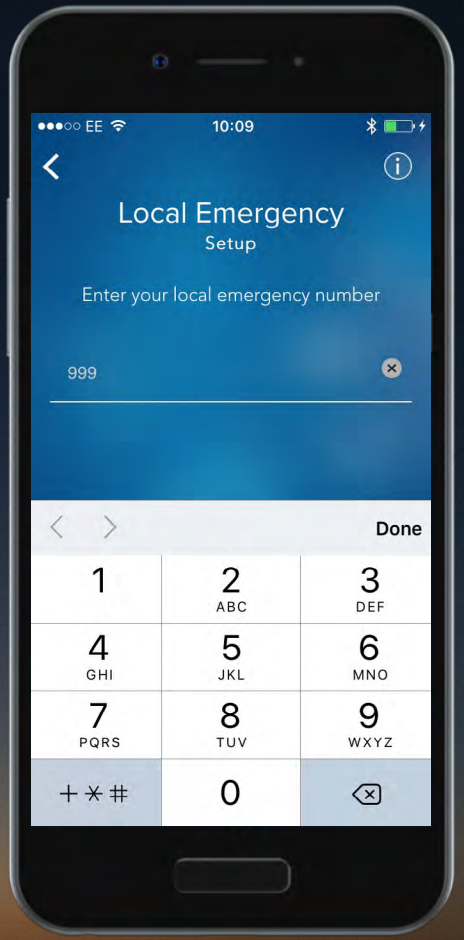
18.

Emergency Calls

Select your local emergency number using the keyboard and select ‘Done’ when complete.



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Emergency Calls

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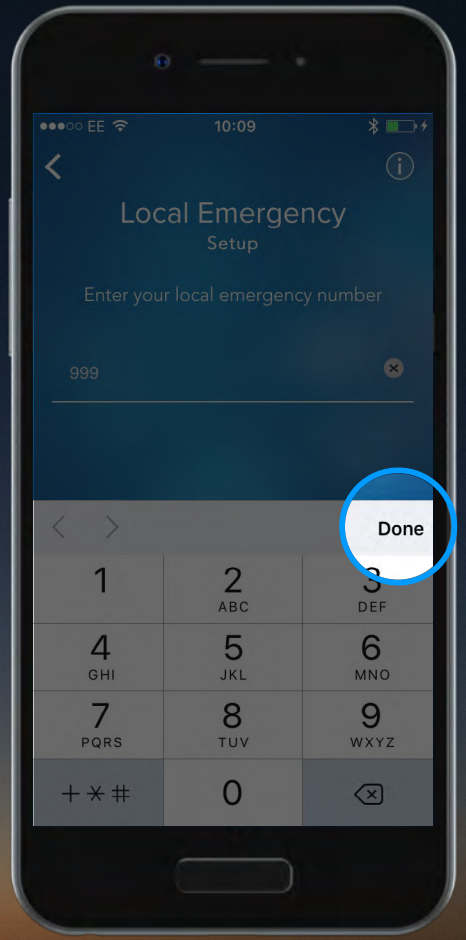

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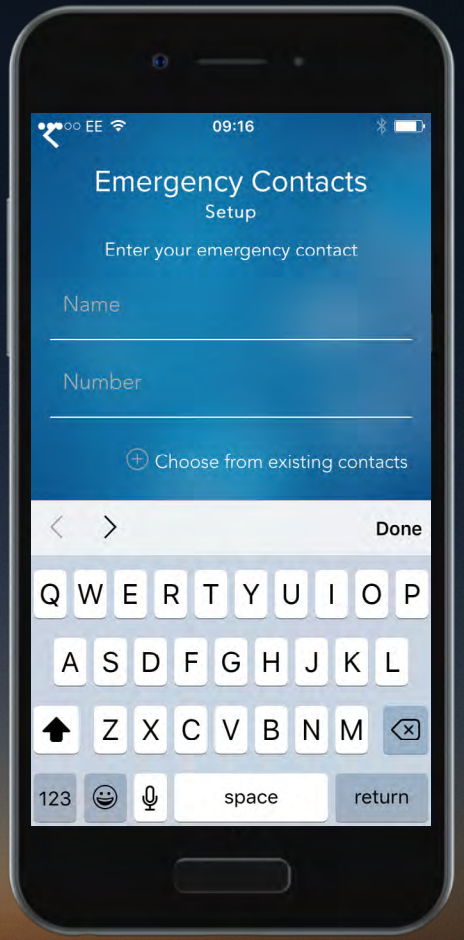
19.

Emergency Contacts

The **CONTOUR DIABETES app** displays your Emergency Contacts when your blood glucose reaches a critical high or low level.



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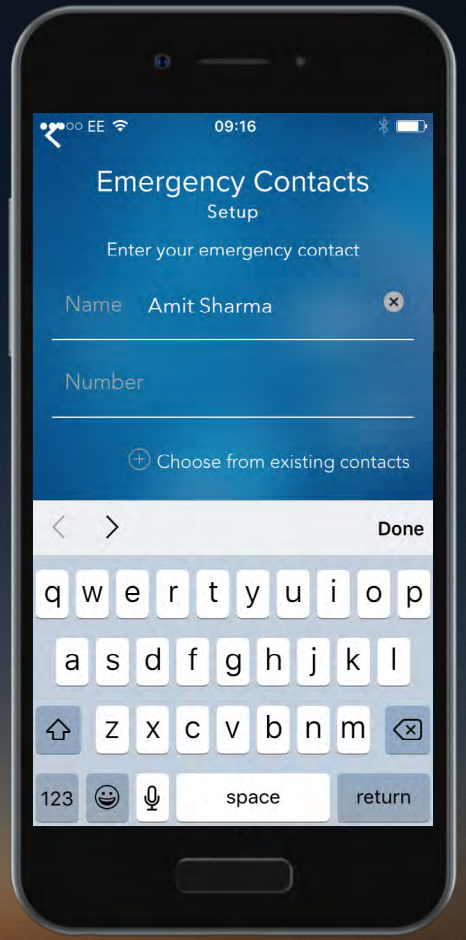
20.

Emergency Contacts

Enter the name and number of your Emergency Contact using the keyboard.

Select ‘Done’ when complete.



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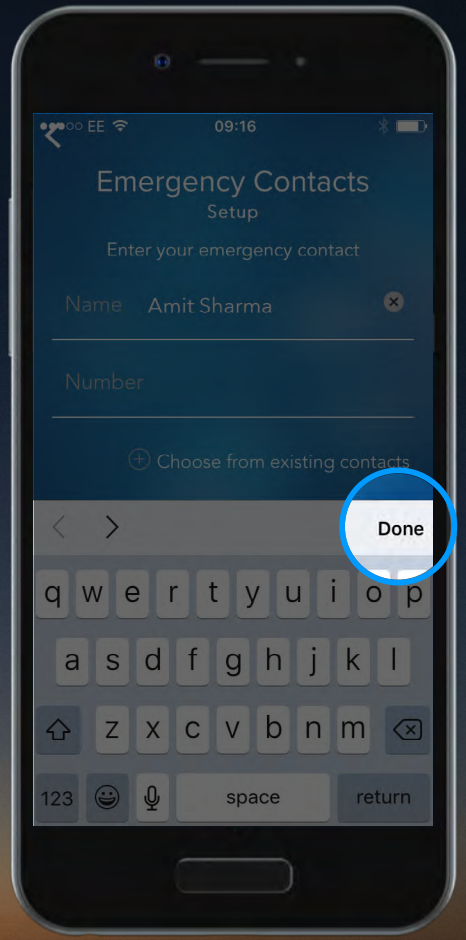
20.

Emergency Contacts

Enter the name and number of your Emergency Contact using the keyboard.

Select ‘Done’ when complete.



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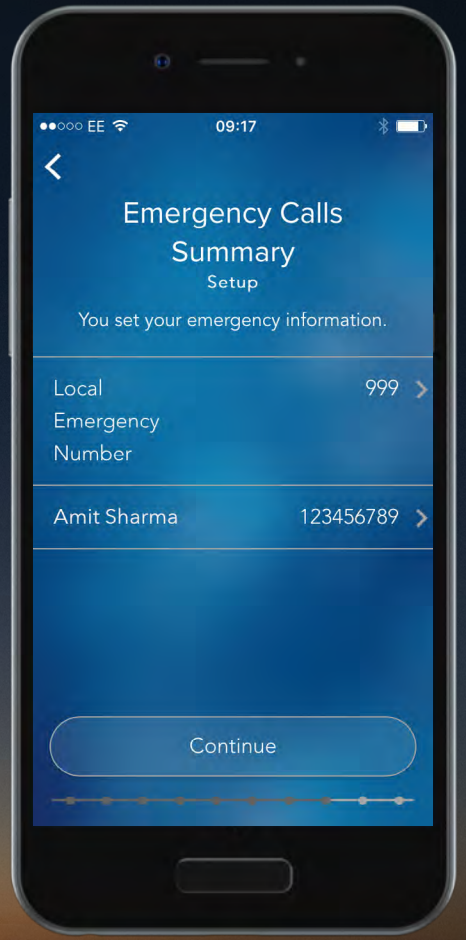
21.

Emergency Contacts

You will be shown an overview of your entries.

Select ‘Continue’ if all are correct.



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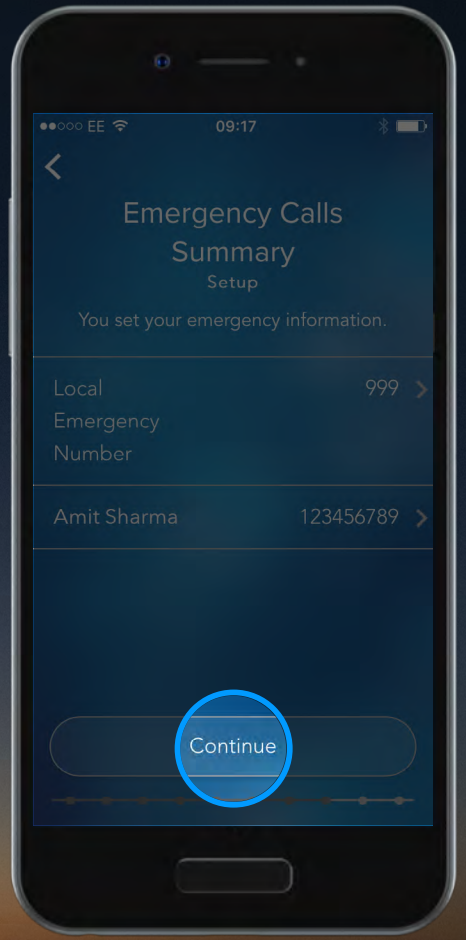
21.

Emergency Contacts

You will be shown an overview of your entries.

Select ‘Continue’ if all are correct.



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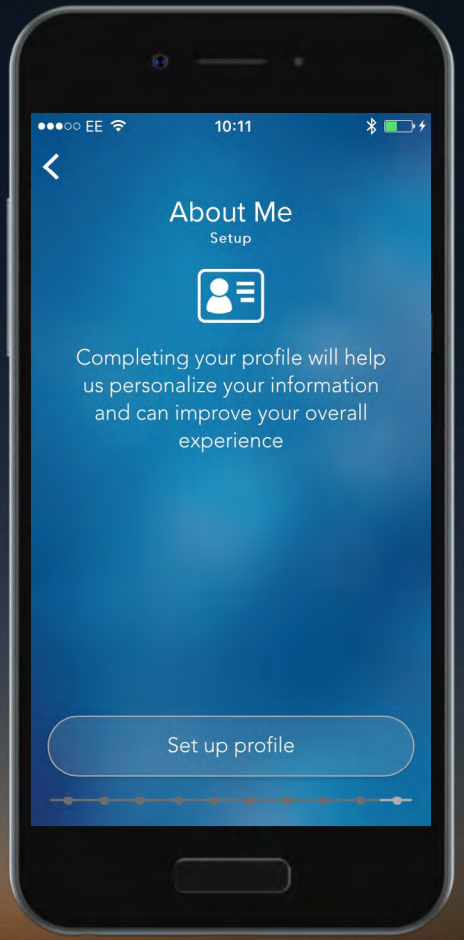
22.

Profile

To help personalize information and improve your overall experience, set up your profile by selecting ‘Set up profile’.



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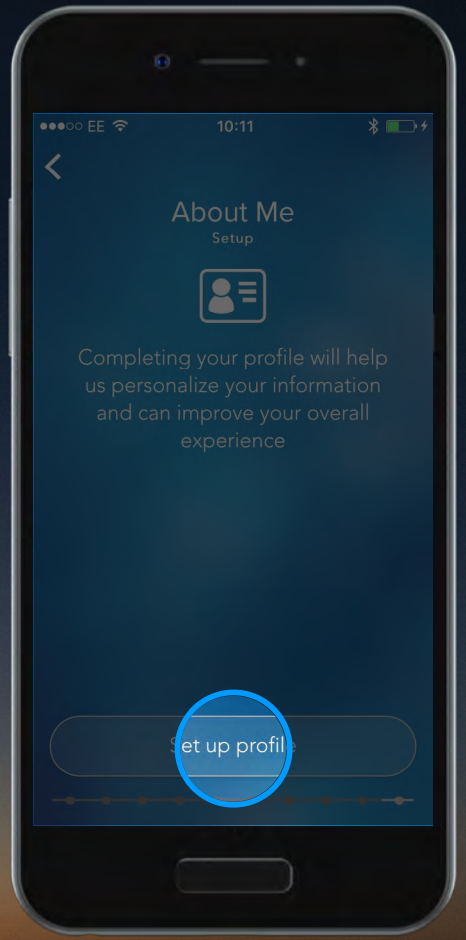
22.

Profile

To help personalize information and improve your overall experience, set up your profile by selecting ‘Set up profile’.



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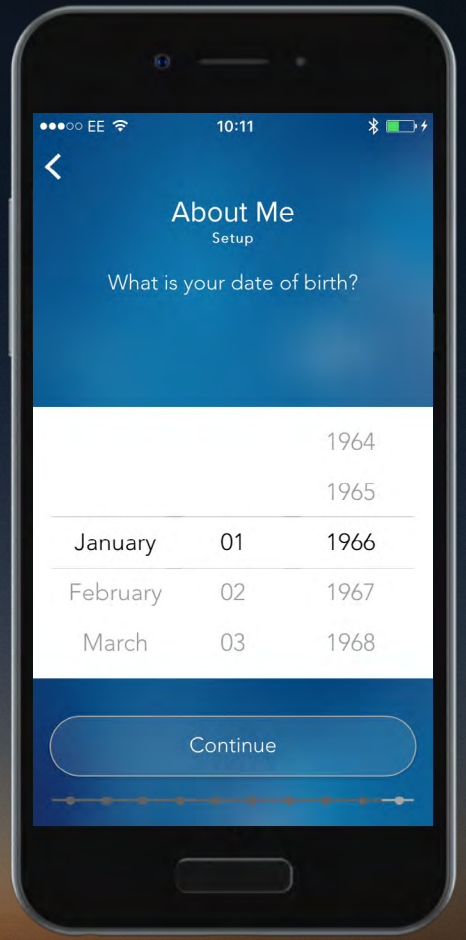
23.

Profile

Enter your date of birth by sliding the dates up and down and select ‘Continue’.



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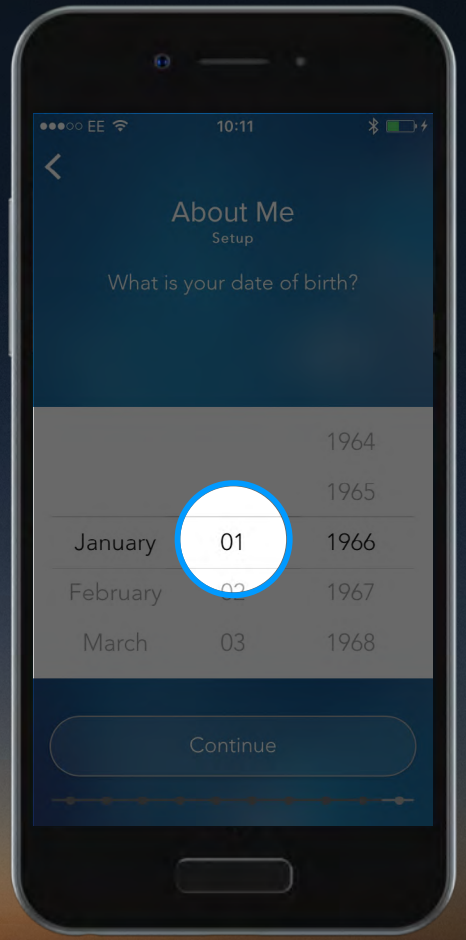
23.

Profile

Enter your date of birth by sliding the dates up and down and select ‘Continue’.



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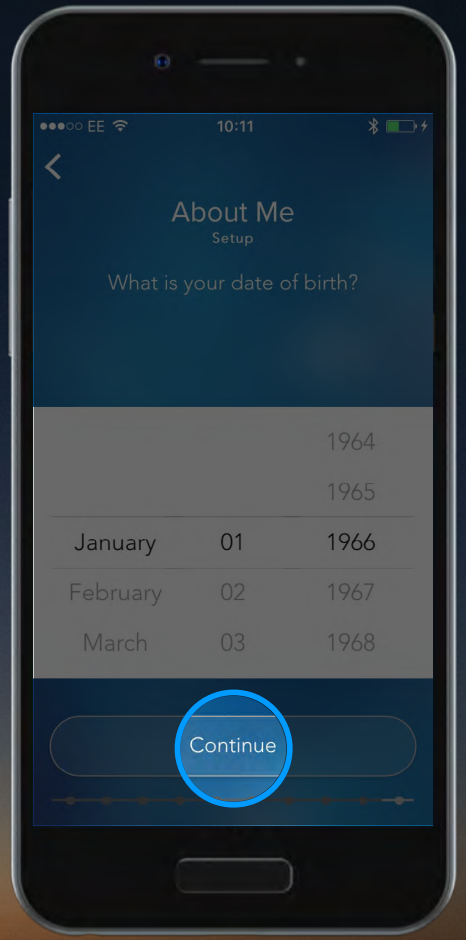
23.

Profile

Enter your date of birth by sliding the dates up and down and select ‘Continue’.



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24.

Profile

Select your gender and ‘Continue’.

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24.

Profile

Select your gender and ‘Continue’.

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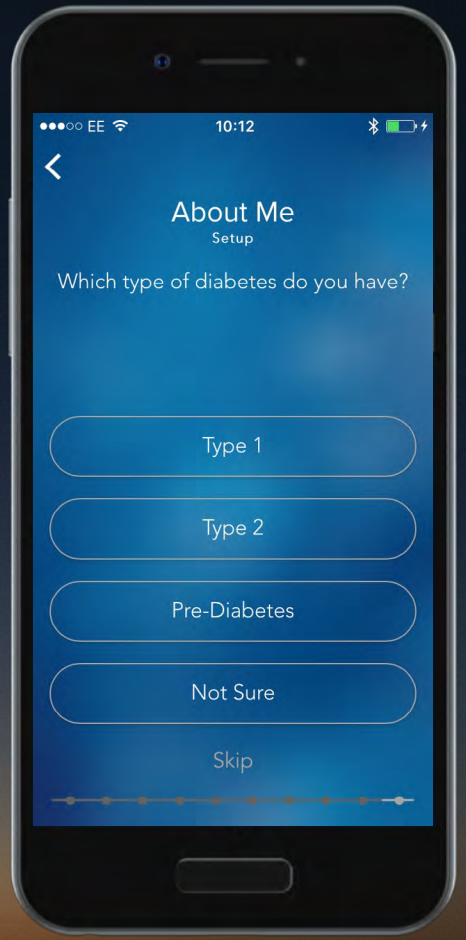
25.

Profile

Select the type of diabetes you have.



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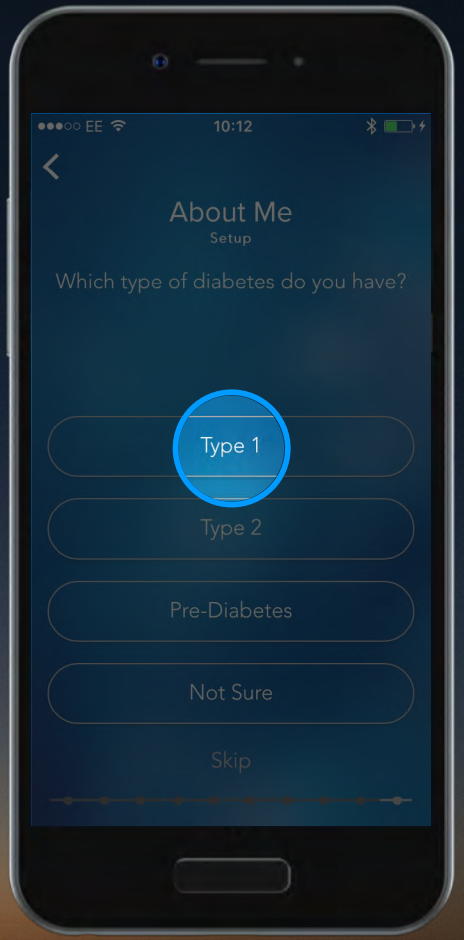
25.

Profile

Select the type of diabetes you have.



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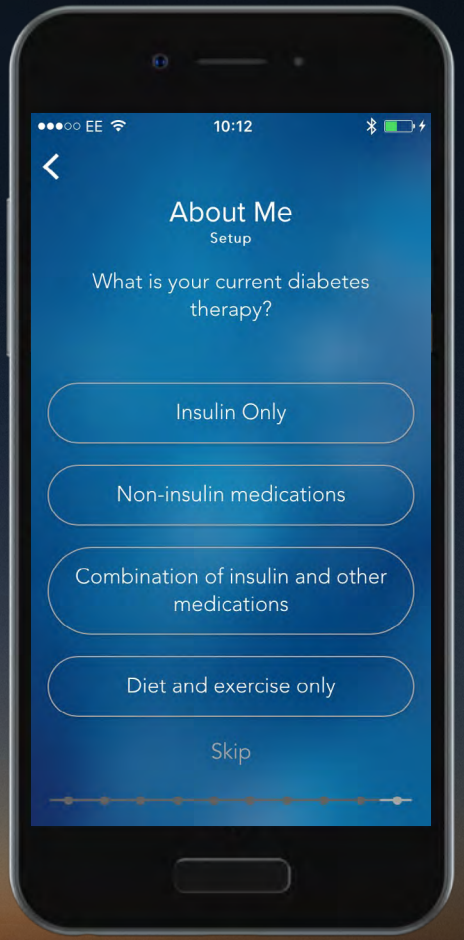
26.

Profile

Now select your current therapy.



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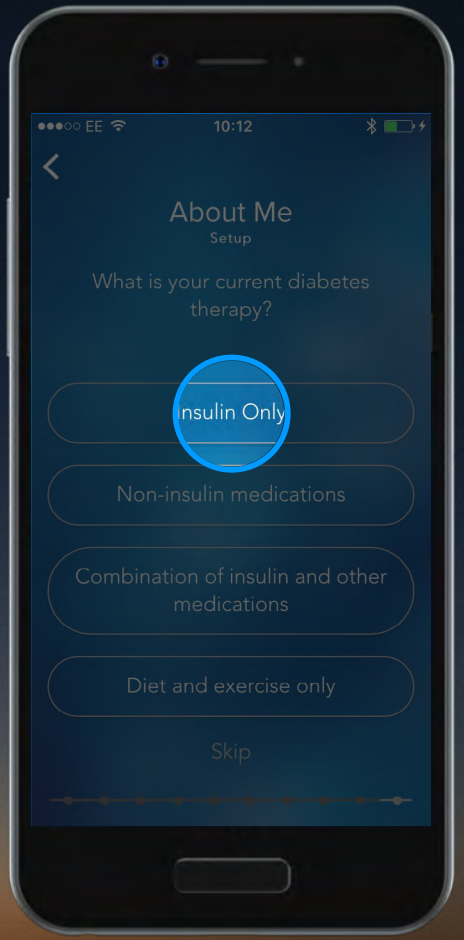
26.

Profile

Now select your current therapy.



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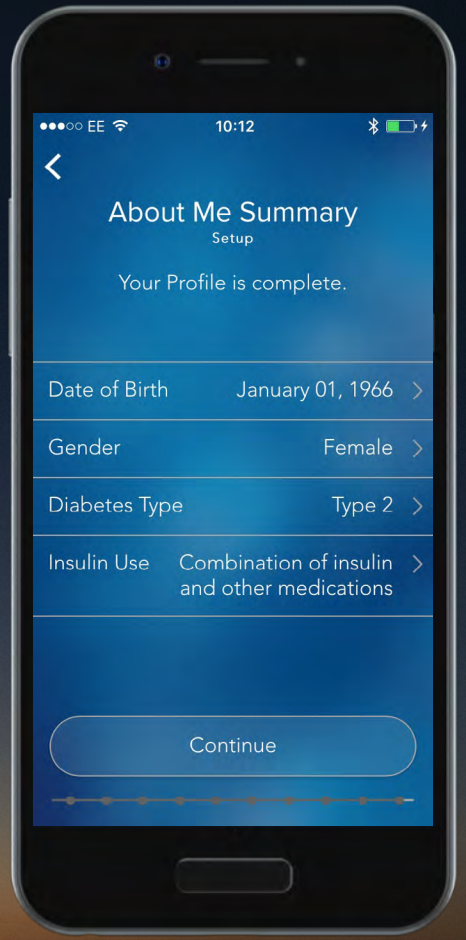
27.

Profile

Your Profile is now complete, select ‘Continue’.



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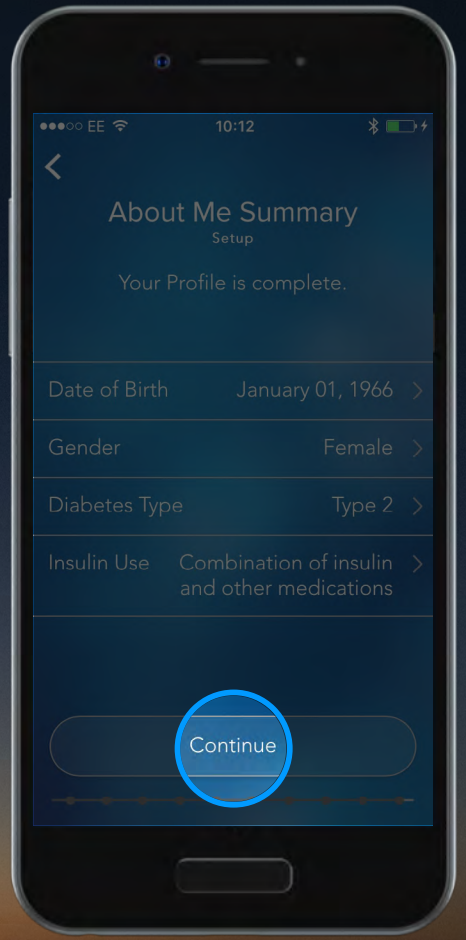
27.

Profile

Your Profile is now complete, select ‘Continue’.



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28.

Setup Complete.

Your **CONTOUR DIABETES app** Setup is now complete.

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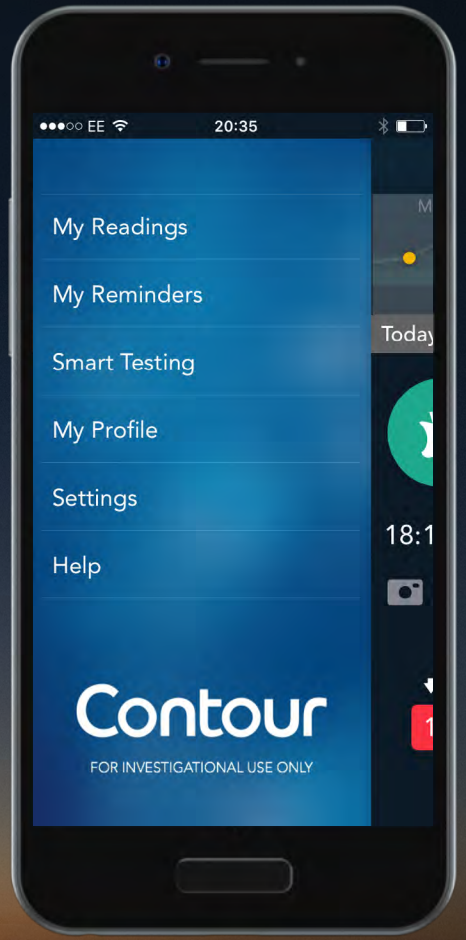
29.

Settings

You can change any of these settings by selecting ‘Settings’ from the Main Menu.



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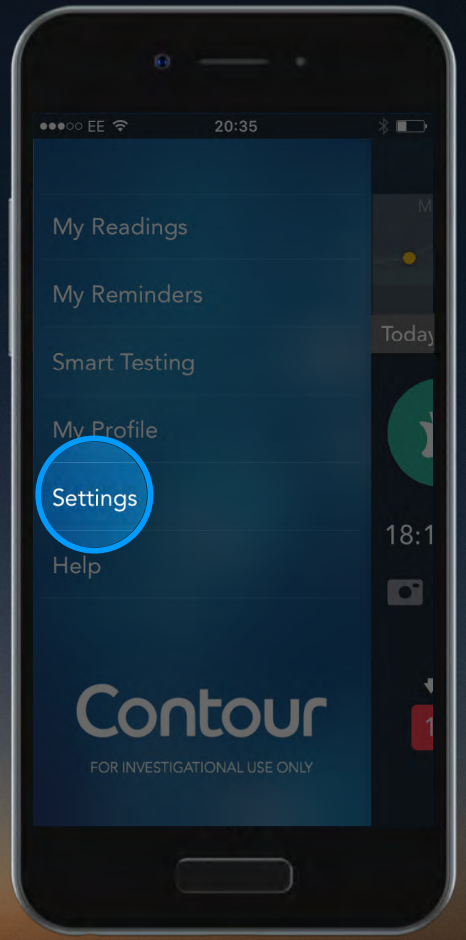
29.

Settings

You can change any of these settings by selecting ‘Settings’ from the Main Menu.



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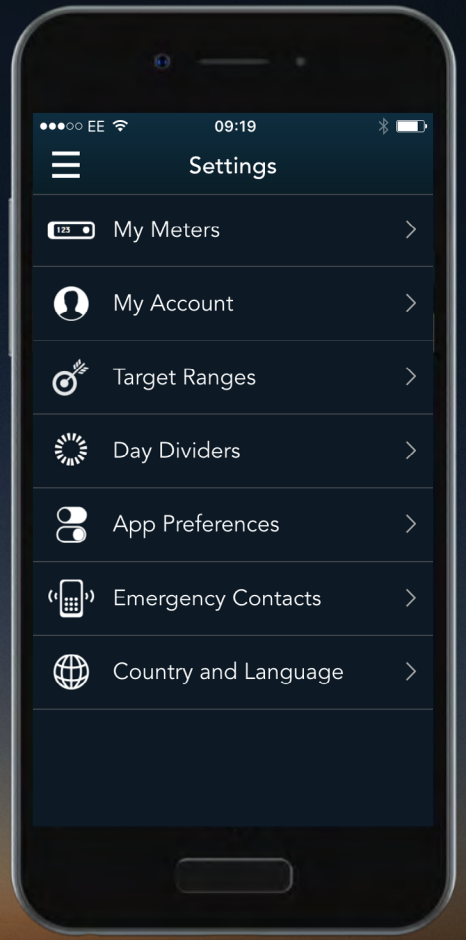
30.

Settings

From the Settings menu, you can view and change details about your Meter, your Account, Target Ranges, Day Dividers, and more.



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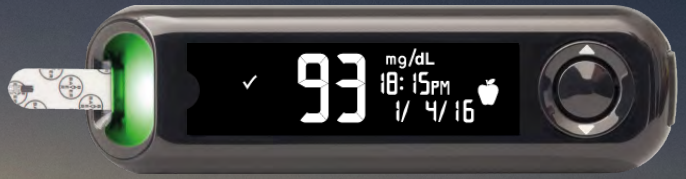
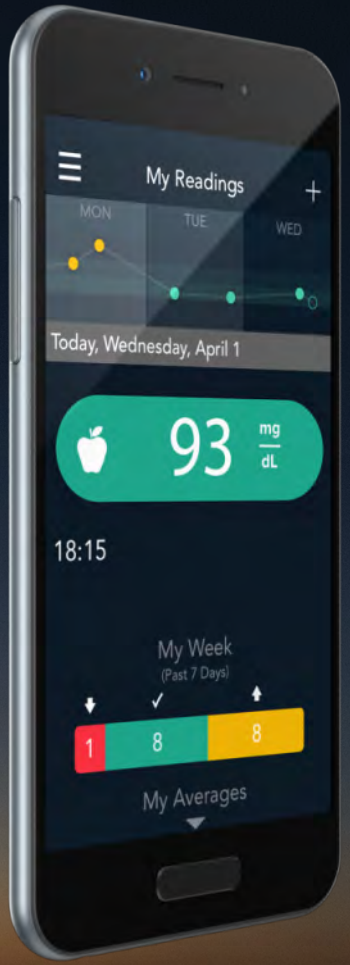
Talk to your Healthcare Professional and refer to the product user guide if you have questions about the **CONTOUR®PLUS ONE** smart meter and the **CONTOUR™DIABETES app**.
For more information, and to find out whether the **CONTOUR®PLUS ONE** meter is available in your country, visit diabetes.ascensia.com





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