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plus ONE[»]
Blood Glucose
Monitoring System

Using **My Patterns** with the **CONTOUR™** **DIABETES** app

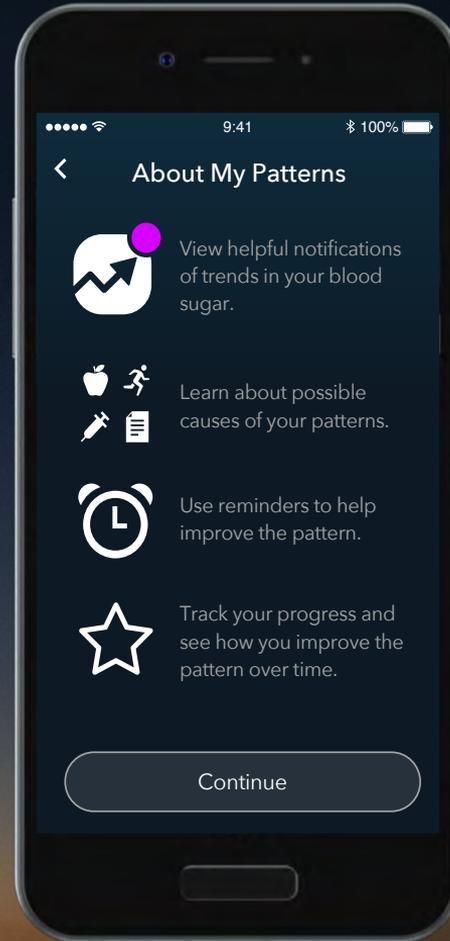


Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



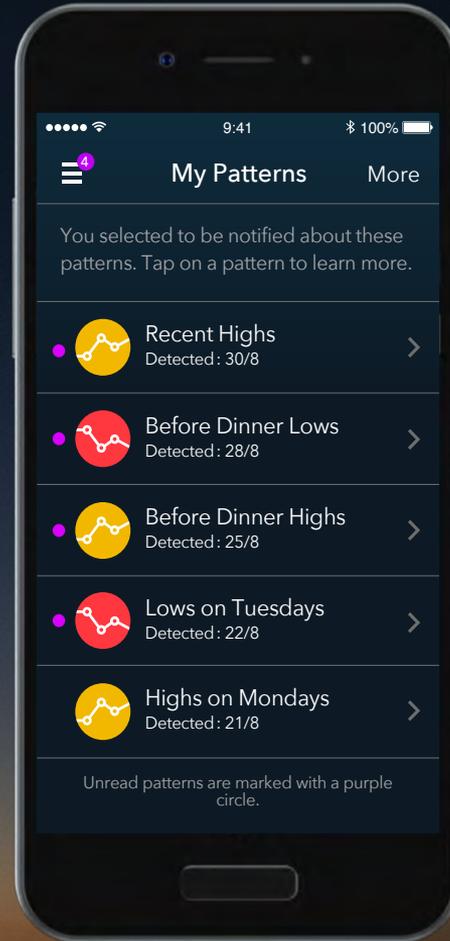
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The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.



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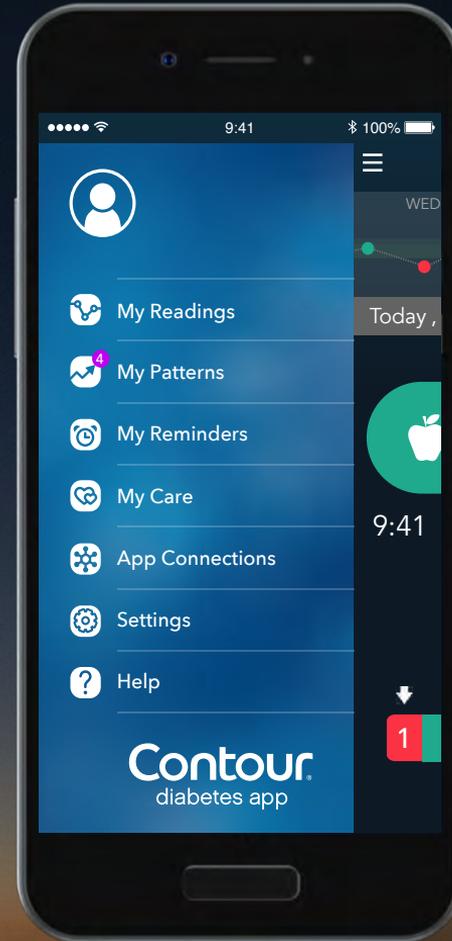
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1. My Patterns

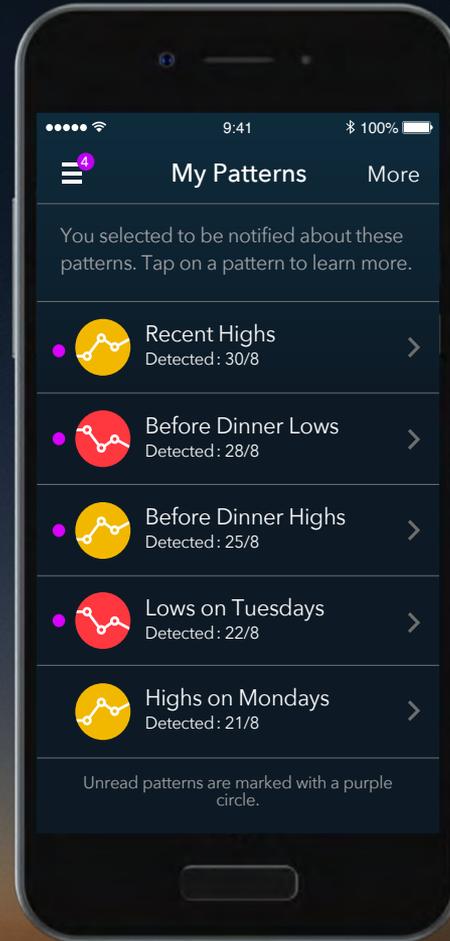
Choose My Patterns
from the Main Menu



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2. My Patterns

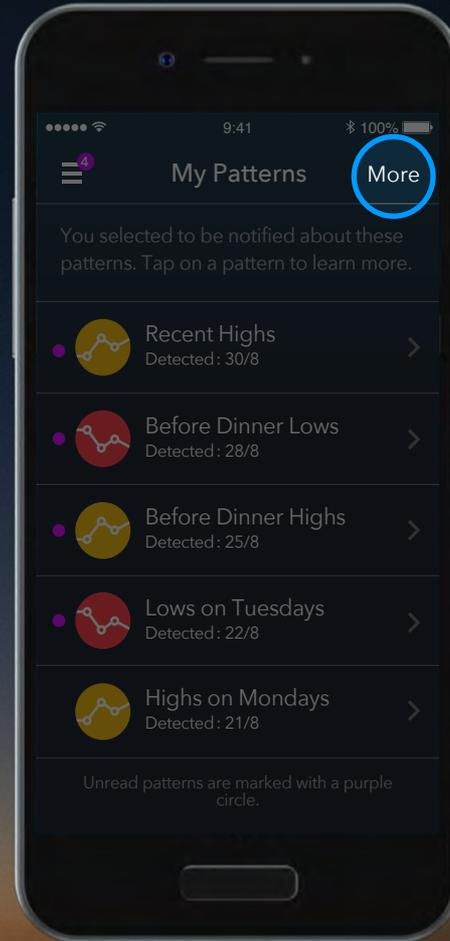
The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.



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2. My Patterns

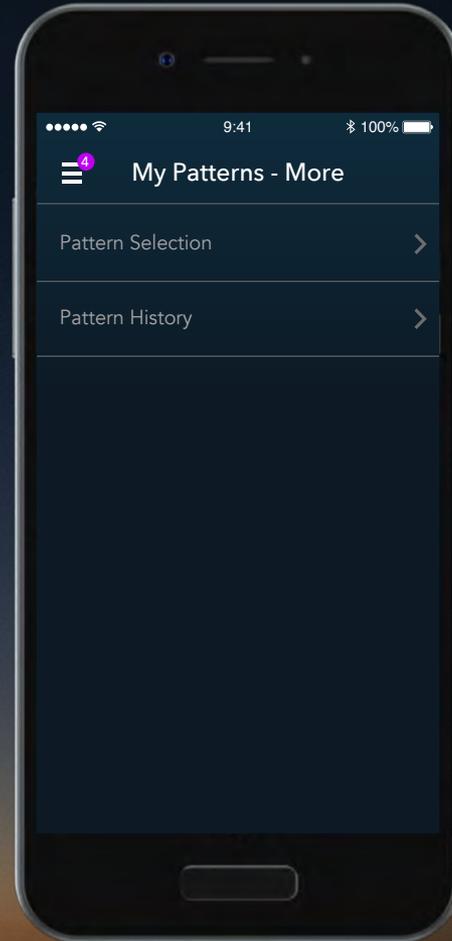
Tap **More** to change your pattern selection or review your pattern history.



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3. **My Patterns**

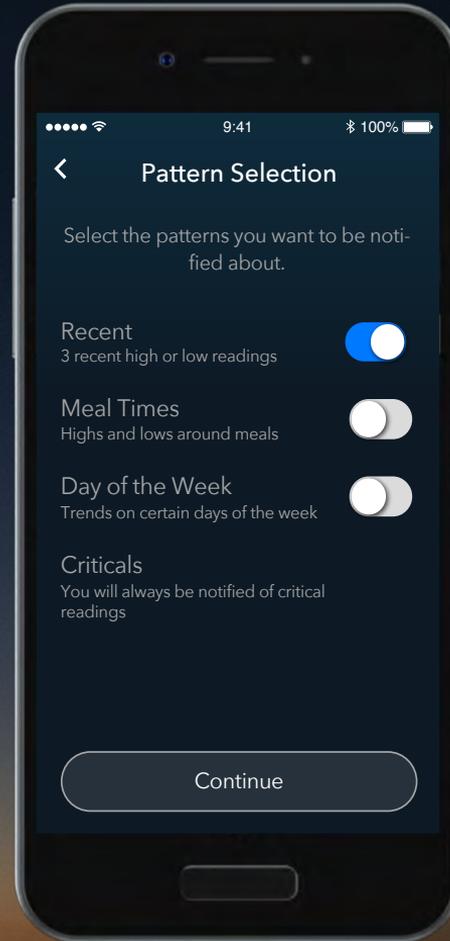
Tap **Pattern Selection** to choose which patterns to be notified about.



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3. My Patterns

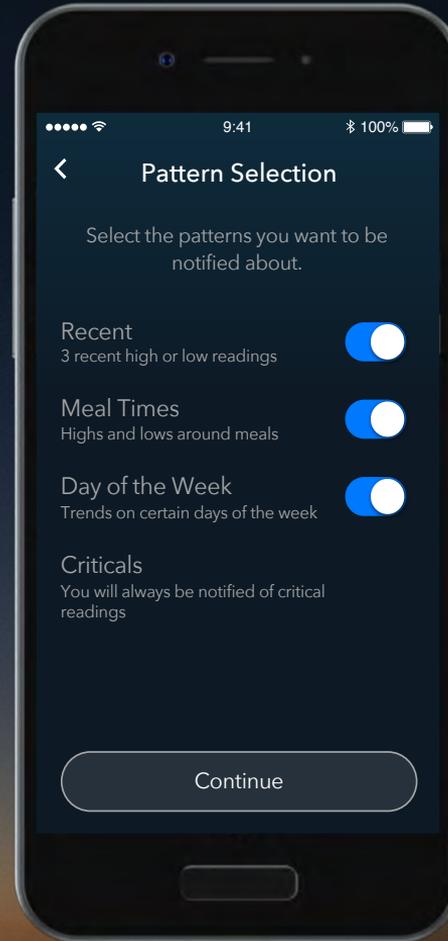
Tap **Pattern Selection** to choose which patterns to be notified about.



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3. My Patterns

Tap **Pattern Selection** to choose which patterns to be notified about.

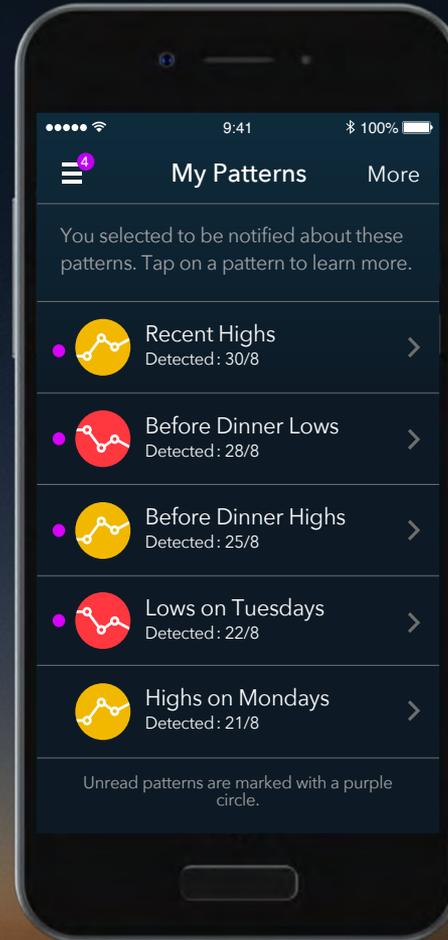


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4. **My Patterns**

Any patterns that have been detected will be listed in the **My Patterns** screen.

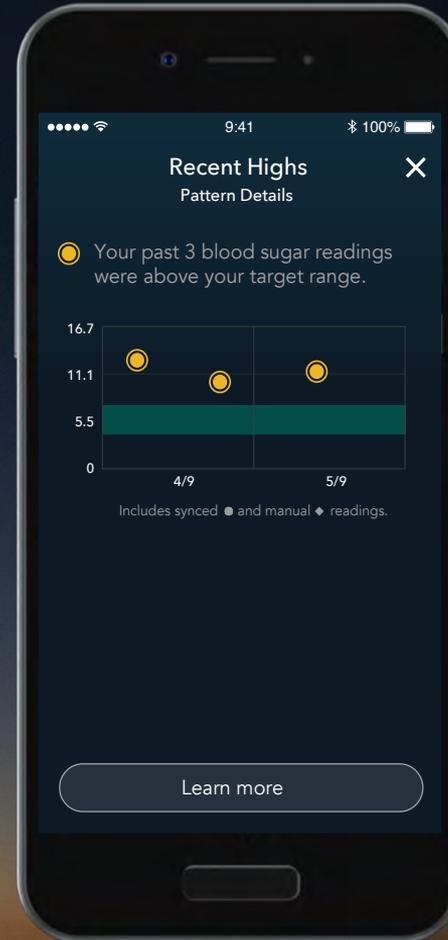
The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.



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4. My Patterns

You can see the pattern details and learn more about possible causes.

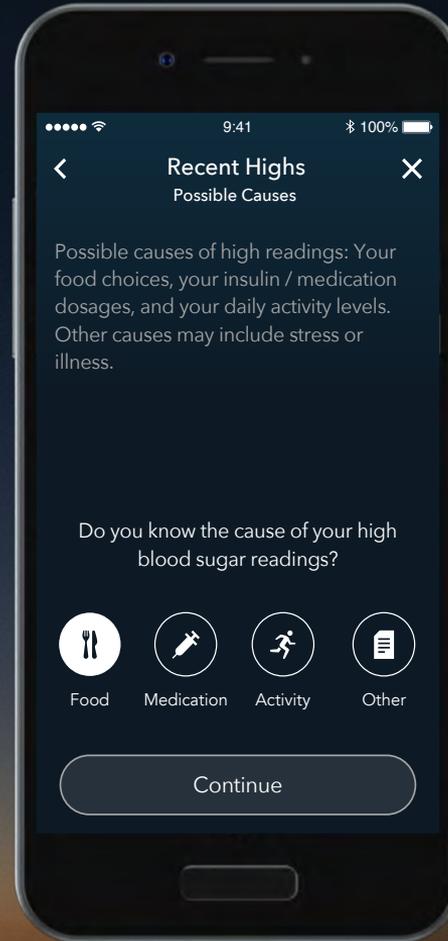


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4. My Patterns

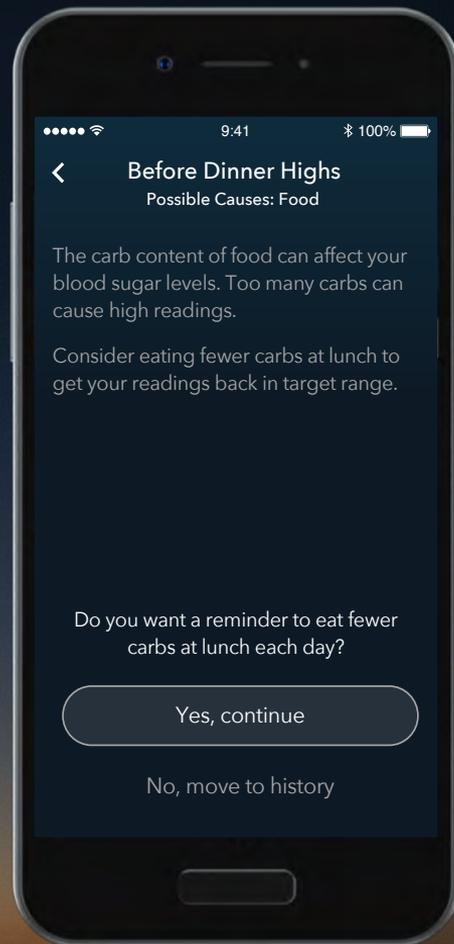
You can learn more about what may cause this pattern, and choose between possible causes such as food, medication or activity.



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4. My Patterns

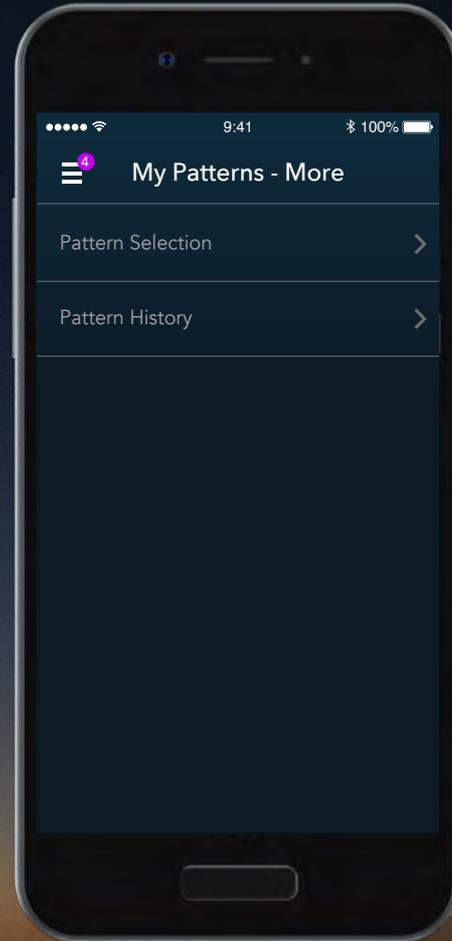
You can also set a reminder related to a possible cause.



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5. My Patterns

At any time, you can go back to a pattern in **Pattern History**.



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5. My Patterns

In **Pattern History** you can review the patterns detected in the past that are no longer active.



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In **Pattern History** you can review the patterns detected in the past that are no longer active.



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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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