





Setting up the CONTOUR™DIABETES app





© Copyright 2016 Ascensia Diabetes Care Holdings AG

◀ ▶

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.



Contour, plus one, Blood Glucose Monitoring System

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.





© Copyright 2016 Ascensia Diabetes Care Holdings AG

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'.





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'.





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'.

0		
••••• EE 🗢	10:07	* 📼 +
<		
Time ar	nd Date Sur	nmary
Time a	and Date are sy	nced
Time: 10:0 Date: 11/2	7 AM 7/2015	
	Continue	
	• • • •	• • • •



© Copyright 2016 Ascensia Diabetes Care Holdings AG

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'.



◀ ▶

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.

	e — -	
•••• 00 EE 🗢	10:07	* 🕞 +
<		
	Day Dividers	
	and the second sec	
Contor divide y and ove	ur uses Day Divid your day into mea ernight to organi	ders to al times ze your
Dic	ood sugar reading	ys.
	Continue	
+++	• • • •	•••



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.

)
<		₩
	Day Dividers	
	and the second s	
		rs to times 9 your 5.
	Continue	

Contour plus one ") Blood Glucose Monitoring System

Day Dividers

You can accept the suggested times by selecting 'Accept'.

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





Day Dividers

You can accept the suggested times by selecting 'Accept'.

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



Contour, plus one, Blood Glucase Monitoring System

Day Dividers

You can accept the suggested times by selecting 'Accept'.

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

θ		
<		
Da	ay Dividers	
		ested vidually.
		0:DOAM >
		4:00PM >
		9:00PM >
	9:00PM -	5:00AM >



◀ ▶

Day Dividers

5.

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

Select 'Done' when you have finished.





Day Dividers

5.

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

Select 'Done' when you have finished.





◀ ▶

Day Dividers

5.

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

Select 'Done' when you have finished.



Day Dividers

Select 'Accept' to confirm your chosen timings.

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Day Dividers

Select 'Accept' to confirm your chosen timings.

Contour, plus one,) Blod Glucose Monitoring System

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Meal Markers

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

Contour, plus one """

Meal Markers

8.

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'.

Contour, plus one,» Blood Glucose Monitoring System

Meal Markers

8.

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'.

		* 💷
<		i
N	leal Markers	5
	Ŭ	
		a blood en:
Ć	S Fasting	
(Before Mea	I
Ĭ	After Meal	
	s you to easily ugar reading in	categorize the app

Contour, plus one, Blod Glucase Monitoring System

Meal Markers

8.

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'.

••••• EE ج 09:13 لا Meal Markers Setup	*
••••• EE 🖘 09:13 K Meal Markers Setup	* 💷
K Meal Markers Setup	
Meal Markers Setup	
Ŭ	
🖞 Fasting	
🍎 Before Meal	
🞽 After Meal	
This prompts you to easily categ your blood sugar reading in the ap	
Meter Meal Markers	
Continue	

Contour, plus one, Blood Glucose Monitoring System

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**.

© Copyright 2016 Ascensia Diabetes Care Holdings AG

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**.

•••• EE * 10:08 * ••• Target Ranges Setup The meter compares your blood sugar reading with a Target Range to let you know if it is:
••• EE 🖘 10:08 * •• + (i) Target Ranges Setup Correction The meter compares your blood sugar reading with a Target Range to let you know if it is:
Target Ranges Setup The meter compares your blood sugar reading with a Target Range to let you know if it is:
Target Ranges Setup The meter compares your blood sugar reading with a Target Range to let you know if it is:
The meter compares your blood sugar reading with a Target Range to let you know if it is:
Continue

Contour, plus one, Blood Glucase Monitoring System

◀ ▶

Target Ranges

9.

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**.

Θ			
••000 EE 🗢	09:13		* 🖿
<			(j)
Targ	let Ran	ges	
Critical High		400	mg dL ≯
After Meal or C High	Overall	Ť 180	dL >
Before Meal or Fasting High	Ú	1 30	dL >
Low		80	mg dL ≯
Critical Low		50	mg dL ≯
Summary View			>
	Accept		

Target Ranges

10.

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

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

Θ —	
):13
<	
Target I ^{Set}	Ranges
	all 🎽 180 📆 >
	🝎 💆 130 🖷 >
	50 mg/dL >
Acc	cept

Target Ranges

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

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

Θ				
			*	D
<				
Targ	et Ran	ges		
		X 18	30 ^{mg} _{dL}	>
	Ű	0013	30 mg dL	>
		8	30 <u>mg</u> dL	>
			$50 \frac{mg}{dL}$	

Target Ranges

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

Contour plus one Blood Glucose Monitoring System

Target Ranges

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

Target Ranges

Select 'Accept' to set your Target Ranges.

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Target Ranges

Select 'Accept' to set your Target Ranges.

Contour, plus one, Blood Glucese Monitoring System

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.

Target Lights

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

Select 'Continue' to set.

Target Lights

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

Select 'Continue' to set.

	e —	
		* 💷
<		
	Target Lights	5
	-•	
		displays a your blood .IGHT) Range.
		low)
		een)

Target Lights

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

Select 'Continue' to set.

	0	
		* 💷
<		
	Target Lights	
	-` \	
		isplays a our blood GHT) ange.
		ow)
		en)
	Continue	

Contour, plus one over the plus of the plu

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.

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.

Contour, plus one, Blood Glucose Monitoring System

Meter Setup Summary

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

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Meter Setup Summary

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

Contour, plus one Blood Glucose Monitoring System

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.

•••• EE 🗢	10:08	* 📼 +
<		
Em	ergency Ca Setup	ills
	((
In case of criti levels you w	ically high or low vill be prompted t	blood sugar o make an
2	emergency call.	
	Continue	
		• • • •

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.

<		
Em	ergency Ca _{Setup}	alls
	((
	Continue	

Emergency Calls

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

6		
••••○ EE 奈 く	10:09	* □ + (j)
Loc	al Emerge _{Setup}	ncy
Enter you	r local emergeno	cy number
999		8
< >		Done
1	2 ABC	3 Def
4 _{GHI}	5 JKL	<u>6</u> мпо
7 PQRS	8 TUV	9 wxyz
+ * #	0	\otimes

Contour, plus one)) Blood Glucose Monitoring System

Emergency Calls

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

Emergency Contacts

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

₹ ^{00 EE} 🗢	09:16	* 🗖
Emer	gency Conta Setup	acts
Enter y	our emergency cor	ntact
Name		-
Number		
()	Choose from existin	g contacts
< >		Done
QWE	RTYU	ΙΟΡ
ASD	FGHJ	KL
★ Z X	CVBN	M
123 😅 🖞	space	return

Emergency Contacts

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

Select 'Done' when complete.

		۲						
***** E	E 穼			09:16	5			* 🗖
1	Em	erg	ger	ICY Setup	Co	nta	cts	
Nar	ne	An	nit S	harn	na	com	IACL	8
Nur	nbe							
	(€C	noos	e froi	n exi	sting	, cont	acts
<	>							Done
qw	ı e			t y	/ [L	i c	p
а	s	d	f	g	h	j	k	1
↔	z	x	С	v	b	n	m	$\langle \times \rangle$
123 (₽		spa	ace		ret	urn

Emergency Contacts

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

Select 'Done' when complete.

₹ ⁰⁰ EE 奈		* 💷
Emerg	gency Conta Setup	acts
		8
		g contacts
< >		Done
qwe	rtyu	iop
a s d	fghj	k I
Ω Z X	cvbn	m 🖾
	space	return
123 😂 🖳	space	

Contour, plus one, Blod Glucase Monitoring System

Emergency Contacts

You will be shown an overview of your entries.

Select 'Continue' if all are correct.

θ —	- · _]
•••••• EE 🖘 09 K	:17 * 🗖
Emerger Sumr ^{Set}	ncy Calls mary ^{up}
You set your emerg	gency information.
Local Emergency Number	999 >
Amit Sharma	123456789 >
Cont	inue

Emergency Contacts

You will be shown an overview of your entries.

Select 'Continue' if all are correct.

Đ		
•••••• EE 🗢		* 🗖
Eme You set you	ergency Ca Summary _{Setup} Ir emergency inf	alls formation.
	Continue	

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Profile

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

6		
•••○ EE 奈	10:11	* 🕞 +
`	About Me	
	2=	
Complet us persc and car	ing your profile onalize your info n improve your	will help rmation overall
	experience	
	Set up profile	

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Profile

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

0		
		\$ 4
		₽
<		
	About Me	
		vill help
		nation
		verall
		veran
	et up profil	

Profile

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

Contour, plus one one of the second s

Profile

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

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Profile

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

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Profile

Select your gender and 'Continue'.

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Profile

Select your gender and 'Continue'.

Profile

Select the type of diabetes you have.

Profile

Select the type of diabetes you have.

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Profile

Now select your current therapy.

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Profile

Now select your current therapy.

Profile

Your Profile is now complete, select 'Continue'.

Profile

Your Profile is now complete, select 'Continue'.

Contour, plus one ""

Setup Complete.

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

© Copyright 2016 Ascensia Diabetes Care Holdings AG

Settings

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

Contour, plus one,» Blood Glucese Monitoring System

Settings

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

Contour, plus one,» Blood Glucese Monitoring System

◀ ▶

30.

Settings

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

Contour plus one Blod Glucose Monitoring System 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

Get the app

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. Google Play is a trademark of Google Inc.

Ascensia, the Ascensia Diabetes Care logo and CONTOUR are trademarks of Ascensia Diabetes Care Holdings AG.

