

Using My Patterns with the CONTOUR[™] DIABETES app



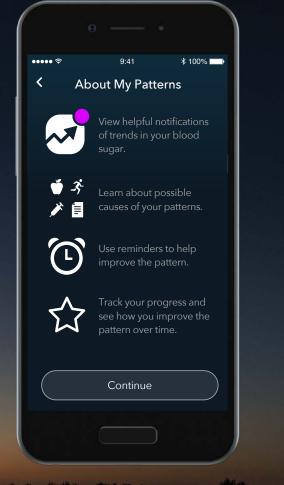
Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



Contour, plus one, Bood Glucose Montoring System

diabetes.ascensia.com

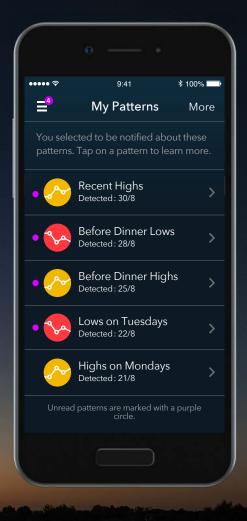
The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.





© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

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



Contour plus one Blood Glucose Monitoring System

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

Choose My Patterns from the Main Menu

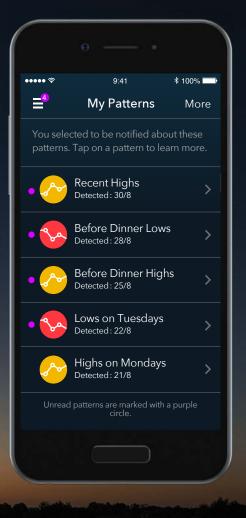


Contour plus one ""

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

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.

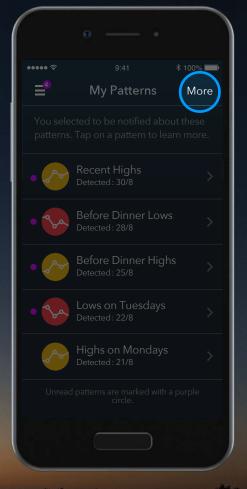


Contour plus one Blood Glucose Monitoring System

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

2.

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



Contour, plus one, Blood Glucose Monitoring System

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

3.

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

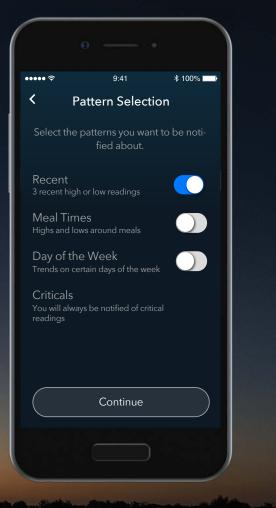
e •		
••••• ຈ	9:41 My Patterns - Mo	∦ 100% ––– re
Pattern	Selection	>
Pattern	History	>



3.

My Patterns

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



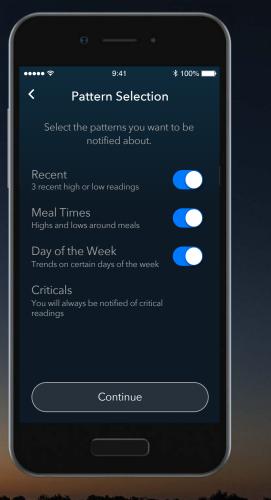
Contour, plus one, Blood Glucose Monitoring System

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

3.

My Patterns

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

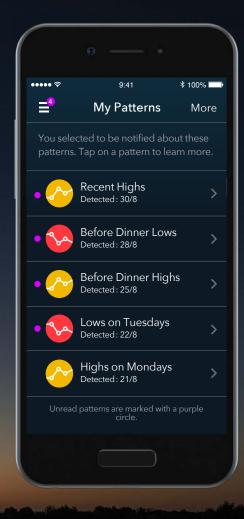




4.

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.



Contour. Plus ONE.) Blod Glucose Monitoring System

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

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



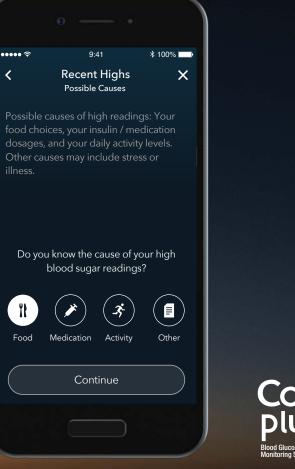


diabetes.ascensia.com

4.

My Patterns

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



<

Contour Blood Glucose Monitoring System

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

diabetes.ascensia.com

Contour

DIUS

Blood Glucose Monitoring System

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

••••• ∻ ⊒ ⁴ M	^{9:41} y Patterns -∣	* 100% More
Pattern Sel	lection	>
Pattern His	story	>



Т

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

Contour plus one """

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.

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

•••• ຈົ	9:41	≵ 100% 🔲
<	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.



Apple and the Apple logo are trademarks of Apple Inc., registered in the US and other countries. App Store is a service mark of Apple Inc. The Bluetooth word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks herein is under licence. Google Play and the Google Play logo are trademarks of Google Inc.

Ascensia, the Ascensia Diabetes Care logo and Contour are trademarks and/or registered trademarks of Ascensia Diabetes Care Holdings AG.

Date of preparation: February 2018 Code: G.DC.10.2017.52578

© Copyright 2019 Ascensia Diabetes Care Holdings AG. All rights reserved.





