

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

- System Ineffectiveness:** 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-hypersmolar 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; Press 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 meter is not indicated for neonatal use.
- Alternative Site Testing:** The Contour® PLUS 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.
5 Wood Hollow Road
Parisippany, NJ 07054
www.diabetes.ascensia.com
Customer Service: 1-800-348-8100

For information on patents and related licenses, see www.diabetes.ascensia.com.
Purchase of this meter does not confer a license to use under any patents. Such a license only arises, and extends only to, when the Contour® PLUS meters and Contour® PLUS blood glucose test strips are used together. No test strip vendor other than the supplier of this meter may be used with this meter.

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ASCENSIA Diabetes Care

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INTENDED USE

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

This Contour® PLUS 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 blood glucose monitoring system is intended to be used by a single person and should not be shared. The CONTOUR PLUS blood glucose monitoring system is intended for self-testing outside the body (in vitro diagnostic use) by persons with diabetes as an aid in monitoring blood glucose levels and controlling diabetes.

The Contour® PLUS 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 blood glucose monitoring system 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:

1. Before setting any Target Ranges in your meter or in compatible Ascensia Diabetes Care software
2. Before changing your treatment or medication based on test results.

3. If you obtain test results that are not consistent with the way you feel.

4. Before making any other decision of medical value.

5. 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 FDA Medical Devices Safety/Alerts and Notices/ucm224025.htm](http://www.fda.gov/MedicalDevices/Safety/Alerts/andNotices/ucm224025.htm)

• For complete information on cleaning and disinfecting your meter or lancing device see: [CDC for Infection Control and Prevention: Infection Prevention During Blood Glucose Monitoring and Insulin Administration](http://www.cdc.gov/InfectionControl/Infection-Prevention-During-Blood-Glucose-Monitoring-and-Insulin-Administration), US Department of Health and Human Services; update June 8, 2017.

<http://www.cdc.gov/infectionSafety/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 products.
- 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.

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Limitations

- System Ineffectiveness:** 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-hypersmolar state, with or without ketosis.^{3,4}
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- Xylose:** Do not use during or soon after xylose absorption testing. Xylose in the blood will cause an interference.
- Neonatal Use:** The Contour® PLUS meter is not indicated for neonatal use.
- Alternative Site Testing:** The Contour® PLUS meter is not intended for use with Alternative Site Testing (AST).

PRECAUTIONS

- Read your Contour® PLUS user guide, the lancing device package insert, if provided, and all instructional materials provided in your meter kit before testing. Follow all instructions for use and care exactly as described to help avoid inaccurate results.
- Do not use expired materials. Using expired material can cause inaccurate results. Always check the expiration dates on your test materials.
- NOTE: If this is the first time you are opening the control solution, write the date on the bottle.
- Do not use control solution that is more than 6 months past the date the you first opened the bottle.
- If your control solution test result is out of range, contact Customer Service. See [Contact Information](#). Do not use the meter until you have received instructions from Customer Service.
- The meter is designed to give accurate blood glucose results at temperatures between 41°F and 113°F. If the meter or test strip is outside this range, you should not test until the meter and test strip are within this range. Whenever the meter is moved from one location to another, allow approximately 20 minutes for the meter to adjust to the temperature of the new location before performing a blood glucose test.
- Do not place or store other items or medications in the test strip bottle or the test strip bottle cap. Avoid exposing meter and test strip to heat, cold, or direct sunlight.
- Do not attempt to perform a blood glucose test when the Contour® PLUS meter is connected to a computer.
- Use only approved equipment (for example, USB cable) from the manufacturer or certified body such as UL, CSA, TUV, or CE.
- Always dispose of used test strips and lancets as medical waste or as advised by your health care professional.

Your Contour® PLUS meter has been preset and locked to display results in mg/dL (milligrams of glucose per deciliter of blood).

• Results in mg/dL do not have a decimal point.

• Results in mmol/L have a decimal point.

Example: 93 or 93 mmol/L

• Check your display screen to be sure the results are shown correctly (mg/dL). If not, contact Customer Service. See [Contact Information](#).

The Contour® PLUS blood glucose monitoring system has a measuring range of 20 mg/dL to 600 mg/dL.

• For results under 20 mg/dL or over 600 mg/dL:

o If your meter does not display a value and displays the LO screen, contact your health care professional immediately.

o If your meter does not display a value and displays the HI screen, wash your hands and the test site and repeat the test with a new strip. If the meter again displays the HI screen, follow [medical advice](#) immediately.

High / Low Blood Glucose (Sugar)

- 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.

WARNING: Potential Biohazard

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.

Ketones (Ketacidosis):

• shortness of breath

• nausea or vomiting

• very dry mouth

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.

High blood glucose (Hyperglycemia):

• frequent urination

• excessive thirst

• blurred vision

• increased fatigue

• hunger

• shortness of breath

• nausea or vomiting

• very dry mouth

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.

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.

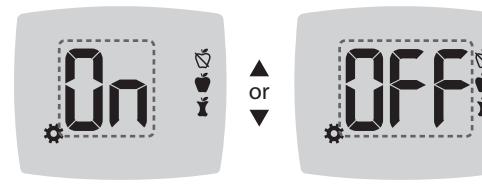
• If your meter is being operated by a second person who is providing testing assistance to you, the meter and lancing device should be disinfected prior to use by the second person.

• Always dispose of used test strips and lancets as medical waste or

Set Meal Marker Feature

1. From the Home screen, select the **Settings**  symbol and press **OK** to enter **Settings**.

2. When you are on the **Settings** screen, press the **▼** button repeatedly until the **Meal Marker**  symbols are blinking, then press **OK**.



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

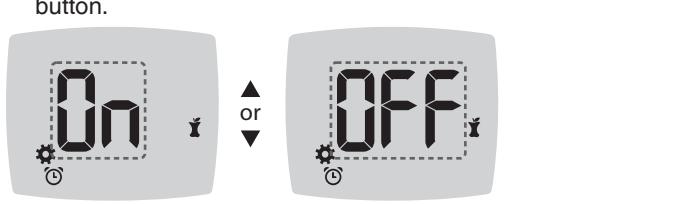
NOTE: When the **Meal Marker** feature is **On**, you can select a **Meal Marker** during a blood glucose test.

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**.

1. From the Home screen, select the **Settings**  symbol and press **OK** to enter **Settings**.

2. 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**.
3. To turn **Reminder** On or **Off**, press the **▲** or **▼** button.
4. Press **OK**.

Change Overall Target Range

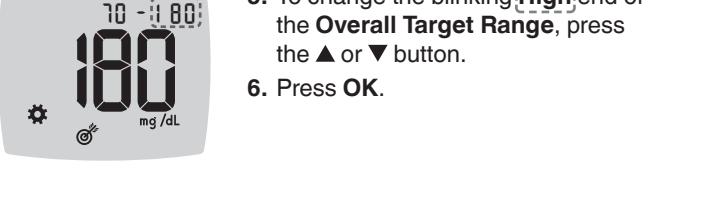
WARNING
Discuss your Target Range settings with your health care professional.

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

1. From the Home screen, select the **Settings**  symbol and press **OK** to enter **Settings**.

2. When you are on the **Settings** screen, press the **▼** button repeatedly until the **Target**  symbol is blinking, then press **OK**.

3. To change the **Low** end of the **Overall Target Range**, press the **▲** or **▼** button.
4. Press **OK**.



5. To change the **High** end of the **Overall Target Range**, press the **▲** or **▼** button.
6. Press **OK**.

7. To change the **Low** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
8. Press **OK**.

9. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
10. Press **OK**.

11. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
12. Press **OK**.

13. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
14. Press **OK**.

15. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
16. Press **OK**.

17. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
18. Press **OK**.

19. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
20. Press **OK**.

21. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
22. Press **OK**.

23. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
24. Press **OK**.

25. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
26. Press **OK**.

27. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
28. Press **OK**.

29. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
30. Press **OK**.

31. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
32. Press **OK**.

33. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
34. Press **OK**.

35. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
36. Press **OK**.

37. To change the **High** end of the **Before Meal** and **After Meal** **Target Range**, press the **▲** or **▼** button.
38. Press **OK**.

39. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
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41. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
42. Press **OK**.

43. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
44. Press **OK**.

45. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
46. Press **OK**.

47. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
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49. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
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54. Press **OK**.

55. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
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80. Press **OK**.

81. To change the **High** end of the **Before Meal**  and **After Meal**  **Target Range**, press the **▲** or **▼** button.
82. Press **OK**.

83. To change the **High** end of the **Before Meal** <img alt="Before Meal icon" data-bbox="425 321 435 3