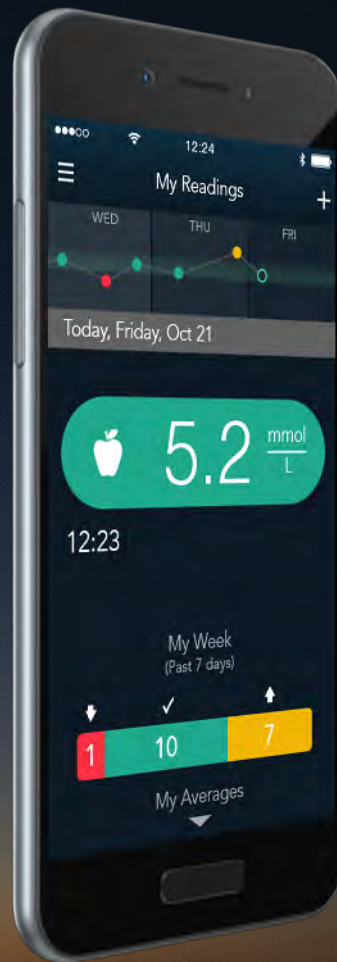




# Contour<sup>®</sup> plus ONE<sup>»</sup>

Blood Glucose  
Monitoring System

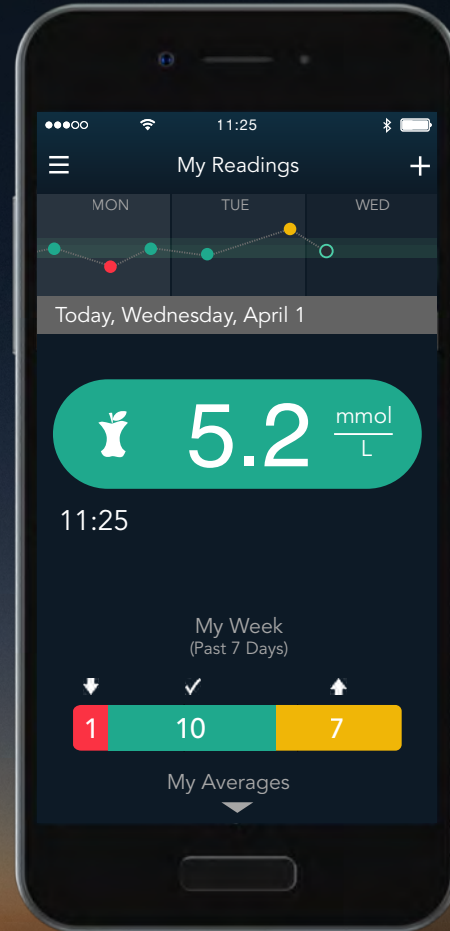
Pairing your  
**CONTOUR®PLUS ONE**  
smart meter with the  
**CONTOUR™DIABETES** app



Contour®  
plus **ONE**»  
Blood Glucose  
Monitoring System



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



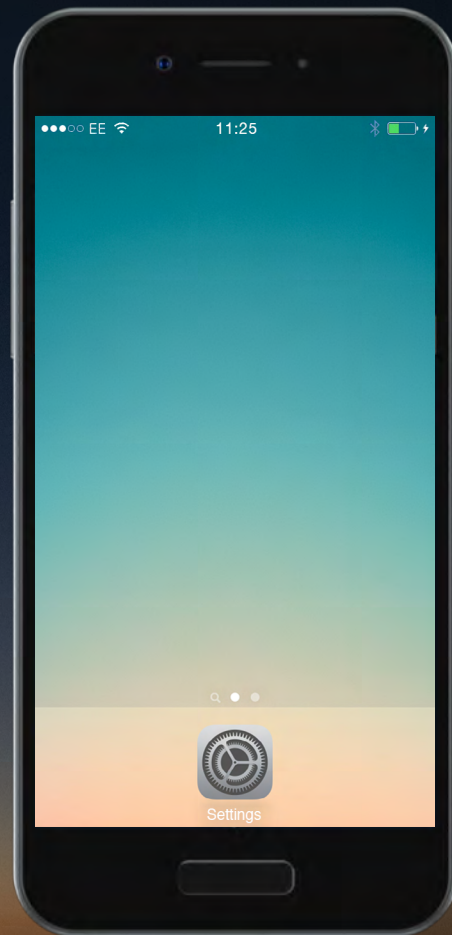
Contour<sup>®</sup>  
plus **ONE**<sup>®</sup>  
Blood Glucose  
Monitoring System

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.



Contour<sup>®</sup>  
plus **ONE**<sup>®</sup>  
Blood Glucose  
Monitoring System

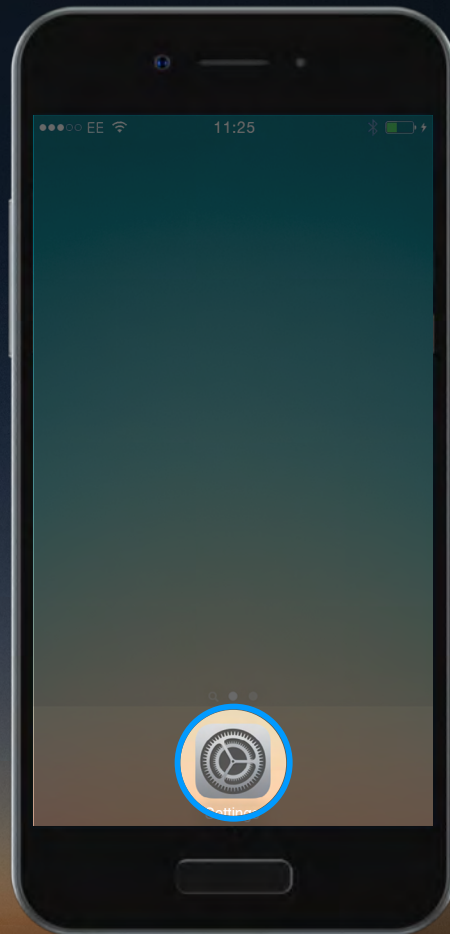


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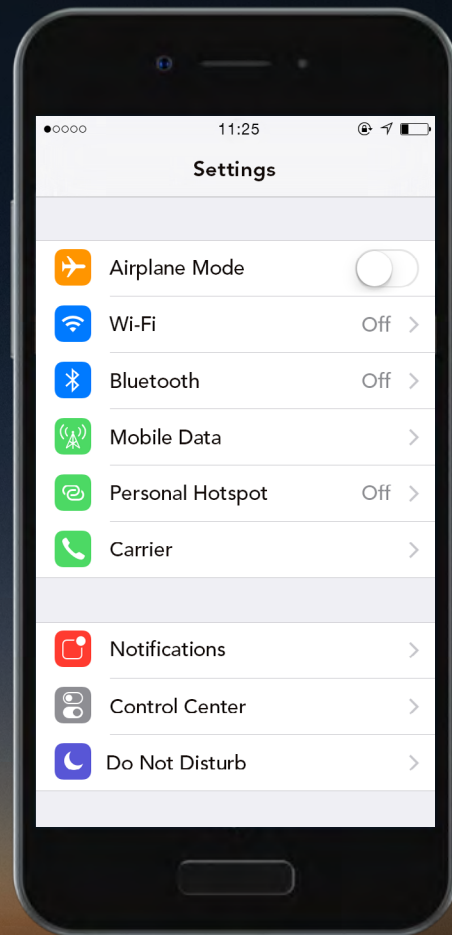
Contour<sup>®</sup>  
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**Contour**  
**plus ONE**  
Blood Glucose  
Monitoring System

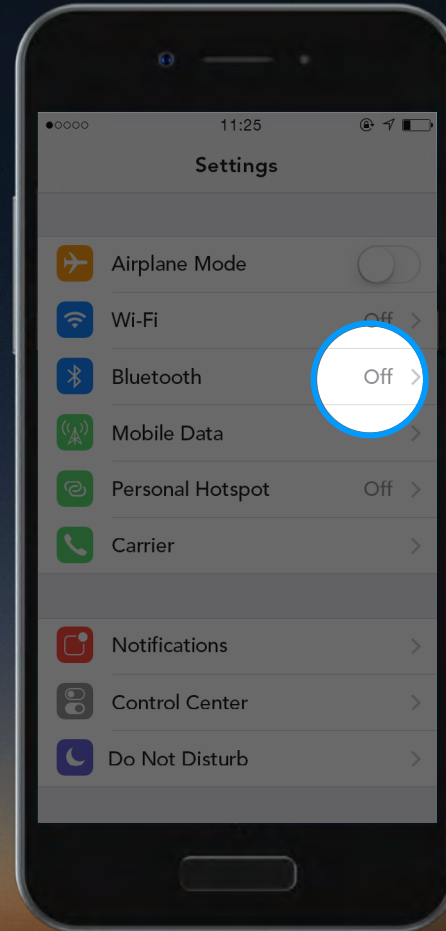


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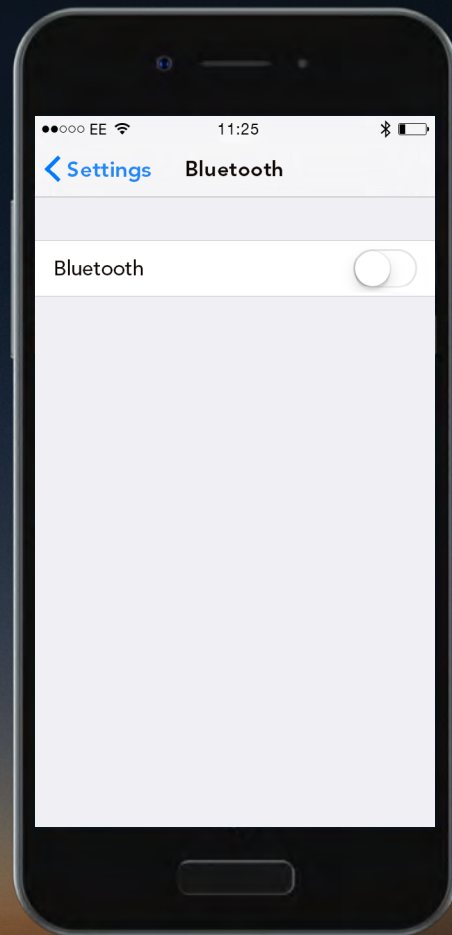
Contour®  
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Blood Glucose  
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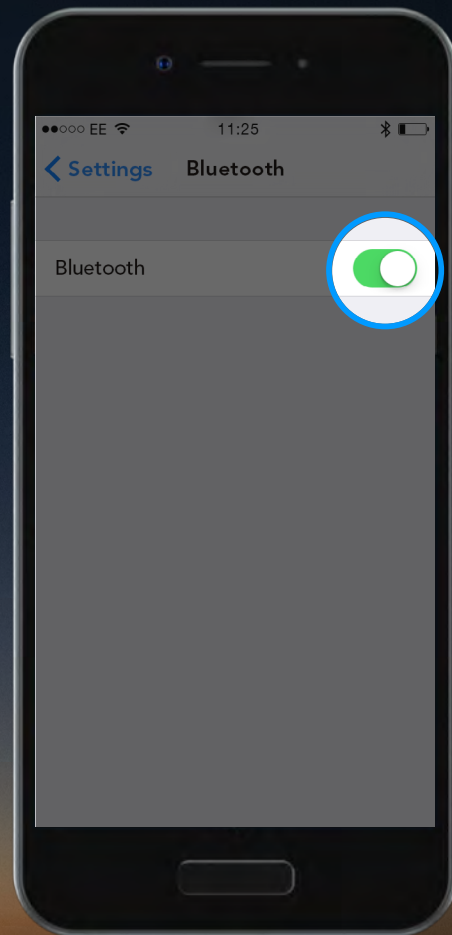


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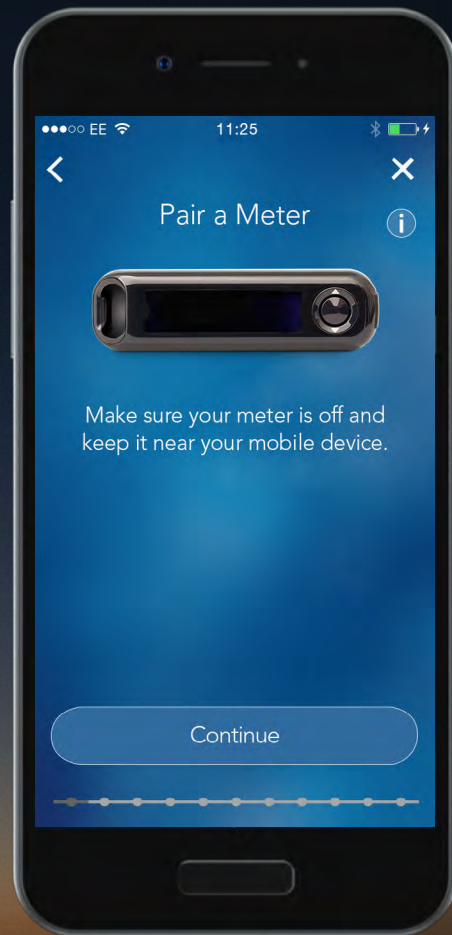
2.

## 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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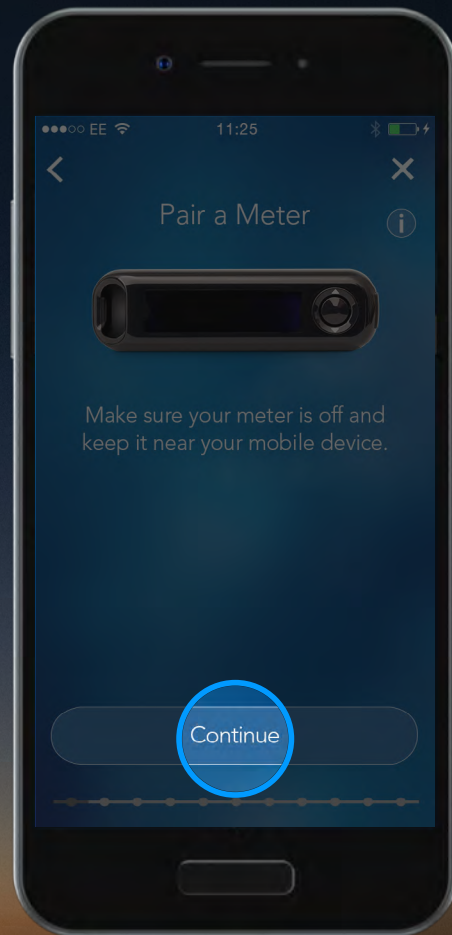
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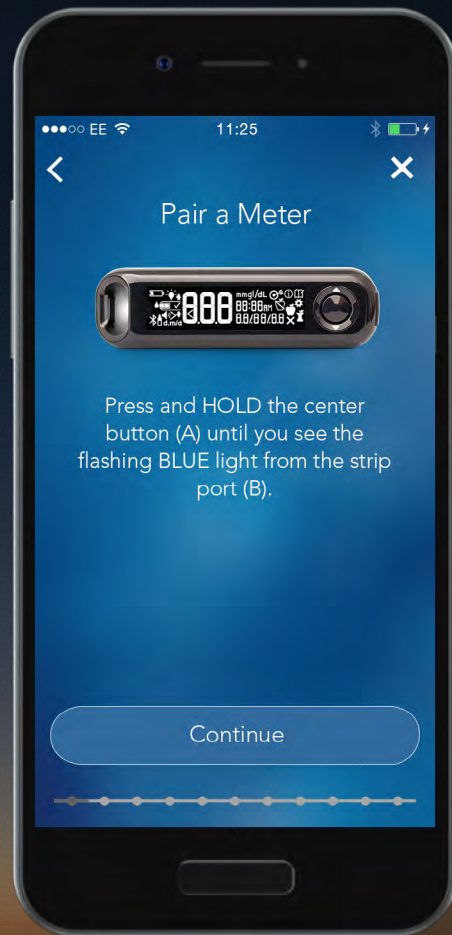
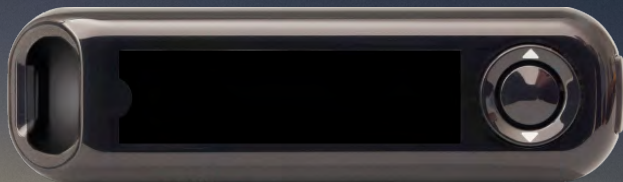
Contour<sup>®</sup>  
plus **ONE**<sup>®</sup>  
Blood Glucose  
Monitoring System

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**'.



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Monitoring System

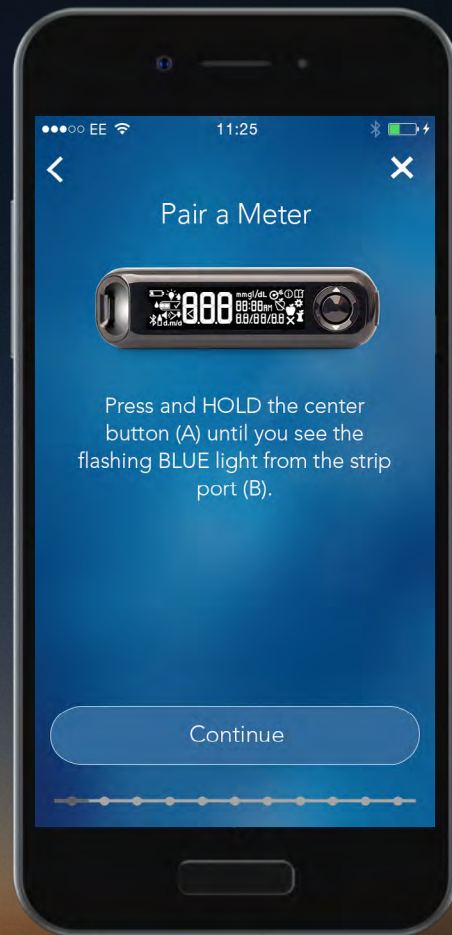


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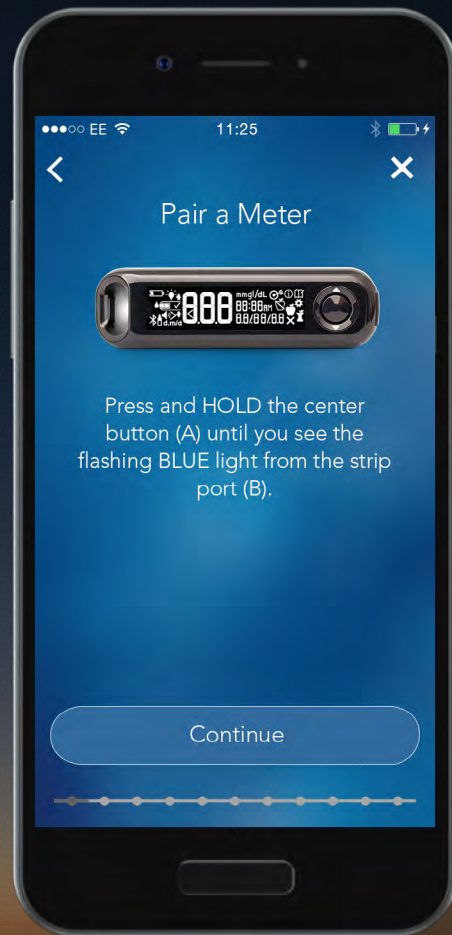
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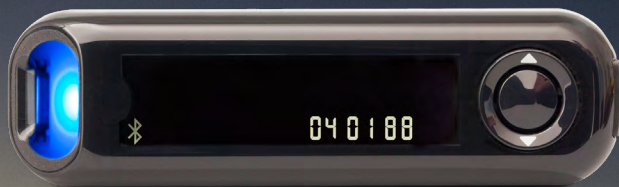


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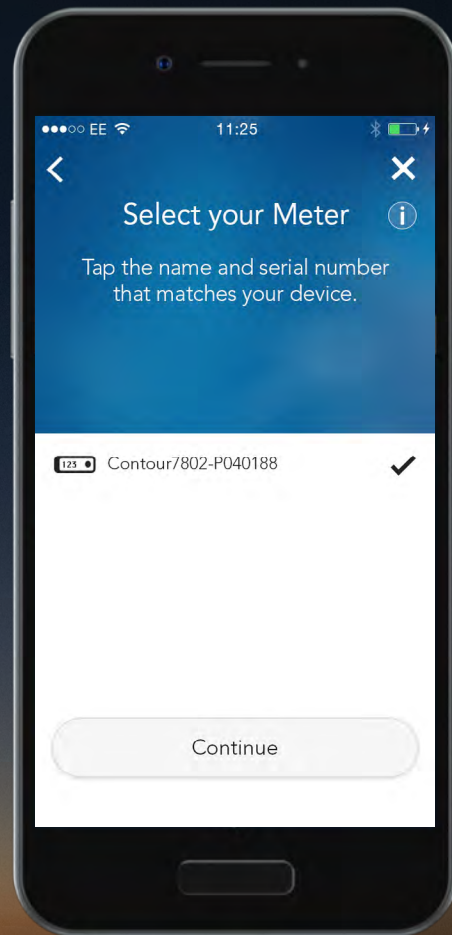
4.

## 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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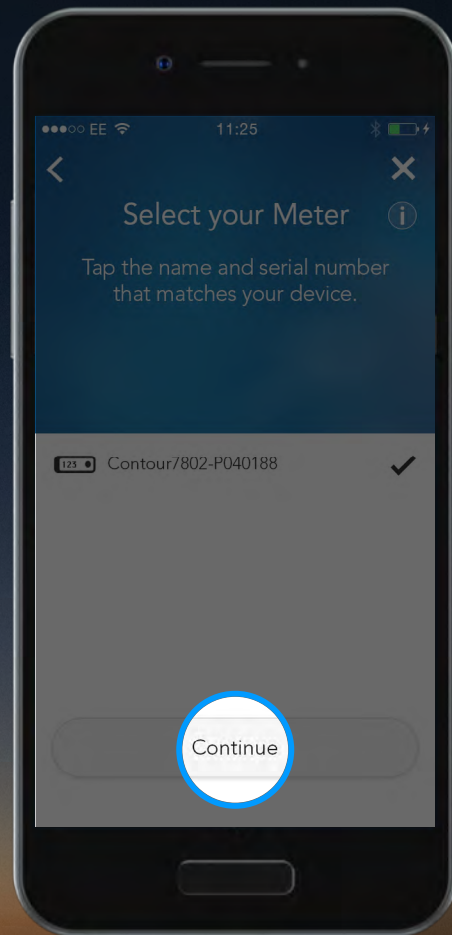
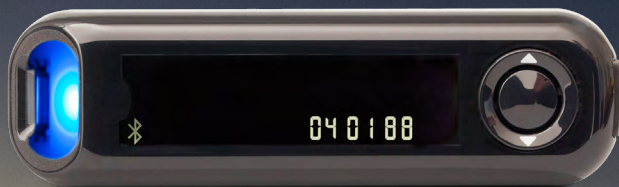
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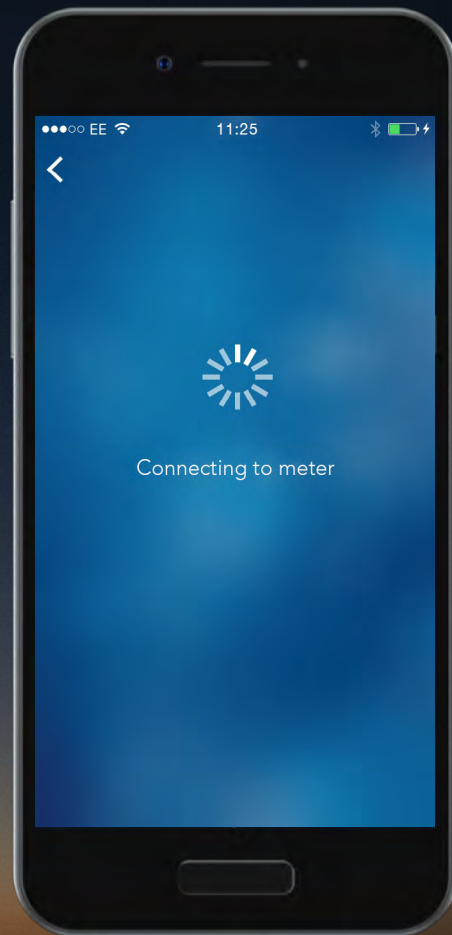


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5.

## Pairing Your Meter

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



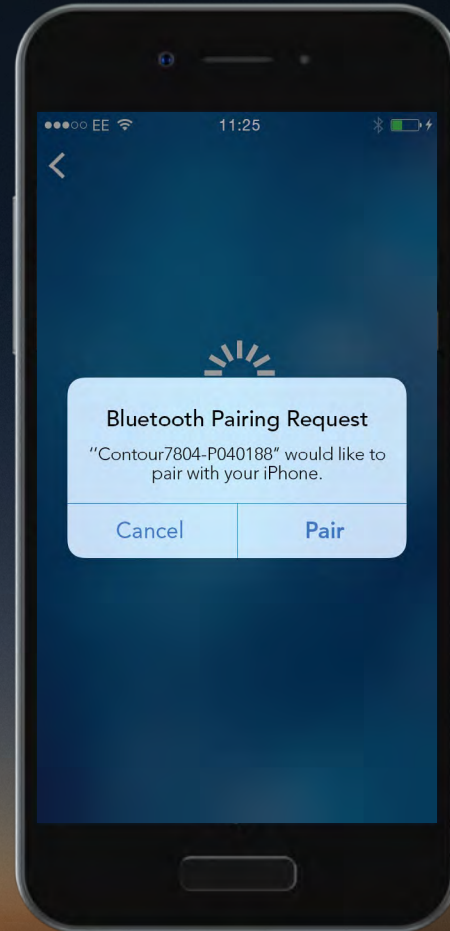
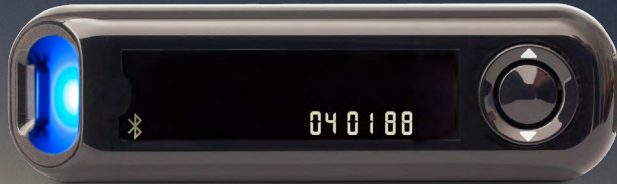
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plus **ONE**»  
Blood Glucose  
Monitoring System



6.

## Pairing Your Meter

Select 'Pair' to confirm the pairing request.

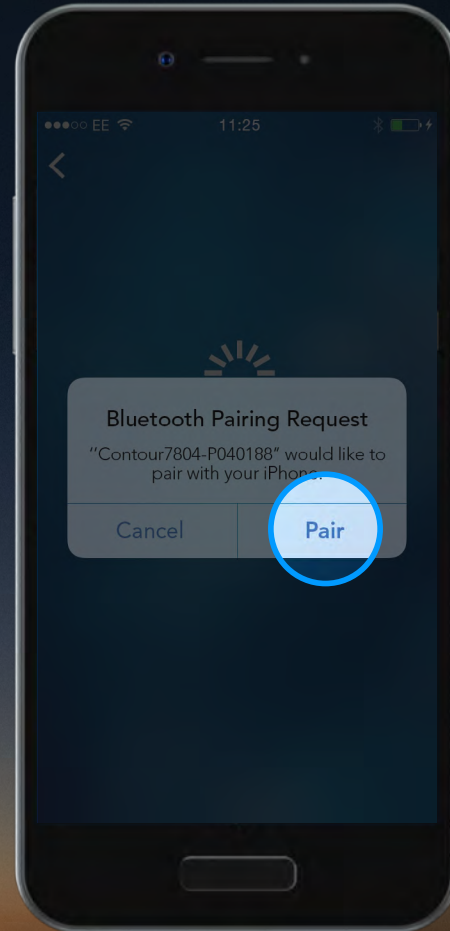
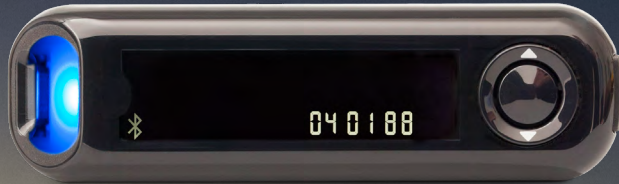


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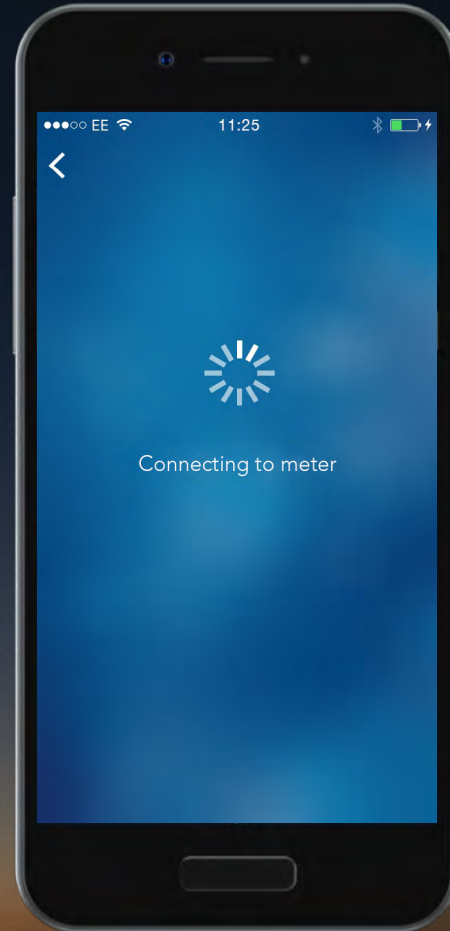
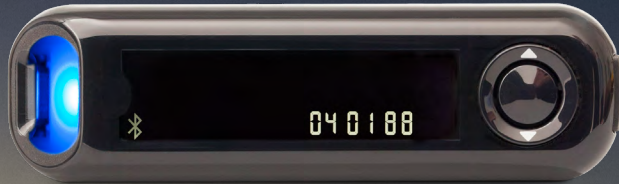
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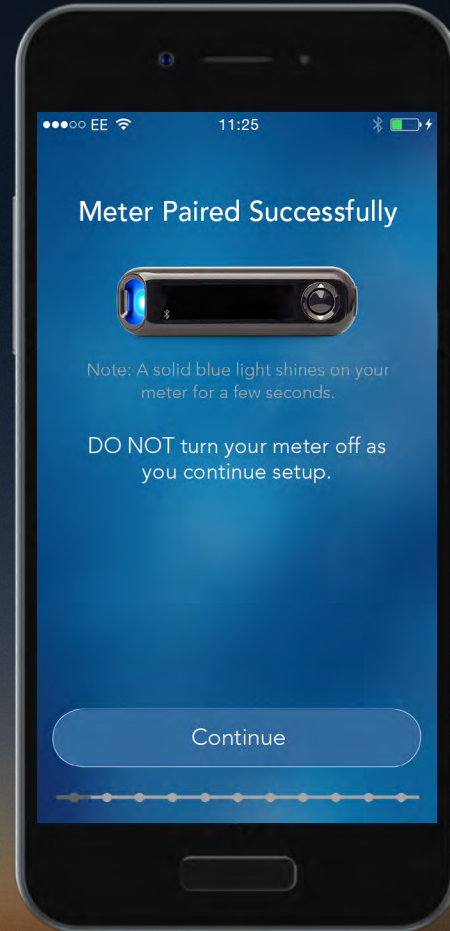
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plus **ONE**<sup>™</sup>  
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7.

## Pairing Your Meter

Once your meter is paired select 'Continue'.

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



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Monitoring System



7.

## Pairing Your Meter

Once your meter is paired select 'Continue'.

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



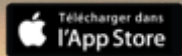
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plus **ONE**<sup>™</sup>  
Blood Glucose  
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Talk to your Healthcare Professional and refer to the product user guide if you have questions about the **CONTOUR®PLUS ONE** smart meter and the **CONTOUR™DIABETES app**. For more information, and to find out whether the **CONTOUR®PLUS ONE** meter is available in your country, visit [www.contourplusone.co.za](http://www.contourplusone.co.za)



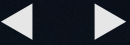
Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

Get the app



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