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www.contourplusone.co.za

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

Contour® plus ONE
Blood Glucose Monitoring System

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

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Initial
CONTOUR®PLUS ONE
meter setup

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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.

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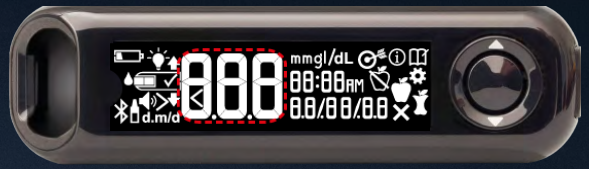

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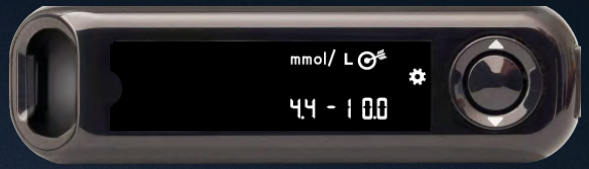
1.

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.**



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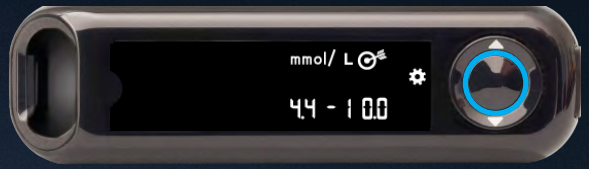

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2. Initial Setup

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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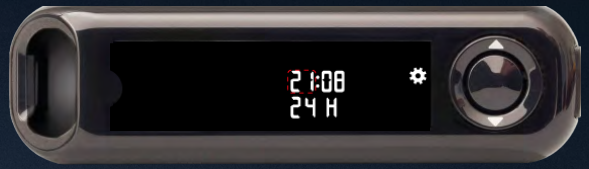

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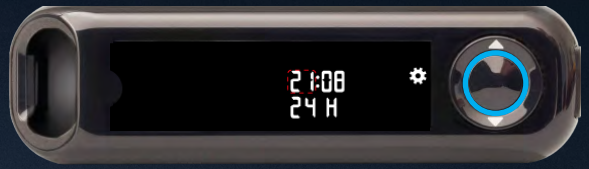

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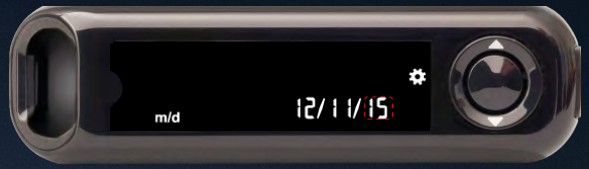

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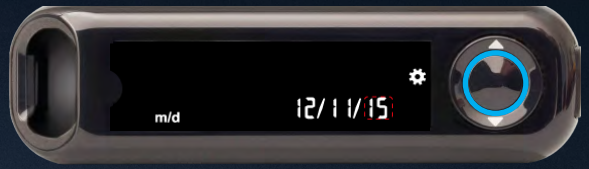

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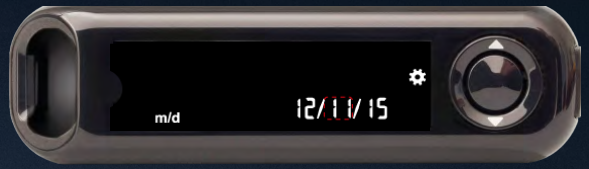

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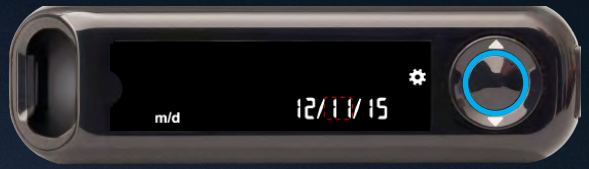

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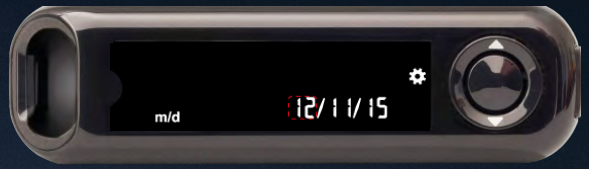

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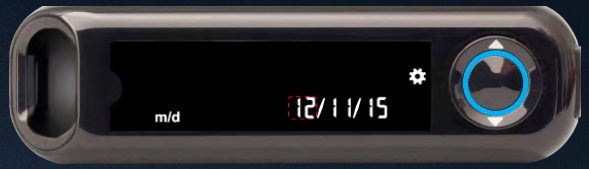

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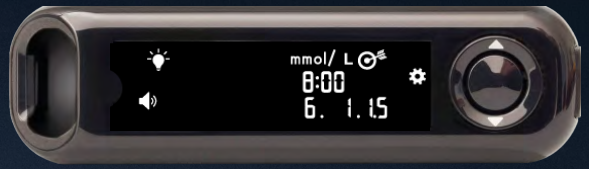
4.

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.



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Testing
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meter

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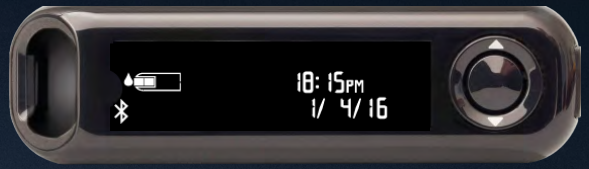
1. Insert the test strip

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.



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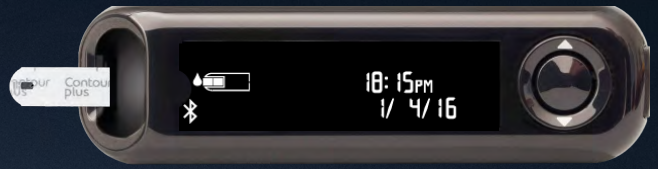

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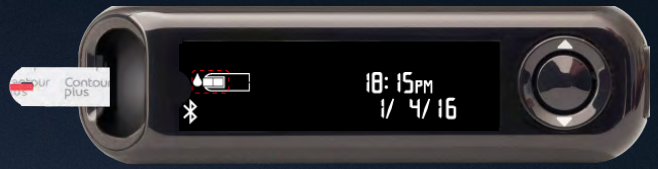
2. Apply blood

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.



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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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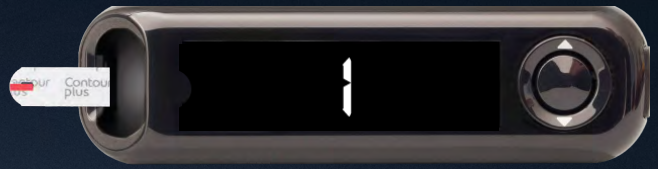

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4. Results

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**.

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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.

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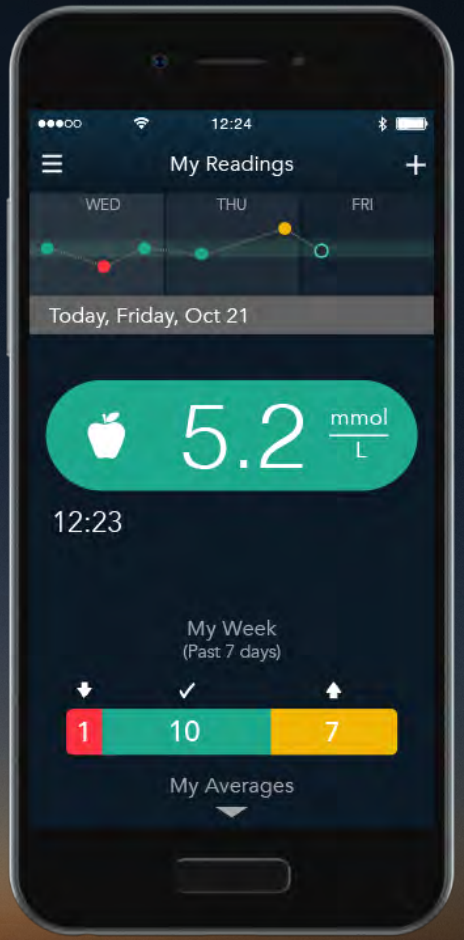
6. Results

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



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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.

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