



# Contour<sup>®</sup> next ONE<sup>»</sup>

Blood Glucose  
Monitoring System

# Viewing blood sugar patterns with the **CONTOUR™** **DIABETES** app

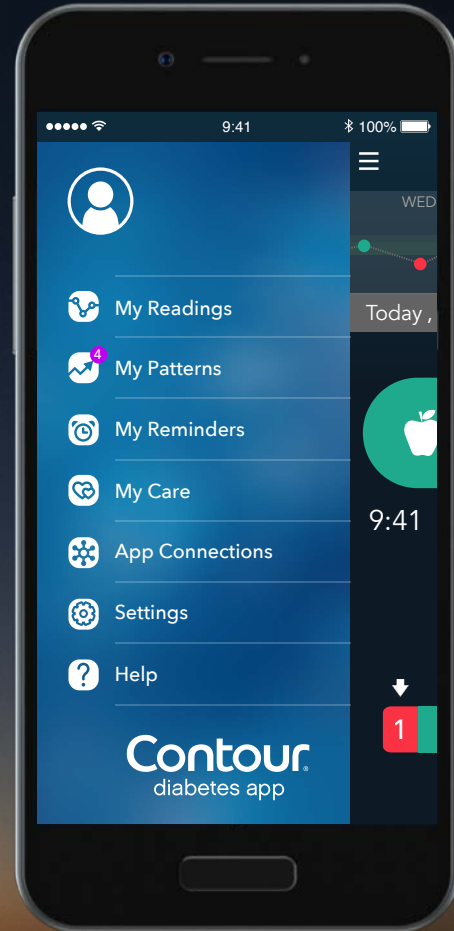


Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



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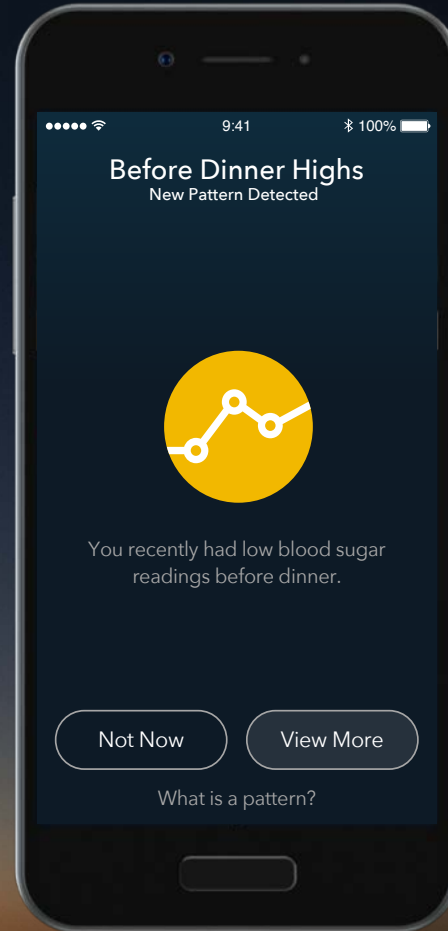
The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.



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## 1. Patterns

When the **CONTOUR DIABETES** app detects a pattern, you will receive a **New Pattern Detected** message.

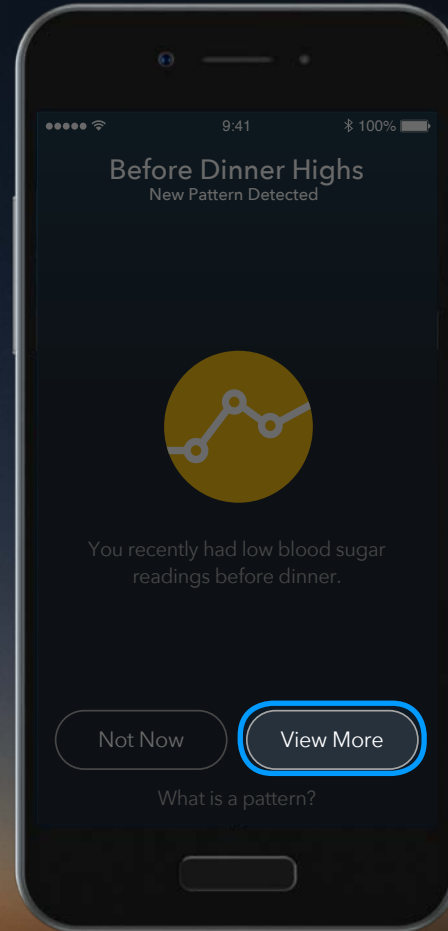


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## 1. Patterns

When the **CONTOUR DIABETES** app detects a pattern, you will receive a **New Pattern Detected** message.

Tap **View More** to learn more about the pattern.



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## 2. Patterns

The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.

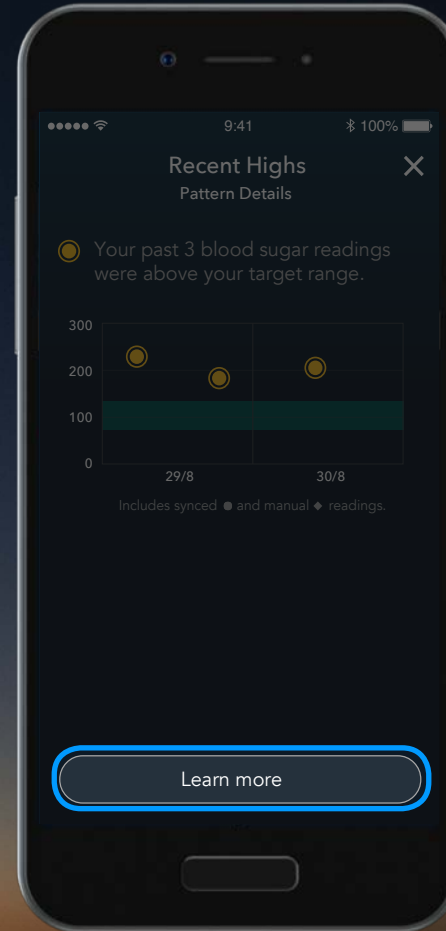


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## 2. Patterns

The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.

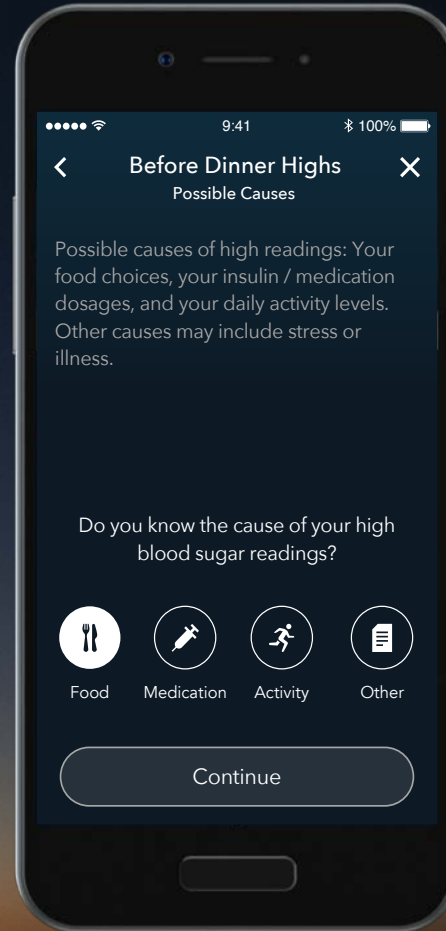
Tap **Learn more** to read about possible causes.



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### 3. Patterns

If you know the cause of your high blood sugar readings, you can select it here.

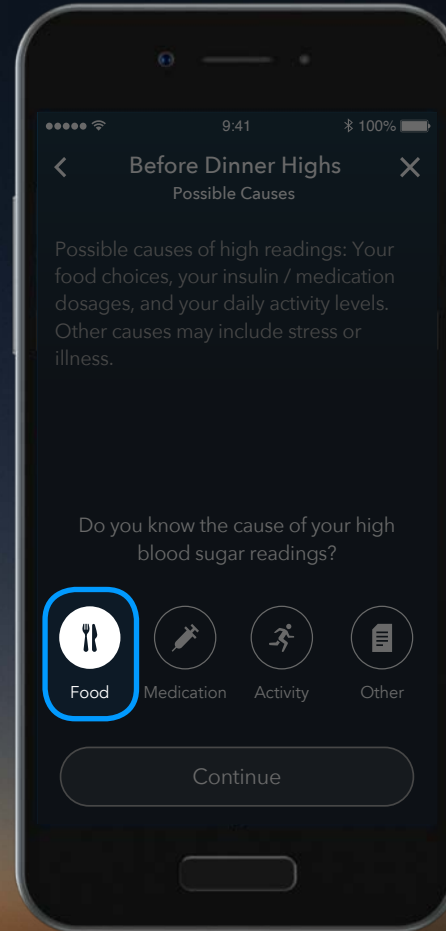


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### 3. Patterns

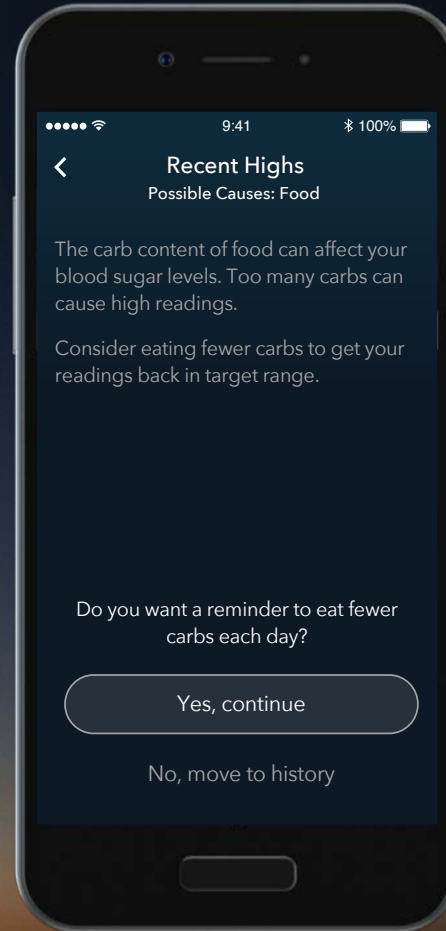
If you know the cause of your high blood sugar readings, you can select it here.



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#### 4. My Patterns

The **CONTOUR DIABETES** app provides some information about the possible cause of this pattern.

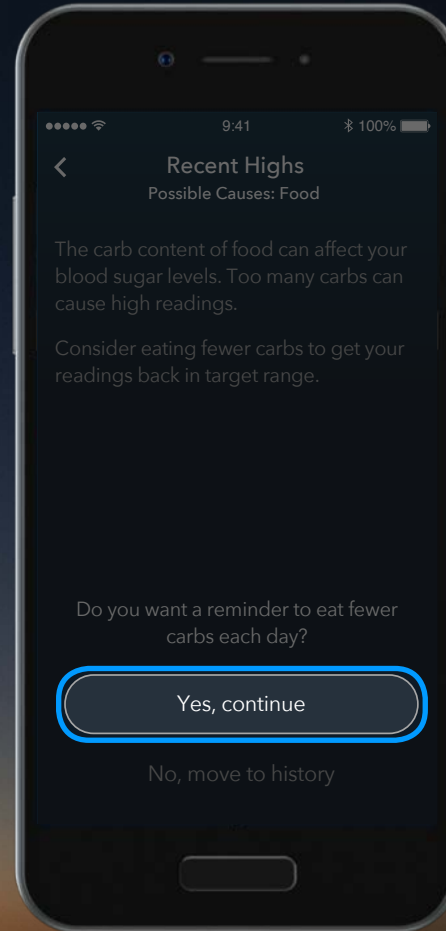


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#### 4. **My Patterns**

The **CONTOUR DIABETES app** provides some information about the possible cause of this pattern.

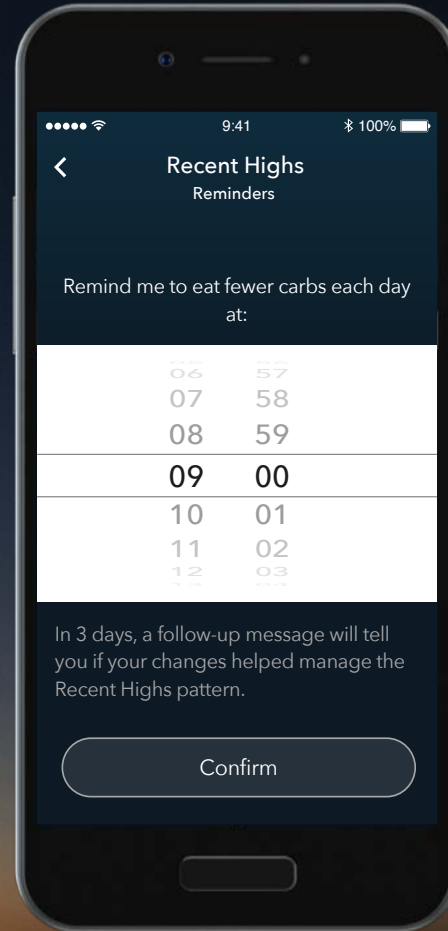
Tap **Yes, continue** to set a reminder to eat fewer carbs each day.



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## 5. My Patterns

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

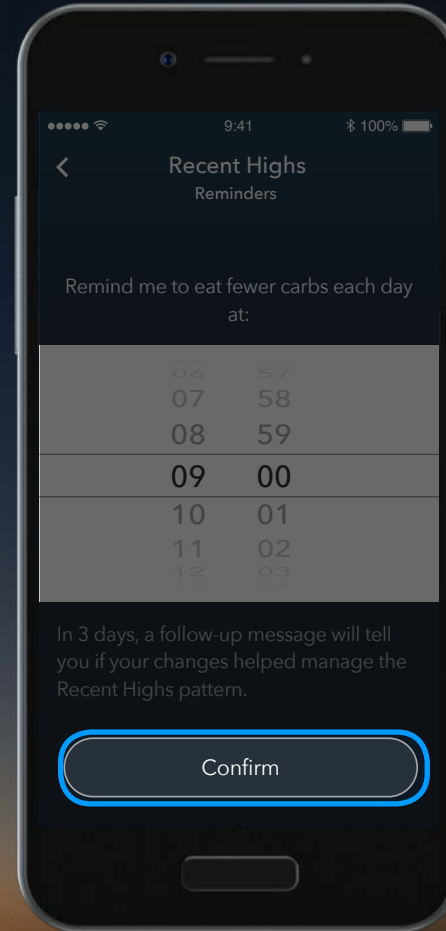


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## 5. My Patterns

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

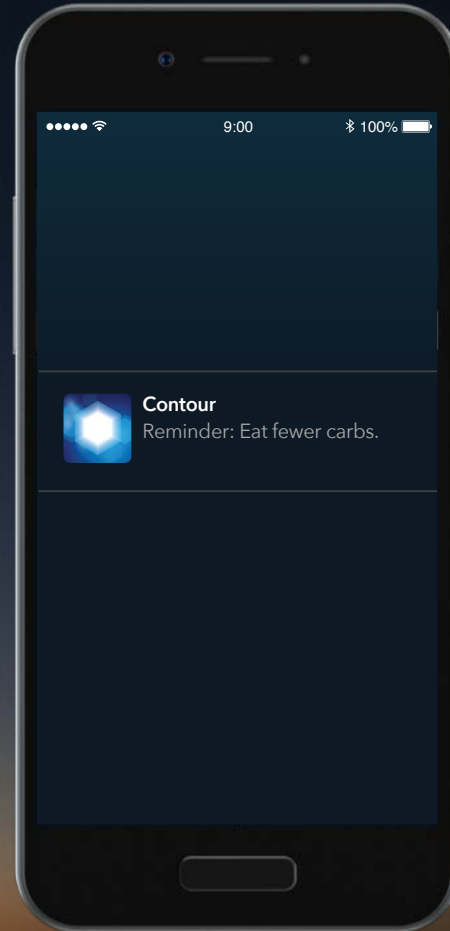
Tap **Confirm** to set the time.



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## 6. Patterns

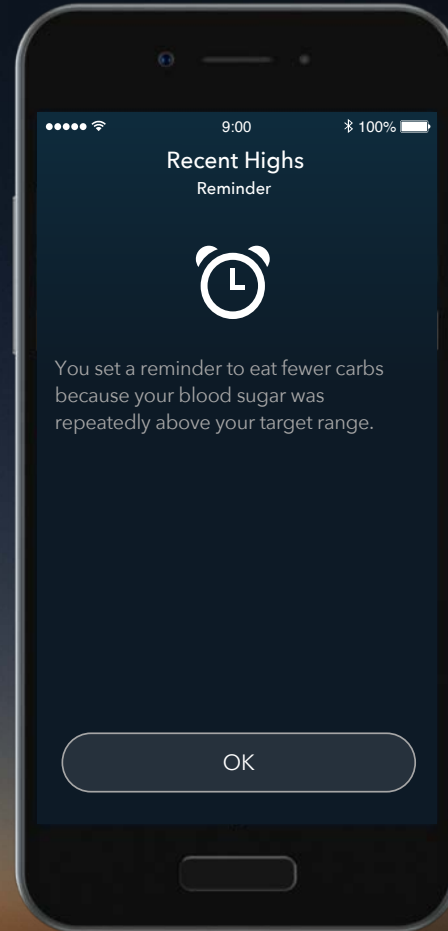
At your chosen time, a reminder will display.



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## 6. Patterns

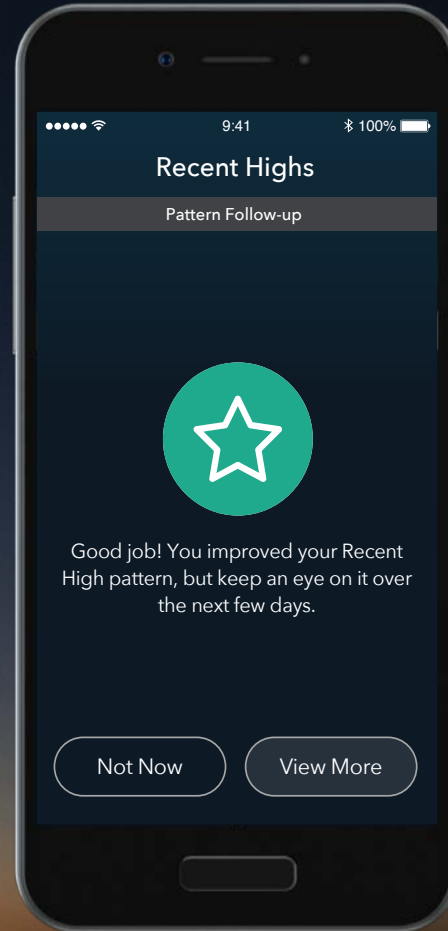
At your chosen time, a reminder will display.



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## 7. My Patterns

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.



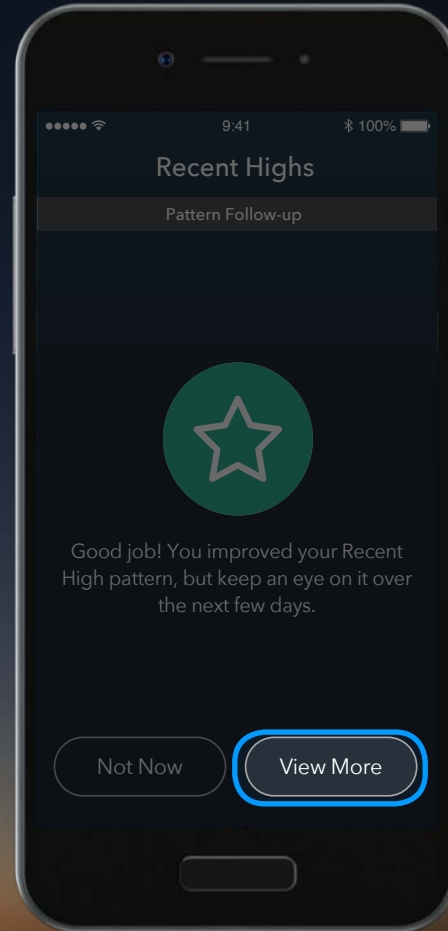
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## 7. My Patterns

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.

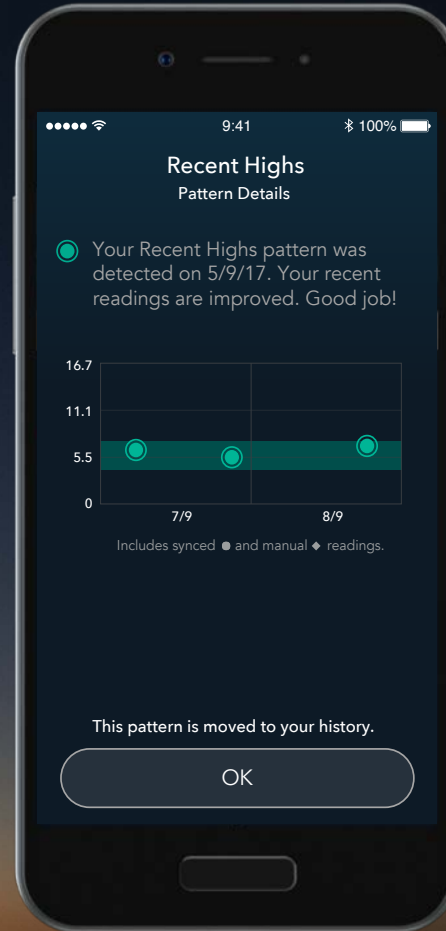
Tap **View More** to find out more.



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## 7. Patterns

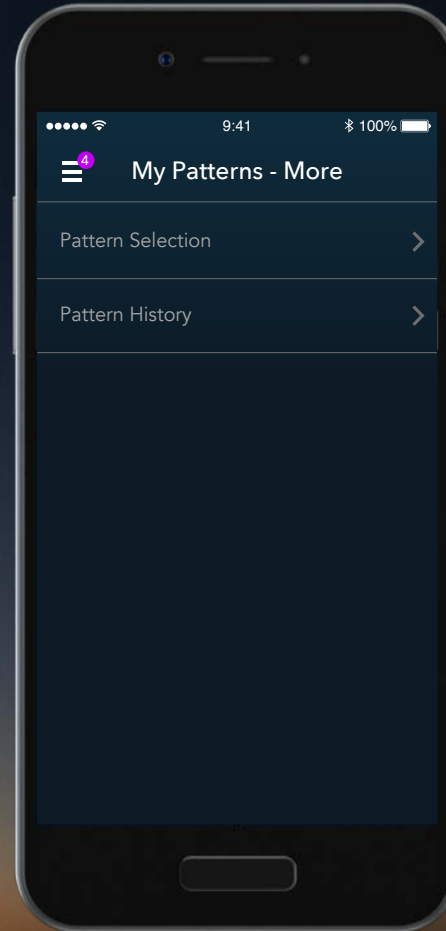
This pattern has been moved to your history and can be viewed at any time by choosing **My patterns** from the **Main Menu**.



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## 8. Patterns

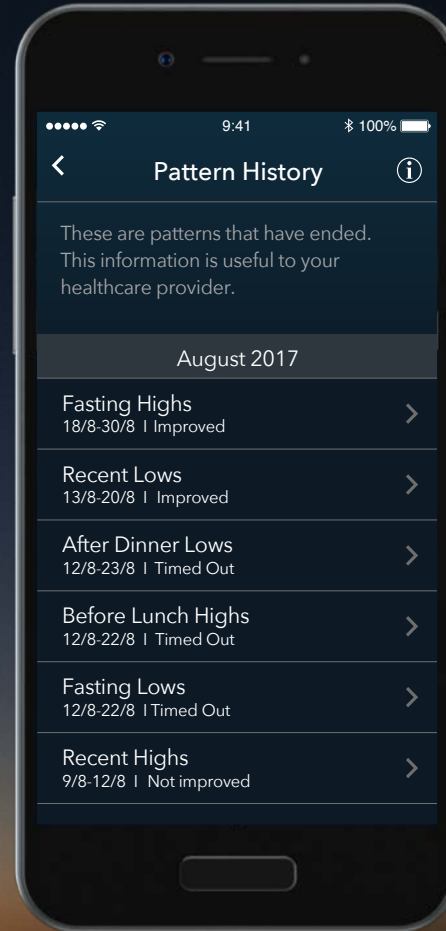
At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.



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## 8. Patterns

At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.



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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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