BAYER

Contour. next USB
Blood Glucose Monitoring System
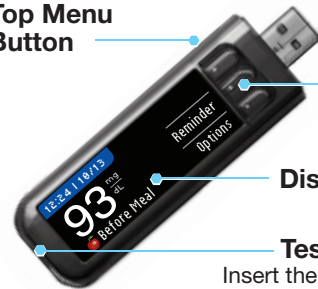
93 mg/dL
12:24 18/13
Before Meal

NO CODING®

QUICK REFERENCE GUIDE

Your CONTOUR®NEXT USB Meter

Protective USB Cap

Top Menu Button

Selection/ Scrolling Buttons

Display Screen

Test Strip Port: Insert the test strip here.

Use only Bayer's CONTOUR NEXT test strips with your CONTOUR NEXT USB meter.

Your CONTOUR®NEXT Test Strip

Gray, Square End
Insert this end into the test strip port

Sample Tip
Blood sample pulled in here

Turning Your Meter On and Off

menu

- Press and hold the Menu button to turn your meter on or off.
- Insert or remove the test strip to turn the meter on or off.
- Press the Menu button to go back to the Main Menu.

Selection/Scrolling Buttons

- The ▲ or ▼ buttons allow you to move through the menus. You can hold the ▲ or ▼ buttons down to scroll faster through a list.
- When your choice is highlighted, make a selection by pressing the OK button.

Charging the Meter

Your CONTOUR®NEXT USB meter has a rechargeable battery. You must charge your meter by plugging it into the USB port or wall charger. After one minute of charging, you can run one blood glucose test if needed. The meter is fully charged when the test strip port light stops flashing and turns off.
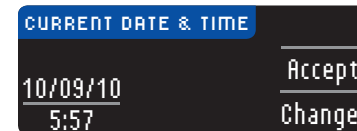
You must unplug your CONTOUR NEXT USB meter to test. For more details see your CONTOUR NEXT USB user guide.

Setting Up the Meter

1. Press and hold the Menu button until the meter turns on. After a welcome screen you will select your language.

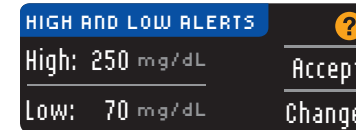**2.** Choose your language using the ▼ button and press OK. Scroll down to see more language choices.

LANGUAGE
✓ English
Deutsch
Français
Italiano

3. Accept or Change current Date and Time.

CURRENT DATE & TIME
10/09/10
5:57
Accept
Change

4. Accept or Change High and Low Alerts Levels.

HIGH AND LOW ALERTS
High: 250 mg/dL   Accept
Low: 70 mg/dL   Change

The High and Low Alerts tell you your test result is above or below the setting you choose. Alerts appear as large, orange numbers.
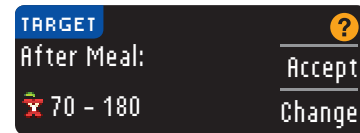
5. To change Fasting target range use the ▲ or ▼ buttons and press **OK**.
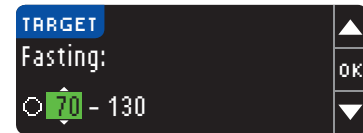
6. To Change Before Meal target range use the ▲ or ▼ buttons and press **OK**.

7. To Change After Meal target range use the ▲ or ▼ buttons and press **OK** to complete initial setup. Press **Accept** to complete setup.

8. Your meter is now set up and you are ready to test your blood sugar.

Blood Sugar Testing - Fingertip

To test, you need your charged CONTOUR®NEXT USB meter, a CONTOUR®NEXT test strip, a lancing device and lancet.

> **WARNING**
> **Always wash and dry your hands well with soap and water before and after testing, handling the meter, lancing device or test strips.**

> **CAUTION:**
> • Please see your CONTOUR NEXT USB user guide and MICROLET®2 insert for full instructions prior to use.
> • You must set up your meter before doing your first blood sugar test.

1. Insert the gray square end of the test strip into the test strip port until you hear a beep.

2. Obtain a blood drop using the lancing device.

3. Touch the tip of the test strip to the drop of blood.

Follow instructions on the meter screen.

4. Use the ▼ button to highlight **Fasting**, **Before Meal**, **After Meal**, or **No Mark** and select your choice by pressing the **OK** button.

Your test is now complete and your test result is marked.

5. From your results screen, you can set a **Reminder** or select **Options** to log Carbs, log Insulin or add Notes. Refer to the CONTOUR®NEXT USB user guide for complete information.

6. To turn your meter off, remove the test strip.

*Your meter is preset and locked to display results in mg/dL. If your result is in mmol/L, contact Bayer Diabetes Care Customer Service 24 hours a day, 7 days a week at: 1-800-348-8100.

Need Help?
Call toll free: 1-800-348-8100
www.bayercontour.com

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