Contour plus ONE

Blood Glucose Monitoring System

Viewing blood sugar patterns with the **CONTOUR™ DIABETES app**
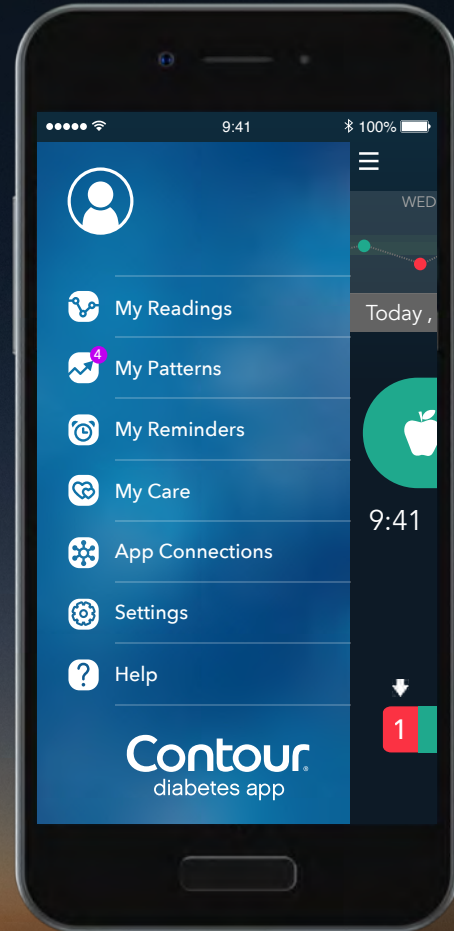
Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

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The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.

WED

My Readings

My Patterns

My Reminders

My Care

App Connections

Settings

Help

9:41

Today ,

9:41

100%

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diabetes app

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1. Patterns

When **the CONTOUR DIABETES app** detects a pattern, you will receive a **New Pattern Detected** message.

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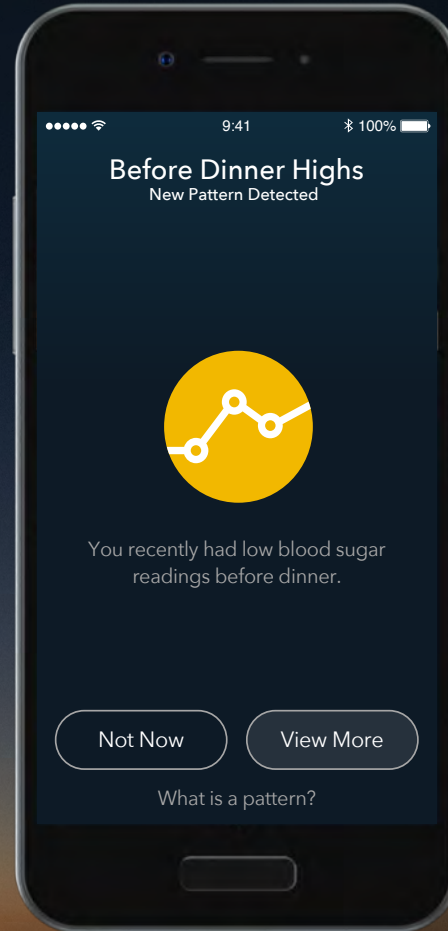
1. Patterns

When the **CONTOUR DIABETES app** detects a pattern, you will receive a **New Pattern Detected** message.

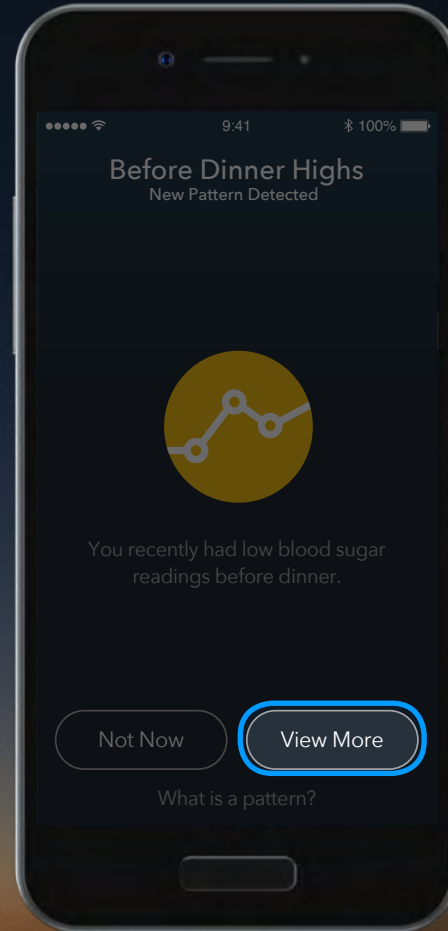Tap **View More** to learn more about the pattern.

Before Dinner Highs
New Pattern Detected

You recently had low blood sugar readings before dinner.

Not Now | View More

What is a pattern?

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2. Patterns

The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.
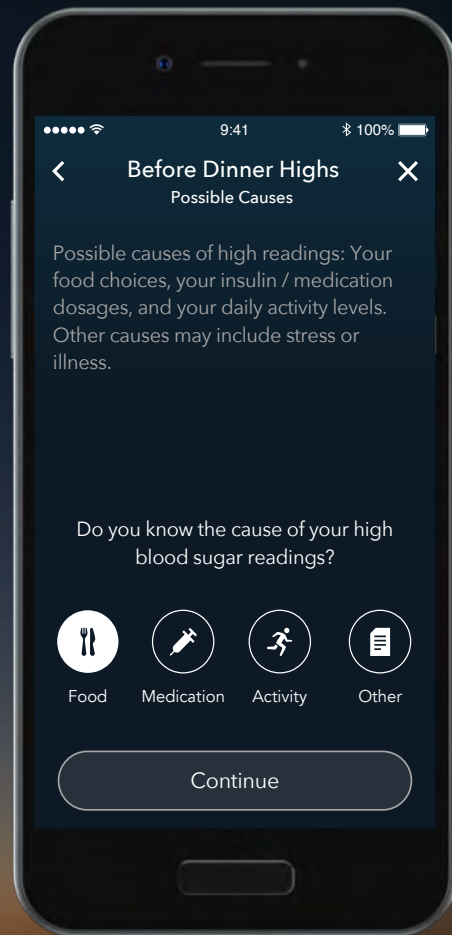

Recent Highs
Pattern Details

Your past 3 blood sugar readings were above your target range.

300
200
100
0
29/8   30/8

Includes synced ● and manual ◆ readings.

Learn more

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2.

Patterns

The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.

Tap **Learn more** to read about possible causes.

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3. Patterns

If you know the cause of your high blood sugar readings, you can select it here.

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3. | **Patterns**

If you know the cause of your high blood sugar readings, you can select it here.

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4. My Patterns

The **CONTOUR DIABETES app** provides some information about the possible cause of this pattern.

Recent Highs
Possible Causes: Food

The carb content of food can affect your blood sugar levels. Too many carbs can cause high readings.

Consider eating fewer carbs to get your readings back in target range.

Do you want a reminder to eat fewer carbs each day?

Yes, continue

No, move to history
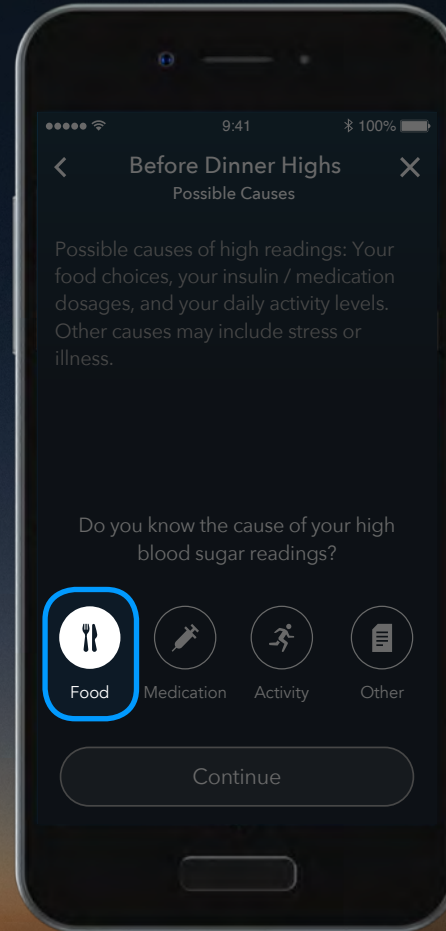
4. | **My Patterns**

The **CONTOUR DIABETES app** provides some information about the possible cause of this pattern.

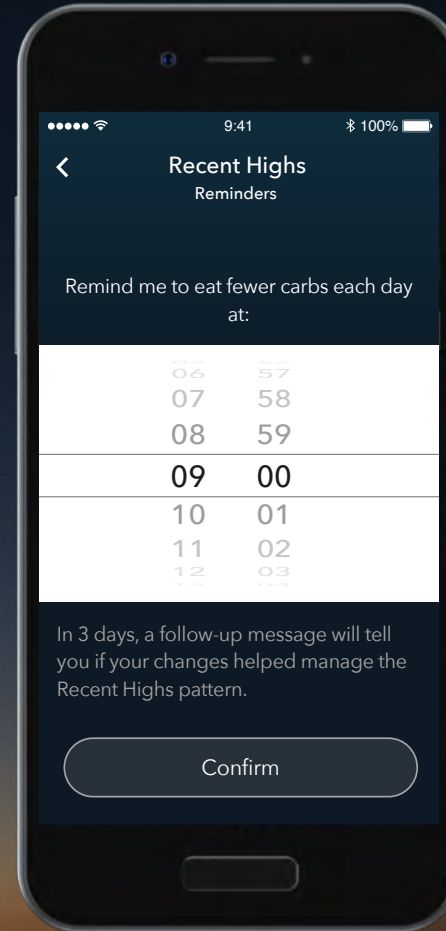Tap **Yes, continue** to set a reminder to eat fewer carbs each day.

Recent Highs
Possible Causes: Food

The carb content of food can affect your blood sugar levels. Too many carbs can cause high readings.

Consider eating fewer carbs to get your readings back in target range.

Do you want a reminder to eat fewer carbs each day?

Yes, continue

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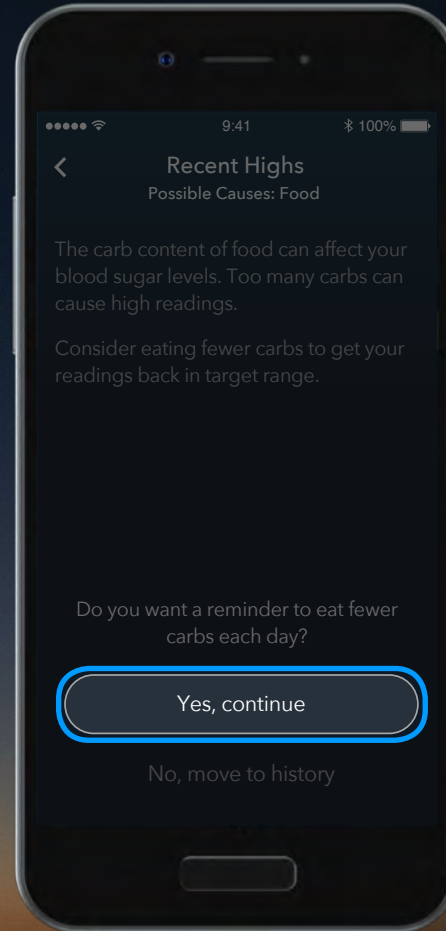
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5. **My Patterns**

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

Recent Highs
Reminders

Remind me to eat fewer carbs each day at:

06	57
07	58
08	59
09	**00**
10	01
11	02
12	03

In 3 days, a follow-up message will tell you if your changes helped manage the Recent Highs pattern.

Confirm

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5. **My Patterns**

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

Tap **Confirm** to set the time.
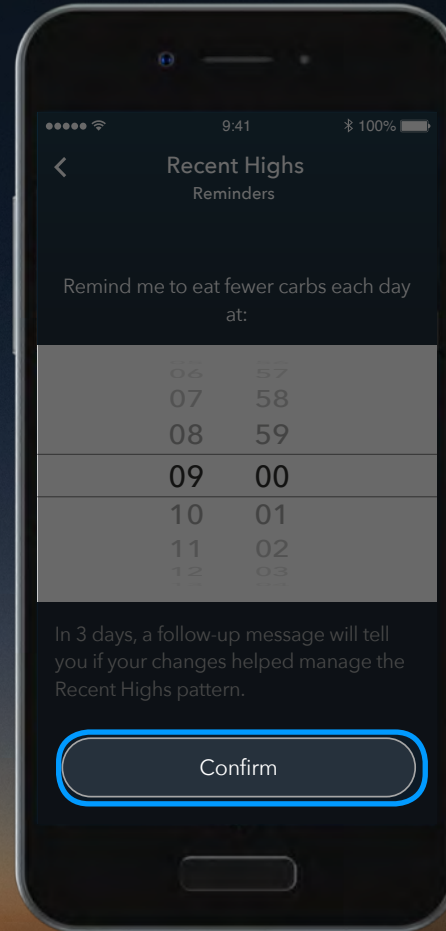
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6. **Patterns**

At your chosen time, a reminder will display.

Contour
Reminder: Eat fewer carbs.

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6. **Patterns**

At your chosen time, a reminder will display.

Phone screen:

9:00 ✻ 100% 🔋

Recent Highs
Reminder

🔔

You set a reminder to eat fewer carbs because your blood sugar was repeatedly above your target range.

OK

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7. | **My Patterns**

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.

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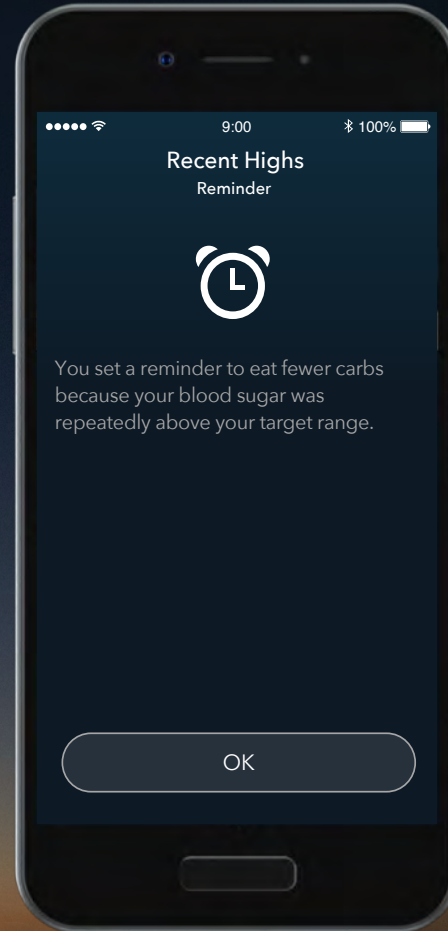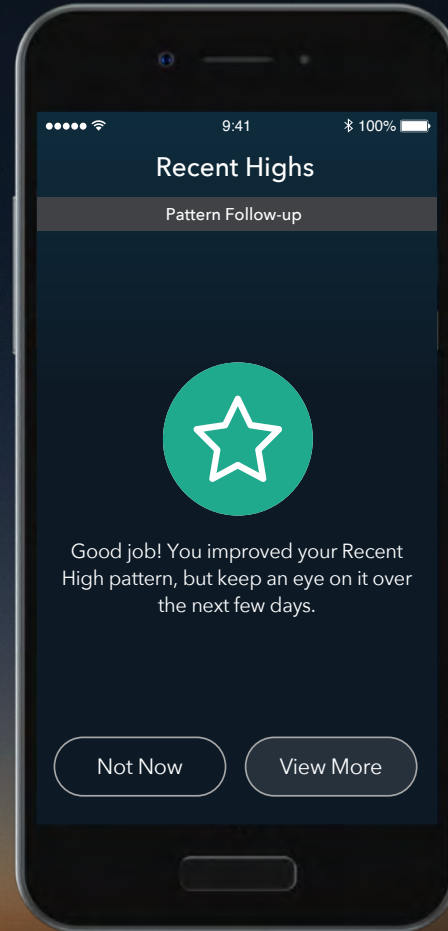
7. My Patterns

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.

Tap **View More** to find out more.
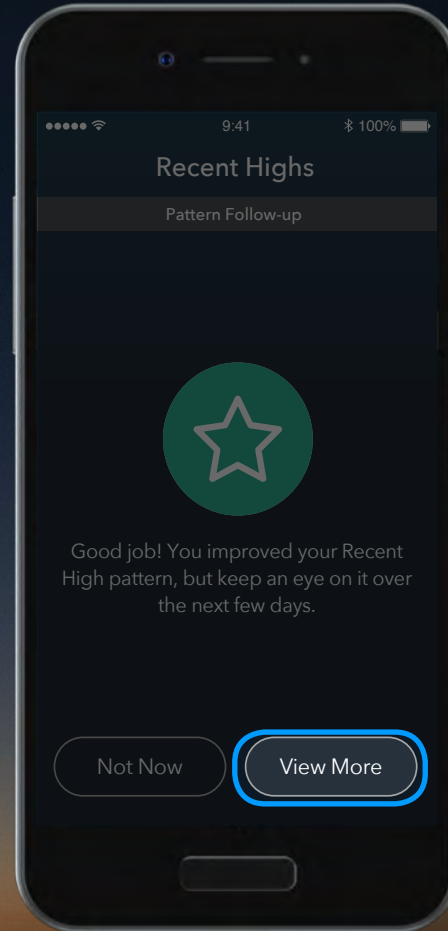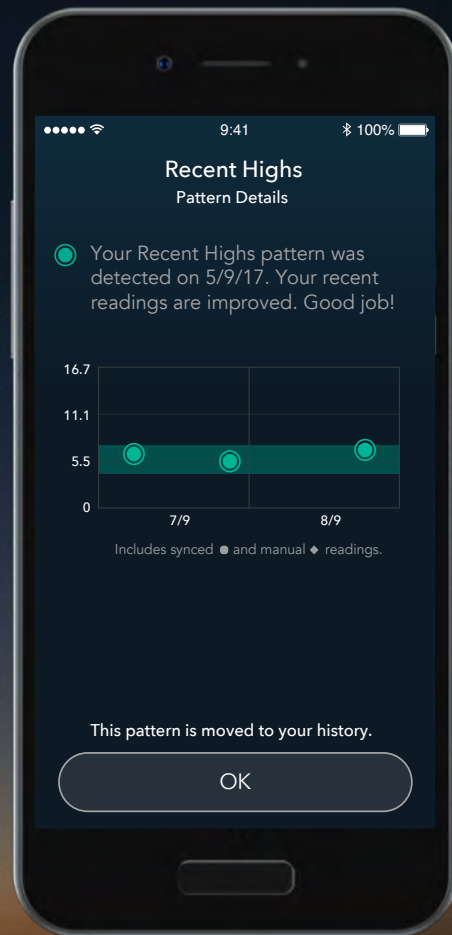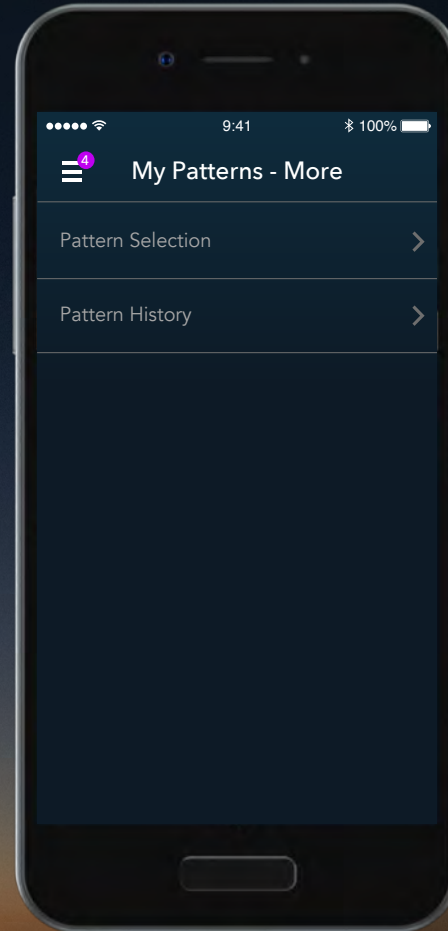
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7. Patterns

This pattern has been moved to your history and can be viewed at any time by choosing **My patterns** from the **Main Menu**.

Recent Highs
Pattern Details

Your Recent Highs pattern was detected on 5/9/17. Your recent readings are improved. Good job!

Includes synced ● and manual ◆ readings.

This pattern is moved to your history.

OK

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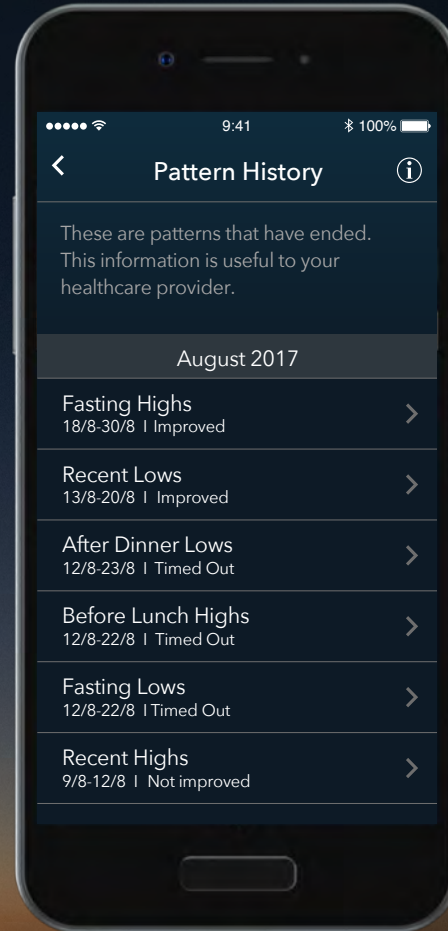Blood Glucose Monitoring System

8. **Patterns**

At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.

My Patterns - More

Pattern Selection

Pattern History

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8. Patterns

At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.

Pattern History

ⓘ

These are patterns that have ended. This information is useful to your healthcare provider.

August 2017

Fasting Highs
18/8-30/8 | Improved

Recent Lows
13/8-20/8 | Improved

After Dinner Lows
12/8-23/8 | Timed Out

Before Lunch Highs
12/8-22/8 | Timed Out

Fasting Lows
12/8-22/8 | Timed Out

Recent Highs
9/8-12/8 | Not improved

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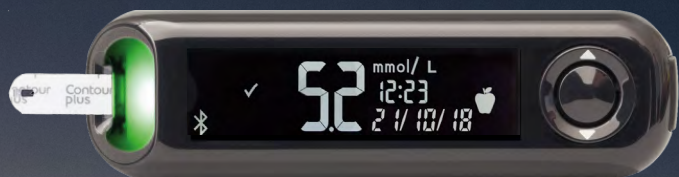
Hypothetical patient data for demonstration purposes only. Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

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Blood Glucose Monitoring System

Contour®
diabetes solutions

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