Contour plus ONE

Blood Glucose Monitoring System

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

www.contourplusone.hk

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

Contour plus ONE
Blood Glucose Monitoring System

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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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Blood Glucose Monitoring System

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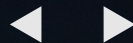
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Blood Glucose
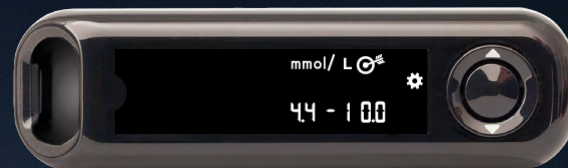Monitoring System

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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.

NOTICE - Talk to your Health Care Professional before setting or changing any Target Ranges in the **CONTOUR DIABETES app.**

mmol/ L
4.4 - 10.0

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plus ONE
Blood Glucose
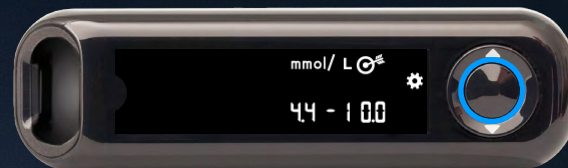Monitoring System

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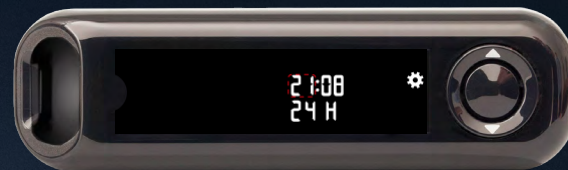
mmol/ L

4.4 - 10.0

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2.

Initial Setup

Confirm or adjust the time on the meter.

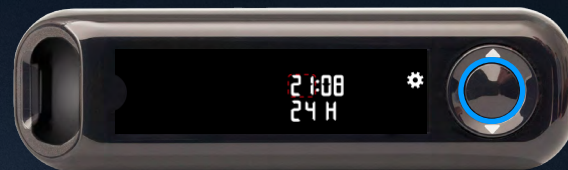To change the hour, press the ▲ or ▼ button on the outer ring.

2.

Initial Setup

Press the 'OK' button.

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2.

Initial Setup

To change the minutes, press the ▲ or ▼
button on the outer ring.

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2. | **Initial Setup**

Press the 'OK' button.

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3.

Initial Setup

Confirm or adjust the date on the meter

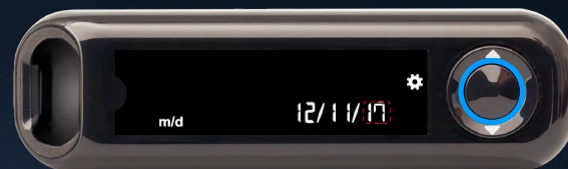To change the year, press the ▲ or ▼ button on the outer ring.
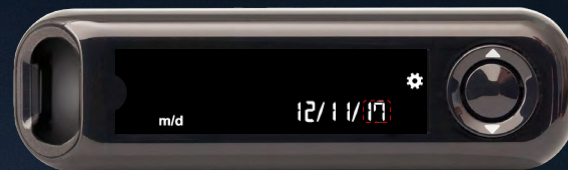
3.

Initial Setup

Press the 'OK' button.

3.

Initial Setup

To change the month, press the ▲ or ▼ button on the outer ring.
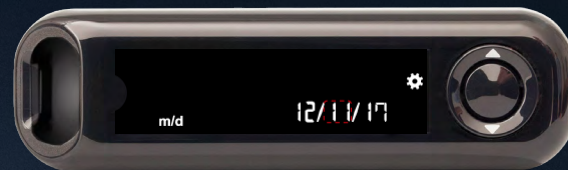
3.

Initial Setup

Press the 'OK' button.

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3.
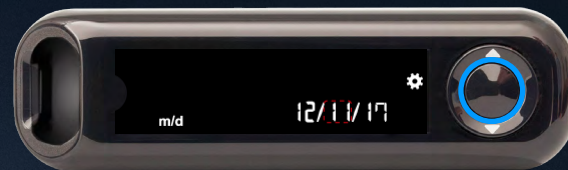
Initial Setup

To change the day, press the ▲ or ▼
button on the outer ring.
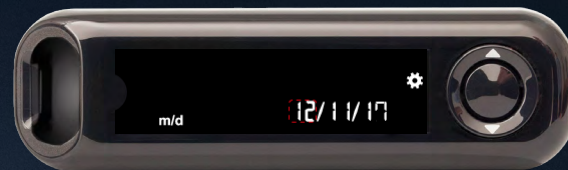
3. | **Initial Setup**

Press the 'OK' button.
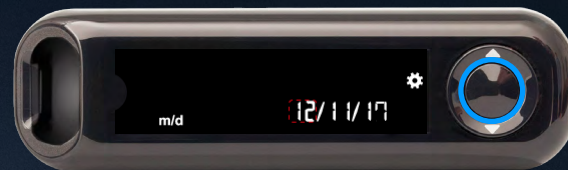
4. **Initial Setup.**

The meter briefly displays your saved settings, then beeps and turns off.

Setup is complete. You are ready to test your blood glucose.

Testing
your blood glucose with
the **CONTOUR PLUS ONE**
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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Monitoring System
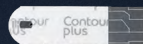
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Hold the test strip with the grey square end facing toward the meter.

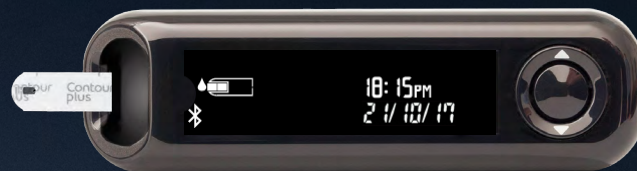Insert the grey square end firmly into the test strip port until the meter beeps.

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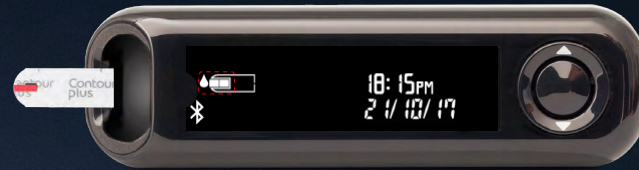www.contourplusone.hk

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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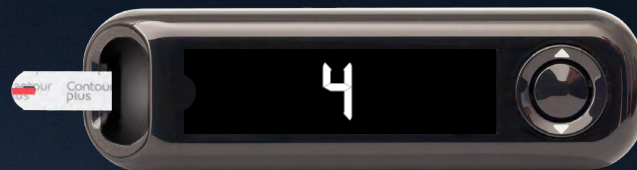
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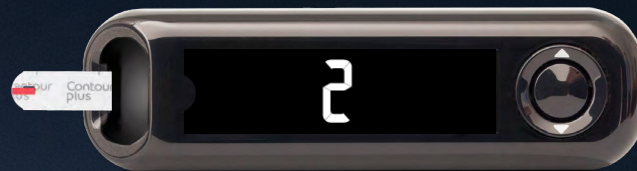
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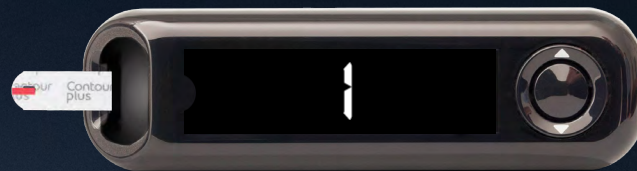
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4. Results

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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The meter suggests a Meal Marker based on the time of day and the meal period: fasting/breakfast, lunch, dinner, or overnight.

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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.

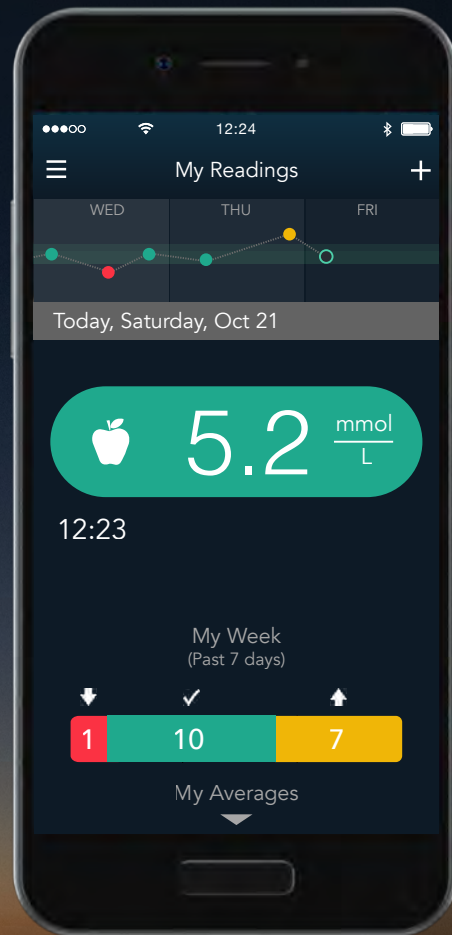The smartLIGHT™ feature is green for In Target, red for Below Target and yellow for Above Target.

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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.hk

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

Get the app

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Contour®
diabetes solutions