

Contour plus BLUE

Blood Glucose Monitoring System

Works with free CONTOUR®DIABETES app.

Warranty information and online meter registration available at www.diabetes.ascensia.com/warranty or call our Customer Service.



Uses only CONTOUR®PLUS blood glucose test strips.

USER GUIDE

Limitations

- Serious Illness:** The system should not be used to test critically ill patients and should not be used by persons with reduced peripheral blood flow. Inaccurate results may occur in severely hypotensive individuals, those dehydrated or patients in shock. Inaccurate low results may occur for individuals experiencing a hypoxia state, or a hyperglycemic-hyposmolar state, with or without ketosis.^{3,4}
- System Operating Conditions:** 41°F–113°F, 10%–93% RH.
- Meter Storage Temperature Range:** -4°F–149°F.
- Control Testing Temperature Range:** 59°F–95°F.
- Test Strip Storage Conditions:** 41°F–86°F, 10%–80% Relative Humidity (RH).
- Second-Chance® sampling conditions:** Temperature Range 59°F–95°F.
- Sample Volume:** 0.6 µL.
- Measuring Range:** 20 mg/dL–600 mg/dL of glucose in blood.
- Altitude:** This system has not been tested at altitudes higher than 20,674 feet (6301 meters).
- Hematocrit:** CONTOUR PLUS blood glucose test strip results are not significantly affected by hematocrit levels in the range of 20% to 55%.
- Xylose:** Do not use during or soon after xylose absorption testing. Xylose in the blood will cause an interference.
- Neonatal Use:** The CONTOUR PLUS BLUE meter is not indicated for neonatal use.
- Alternative Site Testing:** The CONTOUR PLUS BLUE meter is not intended for use with Alternative Site Testing (AST).

CONTACT INFORMATION

Customer Service is available Monday through Sunday, 8:00 am through 12:00 Midnight, Eastern Time. If this is a medical emergency, please contact your health care professional or dial 911. To leave a message for Customer Service, remain on the line. One of our representatives will return your call as soon as possible.

Distributed by:
Ascensia Diabetes Care US Inc.
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Parsippany, NJ 07054
www.diabetes.ascensia.com
Customer Service: 1-800-348-8100

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Purchase of this product does not alone confer a license to use under any patents. Such a license only arises, and extends only to, when the CONTOUR PLUS BLUE meters and CONTOUR PLUS blood glucose test strips are used together. No test strip supplier other than the supplier of this product is authorized to grant such a license.

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INTENDED USE

The CONTOUR PLUS BLUE blood glucose monitoring system consists of the CONTOUR®PLUS BLUE meter, the CONTOUR PLUS blood glucose test strips, and the CONTOUR DIABETES app.

The CONTOUR PLUS BLUE blood glucose monitoring system is intended to be used for the quantitative measurement of glucose in fresh capillary whole blood drawn from the fingertips. The CONTOUR PLUS BLUE blood glucose monitoring system is intended to be used by a single person and should not be shared. The CONTOUR PLUS BLUE blood glucose monitoring system is intended for self-testing outside the body (in vitro diagnostic use) by people with diabetes at home as an aid in monitoring the effectiveness of a diabetes control program.

The CONTOUR PLUS BLUE blood glucose monitoring system should not be used for the diagnosis of or screening for diabetes or for neonatal use. The CONTOUR PLUS blood glucose test strips are for use with the CONTOUR PLUS BLUE meter to quantitatively measure glucose in fresh capillary whole blood drawn from the fingertips.

The system is intended for in vitro diagnostic use only.

WARNING

The CONTOUR PLUS BLUE meter is not intended for use with Alternative Site Testing (AST).

NOTE: This document uses the term 'blood glucose' to mean 'blood sugar'.

IMPORTANT SAFETY INFORMATION

WARNING

- If your blood glucose reading is under the critical level you have established with your health care professional,** follow their advice immediately.
- If your blood glucose reading is over the recommended limit set by your health care professional:**
 1. Wash and dry your hands well.
 2. Retest with a new strip.
- If you get a similar result, follow your health care professional's advice immediately.
- Talk to Your Health Care Professional:**
 - o Before setting any **Target Ranges** in your meter or in compatible Ascensia Diabetes Care software.
 - o Before changing your treatment or medication based on any test results.
 - o If you obtain test results that are not consistent with the way you feel.
 - o Before making any other decision of medical relevance.
- Dropping the meter during measurement may cause an inaccurate result. Do not use the result and retest your blood with a new strip if the meter is dropped during measurement.

Potential Biohazard

- Always wash your hands with antibacterial soap and water and dry them well before and after testing or handling the meter, lancing device, or test strips.
- If your meter is being operated by a second person who is providing testing assistance to you, the meter and lancing device should be disinfected prior to use by the second person.
- All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after you have performed cleaning and disinfection.
- For complete instructions on cleaning and disinfecting your meter, see Section 5 *Help: Cleaning and Disinfection*.
- For more information about cleaning and disinfecting your meter or lancing device see: "US Food and Drug Administration. Use of fingerstick devices on more than one person poses risk for transmitting bloodborne pathogens: initial communication. US Department of Health and Human Services; update 11/29/2010." <http://wayback.archive-it.org/7993/20170111013014/http://www.fda.gov/MedicalDevices/Safety/Alerts/Notices/ucm224025.htm>
- "Centers for Disease Control and Prevention. Infection Prevention during Blood Glucose Monitoring and Insulin Administration. US Department of Health and Human Services; update June 8, 2017." <http://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html>

- The meter and lancing device are for single-patient use. Do not share them with anyone including other family members! Do not use on multiple patients.^{1,2}
- The lancing device usually provided with your kit should not be used for assisted blood draws by health care professionals or at health care provision sites.
- Always dispose of used test strips and lancets as medical waste or as advised by your health care professional.
- All products that come in contact with human blood should be handled as if capable of transmitting infectious diseases.
- Keep out of reach of children. This kit contains small parts that could cause suffocation if accidentally swallowed.
- Keep batteries away from children. Many types of batteries are poisonous. If swallowed, immediately contact your poison control center.
- This device is not intended for use in healthcare or assisted-use settings such as hospitals, physician offices, or long-term care facilities because it has not been cleared by FDA for use in these settings, including for routine assisted testing or as part of glycemic control procedures.
- Use of this device on multiple patients may lead to transmission of Human Immunodeficiency Virus (HIV), Hepatitis C Virus (HCV), Hepatitis B Virus (HBV), or other bloodborne pathogens.**

The Home Screen

The Home screen has 2 options: **Logbook** and **Settings**.

- To highlight the **Logbook** or **Settings**, press the button.
- To enter the **Logbook**, press **OK** while the **Logbook** symbol is blinking.
- To enter **Settings**, press **OK** while the **Settings** symbol is blinking.

Your Meter Features

- Second-Chance sampling allows you to apply more blood to the same test strip if the first blood sample is not enough. Your test strip is designed to easily 'sip' the blood into the sample tip. Do not drop blood directly on the flat surface of the test strip.

2 TESTING

Get Ready to Test

- Read your CONTOUR PLUS BLUE user guide, the lancing device package insert, if provided, and all instructional materials provided in your meter kit before testing. Follow all instructions and care exactly as described to help avoid inaccurate results.
- Examine the product for missing, damaged, or broken parts. If the test strip packaging is open or damaged, do not use these test strips. For replacement parts, contact Customer Service. See *Contact Information*.
- Your CONTOUR PLUS BLUE meter works ONLY with CONTOUR PLUS blood glucose test strips and CONTOUR®PLUS control solution.
- Always keep the CONTOUR PLUS blood glucose test strips in their original bottle. Tightly close the bottle immediately after removing a test strip. The bottle is designed to keep the test strips dry. Do not place or store other items or medications in the test strip bottle. Avoid exposing meter and test strips to excessive humidity, heat, cold, dust, or dirt. Exposure to room humidity by leaving the bottle open or not storing the strips in their original bottle can damage your test strips. This could lead to inaccurate results. Do not use a test strip that appears damaged or has been used.

CAUTION: Your CONTOUR PLUS BLUE meter works only with CONTOUR PLUS blood glucose test strips and CONTOUR PLUS control solution.

Fingertip Testing

Ensure that you have the materials you need before you begin testing:

- CONTOUR PLUS BLUE meter.
 - CONTOUR PLUS blood glucose test strips.
 - Lancing device and lancets from your kit, if provided.
 - To perform a quality control check, see Section 5 *Help: Control Solution Testing*.
- Some supplies are sold separately. See Section 6 *Technical Information: Customer Service Checklist*.

WARNING: Potential Biohazard

- All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after you have performed cleaning and disinfection. See Section 5 *Help: Cleaning and Disinfection*.
- Always wash your hands with antibacterial soap and water and dry them well before and after testing or handling the meter, lancing device, or test strips.
- If your meter is being operated by a second person who is providing testing assistance to you, the meter and lancing device should be disinfected prior to use by the second person.
- For complete instructions on cleaning and disinfecting your meter, see Section 5 *Help: Cleaning and Disinfection*.

High / Low Blood Glucose (Sugar)

Symptoms of High or Low Blood Glucose

You can better understand your test results by being aware of the symptoms of high or low blood glucose. According to the American Diabetes Association (www.diabetes.org), some of the most common symptoms are:

Low blood glucose (Hypoglycemia):

- shakiness
- sweating
- fast heartbeat
- blurred vision
- confusion
- passing out
- seizure
- irritability
- extreme hunger
- dizziness

High blood glucose (Hyperglycemia):

- frequent urination
- excessive thirst
- blurred vision
- ketones (Ketoadicidosis):
 - shortness of breath
 - nausea or vomiting

WARNING

If you are experiencing any of these symptoms, test your blood glucose. If your test result is under the critical level you have established with your health care professional or over the recommended limit, follow your health care professional's advice immediately.

For additional information and a complete list of symptoms, contact your health care professional.

Prepare the Lancing Device

Refer to your lancing device insert for detailed instructions on preparing the lancing device and fingertip testing.

WARNING: Potential Biohazard

- The lancing device usually provided with your kit is intended for single-patient use only. It should not be used for assisted blood draws by health care providers or at health care provision sites, and should never be shared with anyone else, even a family member, due to risk of infection.
- Do not reuse lancets. Used lancets are not sterile. Use a new lancet each time you test.
- If your meter is being operated by a second person who is providing testing assistance to you, the meter and lancing device should be disinfected prior to use by the second person.
- Always dispose of used test strips and lancets as medical waste or as advised by your health care professional.

Insert the Test Strip

CAUTION: Do not use expired materials. Using expired material can cause inaccurate results. Always check the expiration dates on your test materials.

Check the Meter Display

Press and hold **OK** until the meter turns on, about 3 seconds. The screen displays the **Power On Self Test**.

- All symbols on the screen briefly light up. Verify that the meter displays **8.8.8** fully.
- If there are missing characters, contact Customer Service. See *Contact Information*. This may affect the way you see your results.

NOTE: Your meter comes with a pre-set time, date, and target range. You can change these features in **Settings**. See Section 4 *Settings*.

Your Meter Symbols

Symbol	What the Symbol Means
▲	Yellow means the result is above Target Range.
◀	Green means the result is In Target Range.
▼	Red means the result is below Target Range.
H I	Test result is above 600 mg/dL.
L O	Test result is below 20 mg/dL.

Symbol	What the Symbol Means
📖	Your Logbook .
⚙️	Meter Settings .
🚫	Fasting marker.
🍏	Before Meal marker.
🍽️	After Meal marker.
✖️	No marker selected.
🎯	A Target Range or Target Range setting.
🔋	Meter is ready to test.
🔋	Add more blood to same test strip.
💧	Control solution test result.
📶	Bluetooth symbol: means the Bluetooth wireless setting is On ; the meter can communicate with a mobile device.
🔋	Low batteries.
🔋	Dead batteries.
🔋	Meter error.
🔔	Reminder feature.
🔊	Sound feature.
7d Avg	7-, 14-, 30-, and 90-day averages.
n	Total number of blood glucose readings used to calculate averages.

CAUTION: Do not press the tip of the test strip against the skin or place the blood on top of the test strip. This could lead to inaccurate results or errors.

WARNING

Dropping the meter during measurement may cause an inaccurate result. Do not use the result and retest your blood with a new strip if the meter is dropped during measurement.

Second-Chance sampling—Apply More Blood

- If the meter beeps twice and the screen displays a blinking blood drop with a plus sign, the test strip does not have enough blood.
 - Apply more blood to the **same** test strip within 30 seconds.
- NOTE: If the screen displays an **E 1** error message, remove the strip and start with a new strip.

About Meal Markers

You can attach a **Meal Marker** to your blood glucose result when the **Meal Marker** feature is turned On.

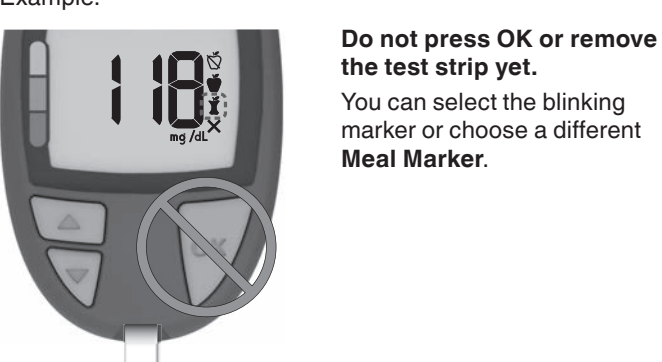
Your CONTOUR PLUS BLUE meter comes with **Meal Markers** turned Off. You can turn **Meal Markers** On and change **Target Ranges** in **Settings**. See Section 4 *Settings*.

Symbol	What It Means	Target Range
🚫	Fasting	The meter compares your result against the Before Meal Target Range . (Pre-set to 70 mg/dL–130 mg/dL)
🍏	Before Meal	The meter compares your result against the Before Meal Target Range . (Pre-set to 70 mg/dL–130 mg/dL)
🍽️	After Meal	The meter compares your result against the After Meal Target Range . (Pre-set to 70 mg/dL–180 mg/dL)
✖️	No Mark	The meter compares your result against the Overall Target Range . (Pre-set to 70 mg/dL–180 mg/dL)

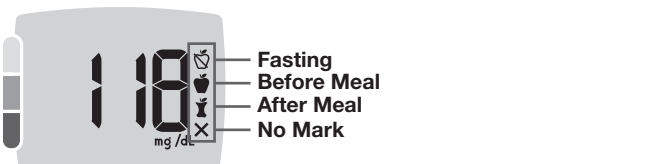
Add a Meal Marker to a Reading

During a blood glucose test, if **Meal Markers** are On, you can select a **Meal Marker** when the meter displays your result. You can select a **Meal Marker** in the **Settings** screen.

For more information, see Section 2 *Testing: About Meal Markers*. Example:



To turn **Meal Markers** On, see Section 4 *Settings: Set Meal Marker Feature*.



- If the blinking **Meal Marker** is the one you want, press **OK** or
- To select a different **Meal Marker**, press the **▲** or **▼** button on the meter to scroll between markers.

3 LOGBOOK

The **Logbook** contains blood glucose test results and their Meal Markers. When the **Logbook** reaches the maximum 800 results, the oldest test result is removed as a new test is completed and saved to the **Logbook**.

Review the Logbook

NOTE: To return to the Home screen while viewing the **Logbook**, press **OK**.

To review entries in the **Logbook**:
1. Press and hold **OK** until the meter turns on, about 3 seconds. The **Logbook** is blinking on the Home screen.

- To select the blinking **Logbook** symbol, press **OK**.
- To view your individual test results in the **Logbook**, press the **▼** button.
- To scroll through your test results, press the **▲** or **▼** button. To scroll faster, press and hold the **▲** or **▼** button.

If you scroll past the oldest entry, the meter displays the **End** screen.



If you see a **LO** or **HI** test result, go to Section 2 *Testing: Test Results* for more information.

- To go back to the beginning to review entries, press **OK** to go to the **Home** screen, then select the **Logbook** symbol.

View Averages

- To enter the **Logbook** from the Home screen, press **OK** while the **Logbook** is blinking.
- To view your averages, press the **▲** button from the first **Logbook** screen.
- 7-day Average of tests
- To scroll through your 7-, 14-, 30-, and 90-day Averages, press the **▲** button.
- To return to your Logbook readings, press the **▼** button from the **7 d Avg** (7-day Average).

- To exit Averages and return to the **Home** screen at any time, press **OK**.

4 SETTINGS

In **Settings** you can personalize:

- Time format and time.
- Date format and date.
- Sound.
- Meal Markers.

You must accept or change each setting with the **OK** button.

Access Settings

- Press and hold **OK** until the meter turns on.
- To highlight the **Settings** symbol, press the **▲** button.
- When the **Settings** symbol is blinking, press **OK** to enter **Settings**.

The Home screen has 2 options: **Logbook** and **Settings**.

- To highlight the **Settings** symbol, press the **▲** button.
- When the **Settings** symbol is blinking, press **OK** to enter **Settings**.

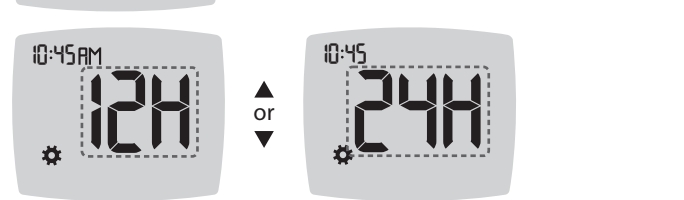
- To scroll through **Settings** options as shown in the image, press the **▲** or **▼** button until the symbol you want is blinking.
- Press **OK**.

- To exit from the **Settings** menu and return to the **Home** screen, press the **▲** or **▼** button until the **Settings** symbol is blinking.
- Press **OK**.

NOTE: If you are in a setting such as Date and you need to exit, press **OK** repeatedly until you get back to the **Home** screen.

Change the Time

- From the **Home** screen, select the **Settings** symbol and press **OK** to enter **Settings**.
- When the current time is blinking on the **Settings** screen, press **OK**. The time format (12 hour or 24 hour) is blinking.



12 Hour Time Format

smartCOLOR target range indicator

When your blood glucose test is complete, the meter displays your result with the units, time, date, meal marker (if selected), and **smartCOLOR™** target range indicator.

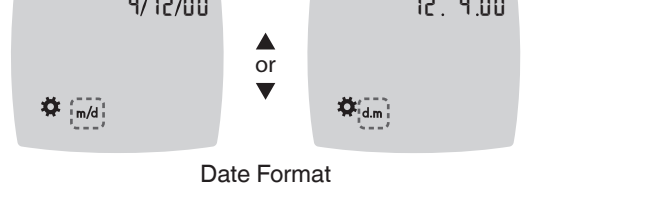
An arrow points to the color that represents your result value compared to your Before Meal, After Meal, or Overall Target Range.

- Yellow: Above Target Range
- Green: In Target Range
- Red: Below Target Range

If you do not select a **Meal Marker**, your blood glucose test result is compared to an **Overall Target Range**.

If your blood glucose result is below target, the arrow points to red and the meter beeps twice.

NOTE: To change an individual target range, see Section 4 *Settings: Change Before/After Meal Target Ranges*. To change the Overall Target Range, see Section 4 *Settings: Change Overall Target Range*.



Date Format

Test Results

Expected Test Result Values

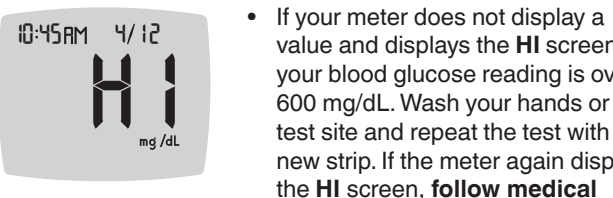
Blood glucose values will vary depending on food intake, medication dosages, health, stress, or activity. Nondiabetic plasma glucose concentrations should be less than 100 mg/dL in the fasting state and less than 140 mg/dL in the postprandial state (after a meal).⁵ You should consult with your health care professional for glucose values specific to your needs.

WARNING

- Always consult your health care professional before changing your medication based on test results or if your test results are not consistent with the way you feel.**
- If your blood glucose reading is under the critical level you have established with your health care professional,** follow their advice immediately.
- If your blood glucose reading is over the recommended limit set by your health care professional:**
 1. Wash and dry your hands well.
 2. Retest with a new strip.
- If you get a similar result, follow your health care professional's advice immediately.

LO or HI Results

- If your meter does not display a value and displays the **LO** screen, your blood glucose reading is under 20 mg/dL. **Contact your health care professional immediately.**



- If your meter does not display a value and displays the **HI** screen, your blood glucose reading is over 600 mg/dL. Wash your hands or the test site and repeat the test with a new strip. If the meter again displays the **HI** screen, **follow medical advice immediately.**

Eject and Dispose of Used Lancet

- Do not use your fingers to remove the lancet from the lancing device.
- Refer to the separate lancing device insert, if provided with your kit, for instructions on automatic ejection of the lancet.

WARNING: Potential Biohazard

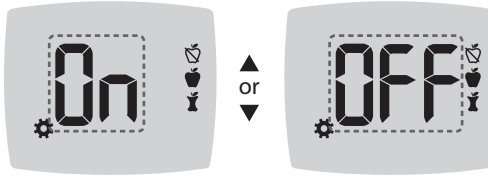
- The lancing device, lancets, and test strips are for single-patient use. Do not share them with anyone including other family members. Do not use on multiple patients.^{1,2}
- All products that come in contact with human blood should be handled as if capable of transmitting infectious diseases.
- Always dispose of used test strips and lancets as medical waste or as advised by your health care professional.
- Do not reuse lancets. Used lancets are not sterile. Use a new lancet each time you test.
- Always wash your hands with antibacterial soap and water and dry them well before and after testing or handling the meter, lancing device, or test strips.

Set the Sound

- From the **Home** screen, select the **Settings** symbol and press **OK** to enter **Settings**.
 - When you are on the **Settings** screen, press the **▼** button repeatedly until the **Sound** symbol is blinking, then press **OK**.
- </

Set Meal Marker Feature

- From the **Home** screen, select the **Settings** symbol and press **OK** to enter **Settings**.
- When you are on the **Settings** screen, press the **▼** button repeatedly until the **Meal Marker** symbols are blinking, then press **OK**.



Meal Marker Symbols:

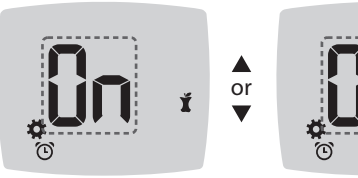
- Your meter comes with the **Meal Marker** feature turned Off.
- To turn **Meal Markers** On or Off, press the **▲** or **▼** button.
- Press **OK**.

NOTE: When the **Meal Marker** feature is On, you can select a **Meal Marker** during a blood glucose test.

Set Reminder Feature

When **Meal Markers** are On, you can set a **Reminder** to test your blood glucose after you mark a reading as **Before Meal**. If **Meal Markers** are Off, see Section 4 *Settings: Set Meal Marker Feature*.

- From the **Home** screen, select the **Settings** symbol and press **OK** to enter **Settings**.
- When you are on the **Settings** screen, press the **▼** button repeatedly until the **Reminder** symbol is blinking, then press **OK**.
- Your meter comes with the **Reminder** feature turned Off.
- To turn the **Reminder** feature On or Off, press the **▲** or **▼** button.



Reminder Symbol:

- Press **OK**.

Change Overall Target Range

WARNING
Discuss your Target Range settings with your health care professional.

Your meter provides a pre-set **Overall Target Range**. You can change the **Overall Target Range** in **Settings**.

- From the **Home** screen, select the **Settings** symbol and press **OK** to enter **Settings**.
- When you are on the **Settings** screen, press the **▼** button repeatedly until the **Target** symbol is blinking, then press **OK**.

To change the blinking **Low** end of the **Overall Target Range**, press the **▲** or **▼** button.

To change the blinking **High** end of the **Overall Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** end of the **Overall Target Range**, press the **▲** or **▼** button.

Press **OK**.

Change Before/After Meal Target Ranges

When the **Meal Marker** feature is On, you have 2 Target Ranges on your meter: a **Before Meal Target Range** (the same as Fasting) and an **After Meal Target Range**.

You can change these ranges in **Settings** in your meter and in the **CONTOUR DIABETES** app.

- From the **Home** screen, select the **Settings** symbol and press **OK** to enter **Settings**.
- When you are on the **Settings** screen, press the **▼** button repeatedly until the **Target** symbol is blinking, then press **OK**.

The **Before Meal** / **After Meal** Low Target number is blinking.

NOTE: There is only 1 **Low** number for both the **Before Meal** and **After Meal** Target Ranges.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

NOTE: The **Before Meal Target Range** is also the Target Range for a blood glucose reading marked as **Fasting**.

After **Meal Target Range**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **Low** for both Target Ranges, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **Before Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

To change the blinking **High** end of the **After Meal Target Range**, press the **▲** or **▼** button.

Press **OK**.

CONTOUR DIABETES app

The **CONTOUR DIABETES app** for Your **CONTOUR PLUS BLUE** meter.

Your **CONTOUR PLUS BLUE** meter is designed to work with the **CONTOUR DIABETES** app and your compatible smartphone or tablet. Visit compatibility.contourone.com for a list of compatible operating systems that work with the **CONTOUR DIABETES** app. Check this list before upgrading your operating system.

You can do the following with your **CONTOUR DIABETES** app:

- Add Notes after testing that help to explain your results.
- Set testing reminders.
- Access easy-to-read graphs of test results over a day or over a period of time.
- Share reports.
- Change meter settings, as necessary.

The **CONTOUR DIABETES** app:

- Automatically stores your results.
- Saves your Notes in **My Readings**.
- Displays your trends and test results as they compare with your targets.
- Syncs your most recent Target Range from the app or meter, across the system.
- Syncs the app date and time to your meter.

Download the CONTOUR DIABETES app

- On your compatible smartphone or tablet, go to the App Store® or the Google Play™ store.
- Search for the **CONTOUR DIABETES** app.
- Install the **CONTOUR DIABETES** app.

CAUTION: The **CONTOUR PLUS BLUE** meter has not been tested for use with any software other than compatible Ascensia Diabetes Care software. The manufacturer is not responsible for any erroneous results from the use of other software.

Pairing Mode

CAUTION: There is a remote possibility that a computer specialist could listen in on your wireless communications when you pair the blood glucose meter and would then be able to read your blood glucose readings from your meter. If you believe this is a risk, pair your blood glucose meter far away from other people. After you pair your device, you do not need to take this precaution.

To pair your meter with the **CONTOUR DIABETES** app, download the app and follow the instructions to *Pair a Meter*.

To put your meter in pairing mode:

- If your meter is off, press and HOLD **OK** until the meter turns on. The meter displays the **Home** screen.
- Press and HOLD the **▲** button for about 3 seconds, until you see the blinking **Bluetooth** symbol (as shown in the next step).



Bluetooth Symbol:

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When the meter displays the serial number, follow the instructions on the app to match the meter serial number.

Meter serial number

Example: Your meter in pairing mode.

Pass code

When a connection is made, the meter displays the 6-digit pass code.

When you have successfully paired your meter with the **CONTOUR DIABETES** app, the **Bluetooth** symbol displays. The meter returns to the **Home** screen.

NOTE: You can update your Target Ranges from the meter or from the app. The most recently changed Target Ranges will update in the meter and the app when they are synced.

5 HELP

Meter Care

Caring for your meter:

- Store the meter in the carrying case provided, whenever possible.
- Wash and dry hands well before handling to keep the meter and test strips free of water, oils, and other contaminants.
- Handle the meter carefully to avoid damaging the electronics or causing other malfunctions.
- Avoid exposing your meter and test strips to excessive humidity, heat, cold, dust, or dirt.
- Clean and disinfect your meter as recommended in the next section.

The cleaning and disinfecting directions provided should not cause any damage or degradation to the external case, buttons, or display.

Your **CONTOUR PLUS BLUE** meter has been tested for 260 cycles of cleaning and disinfection (equivalent to one cycle per week for 5 years). This device has been demonstrated to withstand 5 years of cleaning and disinfection without damage, by a disinfectant that is effective against common microbial and viral pathogens. You should call Customer Service for assistance if your device malfunctions for any reason or if you notice any changes in the external meter case or display. See *Contact Information*.

Cleaning and Disinfection

WARNING

- Always wash your hands with antibacterial soap and water and dry them well before and after testing or handling the meter, lancing device, or test strips.
- If your meter is being operated by a second person who is providing testing assistance to you, the meter and lancing device should be disinfected prior to use by the second person. The meter and lancing device are intended for single-patient use only.

WARNING: Potential Biohazard

All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after you have performed cleaning and disinfection.

Clean and disinfect your **CONTOUR PLUS BLUE** meter once a week. Use only Sani-Cloth Plus Germicidal Disposable Cloths (EPA Reg 9480-6). The cloths are proven safe to use with the **CONTOUR PLUS BLUE** meter.

Sani-Cloth Plus Germicidal Disposable Cloths (EPA registration number 9480-6) are available for purchase online at <http://www.officedepot.com> or <http://www.amazon.com>. For technical assistance or questions on cleaning and disinfection, call Customer Service: 1-800-348-8100.

Cleaning involves the removal of visible dirt and debris, but does not reduce the risk for transmission of infectious diseases.

Disinfecting (if performed properly) reduces the risk of transmitting infectious diseases.

Evaluate your device after performing cleaning and disinfection to ensure that the procedure does not cloud the face/display of the meter and does not corrode or erode the plastic housing or buttons. You should call Customer Service for assistance if your device malfunctions for any reason or if you notice any changes in the external meter case or display. See *Contact Information*.

Cleaning and Disinfecting Your Meter

Clean and disinfect your meter once a week.

Supplies needed for cleaning and disinfecting:

- Sani-Cloth Plus Germicidal Disposable Cloths. **Do not use bleach.**
- Paper towels.
- Timing device.

CAUTION: Do not allow cleaning solution to run into the meter through open areas, such as the meter's test strip or USB port.

NOTE: Cleaning involves the removal of visible dirt and debris, but does not reduce the risk for transmission of infectious diseases. To clean and disinfect your meter, follow the instructions in *Clean and Disinfect Your Meter*.

Clean and Disinfect Your Meter

NOTE: Do not remove a wipe from the package until immediately before use.

You need at least 2 Sani-Cloth Plus cloths: 1 for cleaning and 1 for disinfecting.

- To clean your meter, remove a Sani-Cloth Plus cloth from the package and carefully wipe the meter until all soil is removed.
- Dry the meter with a clean paper towel.
- To disinfect your meter, take out a new Sani-Cloth Plus cloth and carefully wipe all outer surfaces of your meter (including the back) until wet.
- Set your timing device for 2 minutes. **You must keep all meter surfaces visibly wet for 2 minutes to properly disinfect.** If a meter surface looks dry, wipe it again until wet.

After keeping all meter surfaces wet for 2 minutes, use a clean paper towel to dry the meter surfaces and the test strip port.

Clean and disinfect your meter once a week.

Cleaning and Disinfecting Your Lancing Device

Refer to the lancing device insert provided with your kit for detailed instructions for cleaning and disinfecting the lancing device.

Transfer Results to a Personal Computer

CAUTION: Do not attempt to perform a blood glucose test when the **CONTOUR PLUS BLUE** meter is connected to a computer.

You can transfer test results from the **CONTOUR PLUS BLUE** meter to a computer where they can be summarized in a report with graphs and tables. To make use of this feature, you need diabetes management software and a 1-meter (or 3-foot) long USB-A to Micro USB-B cable. This type of cable is available in electronics retail stores.

Ensure your meter's USB port door is completely closed when not in use.

CAUTION: Use only approved equipment (for example, USB cable) from the manufacturer or certified body such as UL, CSA, TUV, or CE.

Replace the Batteries

1. Turn off your meter.

2. Turn the meter over and slide the battery cover in the direction of the arrow.

3. Remove both of the old batteries and replace them with two 3-volt CR2032 or DL2032 coin cell batteries.

NOTE: Always check the date and time after you replace the batteries.

4. Make sure the "+" sign is facing up on the new batteries.

5. Press each battery into a compartment.

6. Slide the battery cover back into place.

7. Discard old batteries according to your local environmental regulations.

WARNING
Keep batteries away from children. Many types of batteries are poisonous. If swallowed, immediately contact your poison control center.

CAUTION: Do not use expired materials. Using expired material can cause inaccurate results. Always check the expiration dates on your test materials.

Refer to your control solution insert.

Level 1 and Level 2 control solutions are available or sold separately if not included in the meter kit. You should test your **CONTOUR PLUS BLUE** meter with control solution only when the temperature is 59°F–95°F. Store control solutions between 48°F and 86°F.

Contact Customer Service to obtain control solution. See *Contact Information*.

CAUTION: Do not use control solution that is more than 6 months past the date you first opened the bottle.

NOTE: If this is the first time you are opening the control solution, write the date on the bottle.

3. Shake the control solution bottle well, about 15 times before every use. Unmixed control solution may cause inaccurate results.

CAUTION: Do not apply control solution to your fingertip or to the test strip directly from the bottle.

Immediately touch the tip of the test strip to the drop of control solution.

Hold the tip in the drop until the meter beeps.

The meter counts down for 5 seconds before the meter displays the control test result. The meter automatically marks the result as a control test. Control test results are not included in your meter **Logbook**, in blood glucose averages, or in targets in the **CONTOUR DIABETES** app.