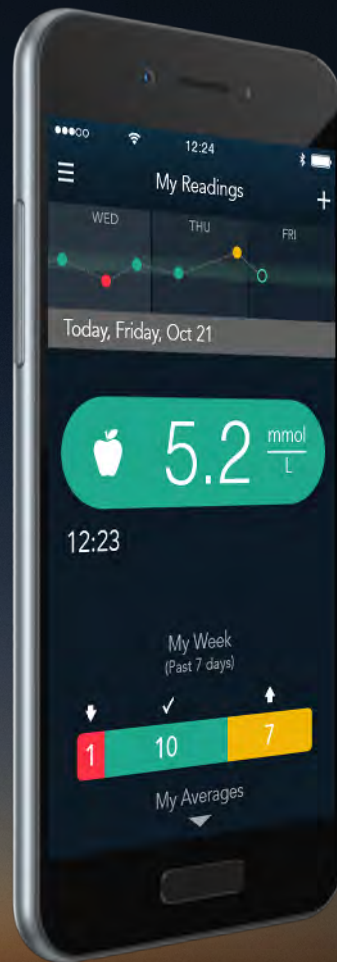


The logo for Contour Plus ONE Blood Glucose Monitoring System. The word 'Contour' is in white, 'plus' is in white, and 'ONE' is in a bold, teal color with a double right-pointing arrow as a superscript. Below 'plus ONE' is the text 'Blood Glucose Monitoring System' in a smaller white font.

Contour[®] plus ONE[»]

Blood Glucose
Monitoring System

Testing your blood
glucose for the first time with
the **CONTOUR®PLUS ONE**
smart meter



Contour[®]
plus **ONE**[™]
Blood Glucose
Monitoring System

The **CONTOUR PLUS ONE** meter has been shown to provide highly accurate blood glucose results.

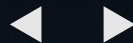


Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

Initial
CONTOUR PLUS ONE
meter setup



Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

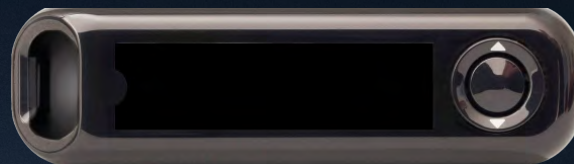


Initial Setup

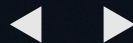
Before you test, this meter requires a simple initial Setup.

Unlock the benefits in 3 simple steps.

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



Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

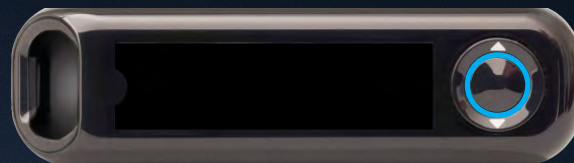


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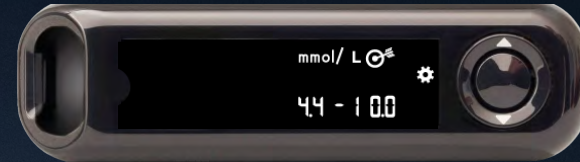
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Initial Setup

Note and accept the Target Ranges*.
Press the 'OK' button.

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

WARNING - Talk to your Health Care Professional before setting or changing any Target Ranges in the **CONTOUR DIABETES app**.



Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

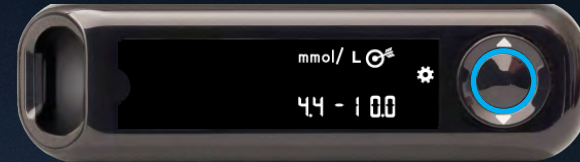
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Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

2.

Initial Setup

Confirm or adjust the time on the meter.

To change the hour, press the ▲ or ▼ button on the outer ring.

To set the hour and move to minutes, press the 'OK' button.

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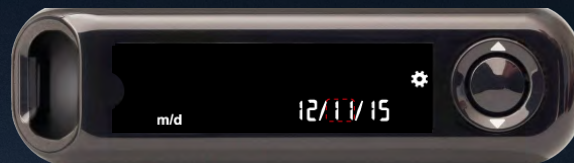
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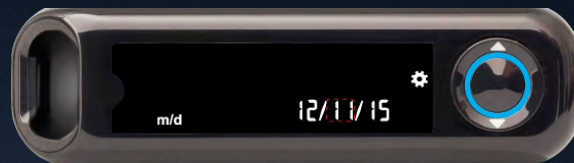
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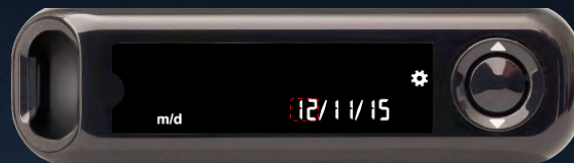
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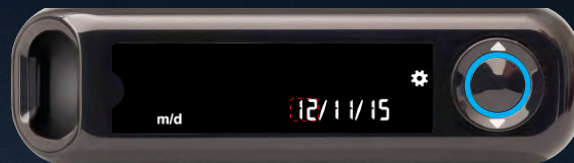
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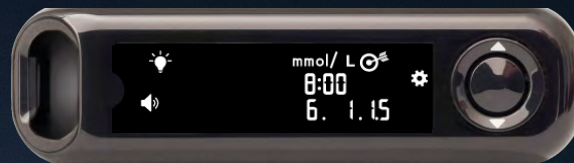
Contour[®]
plus ONE[™]
Blood Glucose
Monitoring System

4.

Initial Setup.

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

Setup is complete. You are ready to test your blood glucose.

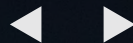


Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

Testing
your blood glucose with
the **CONTOUR PLUS ONE**
meter



Contour[®]
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Blood Glucose
Monitoring System

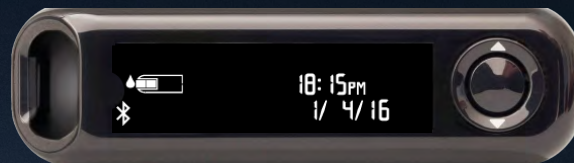
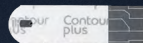


1.

Insert the test strip

Hold the test strip with the grey square end facing toward the meter.

Insert the grey square end firmly into the test strip port until the meter beeps.



**Contour[®]
plus ONE[»]**
Blood Glucose
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2.

Apply blood

The test strip icon flashes when the meter is ready to test a blood drop.

Immediately touch the tip of the test strip to the drop of blood.

The blood is drawn into the test strip through the tip.

Hold the tip of the test strip in the blood drop until the meter beeps.



Contour
plus ONE
Blood Glucose
Monitoring System

3.

Results

After a 5 second count down the meter displays your blood glucose result.

If the Meal Marker feature is on, a Fasting, Before Meal, After Meal, or No Mark marker will blink on the blood glucose result screen.



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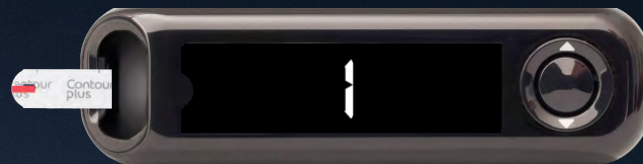
**Contour[®]
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Contour
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4.

Results

The meter suggests a Meal Marker based on the time of day and the meal period: fasting/breakfast, lunch, dinner, or overnight.

Use the ▲ or ▼ to select the correct marker and press 'OK'.

You can select a Meal Marker for your blood glucose reading on your meter or in the **CONTOUR DIABETES app**.



Contour[®]
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Blood Glucose
Monitoring System

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Use the ▲ or ▼ to select the correct marker and press 'OK'.

You can select a Meal Marker for your blood glucose reading on your meter or in the **CONTOUR DIABETES app**.



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Blood Glucose
Monitoring System

5.

Results

When your blood glucose test is complete, the meter displays your results with the units, time, date, meal marker (if selected), and target indicator.

The smartLIGHT™ feature is **green** for In Target, **red** for Below Target and **yellow** for Above Target.

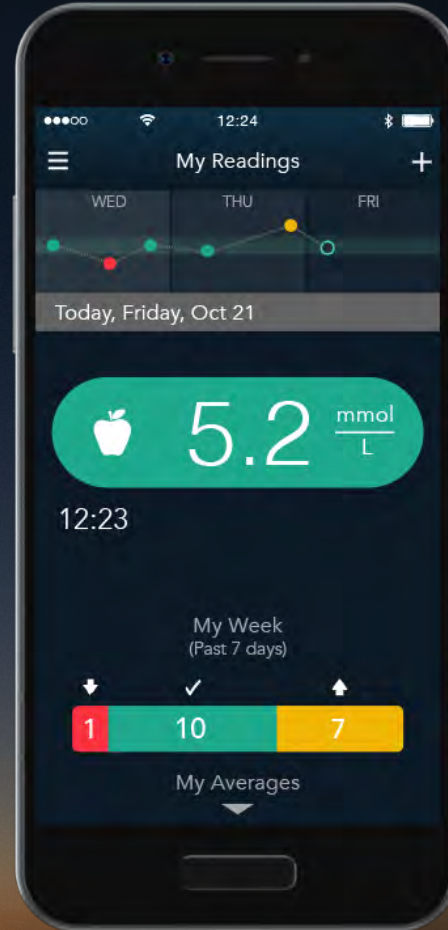


Contour
plus ONE
Blood Glucose
Monitoring System

6.

Results

The **CONTOUR DIABETES app** displays your latest result on your mobile device along with information to help manage your diabetes.



Contour[®]
plus **ONE**
Blood Glucose
Monitoring System

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

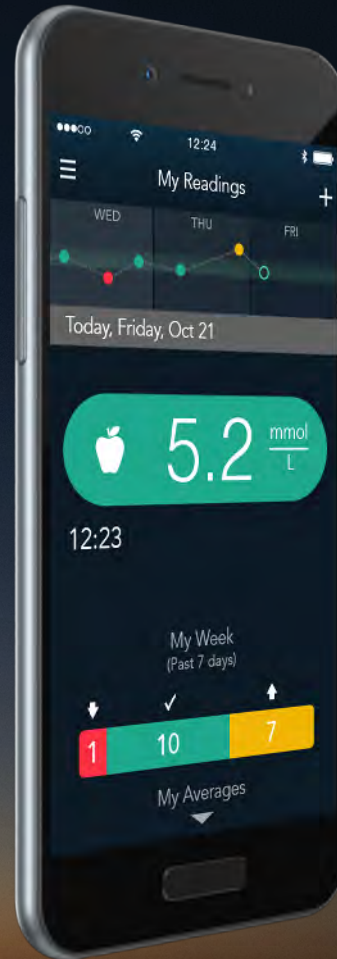


Get the app



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