



# Contour<sup>®</sup> next**ONE**»

Blood Glucose  
Monitoring System



# Creating Test Reminder Plans with the **CONTOUR™** **DIABETES** app



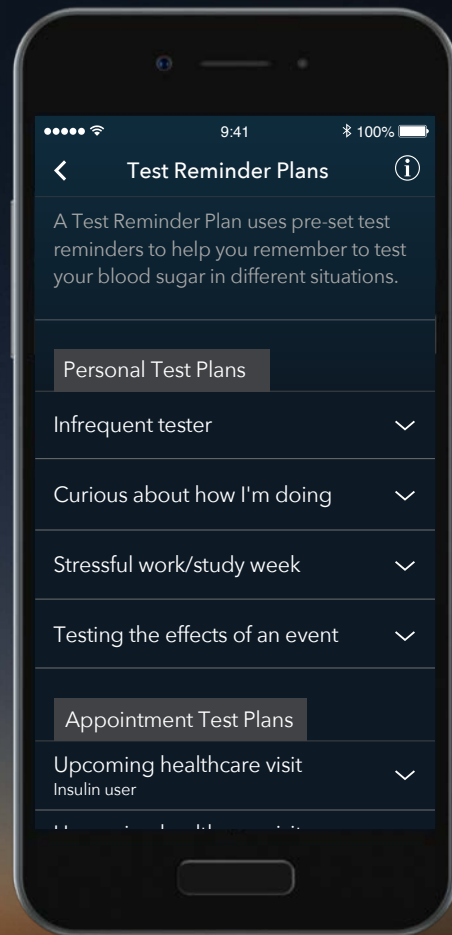
Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



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**Test Reminder Plans** help you optimize your testing to provide results that give you a more meaningful overview of your blood glucose.

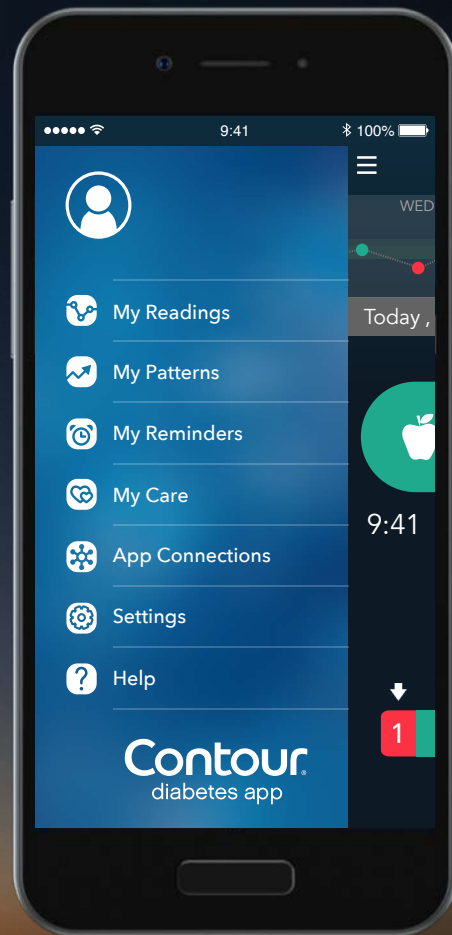


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## 1. Test Reminder Plan

You can choose a **Test Reminder Plan** by choosing **My Reminders** from the **Main Menu** and then tapping **+**.

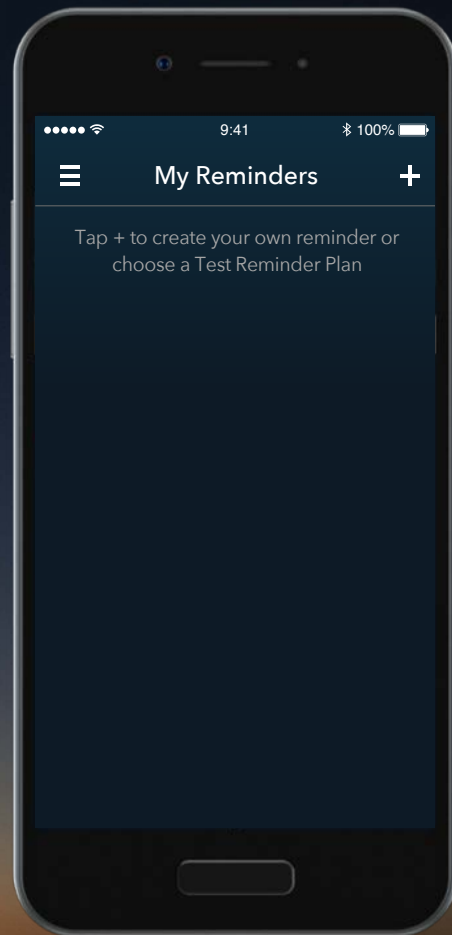


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## 1. Test Reminder Plan

You can choose a **Test Reminder Plan** by choosing **My Reminders** from the **Main Menu** and then tapping **+**.

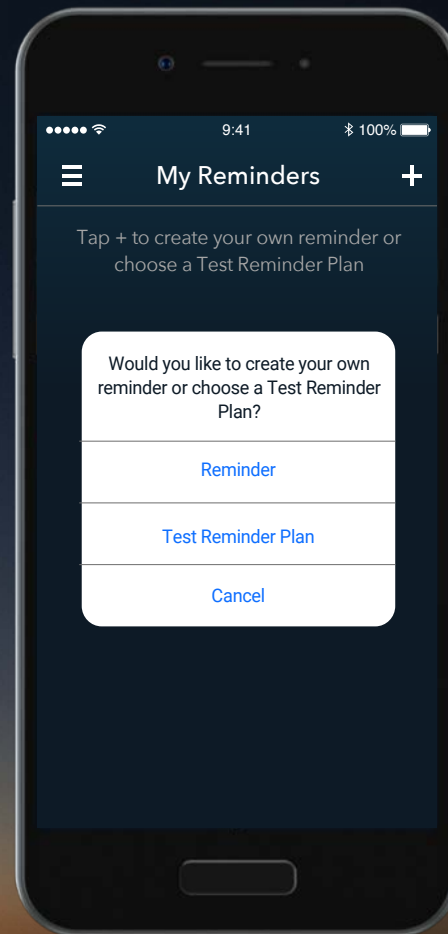


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## 1. Test Reminder Plan

Choose **Test Reminder Plan** to create a Test Reminder Plan.

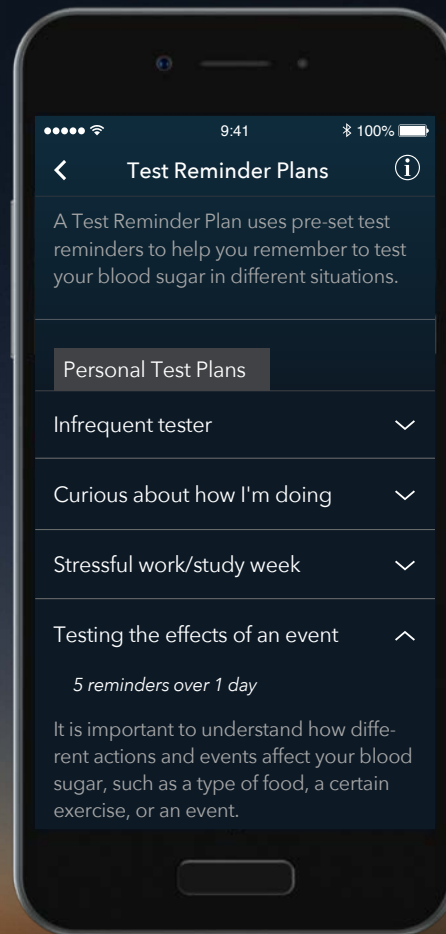


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## 2. Test Reminder Plan

Select the **Test Reminder Plan** you want to work with.



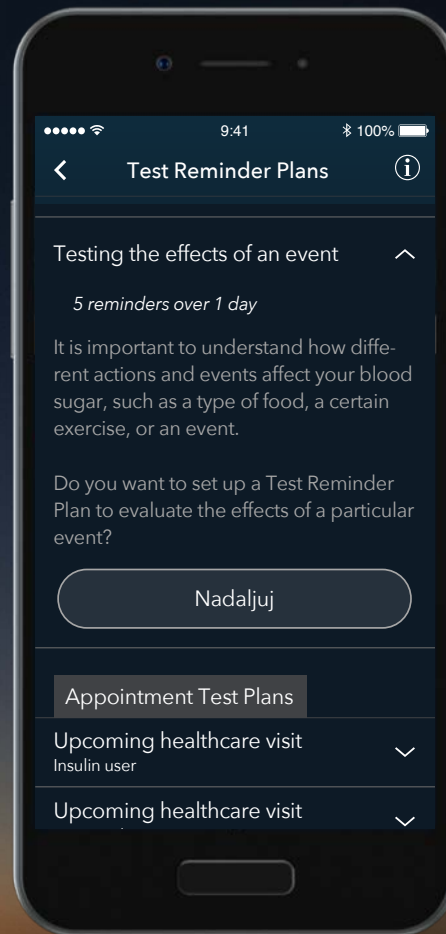
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## 2. Test Reminder Plan

Select the **Test Reminder Plan** you want to work with.

Tapping the arrow next to each plan will tell you more about it.



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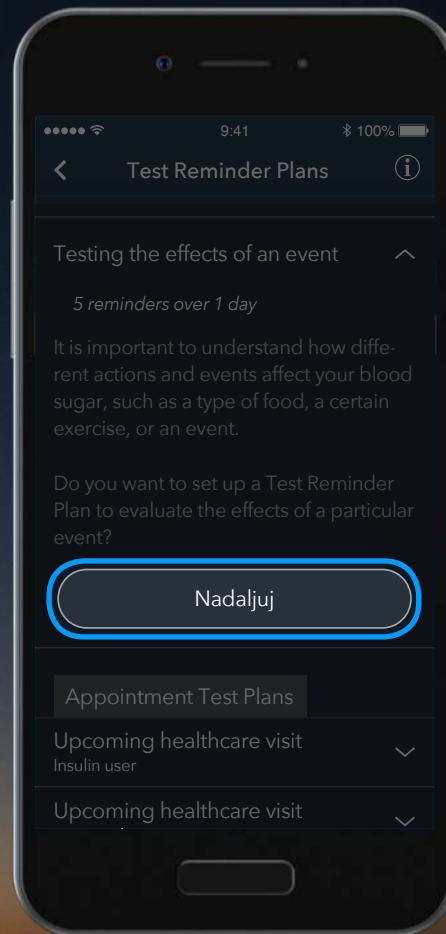


## 2. Test Reminder Plan

Select the **Test Reminder Plan** you want to work with.

Tapping the arrow next to each plan will tell you more about it.

Select **Continue** to customize your chosen **Test Reminder Plan**.

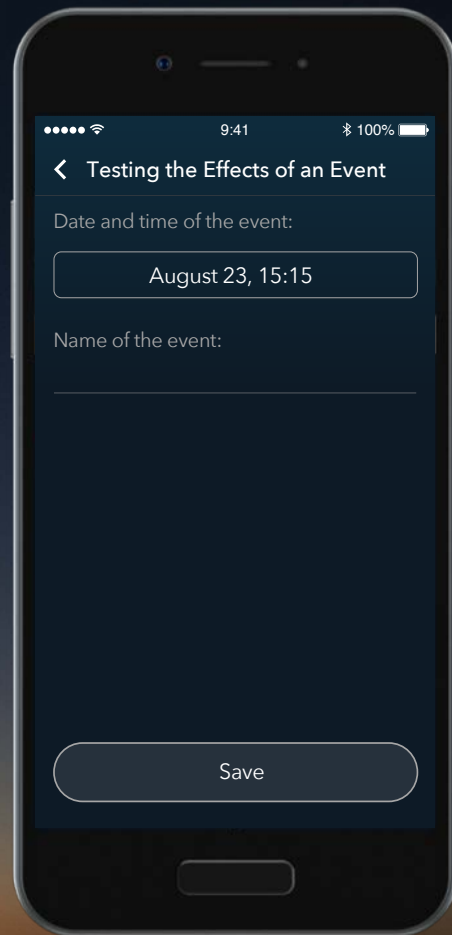


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### 3. **Test Reminder Plan**

Tap the date and time button to set the date and time of the event you want to track.

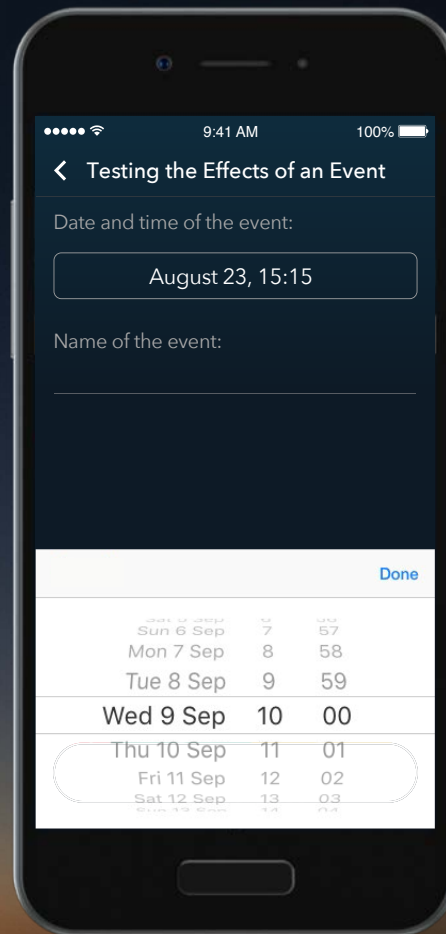


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### 3. Test Reminder Plan

Tap the date and time button to set the date and time of the event you want to track.

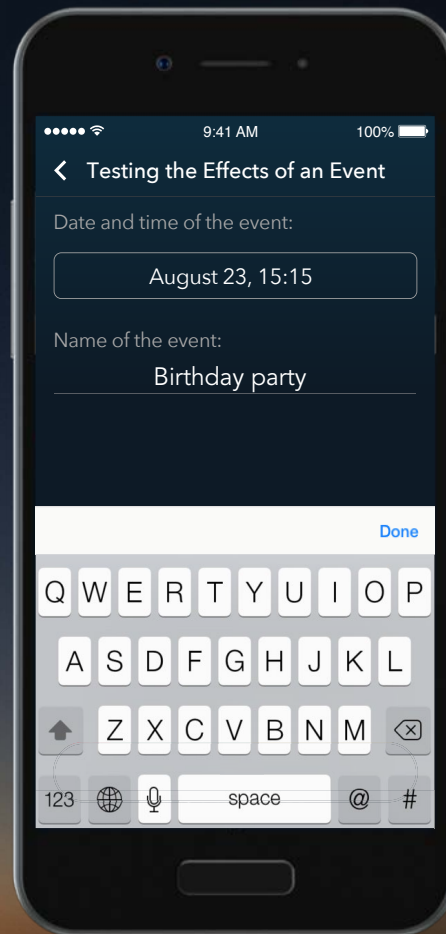


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### 3. **Test Reminder Plan**

Tap the Event Name area to open the keyboard and name your event.

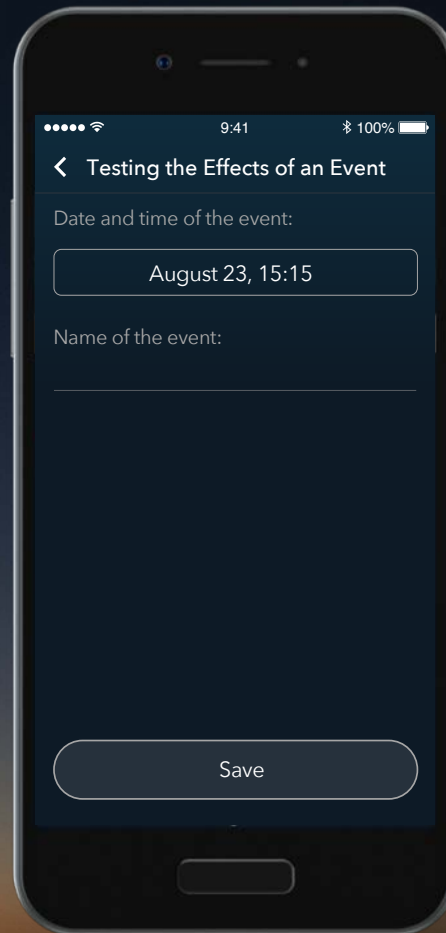


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### 3. | Test Reminder Plan

Tap **Save**.



The image shows a smartphone screen with the Contour next ONE app interface. At the top, the status bar shows signal strength, Wi-Fi, time (9:41), and battery (100%). The app header is '< Testing the Effects of an Event'. Below this, the label 'Date and time of the event:' is followed by a text box containing 'August 23, 15:15'. The next label is 'Name of the event:' followed by an empty text box. At the bottom of the screen is a large 'Save' button.

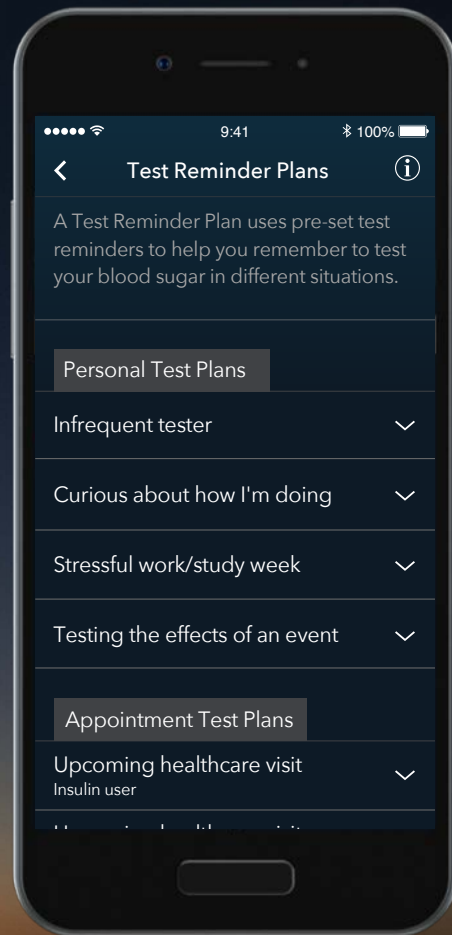
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### 3. **Test Reminder Plan**

Tap **Save**.

Your **Test Reminder Plan**  
is now activated.



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Talk to your Healthcare Professional and refer to the product user guide if you have any questions about the **CONTOUR<sup>®</sup>NEXT ONE** smart meter or the **CONTOUR<sup>™</sup> 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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