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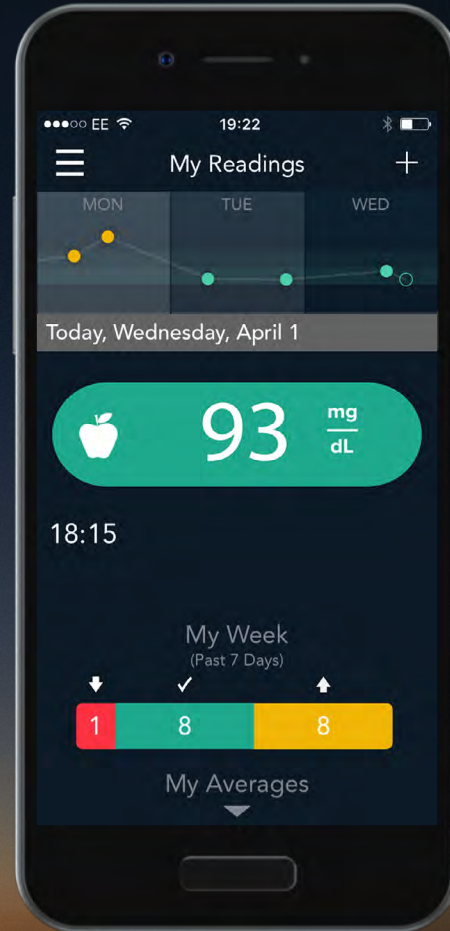
Blood Glucose
Monitoring System

Viewing test results in My Readings



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Blood Glucose
Monitoring System

The **CONTOUR™ DIABETES app** captures all your blood glucose readings to create personalized patterns and trends, so you can see how your daily activities impact your results.



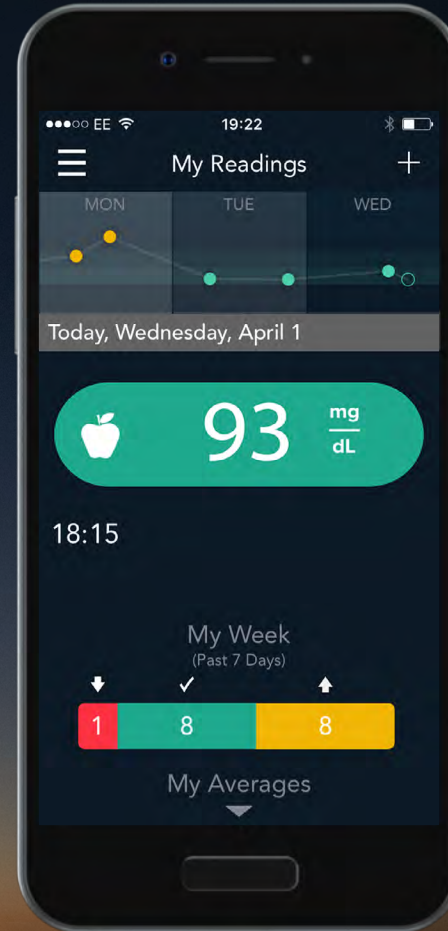
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1.

My Readings

The reading that displays in the center is your most recent blood glucose reading.

Swipe down to view previous readings.



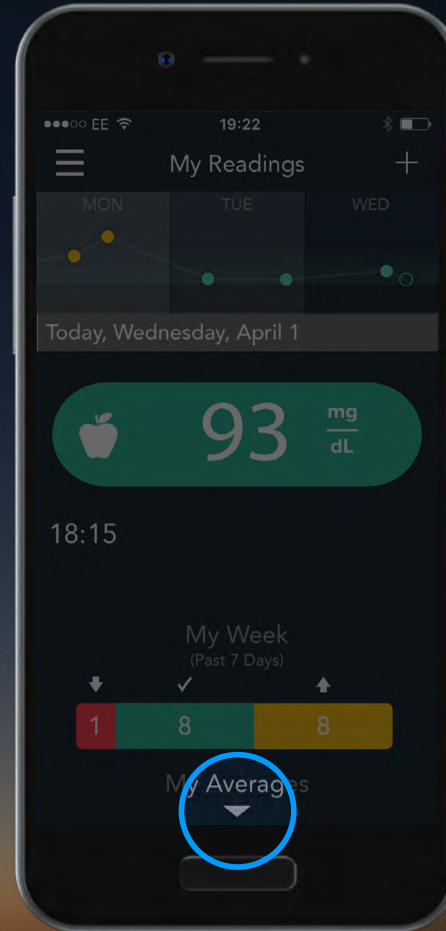
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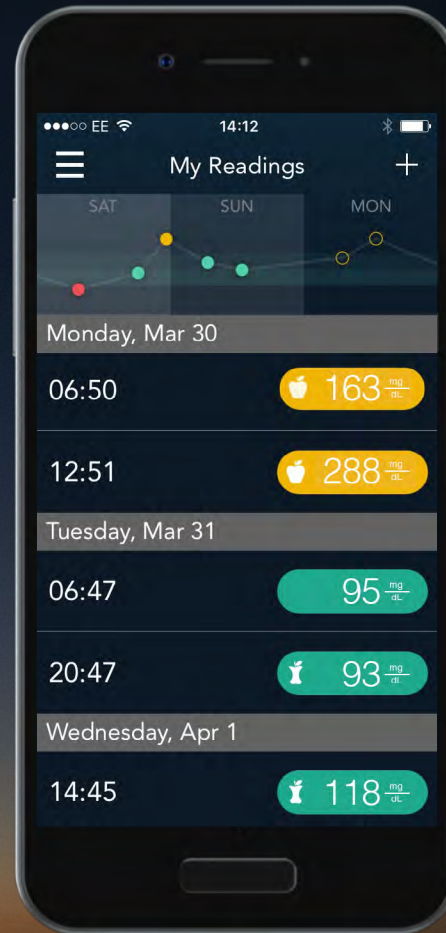
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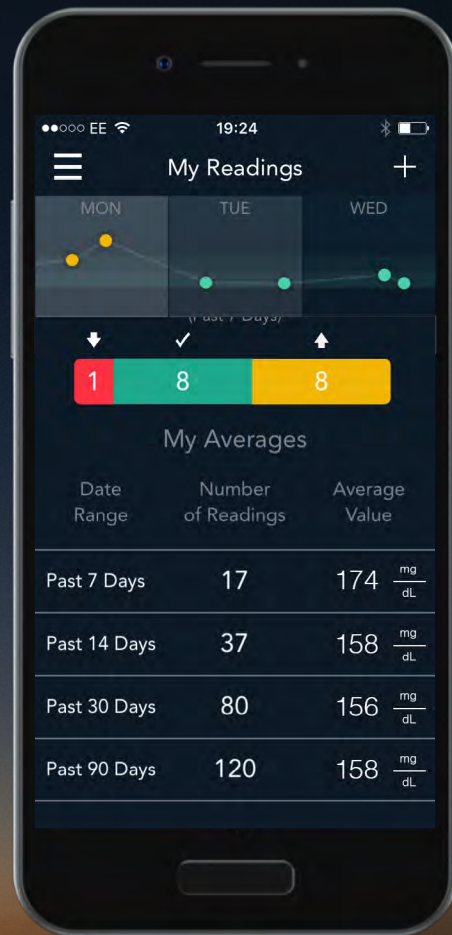


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2.

My Readings

Swipe up to see your averages over the past 7-90 days.

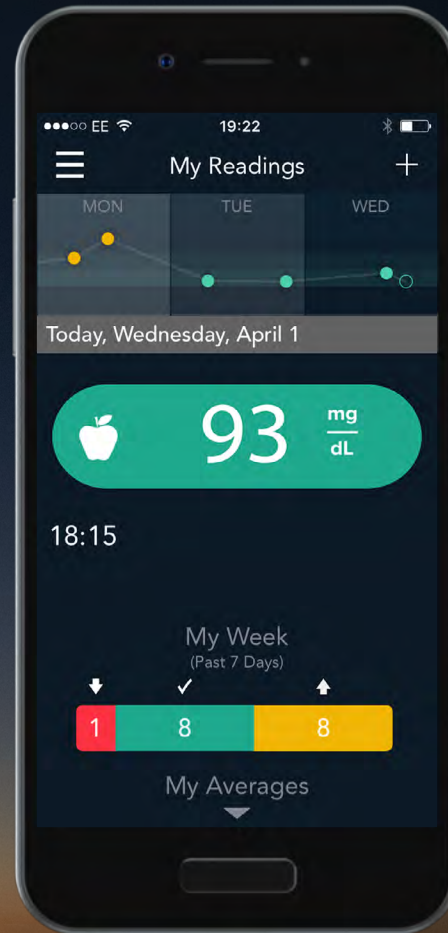


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3.

My Readings

You can select each reading to add more detail.

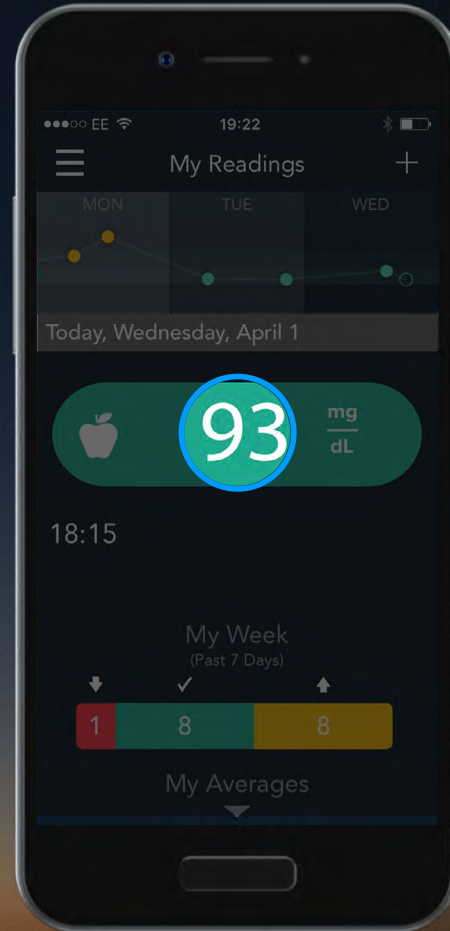


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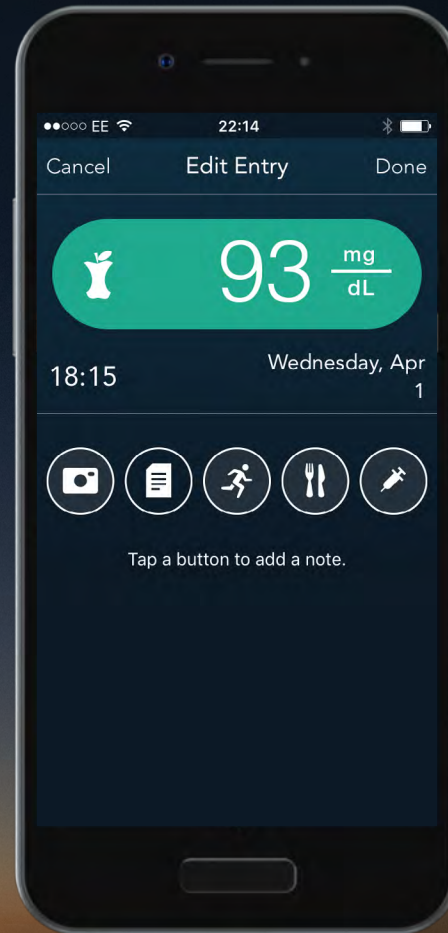


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4.

My Readings

You can add details to your reading such as photos, notes, activity, meals and medication using the icons below.



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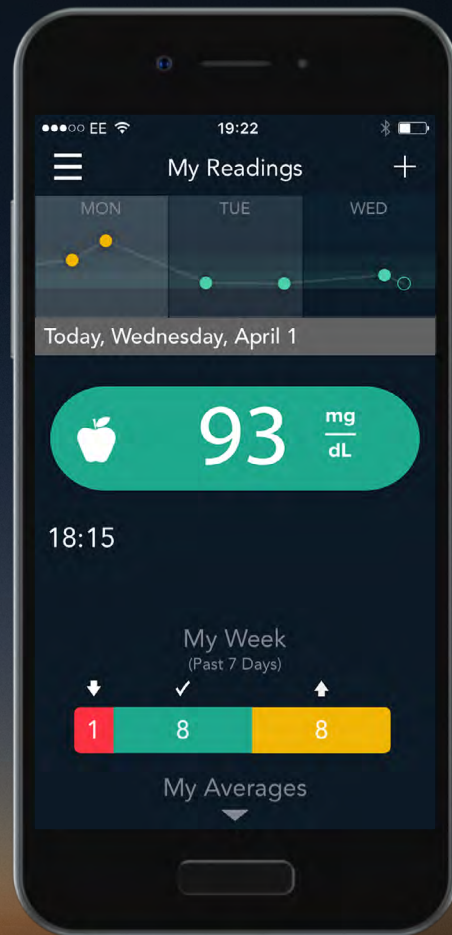
5.

My Readings

The chart at the top shows your results for each day plotted on a graph.

The data points are colored to match your blood glucose readings.

Swipe left and right to see more results.

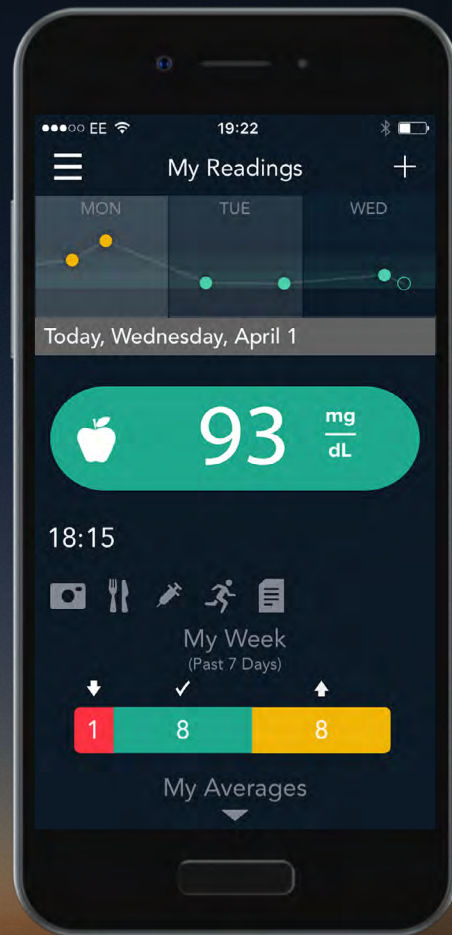


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6.

My Readings

Selecting any of the symbols below your blood glucose reading allows you to view any additional information you have entered into your reading such as photos, notes, activity, meals and medication.

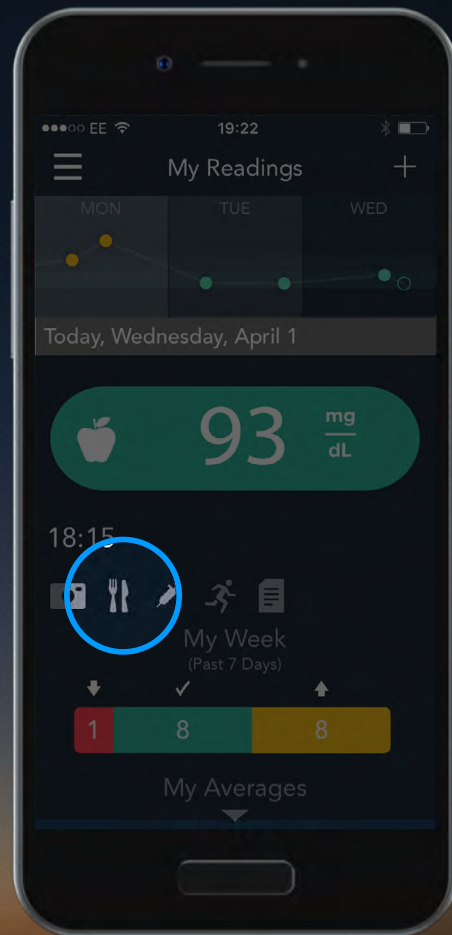


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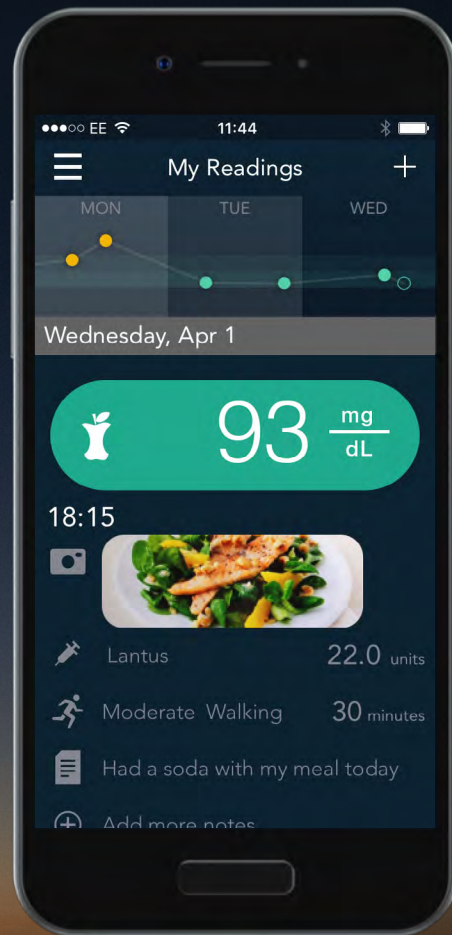


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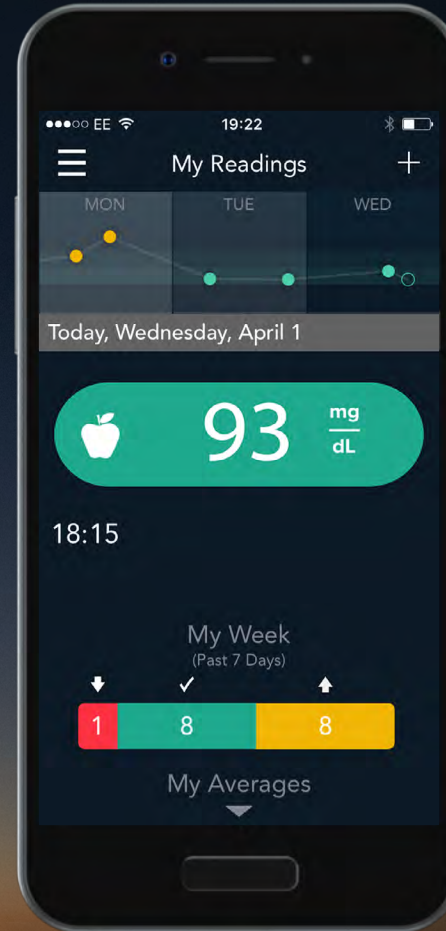
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7.

My Readings - Expanded Graph

The Expanded Graph shows the pattern of your blood glucose levels over a day or date range that you choose.

Tile your mobile device sideways to view.



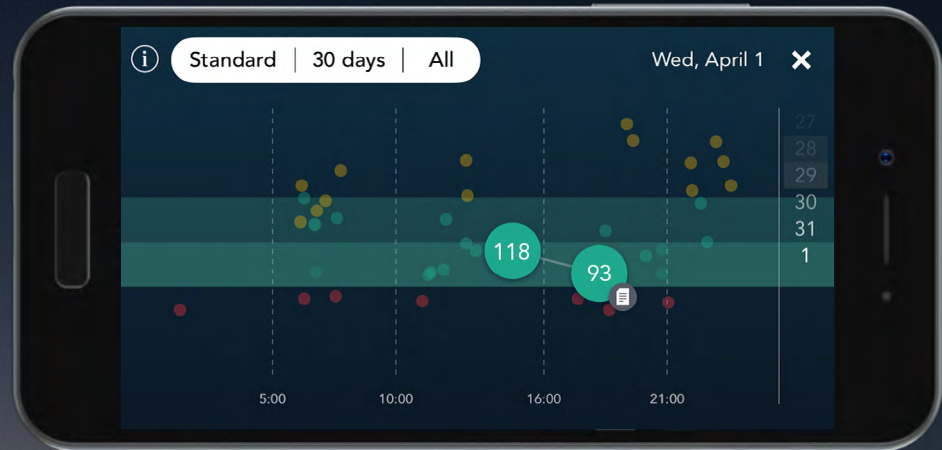
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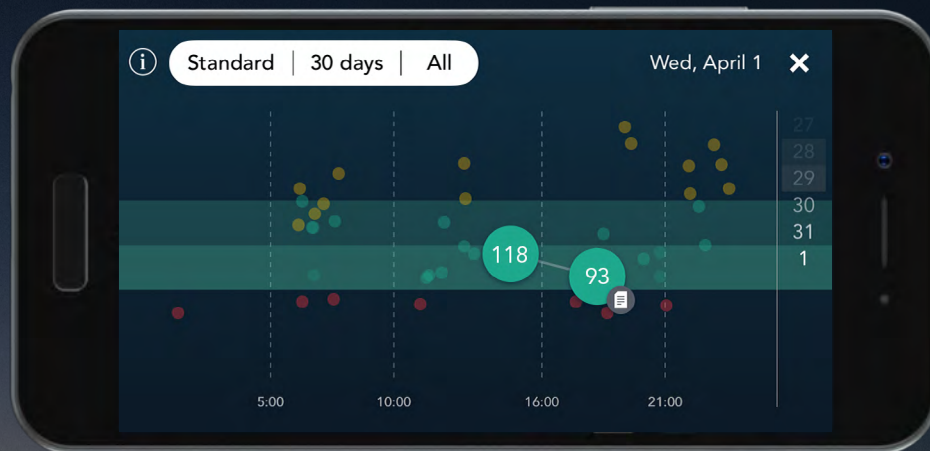
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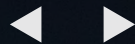
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8. My Readings - Expanded Graph

You can customize your view by selecting the white button in the top left.



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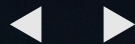


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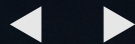
9.

My Readings - Expanded Graph

Tap on the different filters to change the way you view your expanded graph.

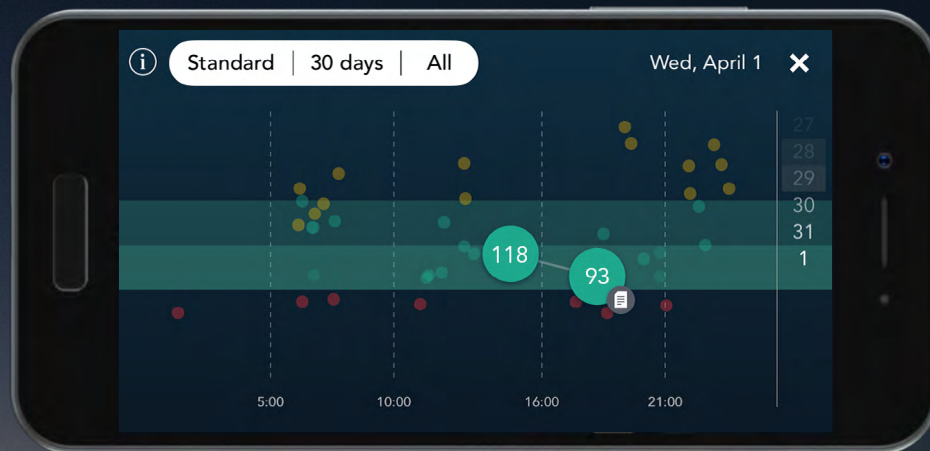
Standard View shows readings from a single day, while Averages mode calculates your averages based on your meal times (Day Dividers).





10. My Readings - Expanded Graph

By selecting a blood glucose reading within that day you can view all details about the result that have been entered.

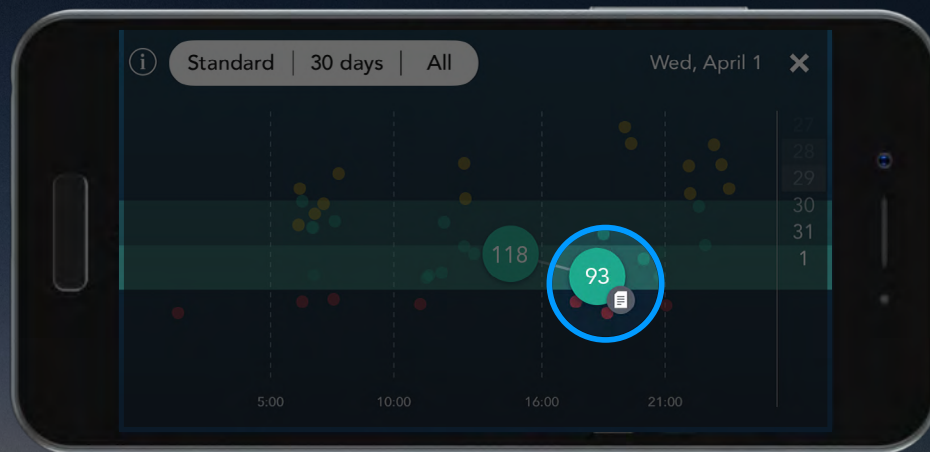


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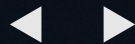


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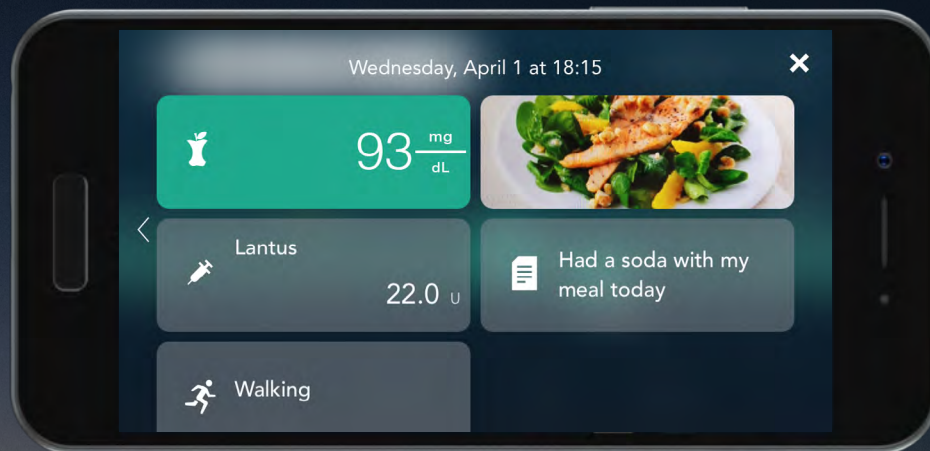


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Talk to your Healthcare Professional and refer to the product user guide if you have questions about the **CONTOUR®PLUS ONE** smart meter and the **CONTOUR™DIABETES app**. For more information, and to find out whether the **CONTOUR®PLUS ONE** meter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

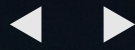
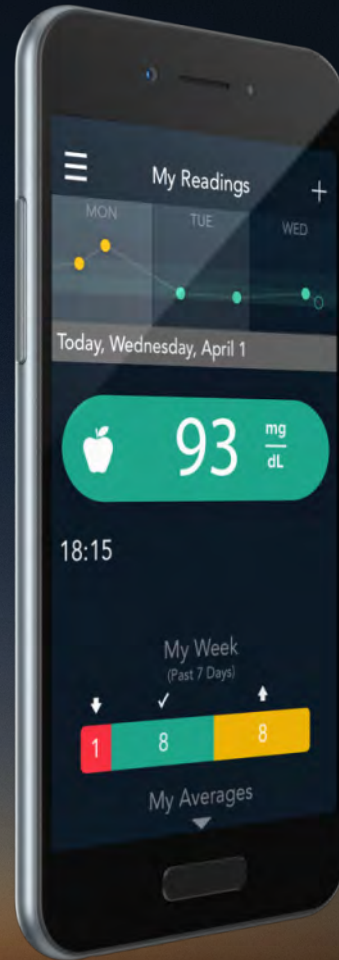


Get the app



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diabetes solutions