

Using My Patterns with the CONTOUR<sup>™</sup> DIABETES app



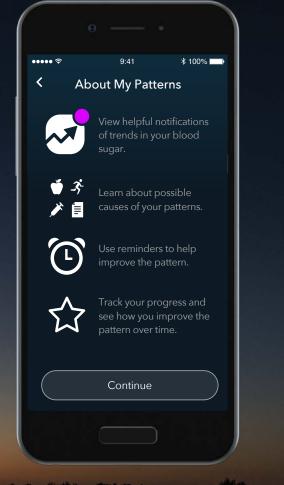
Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



Contour, plus one, Bood Glucose Montoring System

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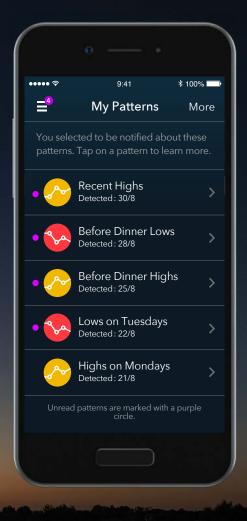
The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.





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# Choose My Patterns from the Main Menu

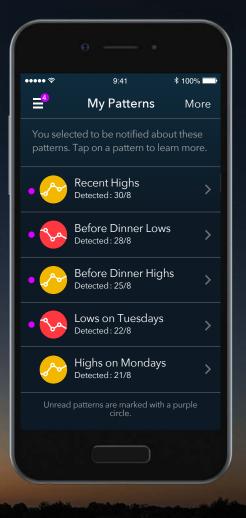


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2.

The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.

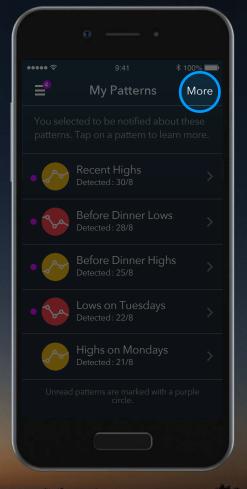


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2.

Tap **More** to change your pattern selection or review your pattern history.



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3.

Tap **Pattern Selection** to choose which patterns to be notified about.

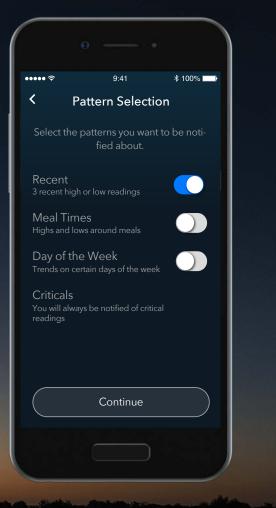
e •		
••••• ຈ	9:41 My Patterns - Mo	∦ 100% <b>–––</b> re
Pattern	Selection	>
Pattern	History	>



3.

## My Patterns

Tap **Pattern Selection** choose which patterns to be notified about.



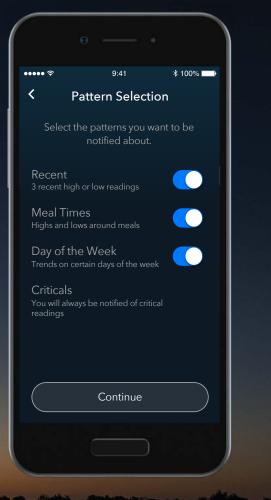
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3.

## My Patterns

Tap **Pattern Selection** choose which patterns to be notified about.

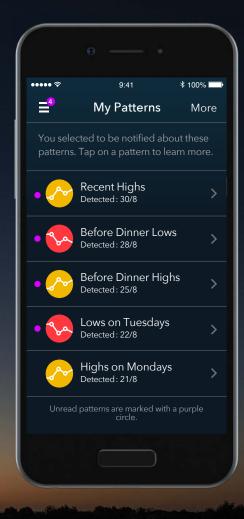




4.

Any patterns that have been detected will be listed in the **My Patterns** screen.

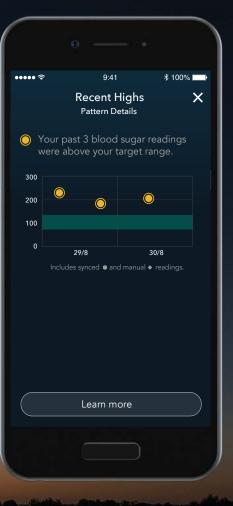
The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.



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You can see the pattern details and learn more about possible causes.



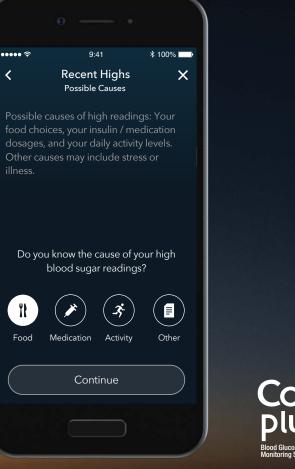


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4.

#### **My Patterns**

You can learn more about what may cause this pattern, and choose between possible causes such as food, medication or activity.



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You can also set a reminder related to a possible cause.

9:41 \* 100% ••••• ? **Before Dinner Highs** < Possible Causes: Food blood sugar levels. Too many carbs can Consider eating fewer carbs at lunch to get your readings back in target range. Do you want a reminder to eat fewer carbs at lunch each day? Yes, continue No, move to history

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At any time, you can go back to a pattern in **Pattern History**.

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Pattern Sel	lection	>
Pattern His	story	>



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5.

## My Patterns

In **Pattern History** you can review the patterns detected in the past and are no longer active.

••••• ? 9:41 \* 100% < Pattern History  $(\mathbf{i})$ This information is useful to your August 2017 Fasting Highs > 18/8-30/8 | Improved Recent Lows 13/8-20/8 | Improved After Dinner Lows 12/8-23/8 | Timed Out Before Lunch Highs 12/8-22/8 | Timed Out Fasting Lows 12/8-22/8 | Timed Out Recent Highs 9/8-12/8 | Not improved

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In **Pattern History** you can review the patterns detected in the past and are no longer active.

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<	Recent Lows	í
below yc	t 3 blood sugar read our target range. ed: 13/8 ent readings are imp	
Pattern r	eadings	>
Notes		>



Talk to your Healthcare Professional and refer to the product user guide if you have any questions about the **CONTOUR®PLUS ONE** smart meter or the **CONTOUR™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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