



**Contour<sup>®</sup>  
next<sup>®</sup> EZ**  
Blood Glucose  
Monitoring System



## GET STARTED!

Testing is easy with your CONTOUR<sup>®</sup>NEXT EZ meter. All you need is your meter, CONTOUR<sup>®</sup>NEXT test strips and MICROLET<sup>®</sup>2 lancing device with lancet. First get familiar with your meter and then set it up as outlined in your owner's booklet.

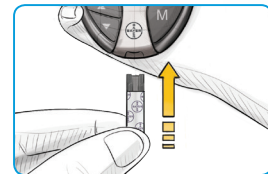
### To perform a test, follow these simple steps:

*Always wash your hands with soap and water and dry them well before and after testing.*

**1**

#### **Insert a CONTOUR<sup>®</sup>NEXT test strip into the meter.**

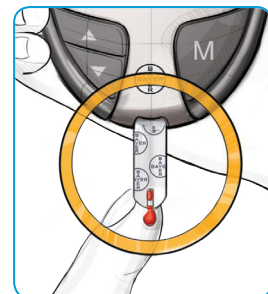
The meter will turn on, and an image of a blood drop will immediately flash on the screen. The meter is ready for you to apply a tiny (0.6µL) blood sample.



**2**

#### **Touch the tip of the test strip lightly to the drop of blood until the meter beeps.**

The CONTOUR<sup>®</sup>NEXT EZ meter's innovative Sip-in Sampling<sup>®</sup> Technology allows the blood to be pulled into the test strip. Your test result will be displayed after a fast five second countdown.



#### **Read the result, then remove and discard the used test strip.**

The reading will automatically be stored in memory, and the meter will automatically turn off.



*If your Language is not included on the meter or user guide, please seek the assistance from someone who can translate for you prior to use.*



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**next** **EZ**  
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**For newly diagnosed or new to testing,  
who want an easy testing experience.**

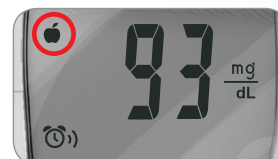
Your CONTOUR®NEXT EZ meter provides quick and easy meal markers to help detail your blood sugar management picture.

### How to mark your test results\*:

**1a**

#### Marking a test result as before-meal

When your test result appears on the display, press ▲ or ▼ to move to the flashing box around the 🍏 marker and press **M** to set.



**1b**

#### Setting test audible reminder

If you mark a result with the 🍏, the 🕒 will appear with a box flashing around it. This allows you to set an audible reminder which will go off in 2 hours (default) or the time selected — to remind you to do an after-meal test. Press **M** to set the alarm.



**2**

#### Marking a test as after-meal

When your test result appears on the screen, press ▲ or ▼ to move to the flashing box around the 🍽️ marker and press **M** to set.



**3**

#### Marking a test as unique

There are times when you test your blood sugar that are unique, and not based around a meal. When your test result appears on the display, press ▲ or ▼ to move to the flashing box around the 📖 marker and press **M** to set. You may want to note this result in your CLINILOG® Log Book.



After marking the test result with the appropriate meal marker, remove the strip to turn the meter off and discard the used strip.

*\* You will need to activate the Meal Marker feature on your CONTOUR®NEXT EZ meter before marking your test results. See your CONTOUR®NEXT EZ User Guide for instructions.*

**For more information, go to [www.bayercontour.com](http://www.bayercontour.com) or call Customer Service toll free: 1-800-348-8100 (available 24 hours a day, 7 days a week).**

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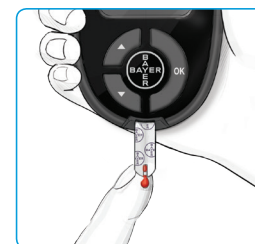
## To perform a test, follow these simple steps:

*Always wash your hands with soap and water and dry them well before and after testing.*

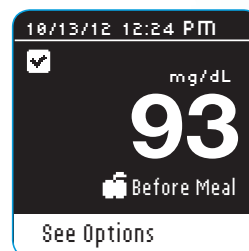
- 1 Insert a test strip into meter test strip port.



- 2 Touch the tip of the test strip to the drop of blood obtained from lancing the side of your finger.



- 3 Once prompted by AutoLog, select Fasting, Before Meal, After Meal or No Mark and press OK. Your test results will appear. Your test is now completed and your test result is marked.



*To view options for setting a reminder or adding a note, press OK button before you remove the test strip.*

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# Contour next

Blood Glucose Monitoring System



  
**Second-Chance™  
sampling**

  
**multi  
pulse**  
Accuracy Technology

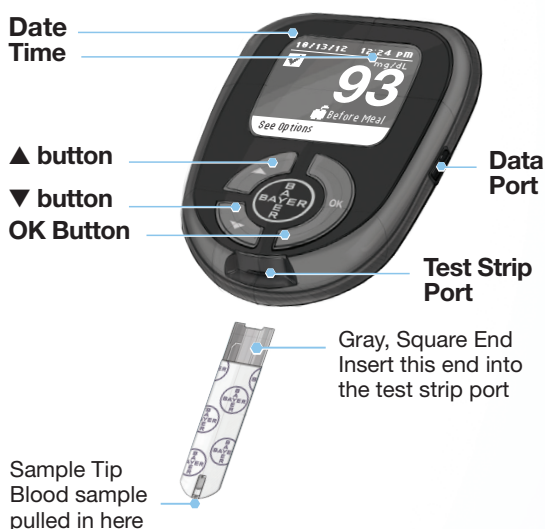
  
**NO  
CODING®**

## An easy, highly accurate meter that helps you do more.

Your CONTOUR®NEXT meter provides easy on-screen messages, with plain language or text instructions, making it easy to:

- **Use AutoLog** — before meal, after meal, and fasting markers at the touch of a button
- **Set audible reminders** to help you test after eating
- **Personalize High/Low target settings** to get clear summaries and patterns
- **View 7-, 14-, 30- and 90-day trends** to get an overview of averages
- **Can be set to English or Spanish, plus 12 other languages**

### Your CONTOUR®NEXT Meter



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