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Creating **Test Reminder Plans** with the **CONTOUR™ DIABETES app**

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

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Blood Glucose Monitoring System

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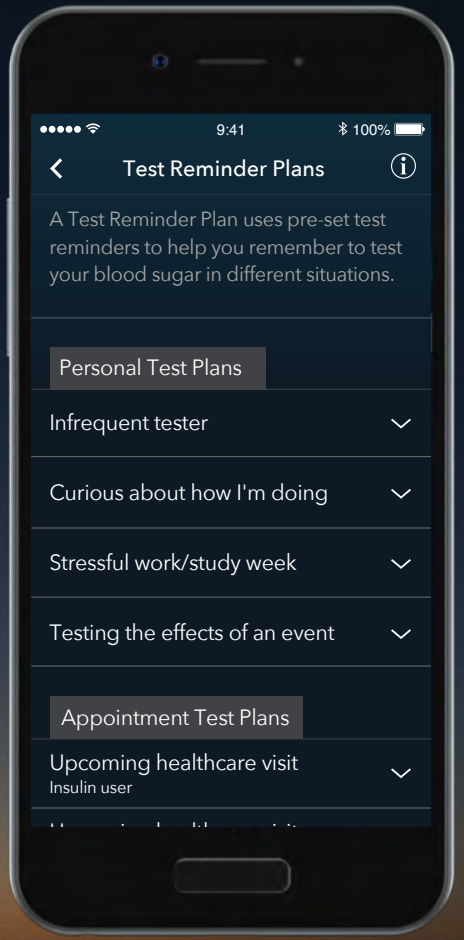
Test Reminder Plans help you optimize your monitoring to provide readings that give you a more meaningful overview of your blood glucose.



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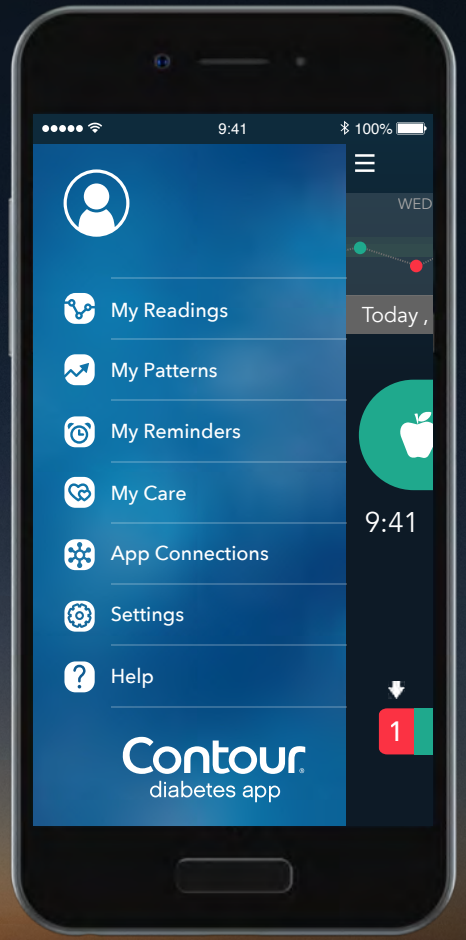
1. Test Reminder Plan

You can choose a **Test Reminder Plan** by choosing **My Reminders** from the **Main Menu** and then tapping **+**.



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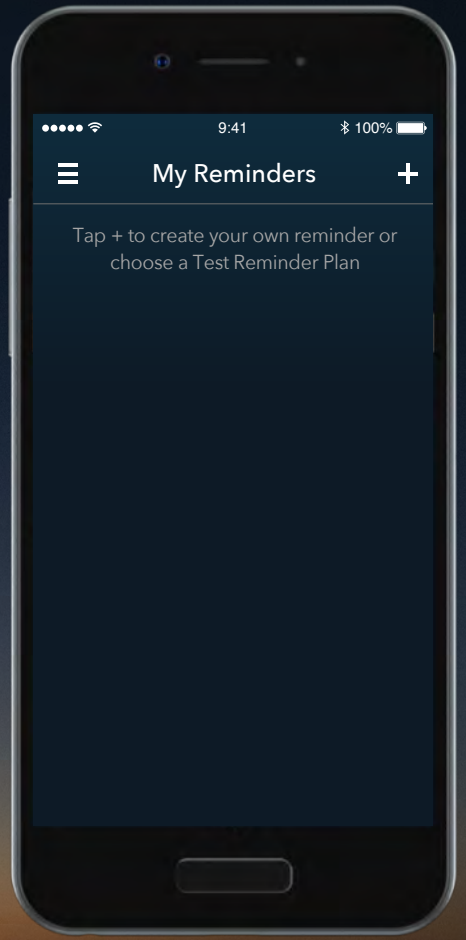

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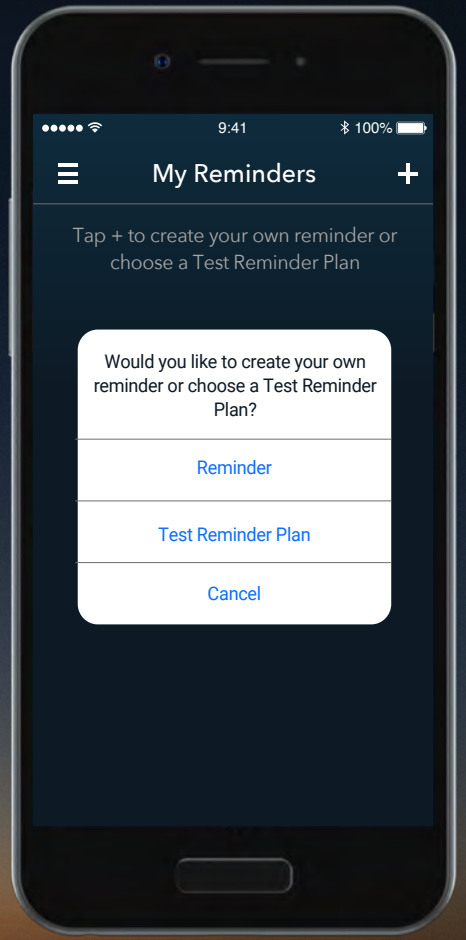
1. Test Reminder Plan

Choose **Test Reminder Plan** to create a Test Reminder Plan.



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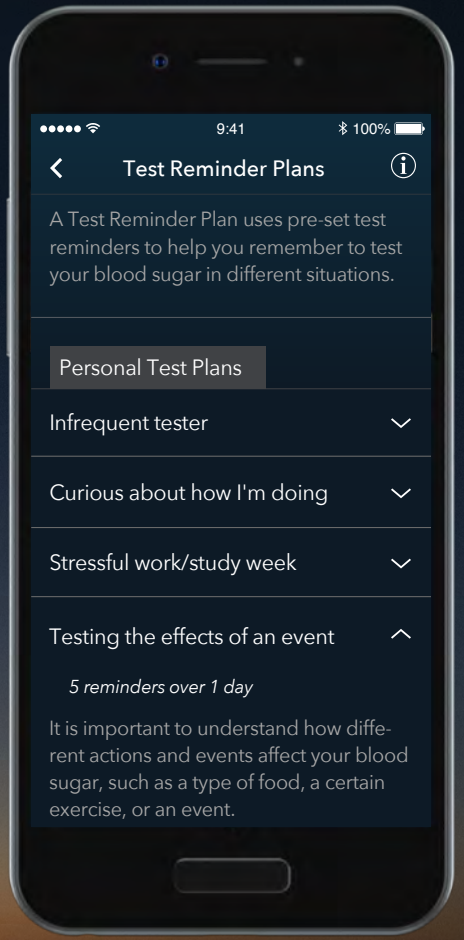
2. Test Reminder Plan

Select the **Test Reminder Plan** you want to work with.



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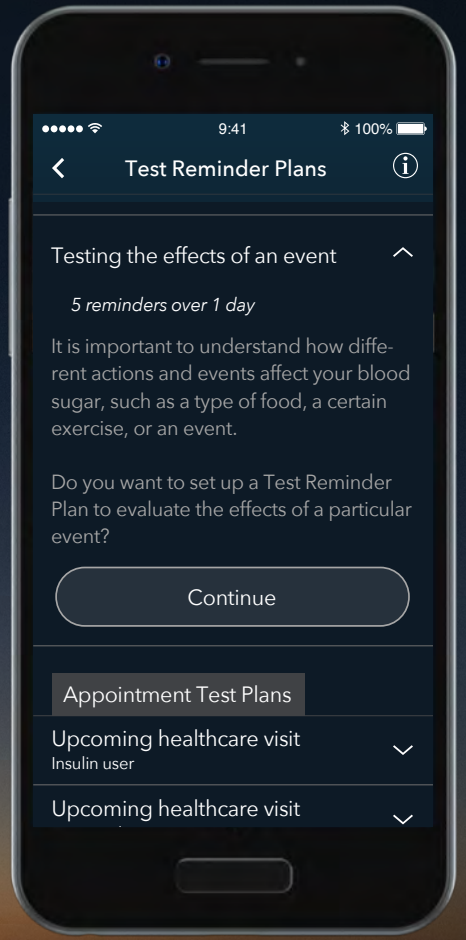
2. Test Reminder Plan

Select the **Test Reminder Plan** you want to work with.

Tapping the arrow next to each plan will tell you more about it.



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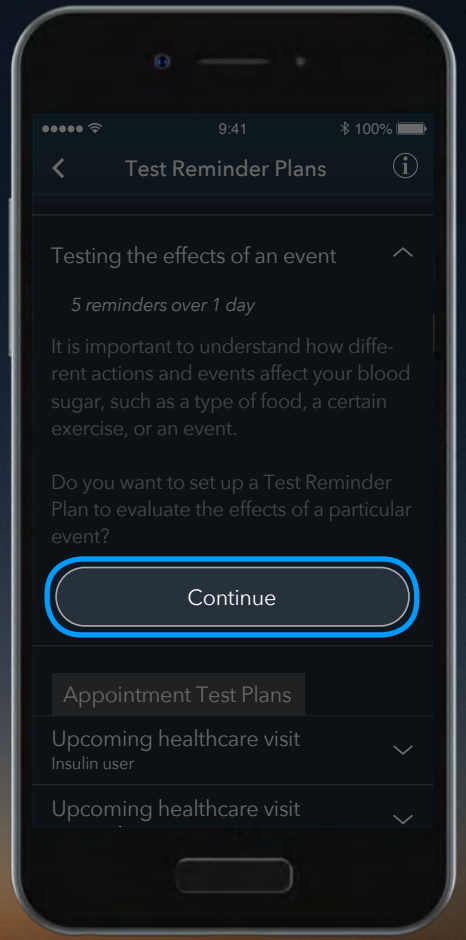
2. Test Reminder Plan

Select the **Test Reminder Plan** you want to work with.

Tapping the arrow next to each plan will tell you more about it.

Select **Continue** to customize your chosen **Test Reminder Plan.**



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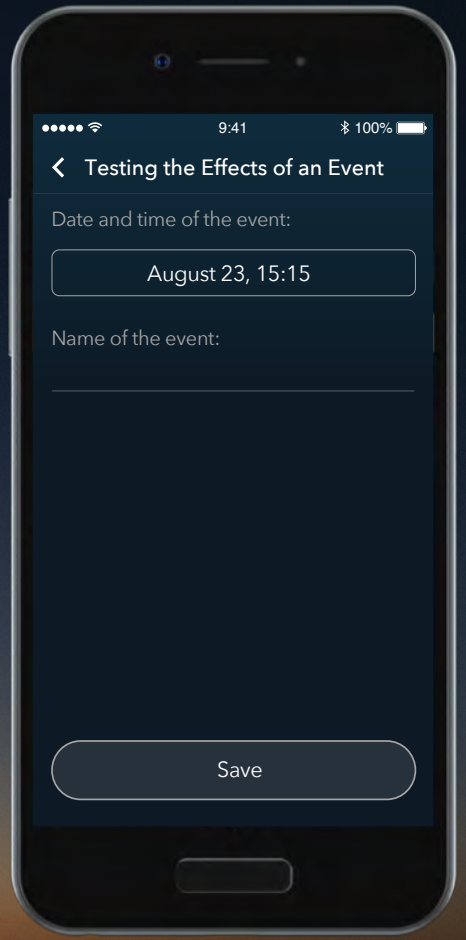
3. Test Reminder Plan

Tap the date and time button to set the date and time of the event you want to track.



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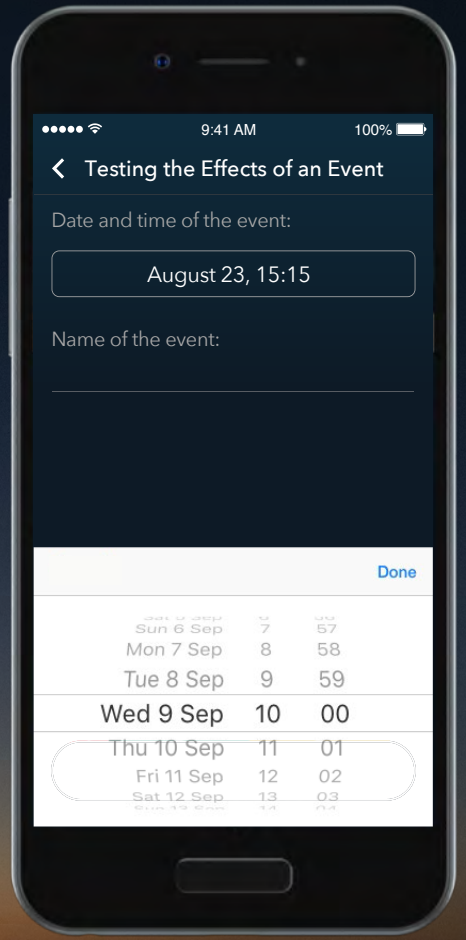

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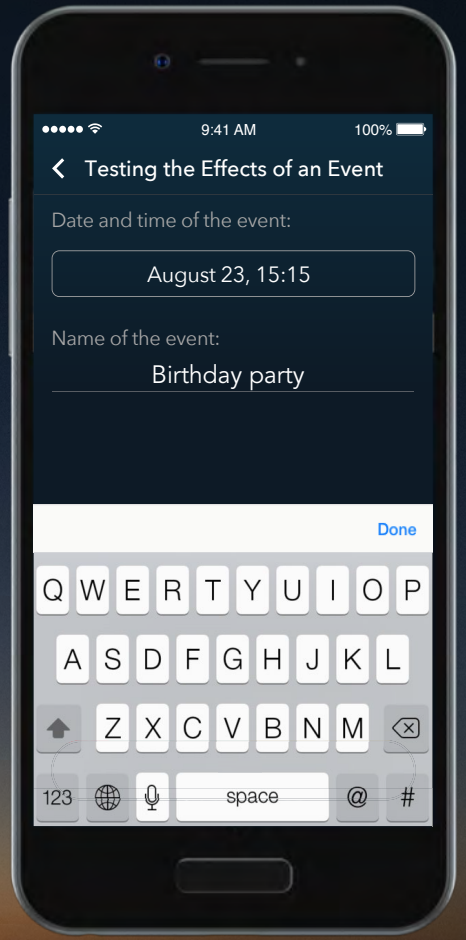
3. Test Reminder Plan

Tap the Event Name area to open the keyboard and name your event.



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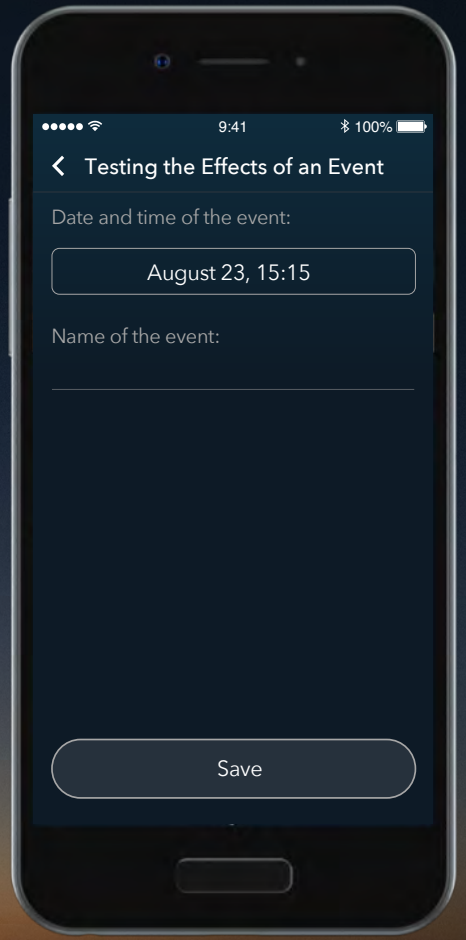
3. Test Reminder Plan

Tap **Save.**



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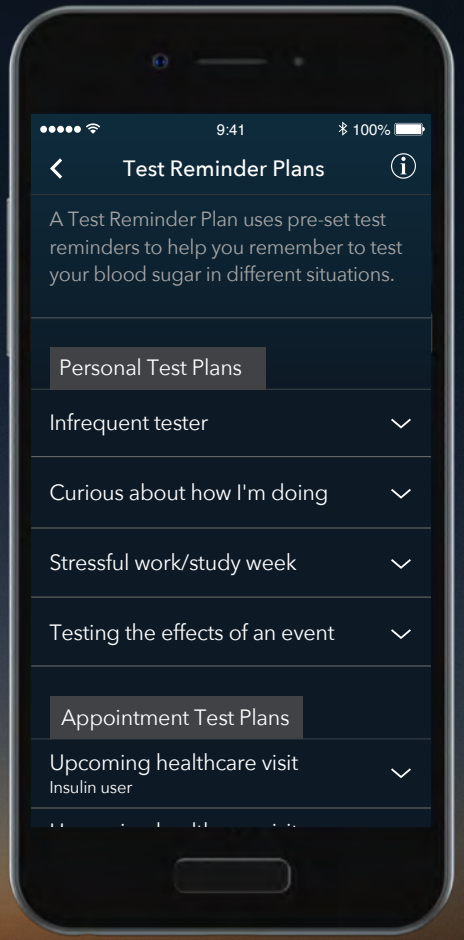
3. **Test Reminder Plan**

Tap **Save.**

Your **Test Reminder Plan** is now activated.



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Talk to your Healthcare Professional and refer to the product user guide if you have any questions about the **CONTOUR®PLUS ONE** smart meter or the **CONTOUR™ DIABETES app**.

For more information, and to find out whether these products are available in your country, visit **diabetes.ascensia.com.**

Hypothetical patient data for demonstration purposes only. Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

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