



# Viewing blood sugar patterns with the CONTOUR<sup>™</sup> DIABETES app



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

© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.

diabetes.ascensia.com

Contour

DIUS

Blood Glucose Monitoring System

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 Bood Glucose Monitoring System

© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.

#### Patterns

When the CONTOUR DIABETES app detects a pattern, you will receive a New Pattern Detected message.

• •	
●●● 令    9:41	
You recently had low blood sugar readings before dinner.	
Not Now View More What is a pattern?	



#### Patterns

When the **CONTOUR DIABETES app** detects a pattern, you will receive a **New Pattern Detected** message.

Tap **View More** to learn more about the pattern.

		_		_	
					% 💼
Be	fore New Pa	Dinne attern De	er Hi etected	ghs	
	ecently	had lov	w bloo e dinn		
Not	Now		Viev	v More	
		t is a pa	ttern?		
					_



The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.





di

#### Patterns

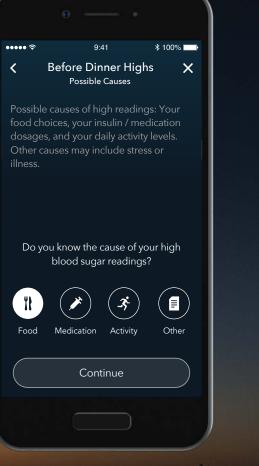
The **Recent Highs** pattern tells you that your past 3 blood sugar readings were above your target range.

Tap Learn more to read about possible causes.

(		
•••• 🗢		∦ 100% 📖
	Recent Highs Pattern Details	×
		readings range.
		00/0
		30/8
	Learn more	

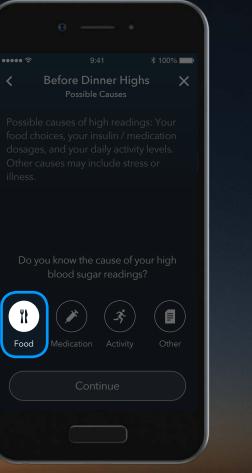


If you know the cause of your high blood sugar readings, you can select it here.



Contour plus one ") Blod Glucese Monitoring System

If you know the cause of your high blood sugar readings, you can select it here.





© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.

#### My Patterns

#### The **CONTOUR DIABETES app** provides some information about the possible cause of this pattern.



Contour, plus one, Blod Glucose Montforing System

© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.

#### My Patterns

#### The **CONTOUR DIABETES app** provides some information about the possible cause of this pattern.

Tap **Yes, continue** to set a reminder to eat fewer carbs each day. The carb content of food can affect your blood sugar levels. Too many carbs can cause high readings.

Consider eating fewer carbs to get your readings back in target range.

Do you want a reminder to eat fewer carbs each day?

Yes, continue

No, move to history

Contour, plus one, Bood Glucose Montoring System

## 5. My Patterns

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

ſ			
••••• ?	ç	9:41	∦ 100% 💶 )
<		i <b>t Highs</b> <sup>inders</sup>	
Remind r		fewer cark at:	os each day
	07	58	
	08	59	
	09	00	
	10	01	
	11	02	
	12		

In 3 days, a follow-up message will tell you if your changes helped manage the Recent Highs pattern.

Confirm		



#### My Patterns

5.

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

Tap **Confirm** to set the time.

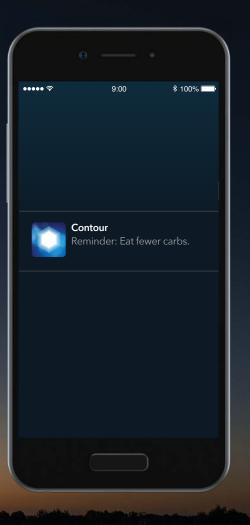
ſ			
•••• ?			∦ 100% 📟
<	Recen	t Highs	
Remind r			os each day
	08	59	
	09	00	
	10	01	

In 3 days, a follow-up message will tell you if your changes helped manage the Recent Highs pattern.

Confirm	



At your chosen time, a reminder will display.



Contour plus one () Blood Glucose Monitoring System

© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.

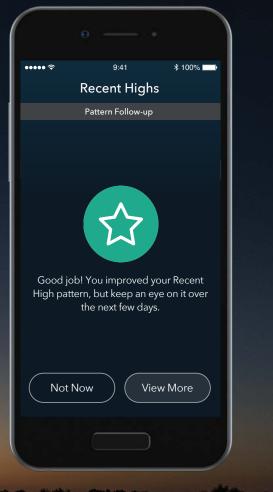
At your chosen time, a reminder will display.

••••• ?	9:00	≹ 100% 💷∙
	Recent Highs Reminder	;
	$\bigcirc$	
because you	ninder to eat fe ır blood sugar v ıbove your targe	vas
	OK	



## 7. My Patterns

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.



Contour, plus one, Blood Glucose Monitoring System

## 7. My Patterns

In 3 days, a follow-up message will tell you if your changes helped the **Recent High** pattern.

Tap **View More** to find out more.

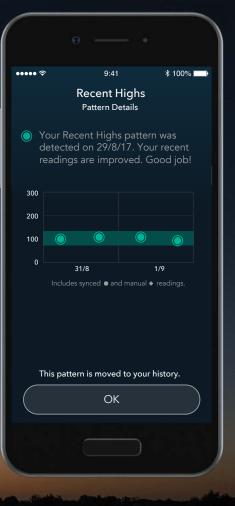
••••• <del>?</del>				∦ 100% 🖿	₽
	Rece	ent Hi	ghs		
	tern, bu			r Recent on it over	
Not	Now		View	More	)



diabetes.ascensia.com

#### Patterns

This pattern has been moved to your history and can be viewed at any time by choosing My patterns from the Main Menu.





diabetes.ascensia.com

At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.

••••• <del>?</del>	9:41	∦ 100% 💶
<b>⊒</b> ⁴ Μ <sub>λ</sub>	Patterns - N	lore
Pattern Sele	ection	>
Pattern Hist	ory	>

Contour, plus one,) Blod Glucose Monitoring System

© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.

At any time, you can access your patterns in **Pattern History**, to add additional notes about the possible causes of this pattern, to help you in future appointments with your healthcare professional.

•••• 🗢	9:41	∦ 100%
K Pa	ttern Histo	ory 🛈
These are pat This informati healthcare pro	on is useful to	
	August 2017	7
Fasting High 18/8-30/8 I Imp	1 <b>S</b> proved	>
Recent Lows		>
After Dinner 12/8-23/8   Tim		>
Before Lunc 12/8-22/8   Tim		>
Fasting Low: 12/8-22/8 I Tim		>
Recent High 9/8-12/8   Not		>



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.10.2017.52579

© Copyright 2017 Ascensia Diabetes Care Holdings AG. All rights reserved.



Contour, Plus ONE, Biod Glucose Monitoring System

