



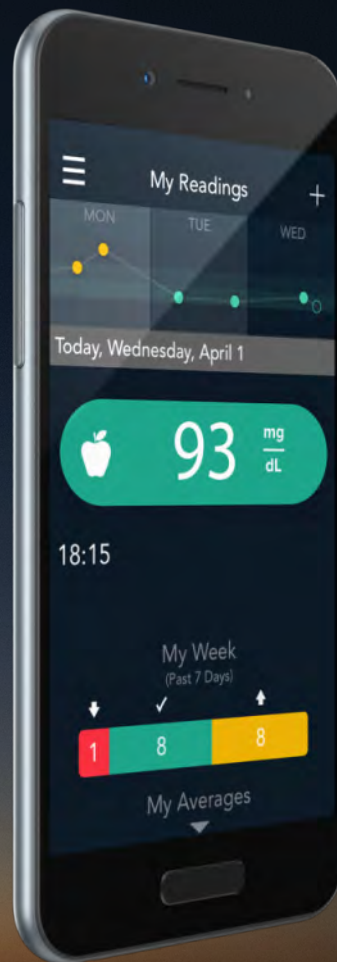
# Contour™ next ONE<sup>®</sup>

Blood Glucose  
Monitoring System

Pairing your  
**CONTOUR<sup>®</sup>NEXT ONE**  
smart meter with the  
**CONTOUR<sup>™</sup>DIABETES app**

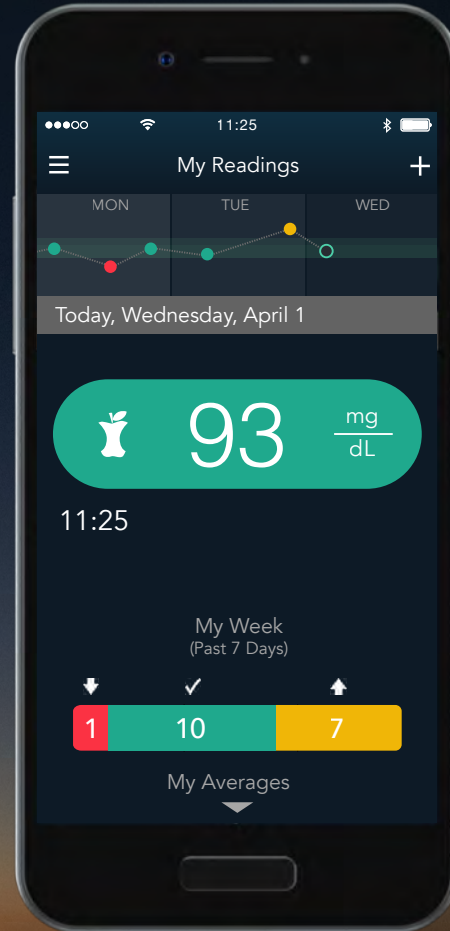


Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



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Blood Glucose  
Monitoring System

Pair your **CONTOUR NEXT ONE** meter and it will sync with the **CONTOUR DIABETES app** whenever a Bluetooth connection is available.



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Monitoring System

1.

## Pairing your meter

Before you pair your **CONTOUR NEXT ONE** meter, turn on Bluetooth in your mobile device.

Go to 'Settings' and then 'Bluetooth' and tap the 'toggle button' to turn on Bluetooth.



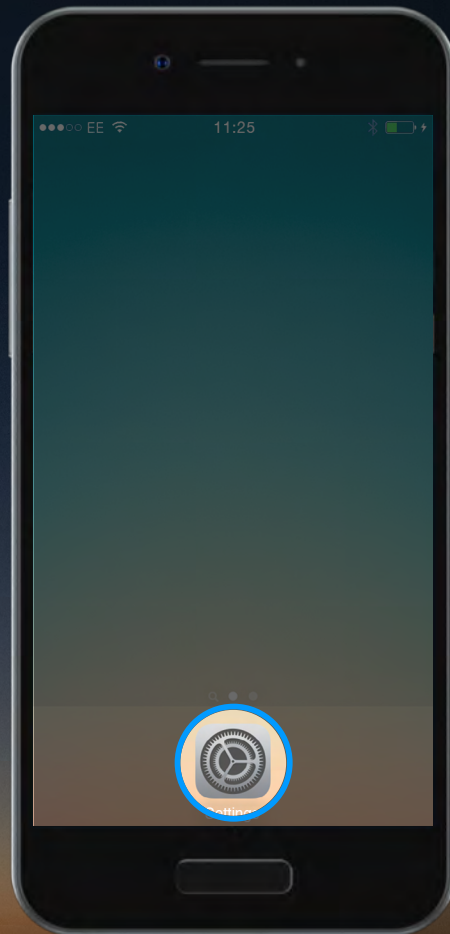
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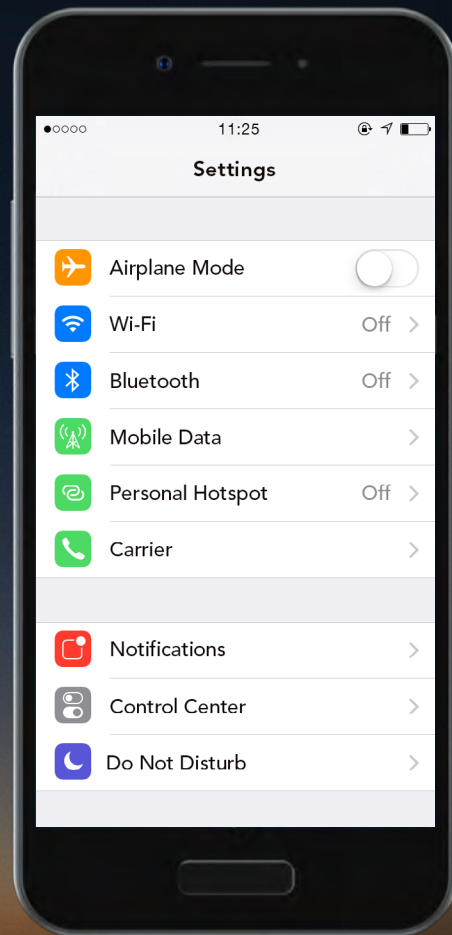
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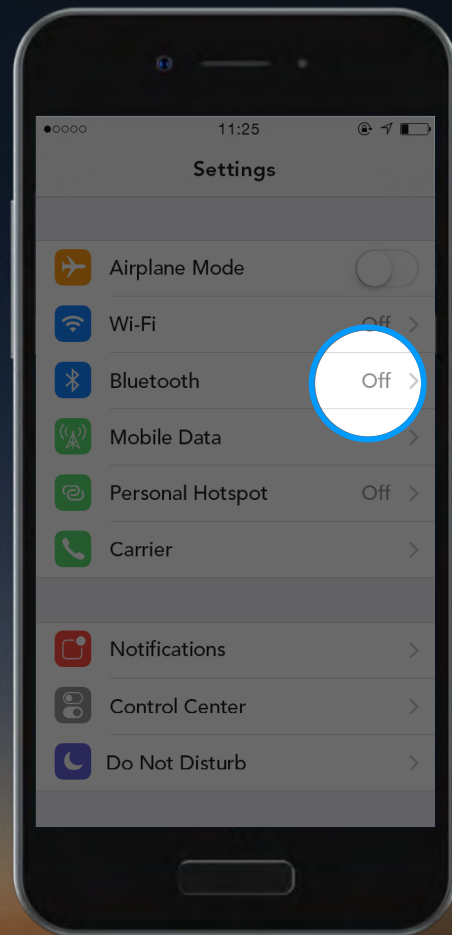
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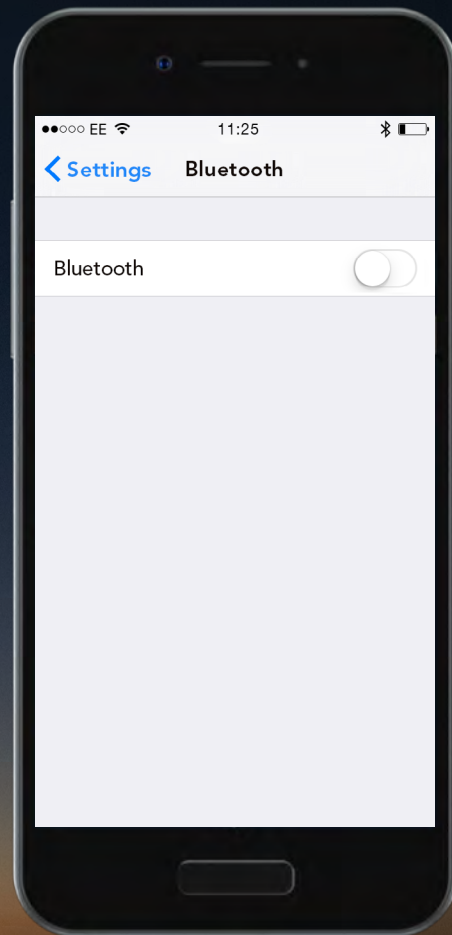
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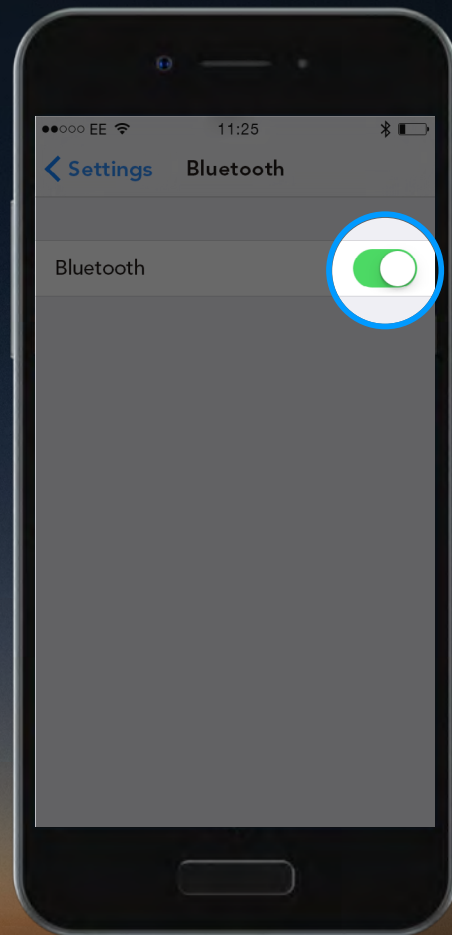


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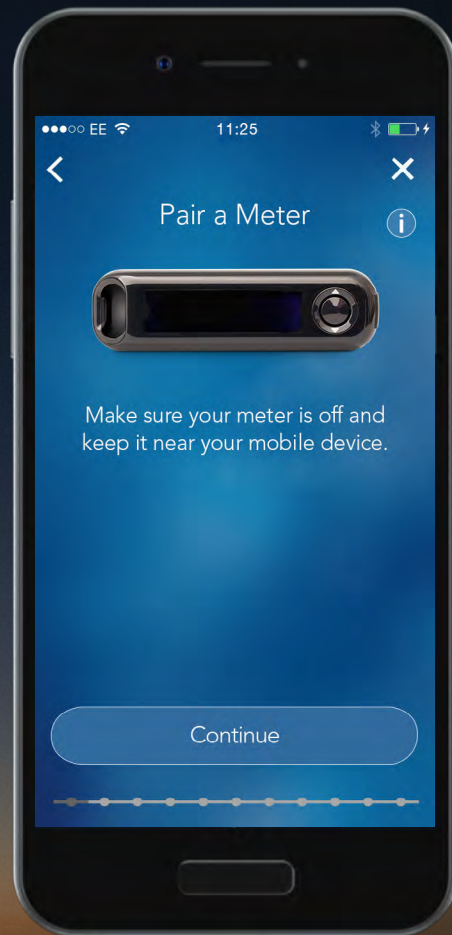
2.

## Pairing Your Meter

In the **CONTOUR DIABETES** app, after you have set up an account you will be asked to pair a meter.

You are now ready to pair your meter. Turn off your meter and keep it near your mobile device.

Select '**Continue**'.



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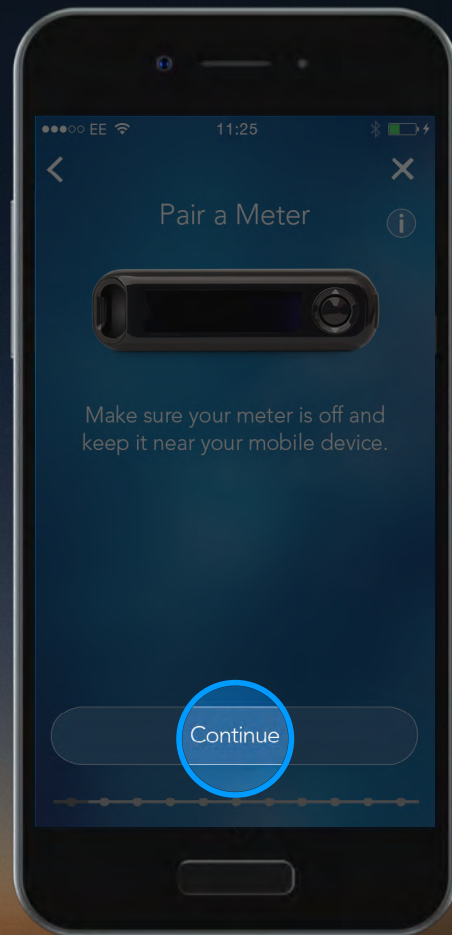
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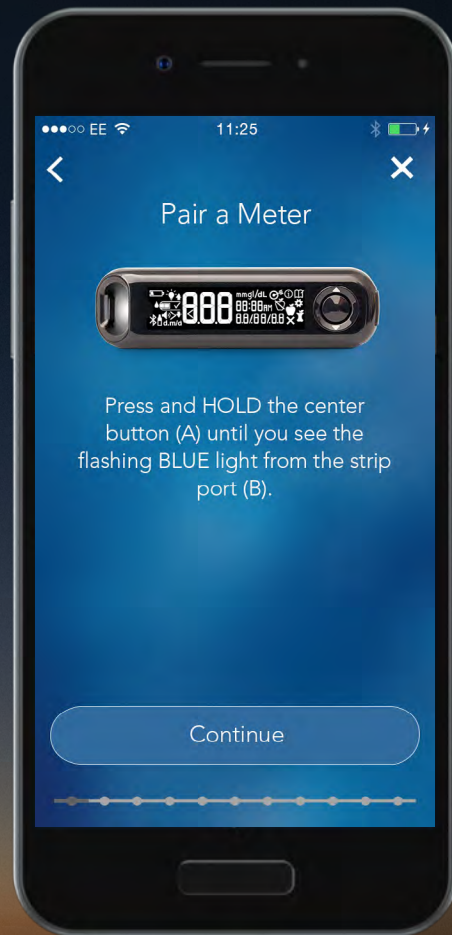
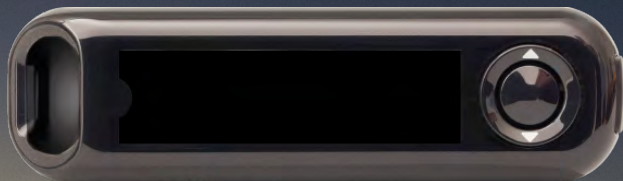
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3.

### Pairing Your Meter

Press and hold the center button on your **CONTOUR NEXT ONE** meter and do not release until you see the flashing blue light from the strip port.

Select '**Continue**'.



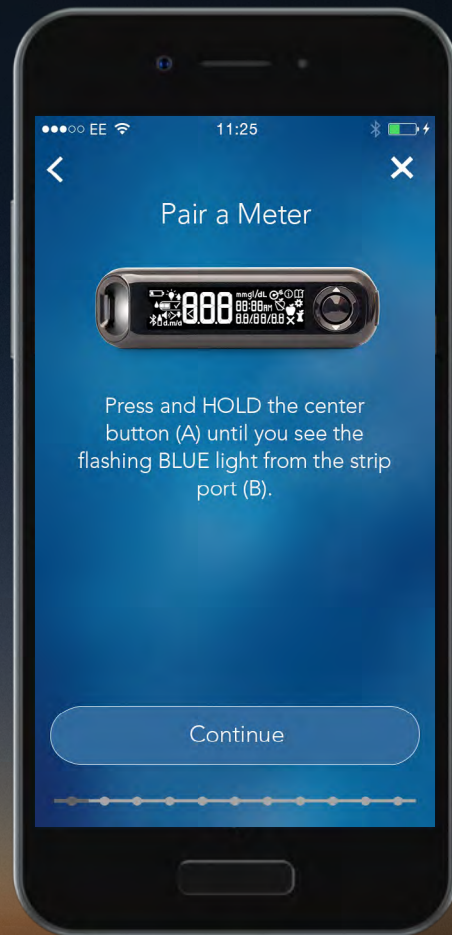
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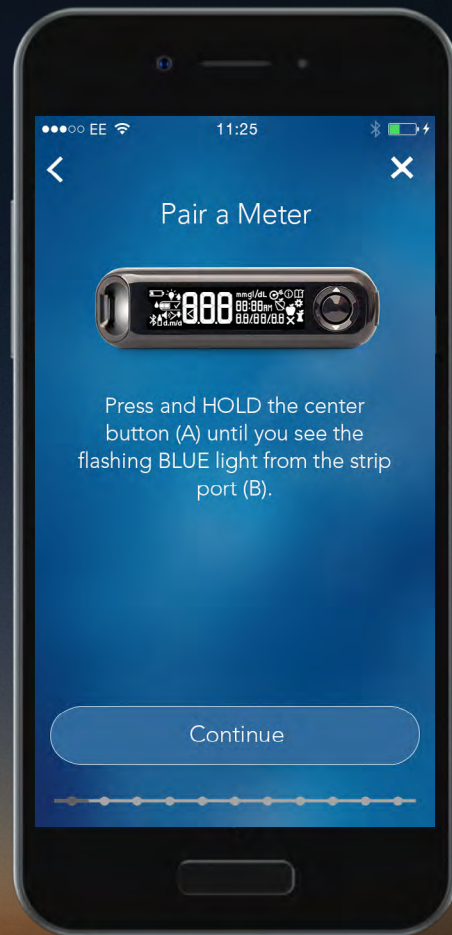
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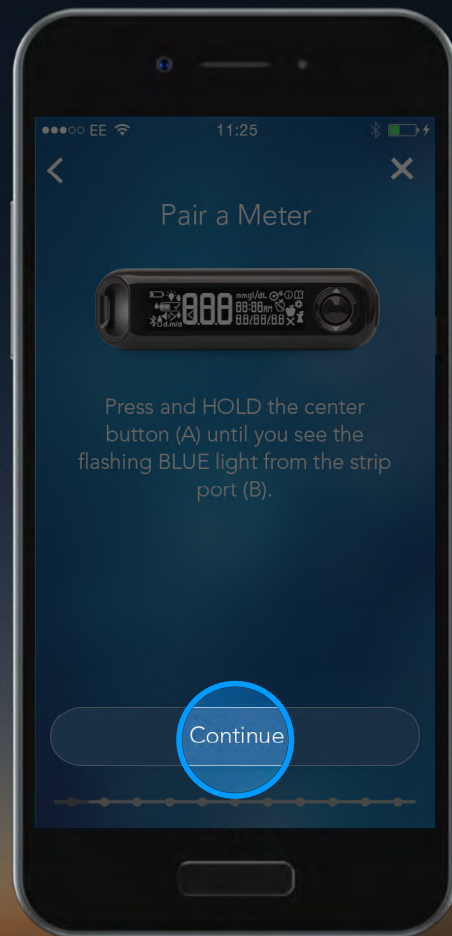
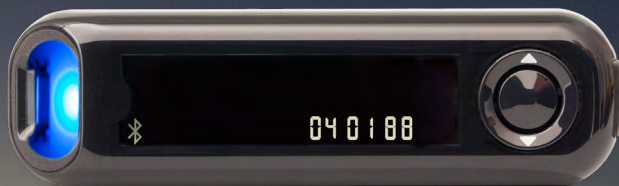
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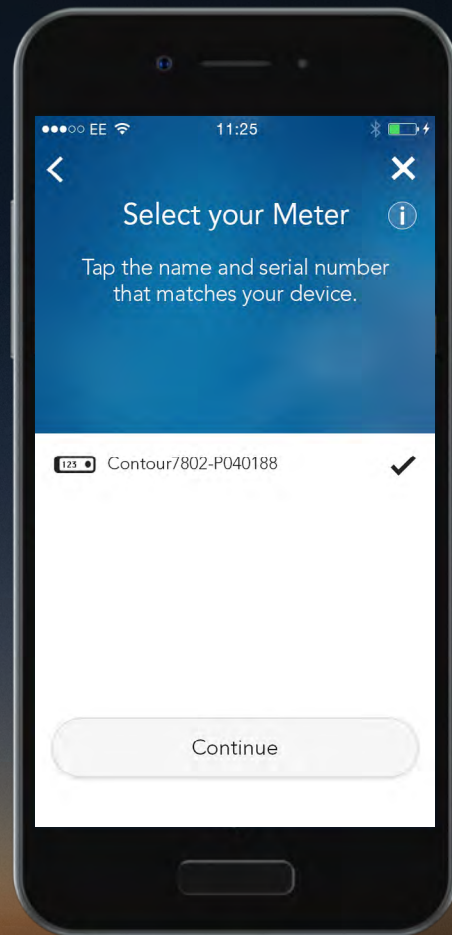
4.

## Pairing Your Meter

Select your meter's serial number.

You can find the serial number on the label on the back of your meter.

Select **'Continue'**.



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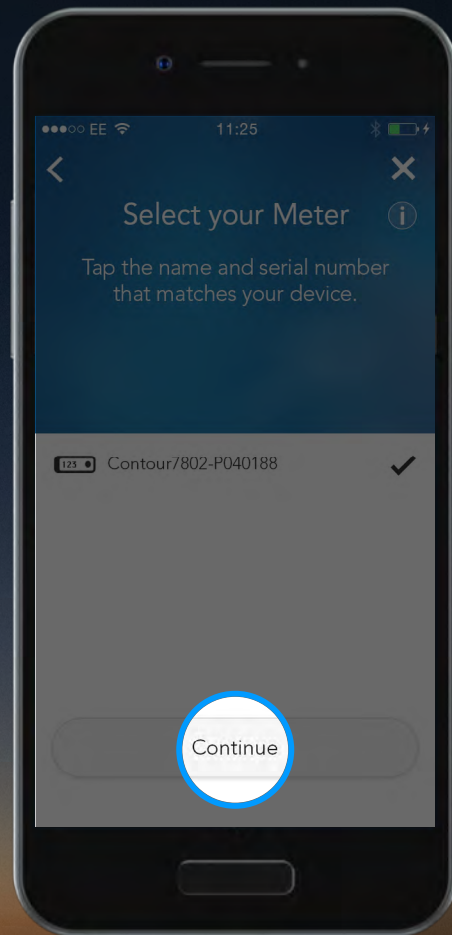
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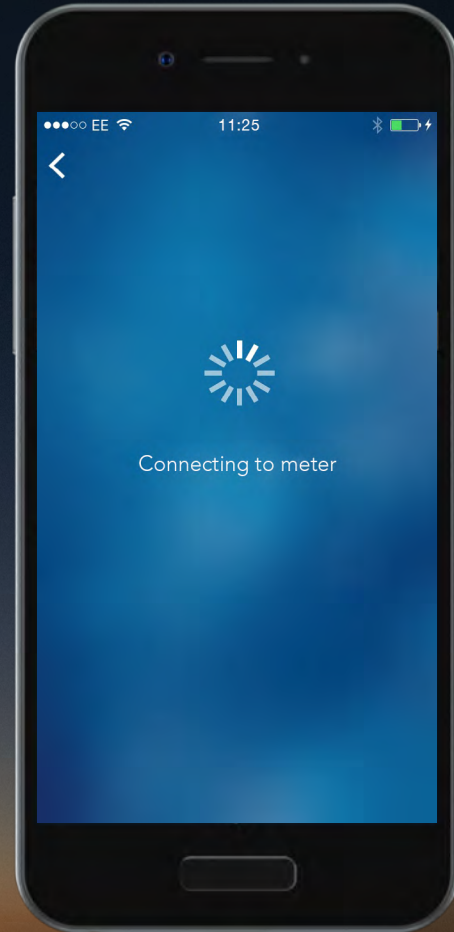
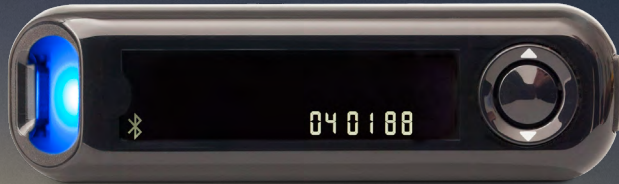


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5.

## Pairing Your Meter

The **CONTOUR DIABETES** app will now connect to the meter.

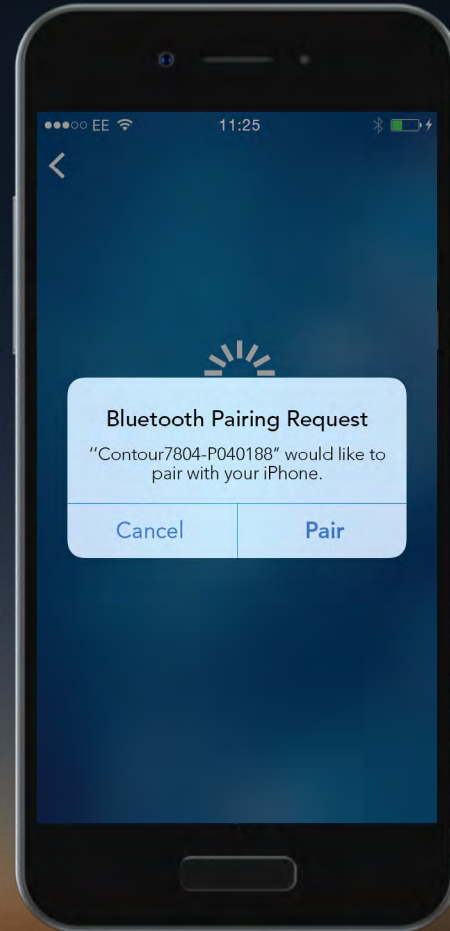
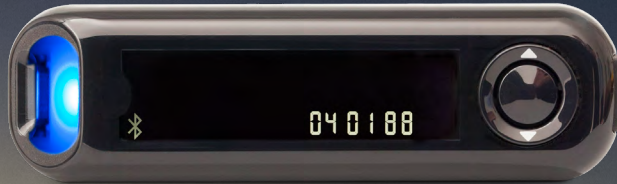


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6.

## Pairing Your Meter

Select 'Pair' to confirm the pairing request

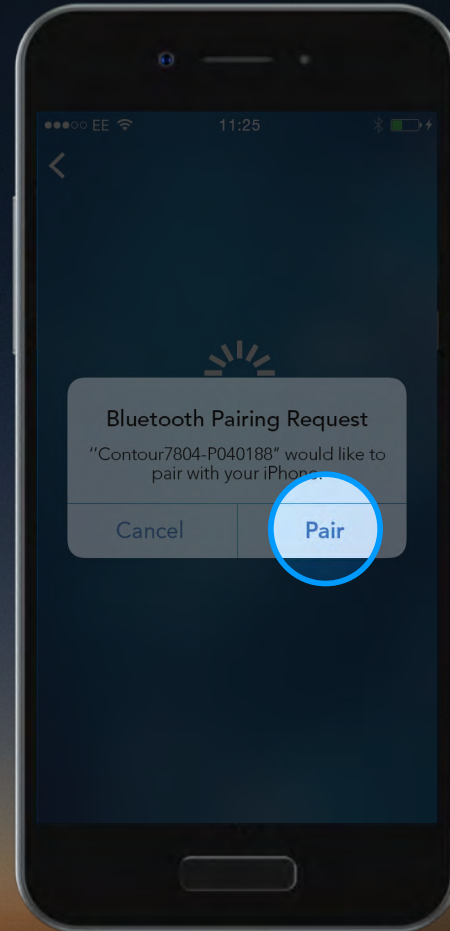
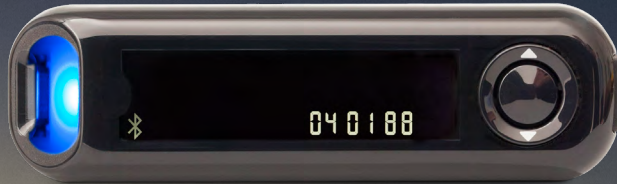


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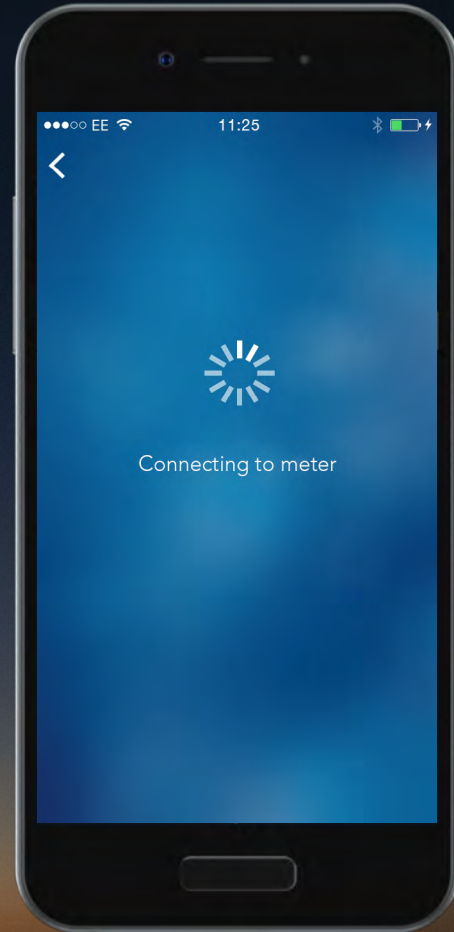
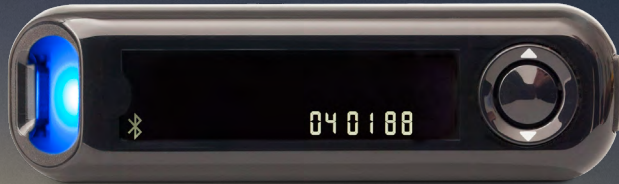


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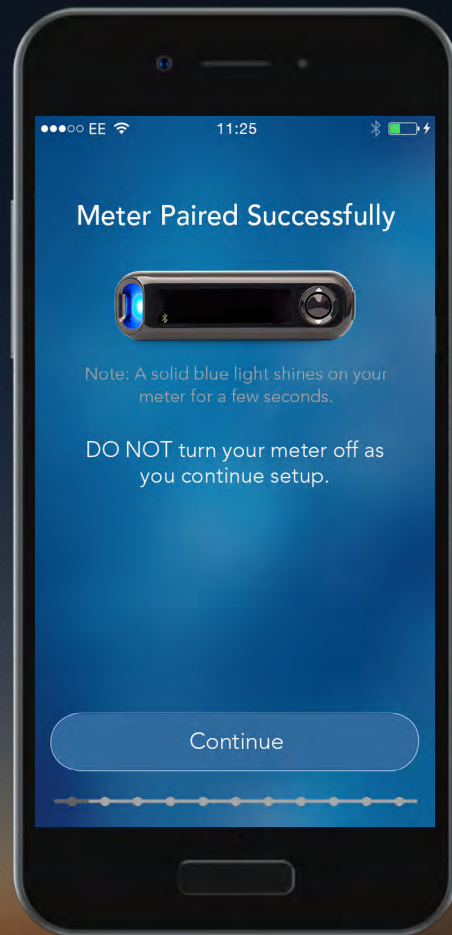
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## Pairing Your Meter

Once your meter is paired select 'Continue'.

You are now ready to set up your  
**CONTOUR DIABETES app.**



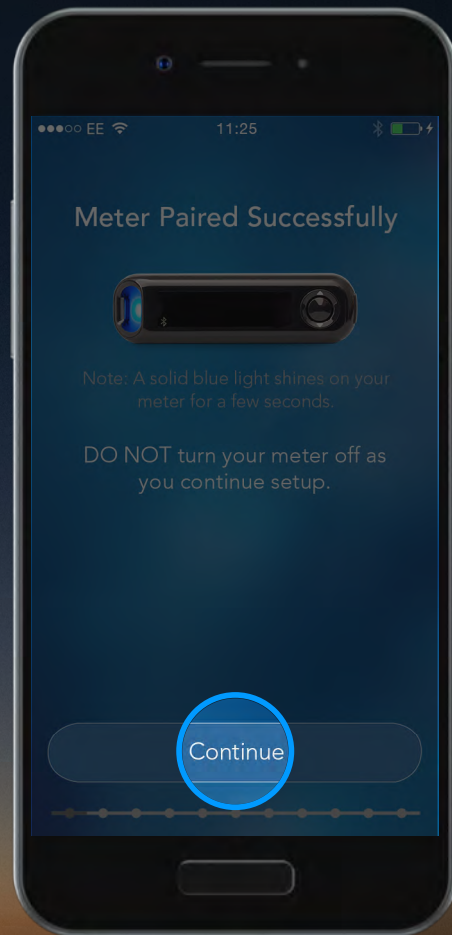
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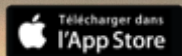
Talk to your Healthcare Professional and refer to the product user guide if you have questions about the **CONTOUR<sup>®</sup>NEXT ONE** smart meter and the **CONTOUR<sup>™</sup>DIABETES app**.

For more information, and to find out whether the **CONTOUR<sup>®</sup>NEXT ONE** meter is available in your country, visit [diabetes.ascensia.com](http://diabetes.ascensia.com)



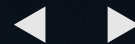
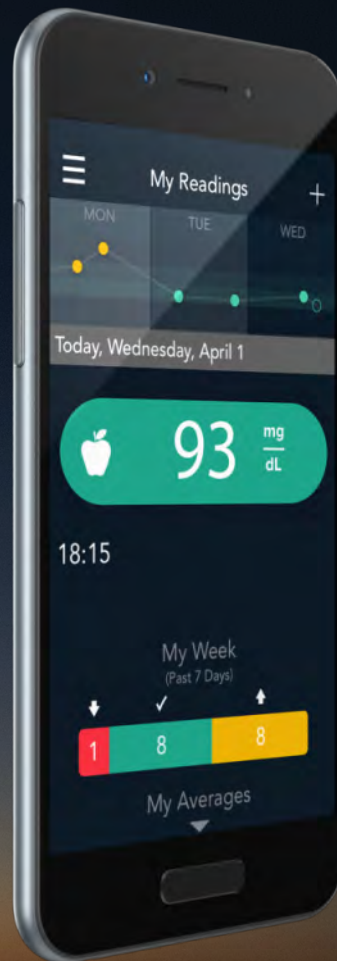
Hypothetical patient data for demonstration purposes only. Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

Get the app



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diabetes solutions