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## Ascensia CONTOUR NEXT GEN

# Ascensia CONTOUR NEXT GEN Blood Glucose Monitoring System User Manual

Model: CONTOUR NEXT GEN | Brand: Ascensia

## 1. INTRODUCTION

The Ascensia CONTOUR NEXT GEN Blood Glucose Monitoring System is designed to provide accurate and easy-to-use blood glucose testing for individuals managing diabetes. This system integrates a smart meter with a smartphone application, simplifying the management of your blood glucose levels.

This manual provides essential information for the proper setup, operation, and maintenance of your CONTOUR NEXT GEN system. Please read it thoroughly before first use.

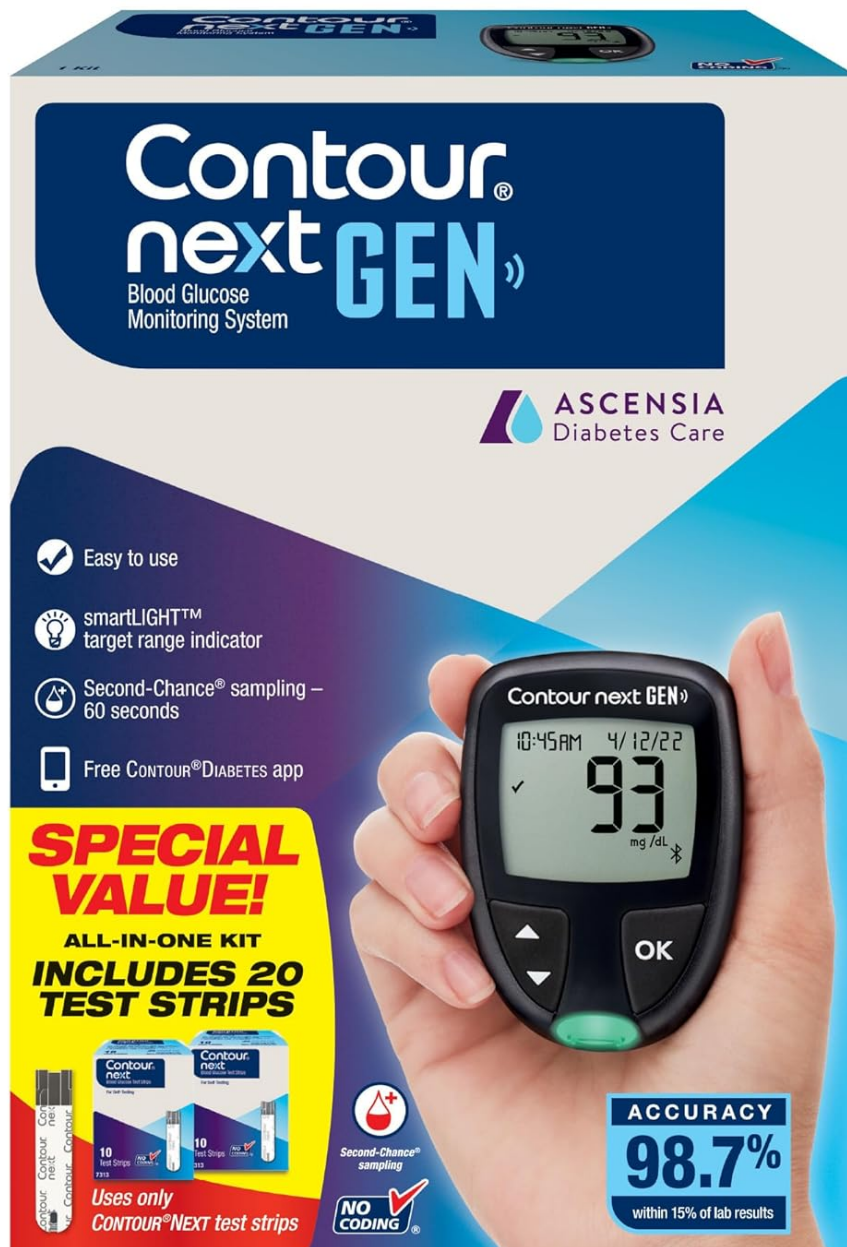


Figure 1: The CONTOUR NEXT GEN Blood Glucose Monitoring System, showing the meter held in a hand.

## 2. WHAT'S IN THE BOX

Your CONTOUR NEXT GEN Value Pack includes the following components:

- CONTOUR NEXT GEN Blood Glucose Meter
- 20 CONTOUR NEXT Test Strips
- 10 MICROLET Lancets
- Lancing Device
- User Guide (this manual)



Figure 2: All components included in the CONTOUR NEXT GEN Blood Glucose Monitoring System kit.

# KEY ITEMS INCLUDED:



The Contour® Next Gen  
Blood Glucose Meter



20 Contour® Next Test Strips



10 Microlet Lancets



Lancing Device



User Guide



Figure 3: Visual representation of the key items included in the kit.

## 3. SETUP

### 3.1 Initial Meter Setup

1. **Unpack:** Carefully remove all items from the kit packaging.
2. **Power On:** The meter will typically power on automatically when a test strip is inserted. Ensure the battery is properly installed.
3. **Set Date and Time:** Follow the on-screen prompts to set the correct date and time on your meter. Refer to the detailed user guide for specific navigation instructions if needed.

### 3.2 Lancing Device Setup

1. **Remove Cap:** Twist and pull off the lancing device cap.
2. **Insert Lancet:** Firmly insert a new MICROLET lancet into the lancet holder until it clicks into place.

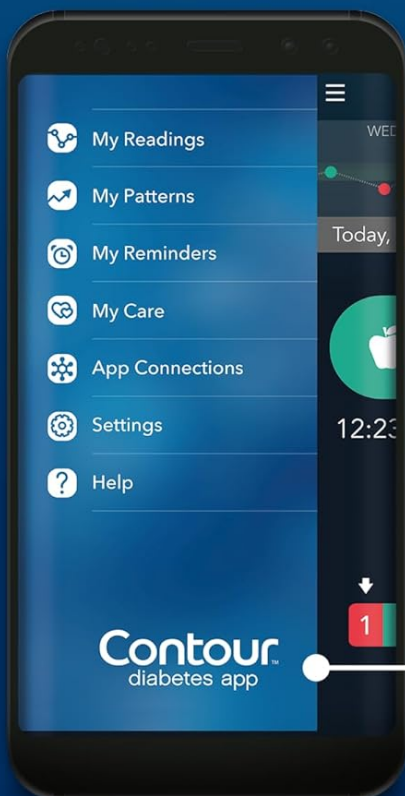
3. **Twist Off Protective Disk:** Twist the protective disk off the lancet and save it for safe disposal.
4. **Replace Cap:** Carefully replace the lancing device cap.
5. **Select Depth:** Adjust the lancing depth by rotating the cap. Start with a shallower depth (e.g., 2-3) and adjust as needed for a sufficient blood sample.
6. **Prime Device:** Pull back the cocking barrel until it clicks. The release button will be ready.

### 3.3 Smartphone App Connection

The CONTOUR NEXT GEN meter can connect wirelessly to the free Contour Diabetes app via Bluetooth technology. This allows for automatic syncing and logging of your blood glucose results.

1. **Download App:** Download the "Contour Diabetes app" from the Apple App Store or Google Play.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Pair Device:** Follow the instructions within the app to pair your CONTOUR NEXT GEN meter.

# *Test, Track And Share Readings More Easily With* **THE CONTOUR® DIABETES APP**



*Test reminder helps  
you learn how different  
food and activities may  
affect your glucose results*

Figure 4: The Contour Diabetes App, which allows for tracking and sharing of readings.

## 4. OPERATING INSTRUCTIONS

### 4.1 Performing a Blood Glucose Test

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's test strip port. The meter will turn on automatically.
3. **Obtain Blood Sample:** Use the lancing device to prick the side of your fingertip. Gently squeeze your finger to form a small drop of blood.
4. **Apply Blood:** Touch the tip of the test strip to the blood drop. The meter will draw the blood into the strip.
5. **Read Result:** Your blood glucose result will appear on the meter's display within seconds.
6. **Dispose:** Eject the used test strip and lancet into a sharps container.

HSA/FSA Eligible

Results in Seconds



Figure 5: A user performing a blood glucose test with the CONTOUR NEXT GEN system.

### 4.2 SmartLIGHT™ Target Range Indicator

The CONTOUR NEXT GEN meter features a SmartLIGHT™ indicator that provides immediate feedback on your blood glucose readings:

- **Green Light:** Indicates your blood glucose reading is within your target range.
- **Amber Light:** Indicates your blood glucose reading is above your target range.
- **Red Light:** Indicates your blood glucose reading is below your target range.



**Second-Chance® Sampling allows you to apply more blood to the test strip you are using within 60 seconds, which may help prevent wasting test strips<sup>3</sup> and save money**



**Smartlight™ provides a simple understanding of your blood glucose levels**

Figure 6: The SmartLIGHT feature provides visual cues for blood glucose levels.

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Video 1: Official video demonstrating the features of the Contour Next GEN Meter, including the SmartLIGHT indicator.

### **4.3 Second-Chance® Sampling**

The Second-Chance® Sampling feature allows you to apply more blood to the same test strip within 60 seconds if the initial sample was insufficient. This helps prevent wasting test strips and saves money.

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## 5. MAINTENANCE

### 5.1 Cleaning the Meter

Regularly clean the exterior of your meter with a soft, damp cloth. Do not immerse the meter in water or use harsh cleaning agents. Ensure the test strip port is free of debris.

### 5.2 Storage

Store the meter and test strips in a cool, dry place, away from direct sunlight and extreme temperatures. Keep all components in their original containers to protect them from damage and contamination. Always keep test strip vials tightly closed.

### 5.3 Battery Replacement

The meter uses a Lithium Manganese Dioxide battery. Replace the battery when the low battery indicator appears on the display. Refer to the full user guide for detailed instructions on battery replacement.

## 6. TROUBLESHOOTING

This section addresses common issues you might encounter with your CONTOUR NEXT GEN system. For more detailed troubleshooting, please refer to the comprehensive user guide included with your kit.

### 6.1 Error Messages

If an error message appears on the meter display, consult the full user guide for a list of error codes and their corresponding solutions. Common issues include insufficient blood sample, damaged test strip, or temperature out of range.

### 6.2 Inaccurate Readings

The CONTOUR NEXT GEN system is designed for high accuracy. If you suspect inaccurate readings:

- Ensure test strips are not expired and have been stored correctly.
- Verify that your hands are clean and dry before testing.
- Confirm the test strip is fully inserted into the meter.
- Perform a control solution test if available, to check meter and strip performance.
- Remember that this system uses "No Coding Technology," eliminating errors due to miscoding.

✓ Highly Accurate<sup>1</sup>

✓ Second-Chance<sup>®</sup>  
Sampling

✓ Smartlight™ Target  
Range Indicator

✓ No Coding



 **ASCENSIA**  
Diabetes Care

Figure 7: The meter's key features, including high accuracy and no coding technology.

### 6.3 Connectivity Issues

If the meter is not connecting to the Contour Diabetes app:

- Ensure Bluetooth is enabled on both your meter and smartphone.
- Make sure the app is updated to the latest version.
- Restart both the meter and your smartphone.
- Re-pair the device within the app settings if necessary.

## 7. SPECIFICATIONS

Feature	Detail
Model Name	CONTOUR NEXT GEN
Battery Cell Composition	Lithium Manganese Dioxide
Operating Time (Test Result)	Within 60 Seconds
Country of Origin	Japan
UPC	301937383014
Manufacturer	Ascensia

## 8. WARRANTY AND SUPPORT

For information regarding the product warranty, please refer to the warranty card or documentation included in your CONTOUR NEXT GEN kit. You can also contact Ascensia Diabetes Care directly for support.

### **Manufacturer Contact Information:**

Ascensia Diabetes Care  
5 Wood Hollow Drive  
Parsippany, NJ 07054

For additional resources and frequently asked questions, please visit the official Ascensia website or consult the Contour Diabetes app.