Contour

plus ONE))

**Blood Glucose
Monitoring System**

Pairing your **CONTOUR®PLUS ONE** smart meter with the **CONTOUR™ DIABETES app**
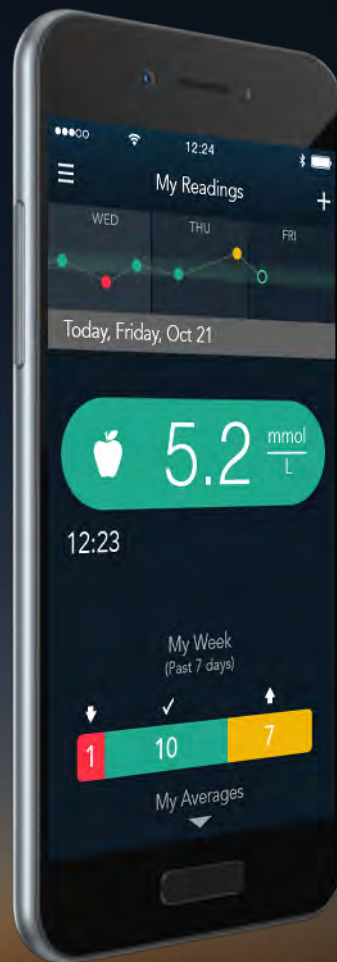
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Pair your **CONTOUR PLUS ONE** meter and it will sync with the **CONTOUR DIABETES app** whenever a Bluetooth connection is available.

1.

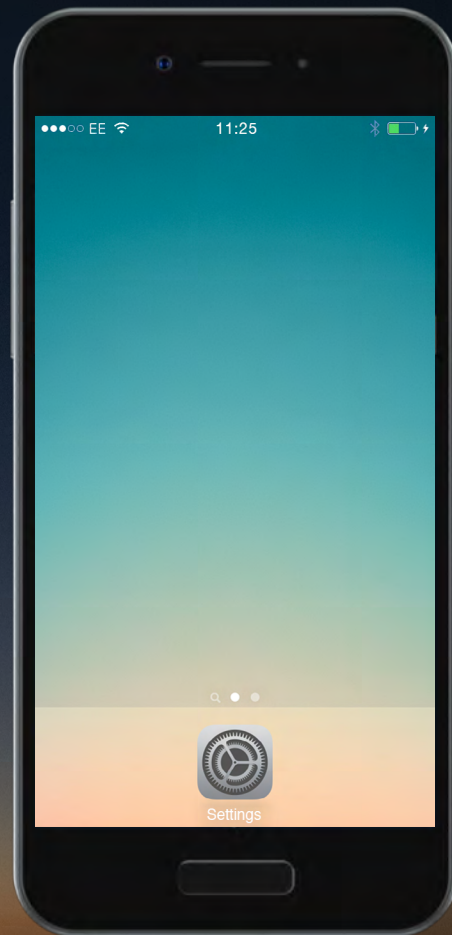### Pairing your meter

Before you pair your **CONTOUR PLUS ONE** meter, turn on Bluetooth in your mobile device.

Go to 'Settings' and then 'Bluetooth' and tap the 'toggle button' to turn on Bluetooth.

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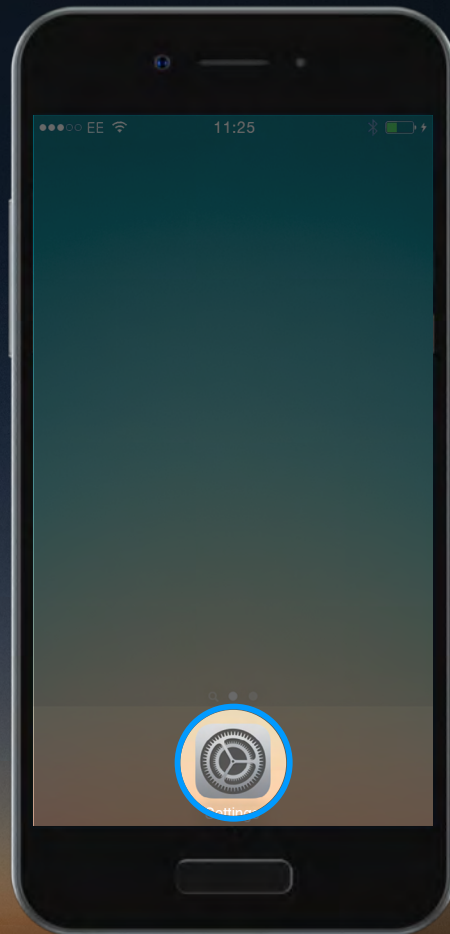
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●○○○○	11:25	🔒 ↗ 🔋

Settings

✈ Airplane Mode	⬜
📶 Wi-Fi	Off ›
🔵 Bluetooth	Off ›
📡 Mobile Data	›
🔗 Personal Hotspot	Off ›
📞 Carrier	›

🔔 Notifications	›
🎛 Control Center	›
🌙 Do Not Disturb	›

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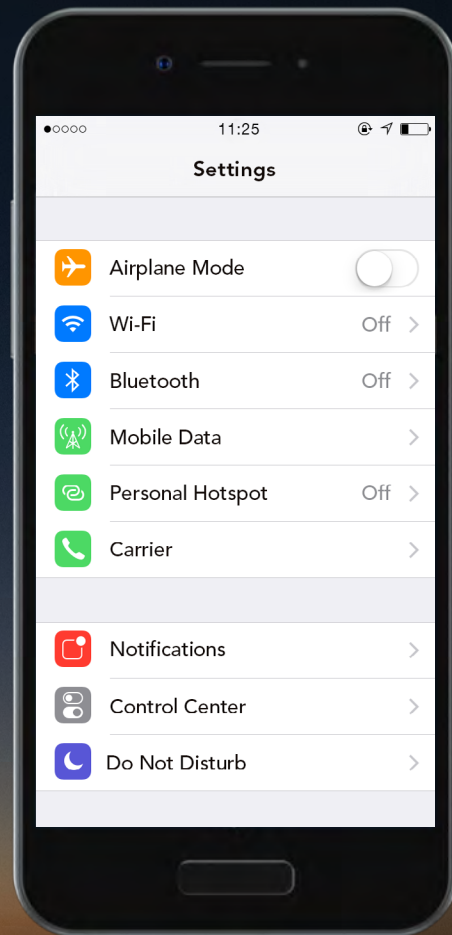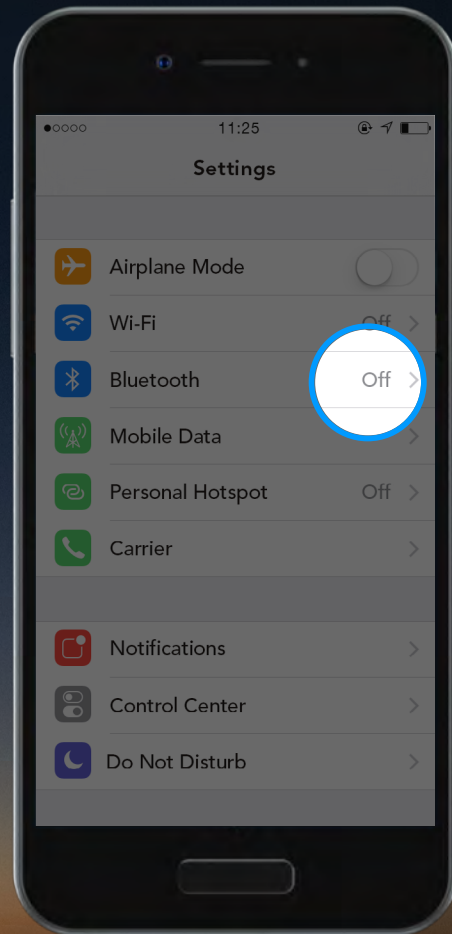
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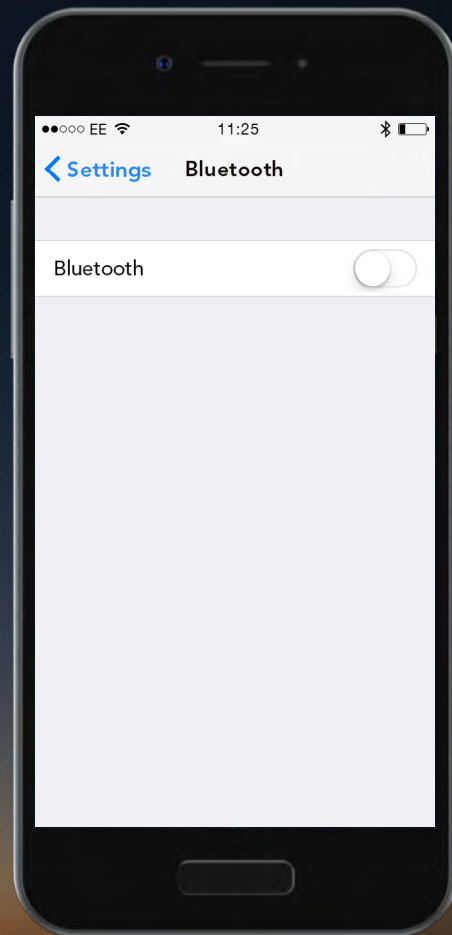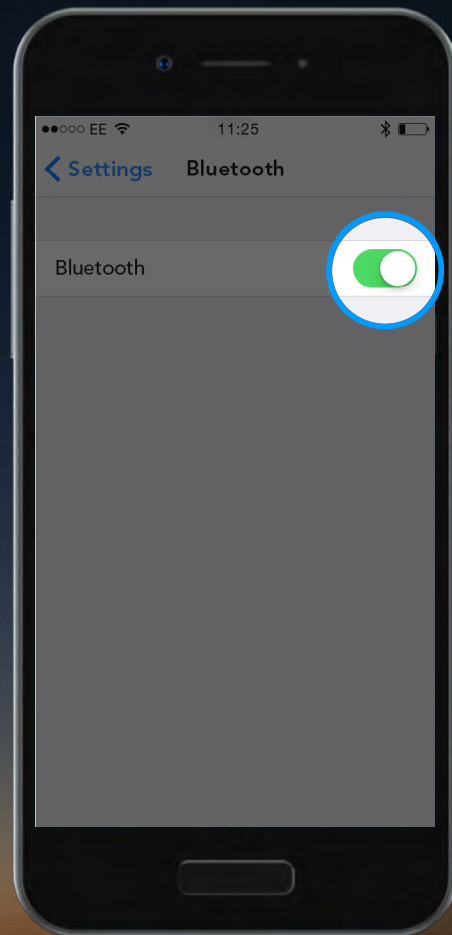
‹ Settings **Bluetooth**

Bluetooth

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‹ Settings   Bluetooth

Bluetooth

2.

Pairing Your Meter

In the **CONTOUR DIABETES app,** after you have set up an account you will be asked to pair a meter.

You are now ready to pair your meter. Turn off your meter and keep it near your mobile device.

Select 'Continue'.

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Pair a Meter

Make sure your meter is off and keep it near your mobile device.

Continue

Contour plus ONE))
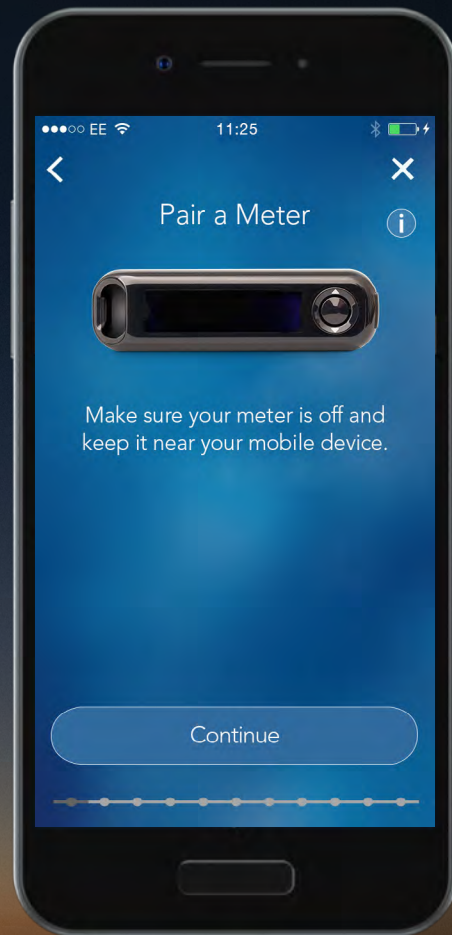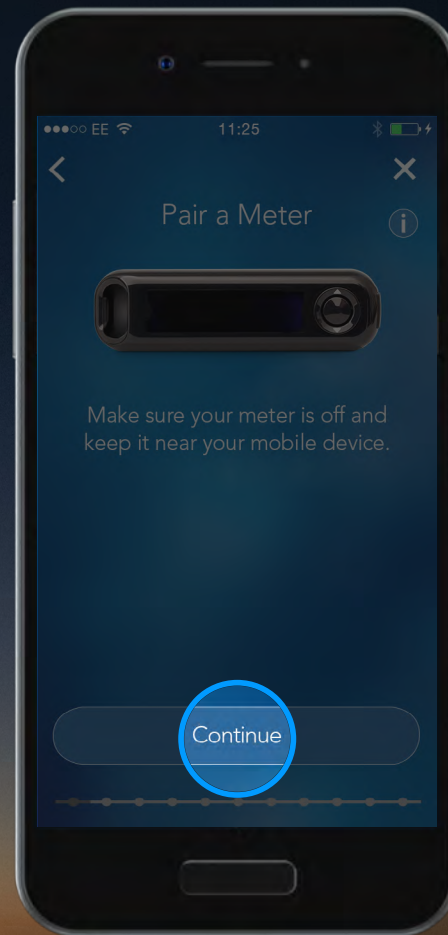Blood Glucose
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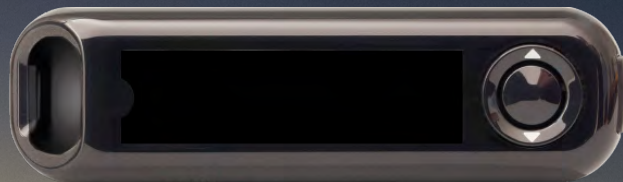
Select 'Continue'.

Pair a Meter

Make sure your meter is off and keep it near your mobile device.

Continue

3. Pairing Your Meter

Press and hold the center button on your **CONTOUR PLUS ONE** meter and do not release until you see the flashing blue light from the strip port.

Select **'Continue'**.

Pair a Meter

Press and HOLD the center button (A) until you see the flashing BLUE light from the strip port (B).

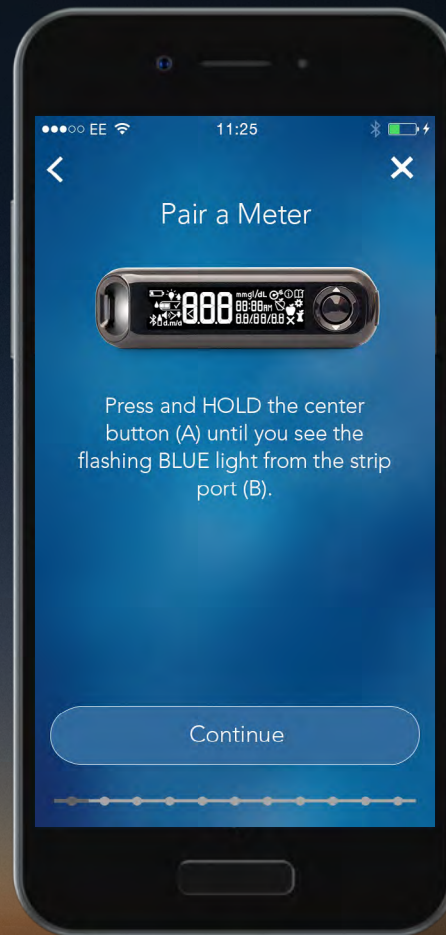Continue

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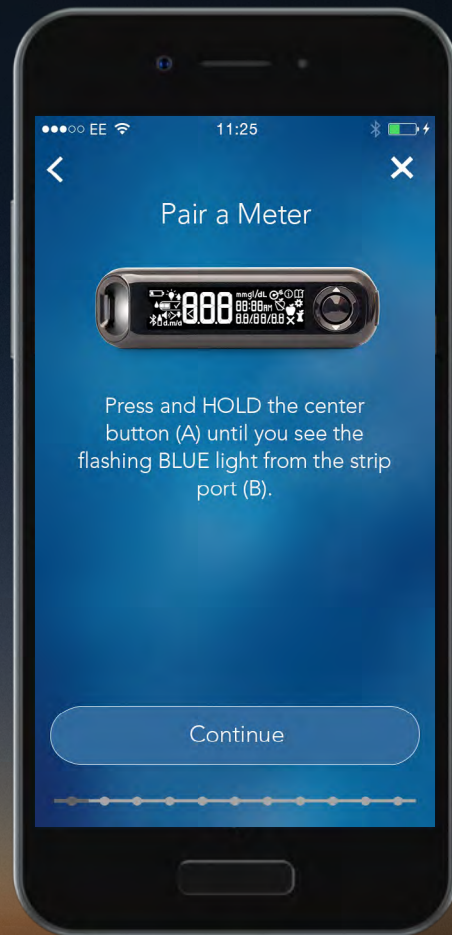
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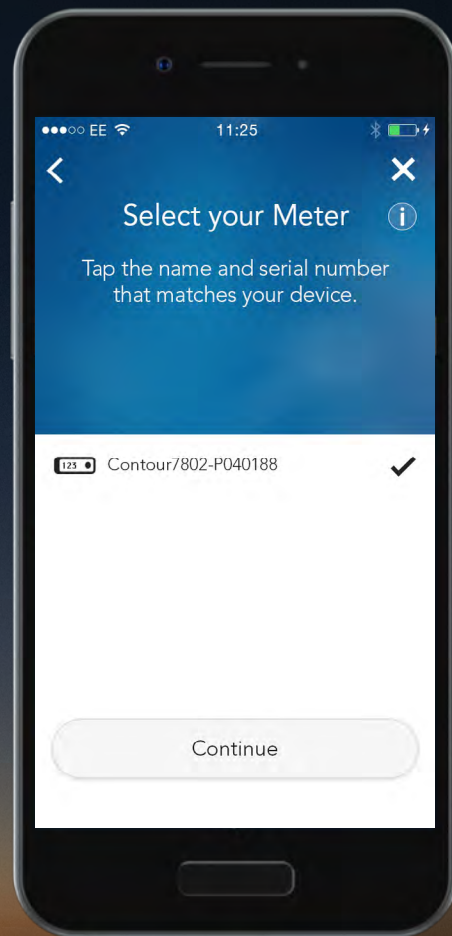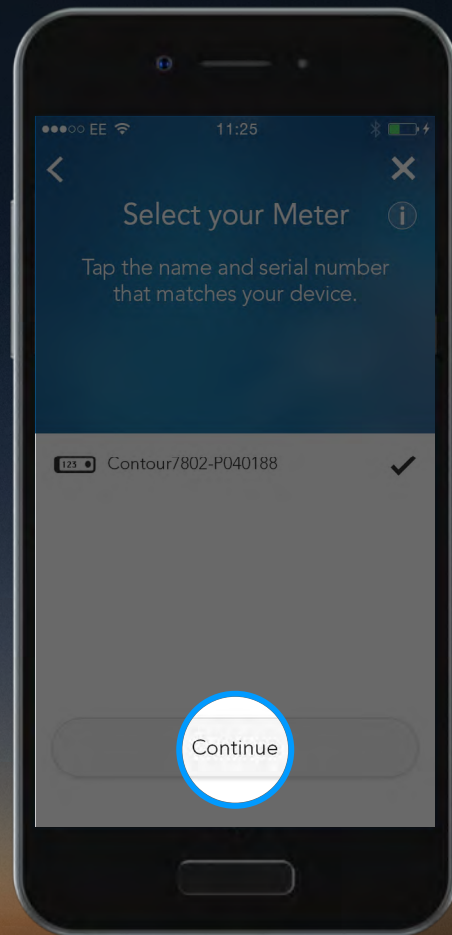
Select 'Continue'.

4.

Pairing Your Meter

Select your meter's serial number.

You can find the serial number on the label on the back of your meter.

Select 'Continue'.

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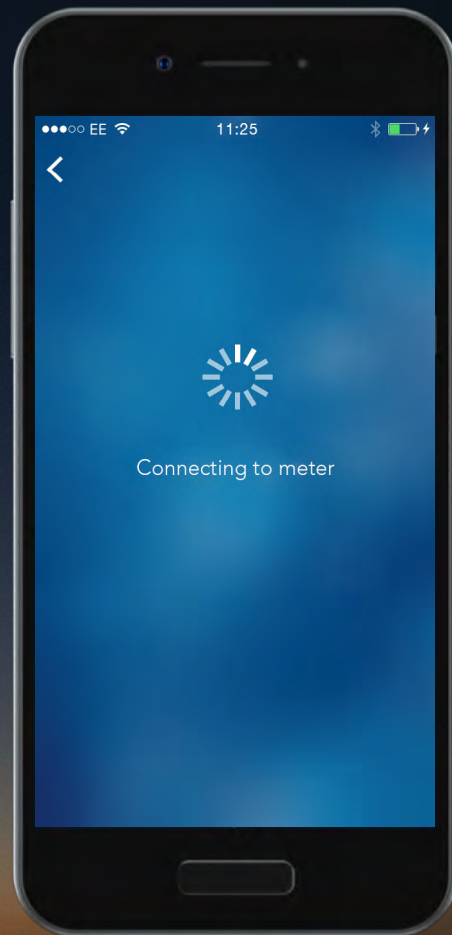

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5. | **Pairing Your Meter**

The **CONTOUR DIABETES app** will now connect to the meter.

Connecting to meter

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6. | **Pairing Your Meter**

Select 'Pair' to confirm the pairing request.

6.

Pairing Your Meter

Select 'Pair' to confirm the pairing request.

Bluetooth Pairing Request

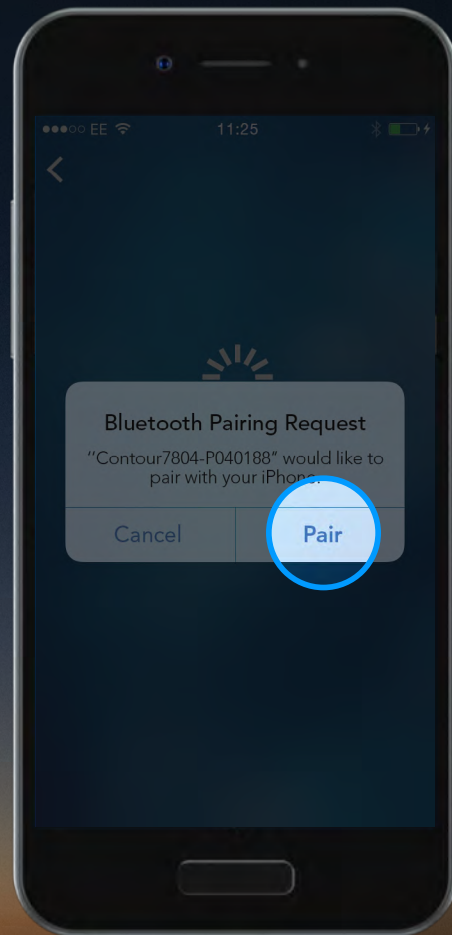"Contour7804-P040188" would like to pair with your iPhone

Cancel   Pair

0 4 0 1 8 8
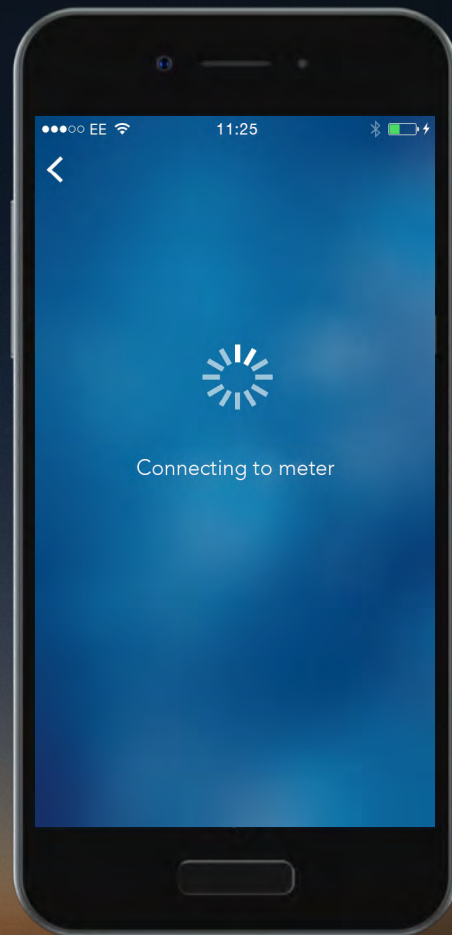
Contour
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Blood Glucose
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6.

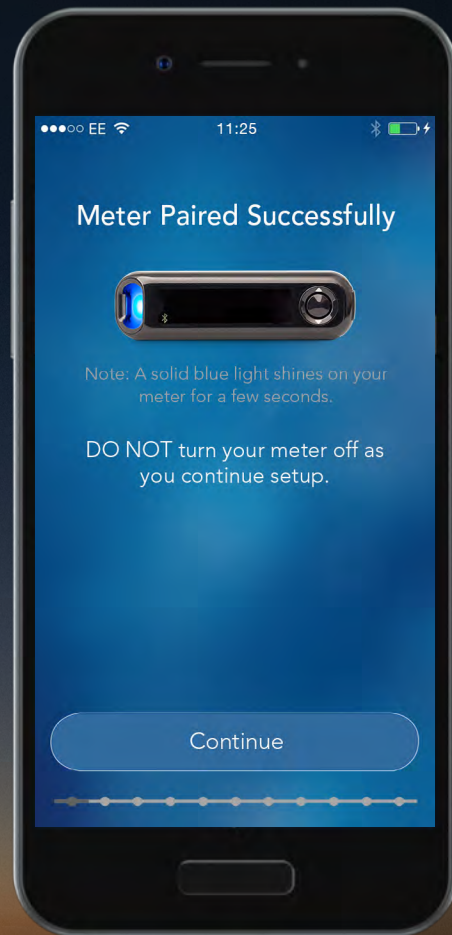## Pairing Your Meter

Select 'Pair' to confirm the pairing request.

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7.

Pairing Your Meter

Once your meter is paired select 'Continue'.

You are now ready to set up your
CONTOUR DIABETES app.

Meter Paired Successfully

Note: A solid blue light shines on your
meter for a few seconds.

DO NOT turn your meter off as
you continue setup.

Continue

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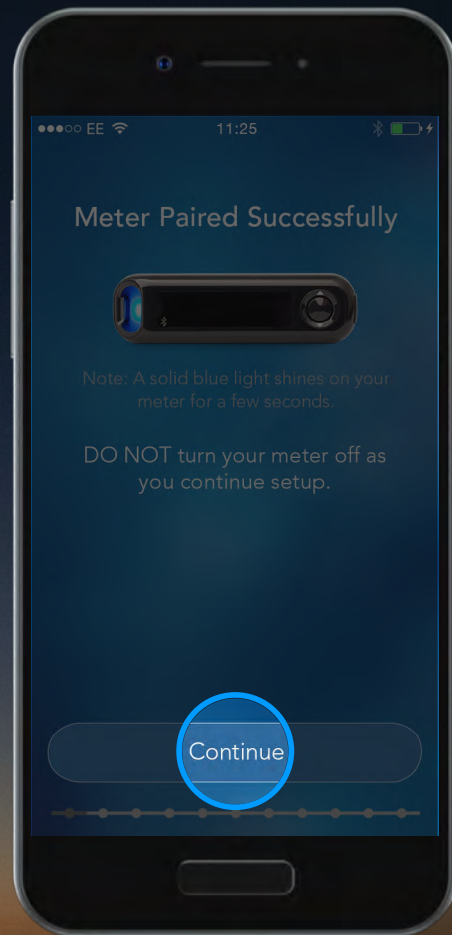**7.**

Pairing Your Meter

Once your meter is paired select 'Continue'.

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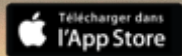
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Talk to your Healthcare Professional and refer to the product user guide if you have questions about the **CONTOUR®PLUS ONE** smart meter and the **CONTOUR™DIABETES app**.
For more information, and to find out whether the **CONTOUR®PLUS ONE** meter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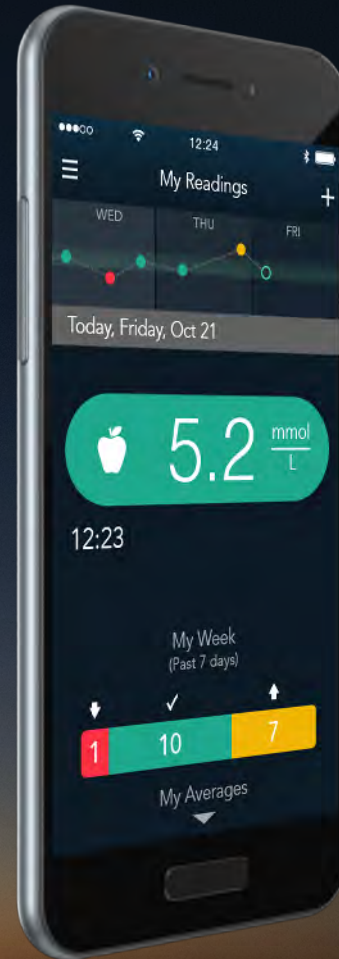
Get the app

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