Manuals+ — User Manuals Simplified.

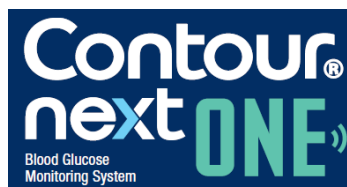# Contour next ONE Blood Glucose Monitoring System User Guide
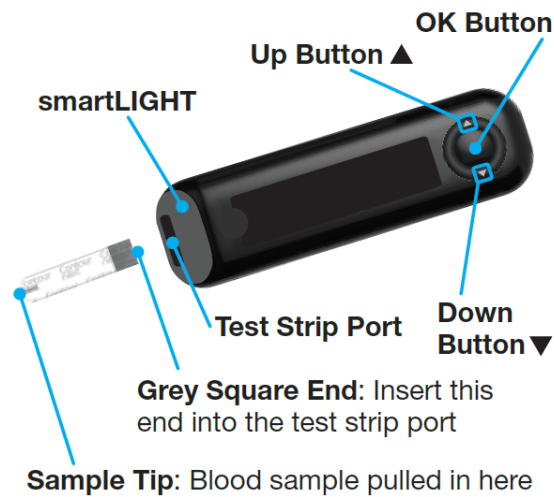
Contents

Contour next ONE Blood Glucose Monitoring System User Guide

Works with the Contour™Diabetes app available for download on the App StoreSM or on Google Play

Your Contour Next ONE meter

OK Button
Up Button ▲
smartLIGHT
Test Strip Port
Down Button ▼
Grey Square End: Insert this end into the test strip port
Sample Tip: Blood sample pulled in here

CAUTION
Your Contour®Next ONE meter works only with Contour®Next test strips and Contour®Next control solution.

Read your Contour Next ONE User Guide for the Intended Use of the Meter and a list of Important Safety Information, Warnings, and Precautions.

The Contour™Diabetes app
You can automatically transfer results from your Contour Next ONE meter wirelessly to your smartphone or tablet.

1. On your smartphone or tablet, go to the App StoreSM or the Google Play™ store.
2. Search for the Contour Diabetes app.
3. Install the Contour Diabetes app and follow the instructions to pair your meter.

OR Scan with the QR Code app or visit **www.contourone.com** to learn more.

NOTE: If you do not pair your meter with the Contour Diabetes app, follow the instructions in Initial Setup from the Meter the first time you turn on your meter.

Turn the Meter On and Off

- Press and hold the OK button for 2 seconds until your meter turns On or Off.
- Insert a test strip into the meter to turn the meter On.
- Press OK twice when the meter is Off to turn On the white test strip port light.

Up/Down, Scroll/OK Buttons
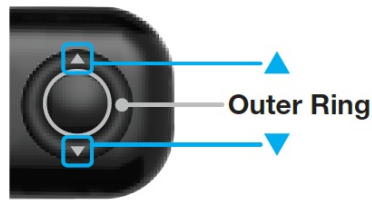
- The ▲ buttons ▼ on the outer ring allow you to scroll through the options.
- When a symbol is blinking, you can select it or change it.

- Press the OK button to accept a selection.

Initial Setup from the Meter

Press and hold the OK button for 2 seconds until the meter turns on.

NOTE: The screen dims after 30 seconds of inactivity. To light the screen again, press the OK, button. The initial setup begins with View Pre-Set Target.

View Pre-Set Target

The meter compares your blood sugar results with a Target Range (for example, 3.9 mmol/L–7.2 mmol/L) to let you know if your test result is:

- within ✓ your Target Range.
- above ⬆ your Target Range.
- below ⬇ your Target Range.

You can change this pre-set Target Range from the Contour Diabetes app after the initial setup of the meter.

The meter displays a pre-set Overall Target Range. To move to the next screen, press the OK, button. Continue to Set the Time.

Set the Time
The hour is blinking.

9:08PM
12 H

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

2. To set the hour and move it to minutes, Press the OK button.

3. To change the minutes, press the ▲ or ▼ button on the outer ring, then Press the OK button.

4. For a 12-hour format, select AM or PM, Press the ▲ or ▼ button on the outer ring, then press the OK button.

Set the Date
The year is blinking.

12/11/15

1. To change the year, press the ▲ or ▼ button, then press the OK button.

2. To change the month, press the ▲ or ▼ button, then press the OK, button.

3. To change the day, press the ▲ or ▼ button, then press the OK button.

Setup is Complete
The meter briefly displays your saved settings, then beeps and turns OFF. The setup is complete.

mmol/ L
8:00AM
1/ 6/15

Fingertip Testing
Refer to your lancing device and insert detailed instructions on preparing the lancing device.

WARNING: Potential Biohazard

- Always wash your hands well with soap and water and dry them before and after testing or after handling the meter, lancing device, or test strips.

- All parts of this kit are considered biohazardous and can potentially transmit infectious diseases. For more information, refer to the Contour Next ONE User Guide.

CAUTION

- The lancing device provided with your kit is intended for use by a single patient.
- Set up your meter before doing your first blood sugar test. Refer to Initial Setup from the Meter.
- For more information, refer to the Contour Next ONE User Guide.

Prepare the lancing device

1. Refer to your lancing device insert for detailed instructions.
2. Insert the grey square end of a new test strip firmly into the test strip port until the meter beeps. The meter turns on and displays the Apply Blood screen. The meter is now ready to test a blood drop.
3. Use your lancing device to get a drop of blood from your fingertip.
4. Stroke your hand and finger toward the puncture site to form a drop of blood.
5. Immediately touch the tip of the test strip to the drop of blood.
6. If the meter beeps twice and the screen displays a blinking blood drop, the test strip does not have enough blood. Apply more blood to the test strip within 60 seconds. Turn the page to continue Fingertip Testing and learn about Meal Markers.

Need Help?

For more information, go to **www.contourone.com**Contact Diabetes Care Customer Service at 1-800-268-7200. Your meter is preset and locked to display results in mmol/L. If your result is in mg/dL, contact Diabetes Care Customer Service at 1-800-268-7200 Manufactured for Ascensia Diabetes Care Holdings AG Peter Merian-Strasse 90 4052 Basel, Switzerland For in vitro diagnostic use. For information on patents and related licenses, see **www.patents.ascensia.com**. Ascensia, the Ascensia Diabetes Care logo, Contour, Glucofacts, the No Coding logo, Microlet, and Second-Chance are trademarks and/or registered trademarks of Ascensia Diabetes Care Holdings AG. TM see

Fingertip Testing (Continued)

CAUTION

For instructions on removing the lancet from your lancing device, see the lancing device insert. The meter displays

your result with the units, time, date, and target indicator: In Target ✓, Below ⬇ Target, or Above ⬆ Target The test strip

port displays a color representing your result value compared to the Target Range.

In Target   Below Target Above Target

LO or HI Results

If the meter beeps twice and displays the LO screen, your blood sugar reading is under 0.6 mmol/L. Follow medical advice immediately. Contact your health care professional.

If the meter beeps once and displays the HI screen, your blood sugar reading is over 33.3 mmol/L.

1. Wash and dry your hands well.

2. Retest with a new strip.

3. If results are still over 33.3 mmol/L, follow medical advice immediately.

4. To turn the meter off, remove the test strip.

Logbook

1. To turn on your meter, Press and hold the OK button for 2 seconds.

2. The Home screen has 2 options: Logbook and Settings. The Logbook is blinking.

3. To view your Logbook entries, press the OK, button.

4. Press the buttons on the outer ring to scroll through the Logbook.

Settings
You can turn settings such as Sound and Target Light (smart light) On and Off in Settings.

1. To highlight the Settings symbol on the Home screen, press the ▲ button ▼ on the outer ring.

2. When the Settings symbol ⚙ is blinking, press ▼ the OK button to enter Settings.

Continue to press the OK button as you go through each setting until you find the setting you want to change. You will see options such as:

- Time Format
- Time
- Date Format
- Date
- Sound
- Meal Markers
- Target Ranges
- Target Lights
- (smart light)
- Bluetooth®

When you find the setting you want to change, press the ▼ or ▲ button on the outer ring to turn the setting On or Off or to change the value.
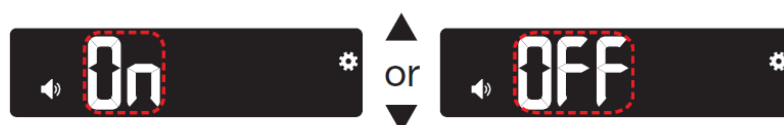

To accept the change, press the OK, button. To exit from the Logbook or the last Settings screen and return to

Home, press the OK button.

Turn Meal Markers On If your meter is not ON:

1. Press and hold the OK button for about seconds until the meter turns on. OK Button Wait until the Logbook symbol is blinking on the Home screen.

2. Press ▼ the button on the outer ring. Outer Ring

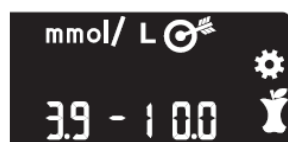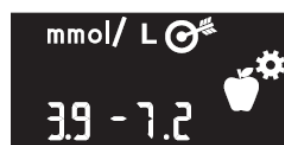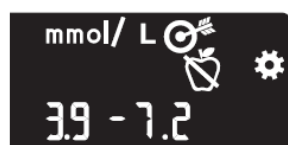3. When the Settings symbol is blinking, press the OK button
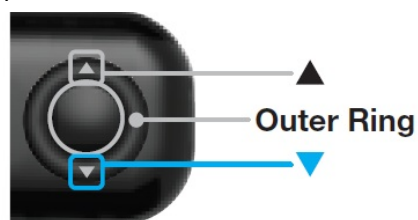
4. Continue to press the OK button to move through each setting until you see the Meal Marker setting screen.

5. Do not press the OK button yet.

6. Press the ▲ or ▼ button so that the On is blinking.

7. Press the OK button.

8. Review each target range and press the OK button to move to the next range.

The Meal Marker feature is On. Select a Meal Marker During a Blood Sugar Test


NOTE: You must do a blood sugar test before you can select a Meal Marker. You cannot select a Meal Marker in Settings.

1. Test your blood sugar. See Fingertip Testing in this guide.
2. Do not remove the test strip until you select a Meal Marker. A Meal Marker blinks on the blood sugar result screen:

If the blinking Meal Marker is the one you want, press the OK button. To select a different Meal Marker, press the ▲ button ▼ on the outer ring to scroll between markers.
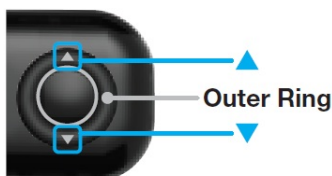
Outer Ring When the Meal Marker you want is blinking, press the OK button.

NOTE:

- If you do not select a Meal Marker within 30 seconds, the screen dims. Press any button to turn the screen back on and make a selection.
- If you do not select a Meal Marker within 3 minutes, the meter turns off. Your blood sugar reading is stored in the Logbook without a Meal Marker.

Your Meter Display

Symbol	What it Means
📖	Your Logbook
⚙️	Settings
💡	Target Light (smartLIGHT) Setting (Green=In Target; Red=Below Target; Yellow=Above Target)
🎯	A Target range or Target setting is displaying
🚫🍎	Fasting Meal marker; used when testing after fasting (no food or drink for 8 hours, except water or non-caloric beverages)
🍎	Before Meal marker; used when testing within 1 hour before a meal
🍎	After Meal marker; used when testing within 2 hours after the first bite of a meal

Symbol	What it Means
✖️	No Mark Selected; used when testing at times other than after fasting or before or after a meal
✔️	Blood sugar test result is in Target range
⬆️	Blood sugar test result is above Target range
⬇️	Blood sugar test result is below Target range
ᛒ	**Bluetooth** symbol; indicates the **Bluetooth** setting is On; the meter can communicate with a mobile device
🔋	Batteries are low and need to be changed
E	Indicates a meter error

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