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> Ascensia CONTOUR NEXT ONE Blood Glucose Monitoring System User Manual

Ascensia CONTOUR NEXT ONE (Model 7818)

Ascensia CONTOUR NEXT ONE Blood Glucose Monitoring System

Model: 7818
Brand: Ascensia

INTRODUCTION

The CONTOUR NEXT ONE Blood Glucose Monitoring System is designed to provide accurate blood glucose readings for individuals managing diabetes. This system combines a highly accurate meter with a smartphone application for simplified diabetes management. This manual provides essential information for the proper use and care of your device.



Image: The CONTOUR NEXT ONE Blood Glucose Monitoring System kit, showing the meter, test strips, lancing device, and carrying case.

WHAT'S IN THE BOX

The CONTOUR NEXT ONE system typically includes the following components:

- CONTOUR NEXT ONE Blood Glucose Meter
- Lancing Device

- Lancets (quantity may vary)
- CONTOUR NEXT Test Strips (quantity may vary)
- Carrying Case
- User Manual (this document)

SETUP

Follow these steps to prepare your CONTOUR NEXT ONE system for use:

1. **Insert Test Strip:** Insert a CONTOUR NEXT test strip into the meter. The meter will automatically turn on.
2. **Prepare Lancing Device:** Remove the cap from the lancing device. Insert a new lancet and twist off its protective cap. Replace the lancing device cap. Adjust the depth setting on the lancing device according to your comfort level (e.g., setting 3 is often a good starting point).
3. **Perform Control Solution Test (Optional but Recommended):** Before first use or if you suspect inaccurate readings, perform a control solution test. Shake the control solution bottle (e.g., Level 2) about 15 times. Apply a drop of control solution to the test strip. Compare the result with the range printed on the test strip vial (e.g., Level 2: 112-140 mg/dL). If the result is within range, the meter is functioning correctly.



Image: A hand holding the compact CONTOUR NEXT ONE meter, demonstrating its small and sleek design.

OPERATING INSTRUCTIONS: BLOOD GLUCOSE TESTING

To obtain an accurate blood glucose reading, follow these steps:

1. **Wash Hands:** Wash your hands thoroughly with soap and warm water, then dry them completely.
2. **Insert Test Strip:** Insert a CONTOUR NEXT test strip into the meter. The meter will turn on and display a blood drop symbol.

3. **Lance Finger:** Place the lancing device firmly against the side of your fingertip and press the release button.
4. **Apply Blood Sample:** Gently squeeze your finger until a small drop of blood forms. Touch the tip of the test strip to the blood drop. The meter will draw the blood into the strip.
5. **Read Result:** The meter will display your blood glucose reading within seconds. The SmartLight feature will indicate if your reading is below (red), within (green), or above (yellow) your target range.
6. **Discard Used Components:** Carefully remove the used test strip from the meter and discard it. Remove the lancet from the lancing device and dispose of it safely in a sharps container. Do not reuse lancets or test strips.



Image: A person performing a blood glucose test using the CONTOUR NEXT ONE meter, with the test strip inserted and blood being applied.



Image: Multiple views of the CONTOUR NEXT ONE meter showing the SmartLight indicator in blue, green, yellow, and red, corresponding to different blood glucose levels.

SMARTPHONE APP INTEGRATION

The CONTOUR NEXT ONE meter can connect wirelessly via Bluetooth to the free CONTOUR DIABETES app on compatible iOS or Android devices. This integration enhances your diabetes management by providing comprehensive data tracking and insights.

Key App Features:

- **Automatic Syncing:** Blood glucose results are automatically synced and logged to your smartphone.
- **Data Tracking:** Review and track your cumulative glucose data over time.
- **Insights:** Gain insights into how activities affect your blood glucose levels.
- **Logging Details:** Add photos of meals, notes, activity details, and medication information to your readings.
- **Pattern Recognition:** Identify patterns and trends in your blood glucose levels.

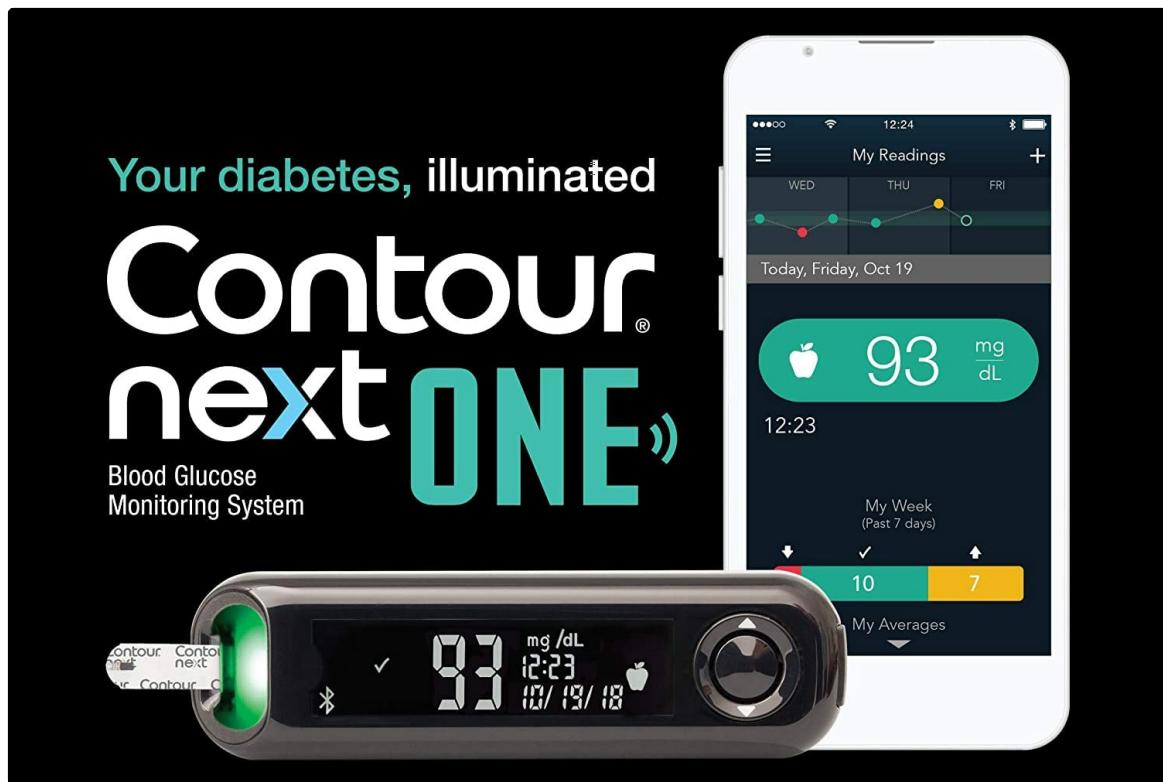
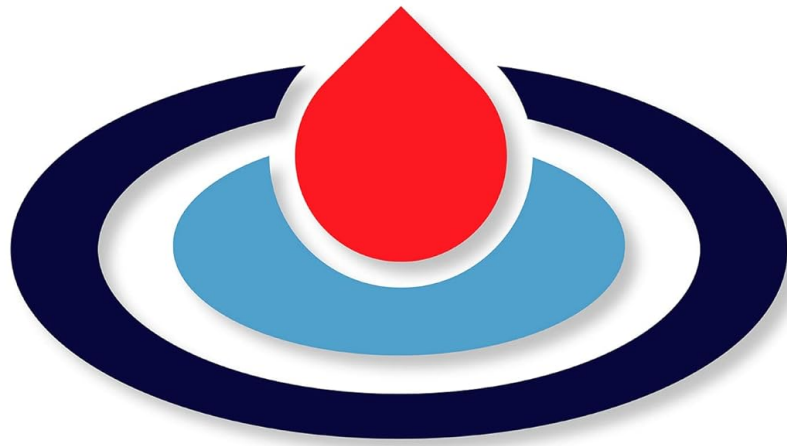


Image: The CONTOUR NEXT ONE meter alongside a smartphone displaying the CONTOUR DIABETES app interface, showing synced readings and data.

KEY FEATURES

The CONTOUR NEXT ONE system offers several features designed for user convenience and accuracy:

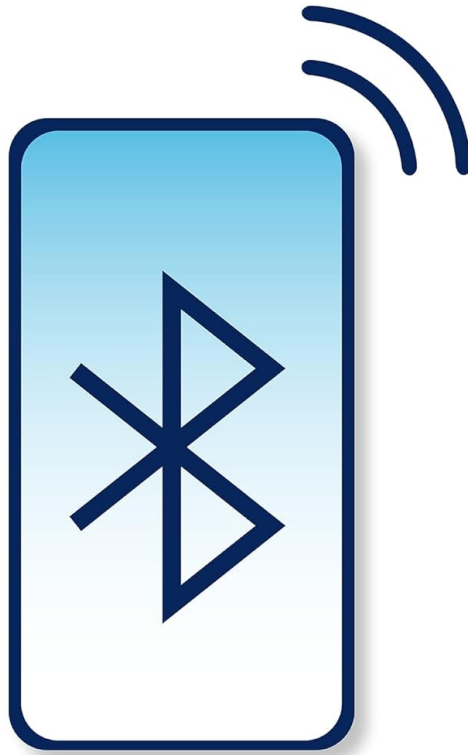
- **Proven Accuracy:** The system is shown to deliver remarkable accuracy within $\pm 8.4\%$ of lab values.
- **Bluetooth Enabled:** Seamlessly connect the wireless system with the free CONTOUR DIABETES app via Bluetooth technology.
- **SmartLight Target Range Indicator:** Immediately identifies if blood glucose readings are above, below, or within the target range for instant feedback.
- **Second-Chance Sampling:** Allows you to apply more blood to the test strip within 60 seconds, which helps prevent wasting test strips and saves money.
- **No Coding Technology:** Provides easy-to-read results in seconds with one less step in testing and eliminates errors due to user miscoding.



HIGHLY ACCURATE^(1,2)

Highly Accurate^(1,2) test strips for use
with the CONTOUR[®]NEXT range of
blood glucose meters.

Image: A graphic emphasizing the high accuracy of CONTOUR NEXT test strips.



Bluetooth Enabled

Seamlessly connect wireless system with a free app to a compatible device via Bluetooth technology.

Image: A graphic depicting the Bluetooth enabled feature, showing a smartphone icon with wireless signals.



Second-Chance[®] ***Sampling***

Allows you to apply more blood to the test strip you are using within 60 seconds, which helps prevent wasting test strips and saves money.⁽³⁾

Image: A graphic detailing the 'Second-Chance Sampling' feature, showing a blood drop icon.



No Coding Technology

Easy to read test results in seconds with one less step in testing and eliminates errors due to user miscoding.

Image: A graphic highlighting the 'No Coding Technology' feature with a prominent checkmark.

MAINTENANCE

Proper maintenance ensures the longevity and accuracy of your monitoring system:

- **Cleaning:** Clean the meter and lancing device regularly with a soft, damp cloth. Do not immerse in water.
- **Storage:** Store the meter, test strips, and lancing device in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** The meter uses 2 CR2 batteries. Replace them when the low battery indicator appears on the display.

TROUBLESHOOTING

If you encounter issues with your CONTOUR NEXT ONE system, consider the following:

- **Inaccurate Readings:** Ensure test strips are not expired and are stored correctly. Perform a control

solution test to verify meter accuracy.

- **Meter Not Turning On:** Check battery installation and battery life. Replace batteries if necessary.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the meter. Restart both devices if connection fails.
- **Insufficient Blood Sample:** Ensure the lancing device depth setting is appropriate. Gently massage the finger to encourage blood flow. Utilize the Second-Chance Sampling feature if needed.

For persistent issues, contact Ascensia customer support.

SPECIFICATIONS

Feature	Detail
Model Name	CONTOUR NEXT ONE
Item Model Number	7818
Brand	Ascensia
Product Dimensions	4.75"L x 2.75"W x 6.56"H
Batteries	2 CR2 batteries (included)
Operating Time	60 Seconds
Connectivity	Bluetooth
Technology	No Coding, Second-Chance Sampling, SmartLight

WARRANTY AND SUPPORT

For product support, warranty information, or to report any issues, please refer to the contact information provided on the product label or visit the official Ascensia Diabetes Care website.

Manufacturer Contact Information: 1-800-348-8100