

**Contour®
next ONE**
Blood Glucose
Monitoring System

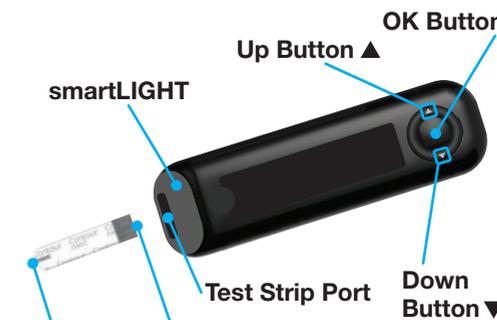
Works with the CONTOUR™DIABETES app available for download on the App Store® or on Google Play™.



Uses only CONTOUR®NEXT blood glucose test strips.

QUICK REFERENCE GUIDE

Your CONTOUR®NEXT ONE meter



Grey Square End: Insert this end into the test strip port

Sample Tip: Blood sample pulled in here

CAUTION

Your CONTOUR NEXT ONE meter works only with CONTOUR®NEXT test strips and CONTOUR®NEXT control solution.

Read your CONTOUR NEXT ONE User Guide for the *Intended Use* of the meter and a list of *Important Safety Information*, *Warnings*, and *Precautions*.

The CONTOUR™DIABETES app

You can automatically transfer results from your CONTOUR NEXT ONE meter wirelessly to your smartphone or tablet.

1. On your smartphone or tablet, go to the App Store® or the Google Play™ store.
2. Search for the CONTOUR DIABETES app.
3. Install the CONTOUR DIABETES app and follow the instructions to pair your meter.



OR Scan with QR Code app or visit www.contourone.com to learn more.

NOTE: If you do not pair your meter with the CONTOUR DIABETES app, follow the instructions in *Initial Setup from the Meter* the first time you turn on your meter.

Turn the Meter On and Off

- Press and hold the **OK button** for 2 seconds until your meter turns **On** or **Off**.
- Insert a test strip into the meter to turn the meter **On**.
- Press **OK** twice when the meter is **Off** to turn **On** the white test strip port light.

Up/Down, Scroll/OK Buttons



- The **▲** and **▼** buttons on the outer ring allow you to scroll through the options.

- When a symbol is **blinking**, you can select it or change it.



- Press the **OK button** to accept a selection.

Initial Setup from the Meter

Press and hold the **OK button** for 2 seconds until the meter turns on.



NOTE: The screen dims after 30 seconds of inactivity. To light the screen again, press the **OK button**.

Initial setup begins with View Pre-Set Target.

1 View Pre-Set Target

The meter compares your blood sugar results with a **Target Range** (for example, 70 mg/dL–130 mg/dL) to let you know if your test result is:

- **within** your **Target Range**.
- **above** your **Target Range**.
- **below** your **Target Range**.

You can change this pre-set **Target Range** from the CONTOUR DIABETES app after initial setup of the meter.

The meter displays a pre-set **Overall Target Range**.



1. To move to the next screen, press the **OK button**.

Continue to *Set the Time*.

2 Set the Time

The hour is **blinking**.

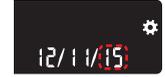
1. To change the hour, press the **▲** or **▼ button** on the outer ring.
2. To set the hour and move to minutes, press the **OK button**.
3. To change the minutes, press the **▲** or **▼ button** on the outer ring, then press the **OK button**. For a 12-hour format, select **AM** or **PM**, press the **▲** or **▼ button** on the outer ring, then press the **OK button**.



3 Set the Date

The year is **blinking**.

1. To change the year, press the **▲** or **▼ button**, then press the **OK button**.
2. To change the month, press the **▲** or **▼ button**, then press the **OK button**.
3. To change the day, press the **▲** or **▼ button**, then press the **OK button**.



4 Setup is Complete

The meter briefly displays your saved settings, then beeps and turns **OFF**.



Setup is complete.

Fingertip Testing

Refer to your lancing device insert for detailed instructions on preparing the lancing device.

WARNING: Potential Biohazard

- Always wash your hands well with soap and water and dry them before and after testing or after handling the meter, lancing device, or test strips.
- All parts of this kit are considered biohazardous and can potentially transmit infectious diseases.

For more information, refer to the CONTOUR NEXT ONE User Guide.

CAUTION

- The lancing device usually provided with your kit is intended for use by a single patient.
- Set up your meter before doing your first blood sugar test. Refer to *Initial Setup from the Meter*.

For more information, refer to the CONTOUR NEXT ONE User Guide.

1. Prepare the lancing device. Refer to your lancing device insert for detailed instructions.
2. Insert the grey square end of a new test strip firmly into the test strip port until the meter beeps.



The meter turns on and displays the **Apply Blood** screen. The meter is now ready to test a blood drop.



3. Use your lancing device to get a drop of blood from your fingertip.
 4. Stroke your hand and finger toward the puncture site to form a drop of blood.
 5. Immediately touch the tip of the test strip to the drop of blood.
 6. If the meter beeps twice and the screen displays a **blinking** blood drop, the test strip does not have enough blood. Apply more blood to the test strip within 60 seconds.
- Turn the page to continue *Fingertip Testing* and learn about *Meal Markers*.

Need Help?

For more information, go to www.contourone.com

Customer Service is available Monday through Sunday, 8:00 am through Midnight, Eastern time.

Your meter is preset and locked to display results in mg/dL. If your result is in mmol/L, contact Diabetes Care Customer Service: 1-800-348-8100 Monday through Sunday, 8:00 am through Midnight, Eastern time.



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Fingertip Testing, *continued*

CAUTION

For instructions on removing the lancet from your lancing device, see the lancing device insert.

The meter displays your result with the units, time, date, and target indicator: In Target , Below Target , or Above Target .



The test strip port displays a color representing your result value compared to the **Target Range**.



In Target **Below Target** **Above Target**

LO or HI Results

- If the meter beeps twice and displays the **LO** screen, your blood sugar reading is under 20 mg/dL. **Follow medical advice immediately.** Contact your health care professional.



- If the meter beeps once and displays the **HI** screen, your blood sugar reading is over 600 mg/dL.

- Wash and dry your hands well.

- Retest with a new strip.



If results are still over 600 mg/dL, **follow medical advice immediately.**

To turn the meter off, remove the test strip.

Logbook

- To turn on your meter, press and hold the **OK button** for 2 seconds.



The **Home** screen has 2 options: **Logbook** and **Settings**.

The **Logbook**  is **blinking**.

- To view your **Logbook** entries, press the **OK button**.

- Press the **▲** and **▼** buttons on the outer ring to scroll through the **Logbook**.

Settings

You can turn settings such as **Sound** and **Target Light (smartLIGHT)** On and Off in **Settings**.

- To highlight the **Settings** symbol  on the **Home** screen, press the **▼** button on the outer ring.

- When the **Settings** symbol is **blinking**, press the **OK button** to enter **Settings**.

- Continue to press the **OK button** as you go through each setting until you find the setting you want to change.

You will see options such as:

- Time Format
- Time
- Date Format
- Date
- Sound
- Meal Markers
- Target Ranges
- Target Lights (smartLIGHT)
- Bluetooth®**

- When you find the setting you want to change, press the **▲** or **▼** button on the outer ring to turn the setting On or Off or to change the value.



- To accept the change, press the **OK button**.

To exit from the **Logbook** or the last **Settings** screen and return to **Home**, press the **OK button**.

Turn Meal Markers On

If your meter is not **ON**:

- Press and hold the **OK button** about 2 seconds until the meter turns on.



- Wait until the **Logbook** symbol is **blinking** on the **Home** screen.



- Press the **▼** button on the outer ring.



- When the **Settings** symbol is **blinking**, press the **OK button**.



- Continue to press the **OK button** to move through each setting until you see the **Meal Marker** setting screen.



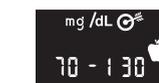
Do not press the OK button yet.

- Press the **▲** or **▼** button so that **On** is **blinking**.



- Press the **OK button**.

- Review each target range and press the **OK button** to move to the next range.



The **Meal Marker** feature is **On**.

Select a Meal Marker During a Blood Sugar Test

Meal Marker Symbols

-  Fasting
-  After Meal
-  Before Meal
-  No Mark

- NOTE:** You must do a blood sugar test before you can select a **Meal Marker**. **You cannot select a Meal Marker in Settings.**
- Test your blood sugar. See *Fingertip Testing* in this guide.
 - Do not remove the test strip until you select a **Meal Marker**.

A **Meal Marker** blinks on the blood sugar result screen:



- If the **blinking** **Meal Marker** is the one you want, press the **OK button**.

To select a different **Meal Marker**, press the **▲** or **▼** button on the outer ring to scroll between markers.



- When the **Meal Marker** you want is **blinking**, press the **OK button**.

NOTE:

- If you do not select a **Meal Marker** within 30 seconds, the screen dims. Press any button to turn the screen back on and make a selection.
- If you do not select a **Meal Marker** within 3 minutes, the meter turns off. Your blood sugar reading is stored in the **Logbook** without a **Meal Marker**.

Your Meter Display

Symbol	What it Means
	Your Logbook
	Settings
	Target Light (smartLIGHT) Setting (Green=In Target; Red=Below Target; Yellow=Above Target)
	A Target range or Target setting is displaying
	Fasting Meal marker; used when testing after fasting (no food or drink for 8 hours, except water or non-caloric beverages)
	Before Meal marker; used when testing within 1 hour before a meal
	After Meal marker; used when testing within 2 hours after the first bite of a meal

Symbol	What it Means
	No Mark Selected; used when testing at times other than after fasting or before or after a meal
	Blood sugar test result is in Target range
	Blood sugar test result is above Target range
	Blood sugar test result is below Target range
	Bluetooth symbol; indicates the Bluetooth setting is On; the meter can communicate with a mobile device
	Batteries are low and need to be changed
	Indicates a meter error