



# Pairing your CONTOUR<sup>®</sup>PLUS ONE smart meter with the CONTOUR<sup>™</sup>DIABETES app



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Blood Glucose Monitoring System

Contour

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



Contour plus one Bood Glucose Monitoring System

#### Pairing your meter

1.

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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#### **Pairing Your Meter**

2.

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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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'.





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#### Pairing Your Meter

4.

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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#### Pairing Your Meter

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Select 'Continue'.





Contour plus one Blood Glucose Monitoring System 5.

#### **Pairing Your Meter**

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





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6.

Select 'Pair' to confirm the pairing request.



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Select 'Pair' to confirm the pairing request.



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6.

Select 'Pair' to confirm the pairing request.





7.

#### **Pairing Your Meter**

Once your meter is paired select 'Continue'.

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



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#### Pairing Your Meter

7.

Once your meter is paired select 'Continue'.

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



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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



Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

#### Get the app





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