



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

Blood Glucose  
Monitoring System

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

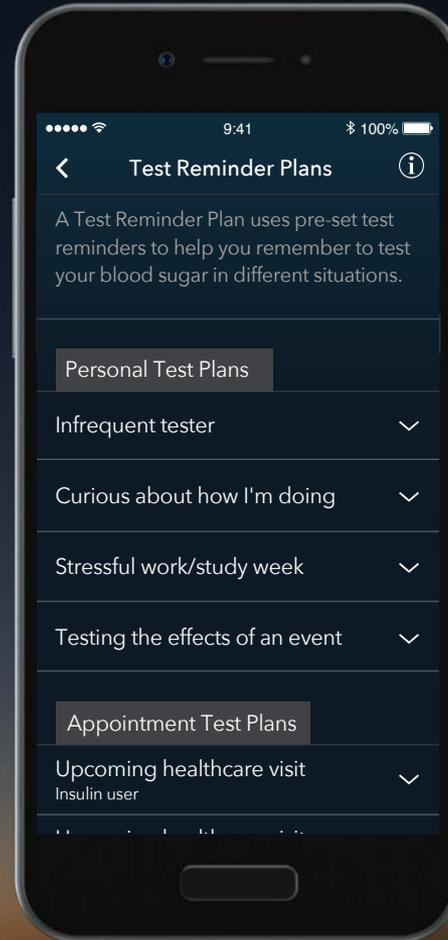


Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



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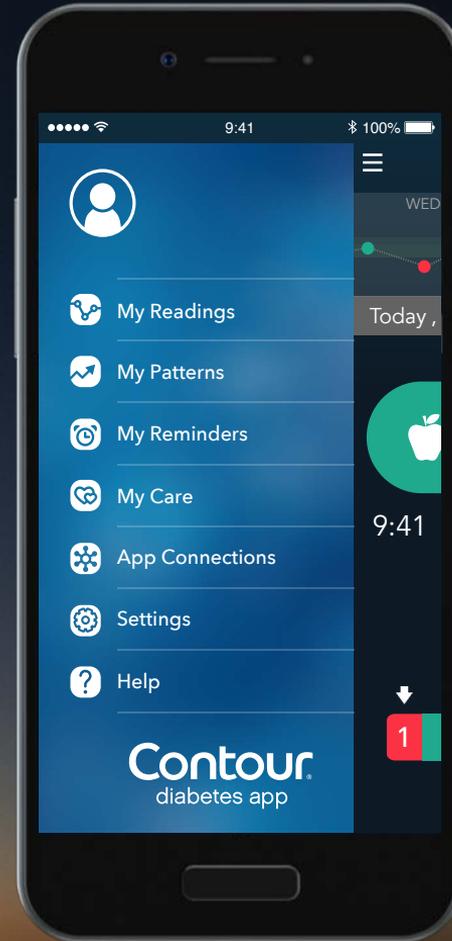
**Test Reminder Plans** help you optimize your testing to provide results that give you a more meaningful overview of your blood glucose.



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## 1. Test Reminder Plan

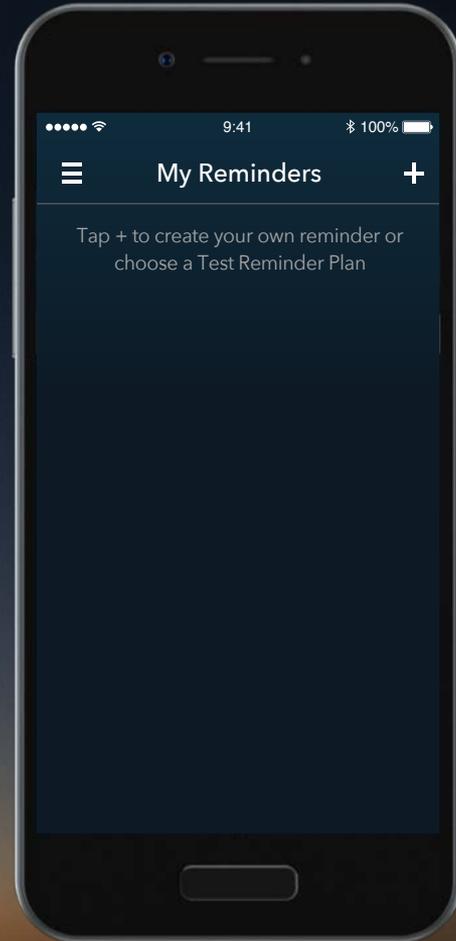
You can choose a **Test Reminder Plan** by choosing **My Reminders** from the **Main Menu** and then tapping **+**.



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## 1. Test Reminder Plan

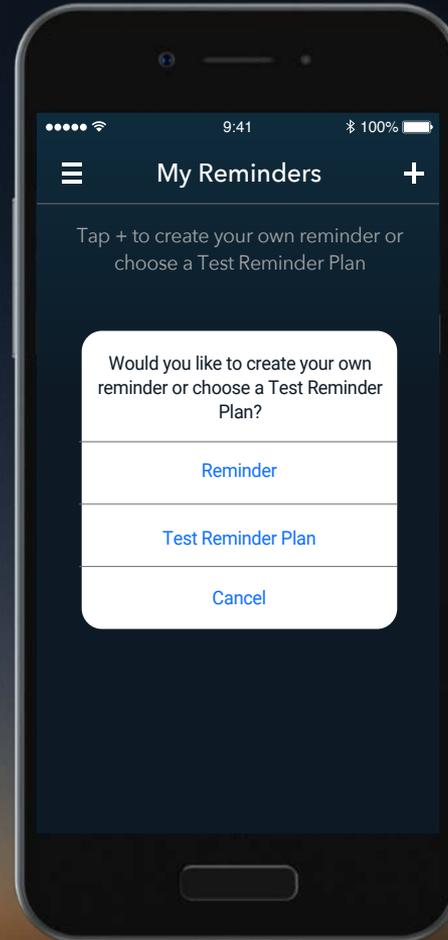
You can choose a **Test Reminder Plan** by choosing **My Reminders** from the **Main Menu** and then tapping **+**.



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## 1. Test Reminder Plan

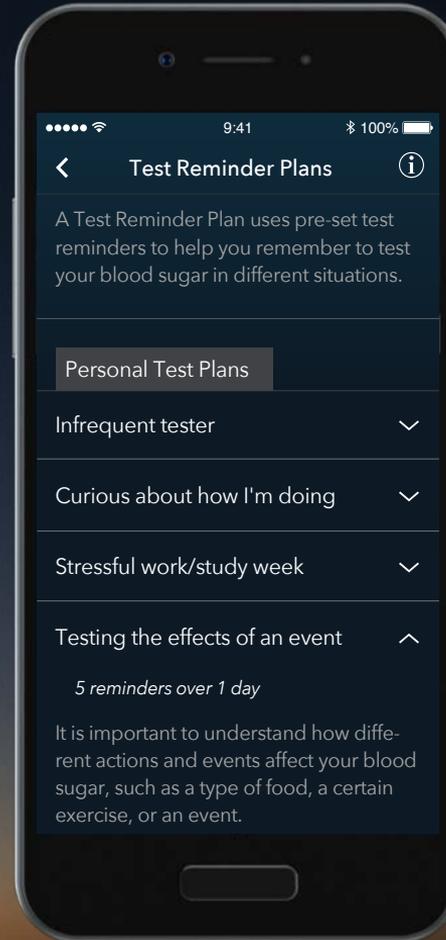
Choose **Test Reminder Plan** to create a Test Reminder Plan.



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## 2. Test Reminder Plan

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

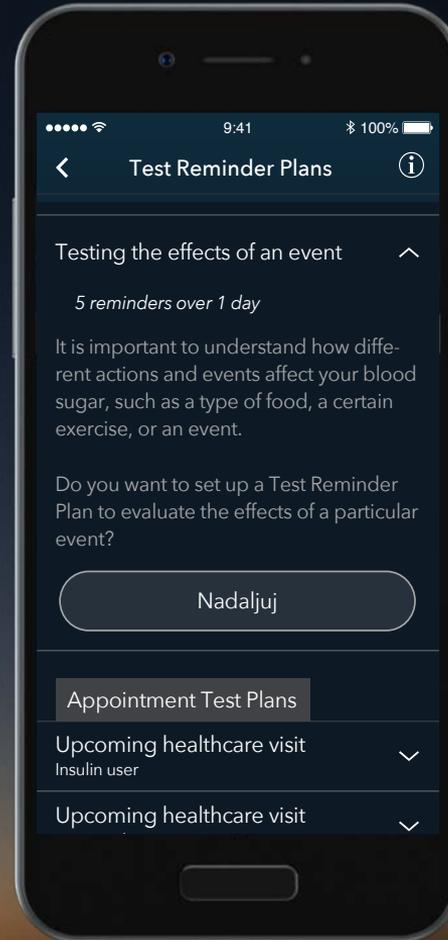


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## 2. Test Reminder Plan

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

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



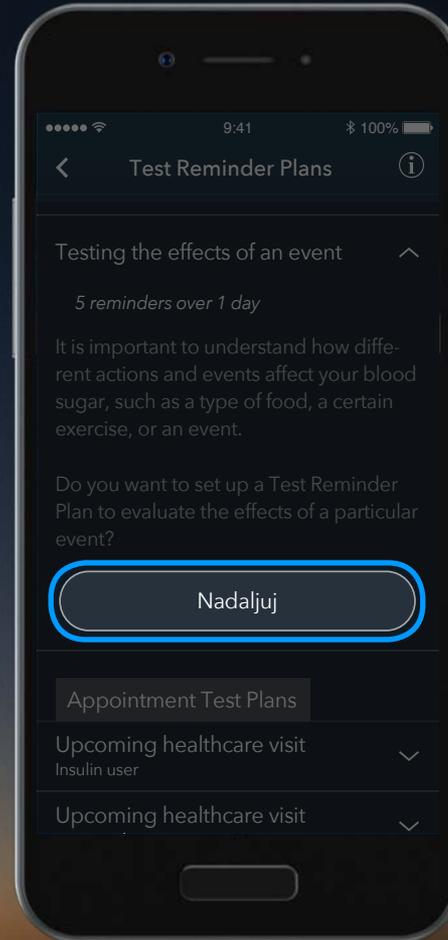
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## 2. **Test Reminder Plan**

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

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

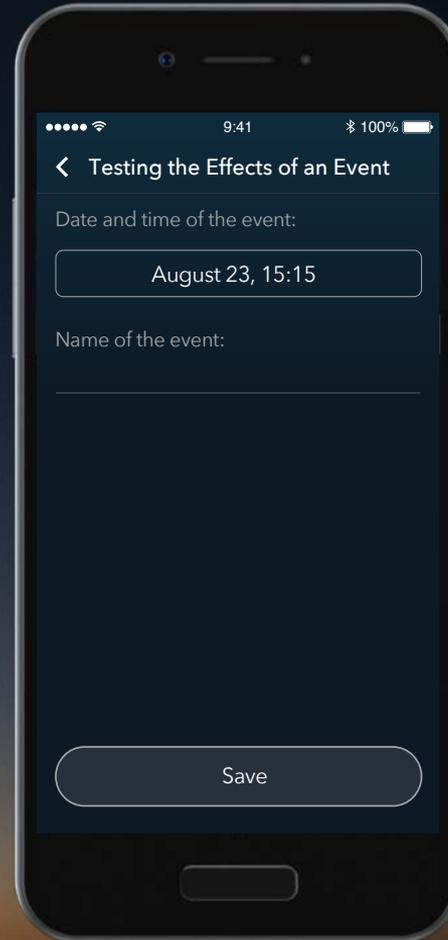
Select **Continue** to customize your chosen **Test Reminder Plan**.



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### 3. Test Reminder Plan

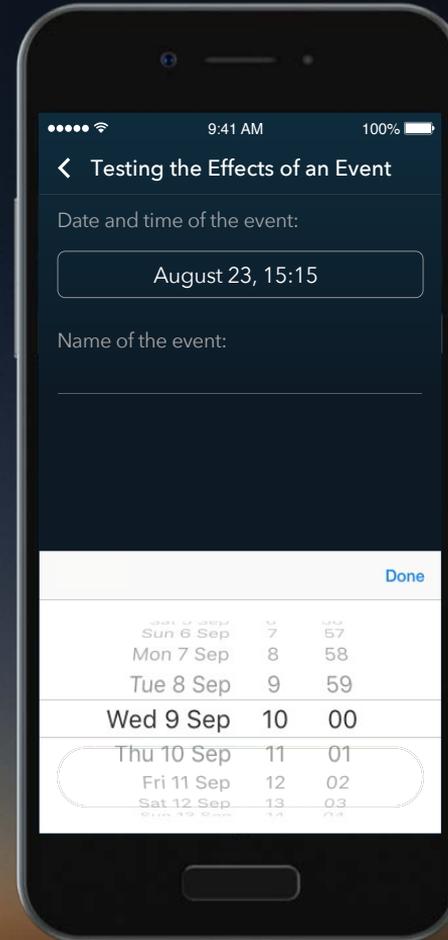
Tap the date and time button to set the date and time of the event you want to track.



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### 3. Test Reminder Plan

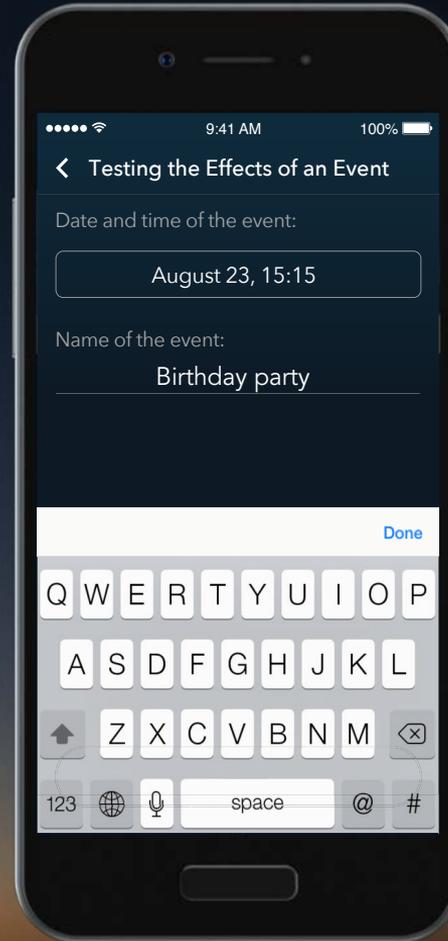
Tap the date and time button to set the date and time of the event you want to track.



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### 3. Test Reminder Plan

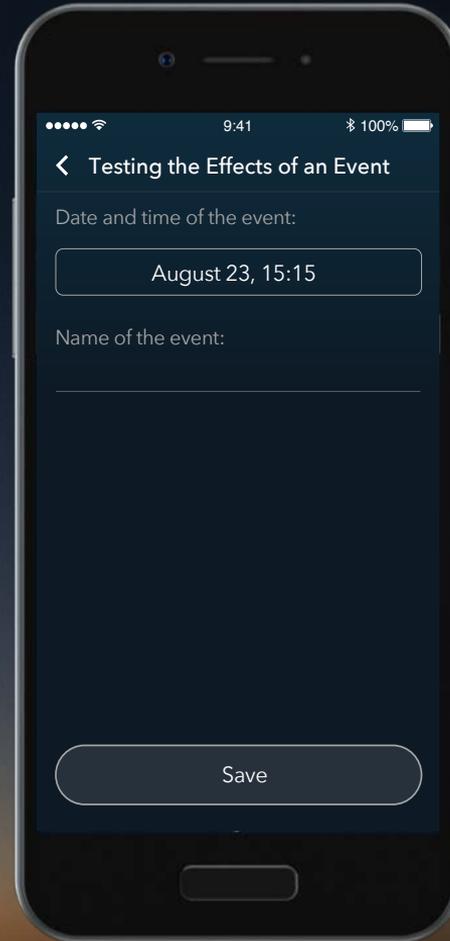
Tap the Event Name area to open the keyboard and name your event.



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### 3. Test Reminder Plan

Tap **Save**.

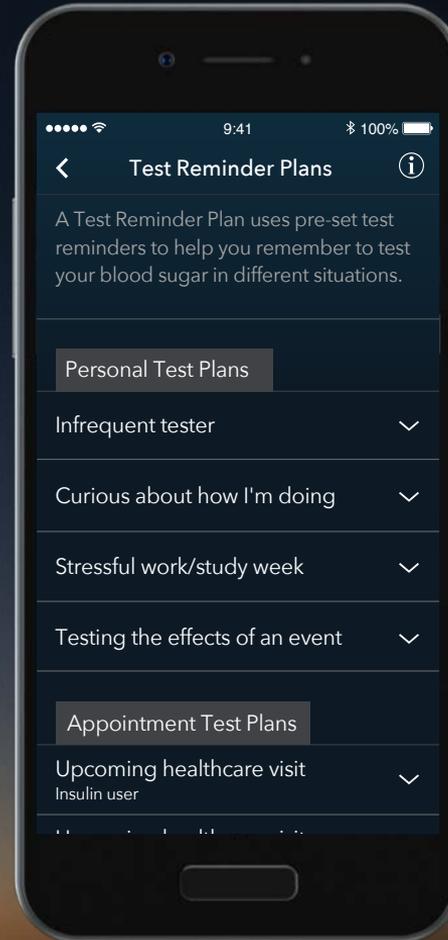


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### 3. **Test Reminder Plan**

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>PLUS 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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Date of preparation: February 2018 Code: G.DC.10.2017.52580

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diabetes solutions