

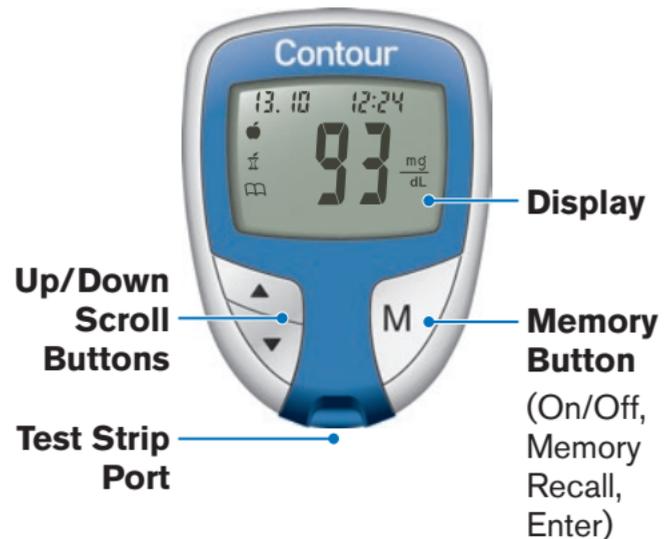
Contour®

BLOOD GLUCOSE MONITORING SYSTEM

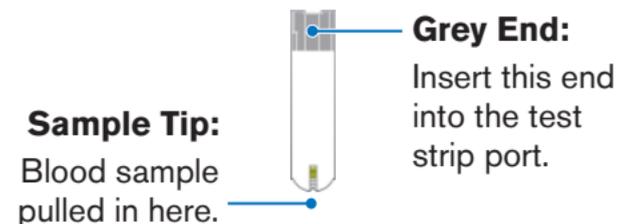


QUICK REFERENCE GUIDE

Your CONTOUR® Meter:



Your CONTOUR® Test Strip:



Basic Testing

See your CONTOUR® meter user guide and lancing device insert for complete instructions. **CAUTION:** The meter and lancing device are intended for use by a single patient.

Getting Ready to Test:

WARNING

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

CAUTION: The lancing device provided with your kit is intended for self testing by a single patient. It must not be used on more than one person due to the risk of infection.

1. Remove the endcap from the lancing device.
2. Loosen the round protective cap on a lancet by rotating it ¼ turn, but do not remove it.



3. Insert the lancet firmly into the lancing device until it comes to a full stop.
4. Twist off the round protective lancet cap.



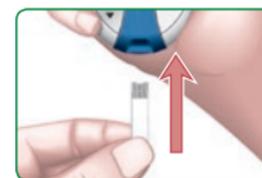
5. Replace the endcap.



6. Adjust the endcap dial to your preferred puncture depth setting.



7. Insert the grey end of the test strip into the test strip port on the meter.



No coding is required.

The meter will turn on and a test strip with a flashing blood drop will appear on your meter display, letting you know the meter is ready to test.

Getting the Blood Drop:

1. Press the lancing device firmly against the puncture site and press the release button.

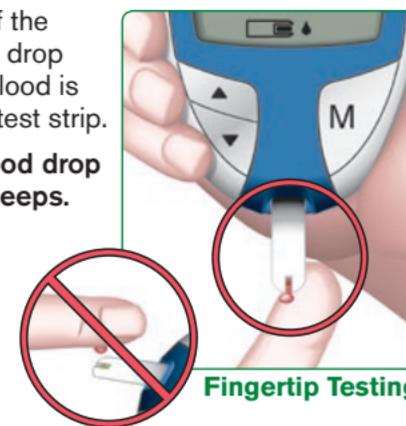


2. Stroke your hand and finger towards the puncture site to form a drop of blood.

Testing Your Blood:

1. Touch the tip of the test strip to the drop of blood. The blood is pulled into the test strip.

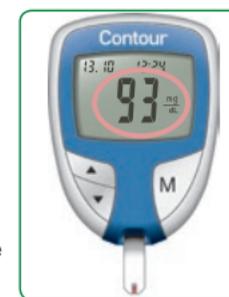
Hold it in the blood drop until the meter beeps.



Your result* is displayed after a 5-second countdown.

To turn your meter off, remove the test strip.

*Your meter is preset and locked to display results in mg/dL. If your result is in mmol/L, contact Customer Service at 1-800-348-8100. Available Monday through Sunday, 8:00 am through 12:00 Midnight, Eastern Time.



Ejecting and Disposing of the Used Lancet:

1. Do not use your fingers to remove the lancet from the lancing device. The lancing device provided with your kit has an automatic lancet ejection feature.
2. Refer to the separate lancing device insert, if provided with your kit, for instructions on automatic ejection of the lancet.



WARNING

- Dispose of the used lancet as medical waste or as advised by your health care professional.

Need Help?

Call: 1-800-348-8100

Available Monday through Sunday, 8:00 am through 12:00 Midnight, Eastern Time.

www.diabetes.ascensia.com

Using Advanced Mode

See your user guide for complete instructions.

Setting Your Meter to Advanced Mode

To set your meter to Advanced Mode, and take advantage of meal markers and other available features:

1. Press **M** to turn your meter on.
2. Press and hold **▲** or **▼** for 3 seconds.
3. L-1 will flash.
4. Press **▲** or **▼** to change to L-2.
5. Press **M** to set.



Find out how these additional features can help you manage your diabetes. Go to www.diabetes.ascensia.com or call Customer Service:

1-800-348-8100

Available Monday through Sunday, 8:00 am through 12:00 Midnight, Eastern Time.

Using the Markers

See your user guide for complete instructions.



Pre-meal = Marks a test result that was taken before a meal.



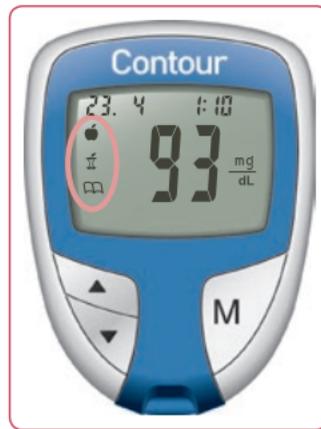
Post-meal = Marks a test result that was taken after a meal.



Logbook = Marks any result as being unique or different in some way.



Alarm = Sets an alarm to remind you to run a post-meal test.



After you perform a test and see your results on the display:

TO MARK RESULTS	YOU WILL SEE	TO SET	YOU WILL SEE	WHAT IT MEANS	USING THE ALARM
Pre-Meal Press ▲ or ▼	(Flashing)	Press M		Result is marked as a pre-meal test. Press M again to set an alarm.**	<p>When the alarm sounds, the meter turns on, and you will see your pre-meal test result.</p> <p>Press any button once to silence alarm and twice to turn the meter off.</p> <p>Run another blood test and mark it with a post-meal marker (see chart at left).</p>
Post-Meal Press ▲ or ▼	(Flashing)	Press M		Result is marked as a post-meal test.	
Logbook Press ▲ or ▼	(Flashing)	Press M		Result is marked in memory as unique. You should note this in your Clinilog® logbook.	

**Alarm is factory set at 2 hours. See your user guide for complete instructions on how to adjust alarm times.

Error Codes and Symbols

See your user guide for a complete list of Error Codes.

E1	Temperature out of range.
E2	There was a problem completely filling the test strip. Retest using a new test strip.
E3	The meter is sensing a used test strip. Retest using a new test strip.
E11	Abnormal result. Retest using a new test strip.

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Diabetes Care

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5 Wood Hollow Road
Parsippany, NJ 07054
www.diabetes.ascensia.com

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