

Contour[®]

BLOOD GLUCOSE MONITORING SYSTEM



USER GUIDE



Thank you for choosing the **CONTOUR®** blood glucose monitoring system! We are proud to be your partner in helping you manage your diabetes. Our goal is to make this the simplest, most accurate meter you will ever use.

The **CONTOUR** blood glucose monitoring system is intended for self-testing by people with diabetes to monitor glucose concentrations in whole blood. The **CONTOUR** system is not intended for the diagnosis of or screening for diabetes mellitus.

The Lancing Device is not suitable for use by healthcare professionals. It must not be used on more than one person due to the risk of infection.

Additional Materials

- **CONTOUR® Test Strips**—Use for blood glucose or control solution testing. The test strips are supplied in a handy bottle with an easy-to-open flip-top lid.
- **Lancing Device with Adjustable Endcap and clear Alternative Site Testing (AST) Endcap**—Use the Gray Adjustable Endcap for testing on the fingertip. Use the clear AST Endcap for testing on the forearm or palm.
- **Batteries**—Uses two 3-volt (DL2032 or CR2032) lithium batteries. Replace when necessary. For the [Free Batteries for Life](#) program, contact Customer Service. See back cover for contact information.

For short simple instructions, a quick reference guide is also provided. It can be more convenient when traveling.

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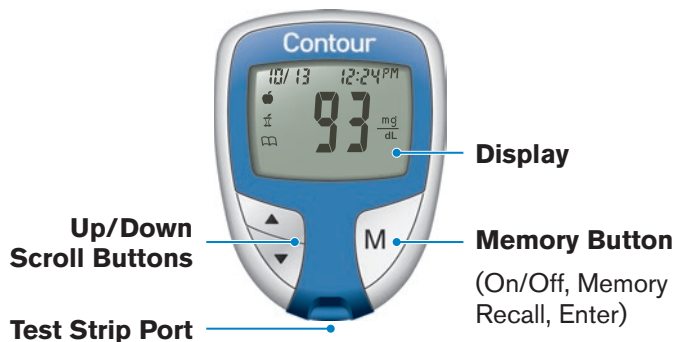
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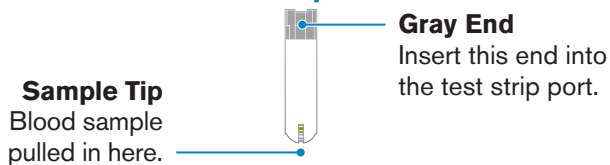
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Your CONTOUR® Meter:



Your CONTOUR® Test Strip:



Your Meter Display:

The picture below shows all the symbols that appear on your meter display. To view, with the meter off, press and hold ▲ or ▼. All display segments will appear for 10 seconds. If you need more than 10 seconds to check the display, press and hold ▲ or ▼ again.

While all characters are displayed, it is very important to verify that 8.8.8 is fully displayed. If there are missing segments, see Error Codes and Symbols (page 34–36). This may affect the way you see your results.

88/88
Top area on the display presenting date and time.




Indicates sound is turned on.


AM or PM will appear if the meter is in 12 hour setup.


Pre-meal result marker





Indicates the batteries are low and need to be changed.


d.m/d
Day/month format


Post-meal result marker


888 Center area on the display that shows either your test result or any error codes.


Identifies a Logbook entry.


Indicates the meter is ready to test.


Control result marker


Indicates an alarm has been set.


Indicates it is too cold or too hot for your meter to test accurately.

mmgl
7dL
Results are displayed as mg/dL or mmol/L. The 7 appears when viewing 7 day HI–LO summary.

A
Indicates Average.

Your Meter Features:

Easy: The *CONTOUR*® blood glucose monitoring system is about simplicity. You will notice its uncomplicated approach the first time you see it. Simple things like the use of three large buttons and a clear display are sure to make this your favorite meter right from the start.

Automatic: You no longer have to worry about coding* your meter or marking a control test result. The *CONTOUR* meter does it automatically. It will even tell you when a test strip is under-filled.

Programmed: Your *CONTOUR* meter has been preset at the factory with the standard date, time, and units of measure (mg/dL) used where you purchased your meter. To change date and time, or use advanced meter features, such as meal markers or post-meal test alarm, read through the Additional Features section of your user guide.

Customizable: The *CONTOUR* meter allows you to set personal choices for some features. For more information, please see pages 20–28.



*Your *CONTOUR* meter is designed with No Coding technology, so the meter codes itself every time you insert a test strip. This means you do not have to worry about getting inaccurate results due to miscoding or forgetting to code your meter.

Symptoms of High or Low Blood Sugar:

You can better understand your test results by being aware of the symptoms of high or low blood sugar.

According to the American Diabetes Association, some of the most common symptoms are:¹

High blood sugar (Hyperglycemia):

- frequent urination
- excessive thirst
- blurred vision
- increased fatigue
- extreme hunger
- irritability

Low blood sugar (Hypoglycemia):

- shakiness
- sweating
- fast heartbeat
- blurred vision
- confusion
- passing out
- seizure

Ketones (Ketoacidosis):

- shortness of breath
- nausea and vomiting
- very dry mouth

CAUTION: If you are experiencing any of these symptoms, test your blood glucose. If your test result is below 50 mg/dL or above 250 mg/dL, contact your doctor immediately.

For additional information and a complete list of symptoms, contact your healthcare professional or refer to the website for the American Diabetes Association: www.diabetes.org

Important Things to Know:

- ▶ **Always keep the test strips in the original bottle. Tightly close the bottle immediately after removing a test strip. The bottle is designed to keep the test strips dry. Exposure to room humidity from leaving the bottle open or not storing them in the original bottle can damage your test strips.**
- ▶ **Completely dry your hands before handling strips or opening the bottle.**

- ▶ **Your test strip is designed to easily “sip” the blood into the sample tip.** Do not drop blood directly on the flat surface of the test strip.
- ▶ **Do not press the test strip against your finger when testing.** This may block the sample tip.
- ▶ **Test strips are for single use only.** Do not use a test strip that appears damaged or has been used.
- ▶ **Let the meter and test strips adjust to the temperature of the location where you are testing.** Whenever the meter is moved from one location to another, allow approximately 20 minutes for the meter to adjust to the temperature of that new location before performing a blood glucose test. The products have been designed to give accurate test results at temperatures between 41°F and 113°F. The test strips should be stored at temperatures between 48°F and 86°F.
- ▶ **Check the expiration dates on your test strips and control solution.** It is important to not use the test strips or control solution if the expiration date printed on the bottle label and carton has passed. Also, for the control solution do not use if it has been six months (180 days) since you first opened the bottle. It will help to write the six month discard date on the control solution label.

Need Help? Contact Customer Service.
See the back cover for contact information.

IMPORTANT NOTE:

- Your meter has been preset and locked to display results in mg/dL (milligrams of glucose per deciliter). In some countries, the meters are preset to display units in mmol/L (millimoles of glucose per liter);
- Results in mg/dL will **never** have a decimal point;
- Results in mmol/L will **always** have a decimal point.

Example: $96 \frac{\text{mg}}{\text{dL}}$ or $5.3 \frac{\text{mmol}}{\text{L}}$

Check your display to ensure that results are being displayed in mg/dL. If they are not, contact Customer Service. See the back cover for contact information.

Before You Begin Testing:

- 1. Read your user guide and all instructional materials provided in your meter kit before testing.**
- 2. Have all the materials you will need ready before you begin testing.** This includes your *CONTOUR*® meter, the *CONTOUR*® test strips, and the lancing device with lancets. You may also need *CONTOUR*® control solution to run a quality control check.
- 3. WASH YOUR HANDS THOROUGHLY WITH WARM SOAPY WATER AND DRY THEM WELL BEFORE TESTING.**


The following steps (pages 8–13) are shown in the proper order for performing a blood glucose test.

Preparing the Test Strip:

1. Wash and dry your hands well before testing.
2. Remove a *CONTOUR*® test strip from the bottle. Tightly close the bottle lid immediately after you have removed the test strip. Excess moisture could damage the test strip.

NOTE: Check the expiration date on the test strip bottle. Do not use expired materials, and make sure the test strip does not appear torn or damaged.

3. Hold the test strip with the gray end facing up.
4. Insert the gray end into the test strip port on the meter.

The meter will turn on. An image of a test strip with a flashing blood drop  will appear, letting you know the meter is ready to test.



Preparing the Lancing Device:


The lancing device graphics are for illustration purposes only. Your lancing device may look different. Refer to your lancing device insert for detailed instructions on preparing the lancing device.

For testing sites other than fingertip, see page 18.



The lancing device provided with your kit is intended for self-testing by a single patient. It must not be used on more than one person due to the risk of infection.

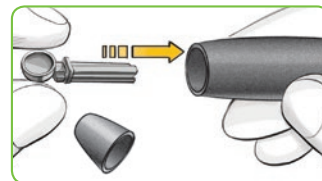


- Dispose of the used lancet as medical waste or as advised by your healthcare professional.
-  Do not reuse lancets. Use a new lancet each time you test.

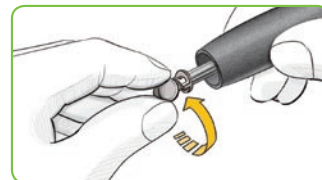
1. Remove the endcap from the lancing device.



2. Loosen the round protective cap on a lancet by rotating the cap 1/4 turn, but do not remove the cap.



3. Insert the lancet firmly into the lancing device until the lancet comes to a complete stop.



4. Twist off the round protective lancet cap. Save the cap for disposing of the used lancet.

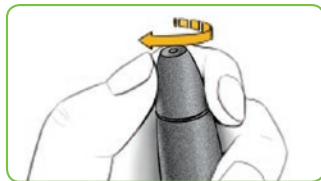


5. Replace the endcap.

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See the back cover for contact information.

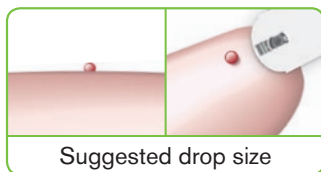
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6. Rotate the endcap dial to adjust the puncture depth. The amount of pressure applied to the puncture site also affects puncture depth.



Getting the Blood Drop:

1. Press the lancing device firmly against the puncture site and press the release button.
2. Stroke your hand and finger towards the puncture site to form a drop of blood. Do not squeeze around the puncture site.
3. Test immediately after a good blood drop has formed.

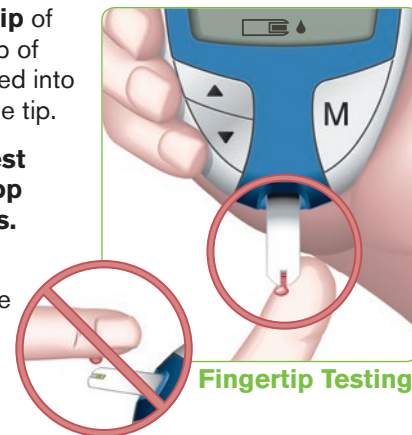


Testing Your Blood:

Immediately touch the **tip** of the test strip to the drop of blood. The blood is pulled into the test strip through the tip.

Hold the tip of the test strip in the blood drop until the meter beeps.

Do not press the tip against the skin or place the blood on top of the test strip or you could get inaccurate results or errors.

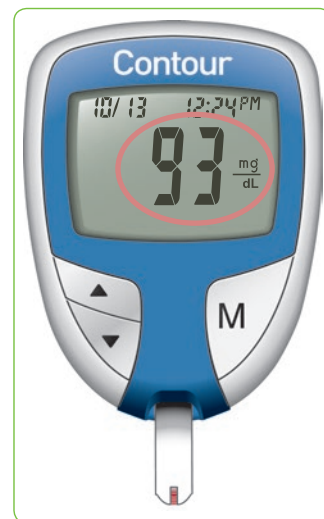


Fingertip Testing

After a beep, you will see the meter count down 5 seconds. Please do not touch the test strip during the countdown as this may result in an error.

Your test result will appear and will be automatically stored in the meter memory.

Remove the test strip to turn your meter off.



You can set your meter to use special marker options by using Advanced Mode (L-2). See pages 24–29.

Expected Values: Blood glucose values will vary depending on food intake, medication dosages, health, stress or exercise. Consult your healthcare professional for the target value that is appropriate for you. Standard medical practice goals for a typical non-pregnant adult with diabetes are:²

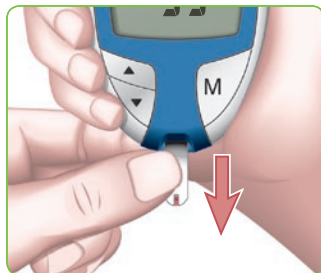
- Before a meal: 70 to 130 mg/dL
- 1-2 h after the beginning of a meal: less than 180 mg/dL

CAUTION

- If your test result is below 50 mg/dL, above 250 mg/dL, or you see “LO” or “HI” on the meter display, call your physician or healthcare professional immediately.
- Do not change your medication based on **CONTOUR®** blood glucose results without the advice of your physician or healthcare professional.

NOTE: If you want to mark your result (Advanced Mode), you will need to do it before removing the test strip.

To turn your meter off, simply remove the test strip. Carefully dispose of the used test strip.



Ejecting and Disposing of the Used Lancet


1. Do not use your fingers to remove the lancet from the lancing device.

The lancing device provided with your kit has an automatic lancet ejection feature.



2. Refer to the separate lancing device insert, if provided with your kit, for instructions on automatic ejection of the lancet.



- Always dispose of the used test strip and lancet as medical waste or as advised by your health care professional.
-  Do not reuse lancets. Use a new lancet each time you test.

Control Solution Testing:

Use only **CONTOUR®** control solutions (Normal, Low, or High) with your **CONTOUR®** meter. Using anything other than **CONTOUR** control solution could present incorrect results.

Run a control test:

- When using your meter for the first time;
- To check if you are testing correctly;
- When you open a new vial of test strips;

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See the back cover for contact information.

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- If you leave the test strip vial open for an extended period of time;
- If you think your meter may not be working properly; or
- If your test results do not match how you feel.

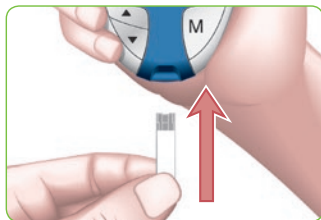
Remove a test strip from the bottle.

Tightly close the bottle lid immediately after you have removed the test strip. Excess moisture could damage the test strip.

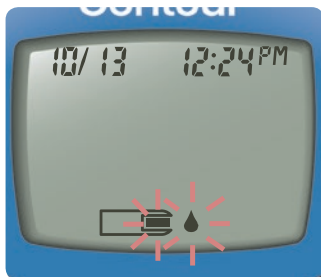
Check the expiration date on the test strip bottle and the expiration and discard dates on control solution and do not use expired materials. Make sure the test strip does not appear torn or damaged.

Hold the test strip with the gray end facing up.

Insert the gray end into the test strip port on the meter.



The meter will turn on. An image of a test strip with a flashing blood drop will appear letting you know the meter is ready to test.



NOTE: Gently rock the control bottle before opening to ensure it is mixed well.

Squeeze a small drop of control solution on a clean nonabsorbent surface (such as a piece of wax paper). **Do not apply control solution to the test strip directly from the bottle.**



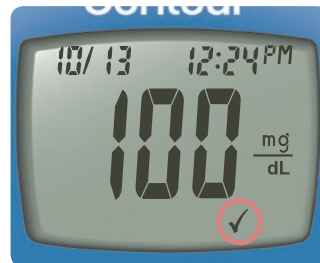
Immediately touch the **tip** of the test strip to the drop of control solution. The solution is pulled into the test strip through the tip. Hold it in the drop until the meter beeps.

After a beep, you will see the meter count down 5 seconds until the test is complete and your control test result is displayed.

The meter will automatically recognize and ✓ mark the control result for you.



NOTE: The ✓ does not indicate the control test result is within the specified range. It only marks it as a control solution test. It will not be included in your averages.



Compare your control test result with the Normal Control Range printed on the test strip bottle label or on the bottom of the test strip box.

NOTE: *Low and High control range values can be found on the bottom of the test strip box.*



If your control test result is out of range, do not use your meter for blood glucose testing until you resolve the issue. See “What You Should Do” on page 36.

To turn your meter off, simply remove the test strip. The result will be automatically ✓ marked and stored in the meter memory. Control results will not be included in your blood glucose averages or in the 7 day HI-LO summary.

Carefully dispose of the used test strip.



IMPORTANT: To ensure accuracy of your blood glucose test results and accuracy of your control test results, use only **CONTOUR®** control solutions.

Alternative Site Testing (AST) – Palm

WARNING



- **Ask your health care professional if Alternative Site Testing is right for you.**
- **Do not calibrate your continuous glucose monitoring device from an AST result.**
- **Do not calculate a bolus based on an AST result.**

IMPORTANT: For Alternative Site Testing, use the clear endcap on your lancing device. Your **CONTOUR®** meter can be used for fingertip or palm testing. See the lancing device insert for complete instructions in Alternative Site Testing.

IMPORTANT: Do not use AST under the following conditions:

- If you think your blood sugar is low
- When blood sugar is changing rapidly (after a meal, insulin dose, or exercise)
- If you are unable to feel symptoms of low blood sugar (hypoglycemic unawareness)
- If you get alternative site blood sugar results that do not agree with how you feel
- During illness or times of stress
- If you will be driving a car or operating machinery

Alternative Site test results may be different from fingertip results when glucose levels are changing rapidly (e.g., after a meal, after taking insulin, or during or after exercise). Additionally, glucose levels may not rise as high or fall as low as levels in the fingertip. As such, fingertip testing results may identify hypoglycemic levels sooner than alternate site results.

Alternative Site Testing is recommended only when it is more than 2 hours after a meal, diabetes medication, or exercise.

If you do not have a clear endcap to perform AST, contact Customer Service. Please see back cover for contact information.

Getting a Blood Drop for Alternative Site Testing

1. Wash your hands and the puncture site with soap and warm water. Rinse and dry well.



2. Attach the clear AST endcap to the lancing device provided with your kit. **Refer to the lancing device insert for detailed instructions.**

3. Select a puncture site from a fleshy area on the palm. Avoid veins, hair, moles, bones and tendons.



4. Press the lancing device firmly against the puncture site and then press the release button.



The lancing device graphics are for illustration purposes only.

5. Maintain steady pressure until a small, round blood drop forms.



6. Lift the device straight up and away from the skin without smearing the blood.



7. Test immediately after you have formed a small, round blood drop.



Immediately touch the tip of the test strip to the drop of blood. The blood is pulled into the test strip through the tip.

Do not test the blood sample from the palm if you get:

- Smeared blood
- Clotted blood
- Runny blood
- Clear fluid mixed with the blood

Set-up for Basic (L-1) and Advanced (L-2) Modes:

Your new *CONTOUR*® meter is pre-set for the Basic Mode and offers the same easy test procedure in either the Basic or Advanced Mode.

BASIC MODE (L-1)	ADVANCED MODE (L-2)
<ul style="list-style-type: none"> 7 day HI and LO summary 14 day average 480 test result memory 	<ul style="list-style-type: none"> 7 day HI and LO summary 7, 14, and 30 day averages 480 test result memory Pre- and post-meal markers 30 day pre- and post-meal averages Selectable post-meal alarms (2.5, 2.0, 1.5, 1.0 hours) Personal HI and LO test settings
 <p>Your meter is pre-set to Basic Mode. If you have set your meter to the Advanced Mode, and want to return to Basic Mode:</p> <ol style="list-style-type: none"> Press M to turn your meter on. Wait to see the flashing test strip. Press and hold ▲ or ▼ for 3 seconds. L-2 will flash. Press ▲ or ▼ to change to L-1. Press M to set. 	 <p>To set your meter to Advanced Mode, and take advantage of meal markers and other functions available to you:</p> <ol style="list-style-type: none"> Press M to turn your meter on. Wait to see the flashing test strip. Press and hold ▲ or ▼ for 3 seconds. L-1 will flash. Press ▲ or ▼ to change to L-2. Press M to set. <p>Please see page 24 for more details.</p>

Setting the Date, Time and Sound:

Your *CONTOUR*® meter allows you to set the date, time, and sound as you like them.

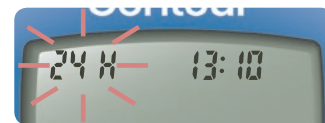
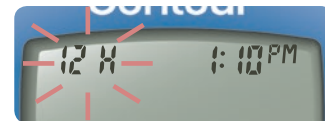
- You can view 12 or 24 hour time;
- month/day or day.month, and;
- choose to have your meter beep or not.

To get into set-up mode when the meter is off, press and hold **M** for 3 seconds. A complete display will briefly appear, then numbers will flash in the top left corner of the display.

Setting the Time:

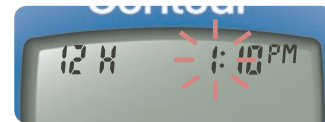
With the **12H** flashing on the display, press **▲** or **▼** to select the 12H (with AM and PM) or 24H setting (military time).

Press **M** to set.



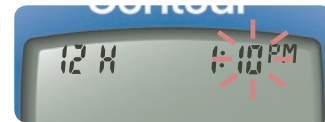
The number in the **hour** position will now flash. Press **▲** or **▼** until you reach the current **hour**.

Press **M** to set.



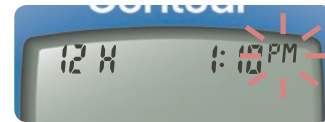
The **minute** will now flash. Press **▲** or **▼** to select the current minute.

Press **M** to set.



If you selected a 12 hour time setting, the **AM** or **PM** will now flash. Press **▲** or **▼** to select AM or PM.

Press **M** to set.



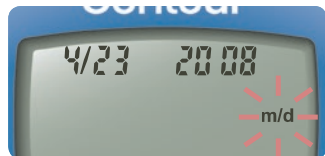
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Setting the Month and Day Format:

m/d will now flash on the display. Press ▲ or ▼ to select the format you wish (m/d for month/day format or d.m for day.month format).

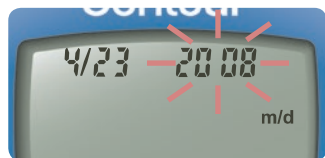
Press **M** to set.



Setting the Date:

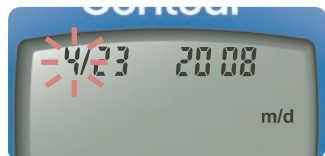
The **year** will be flashing. Press ▲ or ▼ to select the current year.

Press **M** to set.



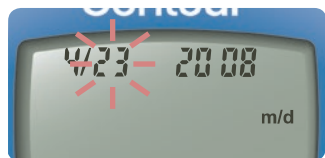
The **month** will now flash. Press ▲ or ▼ to select the month.

Press **M** to set.



The **day** will now flash. Press ▲ or ▼ to select the day.

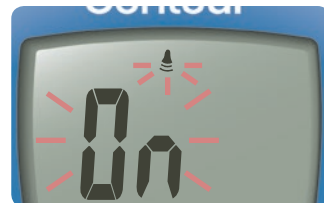
Press **M** to set.



Setting the Sound:

The flashing bell symbol will now appear on the display along with the word “On”.

This option controls whether you want to hear the beep sound during testing.

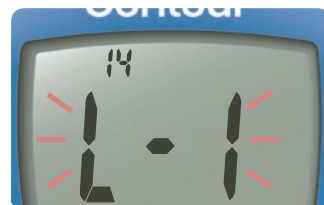


To turn the beep sound off during testing, press ▲ or ▼ to display “OFF”.

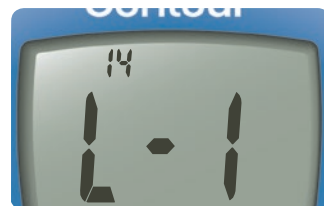
Press **M** to set.



After setting the sound, “L-1” will flash. To keep your meter in Basic Mode, press **M** to set. To change your meter to Advanced Mode, press ▲ or ▼ to change to “L-2”, and press **M** to set.

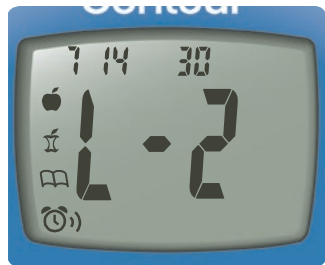


If you are using Basic Mode (L-1 will appear on your display), you have completed your meter set-up.



Setting Advanced Mode (L-2) Features:

If you selected Advanced Mode (L-2 on your display) you can change your meter's personal low and high blood glucose settings. By personalizing these settings, your **CONTOUR®** meter will help you track these HI and LO results.



The LO setting will flash (default 72). To change this setting, press **▲** or **▼** until you reach your desired LO setting, and then press **M** to set. (The range of values for LO is 60-90 mg/dL.)



Your HI blood glucose setting will now flash (default 180). To change, press **▲** or **▼** until you reach your desired HI setting. Press **M** to set. (The range of values for HI is 100-250 mg/dL.)



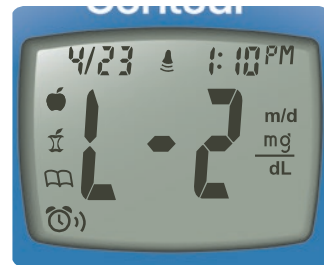
Post-Meal Test Alarm Set-up:

To change the alarm time for post-meal testing, press **▲** or **▼** to display the options available. Select 2.5, 2.0, 1.5, or 1.0 hour(s) to set your post-meal alarm (default is 2.0 hours). Press **M** to set.



Need Help? Contact Customer Service.
See the back cover for contact information.

You have now completed your **CONTOUR®** meter set-up for Advanced Mode!



Using the Markers:

If you have set-up your meter in Advanced Mode, your meter will display three markers after you test your blood.



Pre-meal = Marks a test result that was taken before a meal.

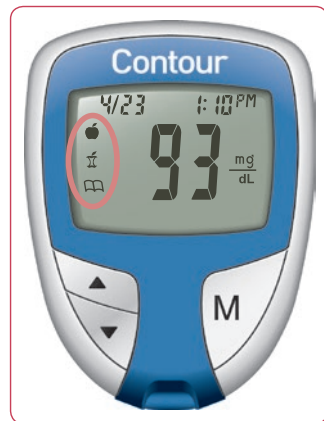


Post-meal = Marks a test result that was taken after a meal.



Logbook = The logbook marker can be used to mark any result as being unique or different in some way, and for which you may want to make notes in your Clinilog® logbook. Seeing a result with this symbol next to it in the memory will help remind you that there is more information recorded about this test result.

Please see the following pages to use these options.





If you do not want to mark the test result:

Remove the used test strip to automatically save the test result in the meter memory with no markers. Dispose of the used test strip and lancet properly. This will also turn the meter off.


If you want to mark the test result:


Before you remove your test strip, press **▲** or **▼** to select the marker you want to set. The marker will flash.


To mark a result with the pre-meal marker, press **M** when the  flashes.

The  will then flash. This feature allows you to set an alarm to remind you to run a post-meal test.

The alarm is available only after setting a pre-meal marker.

If you want to set the alarm, press **M**. The  will appear and stop flashing.

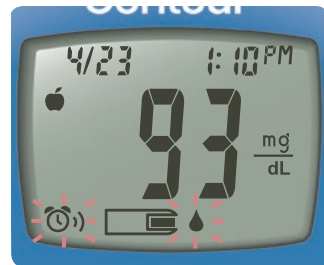
If you do not want to set the alarm, press **▲** or **▼** and the  will disappear. Press **M** to set.

To mark a result with the post-meal marker, press **▲** or **▼** until the  flashes. Press **M** to set.


To mark a result with the logbook, press **▲** or **▼** until the  flashes. Press **M** to set.

Using the Alarm:

When the alarm sounds, the meter will automatically turn on. The alarm will beep 20 times, and the display will show the pre-meal test result you marked when you set the alarm. Pressing any button will silence the alarm.



You can now run another test by placing a test strip in the test strip port and following the testing instructions (page 8).


When you have completed this test and the result is shown on the display,  will flash. To mark this test as a post-meal result, press **M**. If you do not want to mark this test, remove the test strip to turn the meter off.



If you decide not to test after the alarm sounds, press any button to turn your meter off.

The meter will only set one alarm at a time. It will remember the last alarm set.

To Cancel an Alarm:

When the meter is off, press **M** to turn on the meter. The date and time will appear along with the .

Press **▲** or **▼** two times and the alarm icon will disappear.

Press **M** to cancel the alarm.


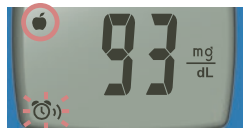








Transferring Results to a Computer:

You can transfer test results from the *CONTOUR*[®] meter to a computer, where they can be summarized in a report with graphs and tables. To make use of this feature, you need a diabetes management software—GLUCOFACTS[®] DELUXE—and a data cable. For a free download of the software go to **www.glucofacts.ascensia.com** or call Customer Service. See the back cover for contact information. May not be available in all countries.

IMPORTANT: The *CONTOUR* meter has been tested and certified for use with GLUCOFACTS DELUXE. Ascensia Diabetes Care is not responsible for any erroneous results from the use of other software.

After performing a test:

TO MARK RESULTS	YOU WILL SEE	TO SET	YOU WILL SEE	WHAT IT MEANS
Pre-Meal Press ▲ or ▼	 (Flashing)	Press M		Result is marked as a pre-meal test. You can now set an alarm.
Alarm Press ▲ or ▼	 (Flashing)	Press M		Alarm is set to go off in the amount of time you have set (1.0–2.5 hours) to remind you to run a post-meal test.
Post-Meal Press ▲ or ▼	 (Flashing)	Press M		Result is marked as a post-meal test.
Logbook Press ▲ or ▼	 (Flashing)	Press M		Result is marked in memory as unique. You should note this in your Clinilog [®] logbook.

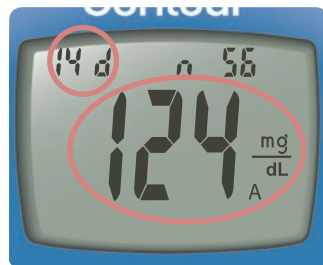
Need Help? Contact Customer Service.
See the back cover for contact information.

www.diabetes.ascensia.com

Viewing Basic Mode Results:

Press **M** to turn your meter on. Press **M** again to view the memory.

The **14 day average** will appear in the center of the display with the number of results shown at the top of the display. Any control results are not included in this 14 day average.



Press **▲** to view the 7 day high and low summary.

At the top of the display you will see the number of HI results (above 180 mg/dL) and LO results (below 72 mg/dL) during the preceding 7 day period and the total number of results during that period.



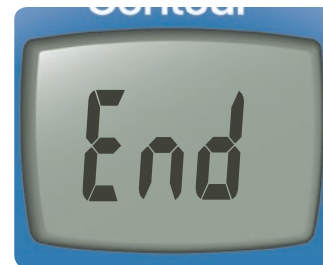
Press **▼** two times to review previous results.

Results will be shown starting with the most recent. Each result will show the date and time the test was taken.

You can press **▲** or **▼** to scroll forward or backward through the results.



When **End** appears on the display, you have viewed all of the results in the memory.



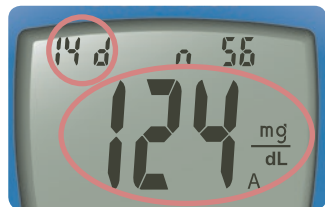
NOTES:

- Averages include the specified time period plus the current day.
- The meter will hold 480 results in the memory. When the maximum is reached, the oldest test result will be removed as a new test is completed and saved to the memory.
- Press **M** to turn the meter off, or it will automatically turn off after 3 minutes.
- **n** represents the number of test results.

Viewing Advanced Mode Results:

In Advanced Mode (L-2), you have all of the options described in Basic Mode plus additional items available.

Press **M** to turn your meter on. Briefly press **M** again to view the **14 day average** including the number of results used to obtain the average.

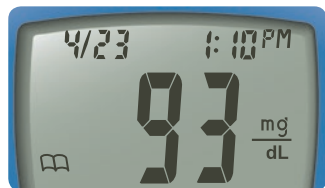


Press ▼ to review previous results.

Results will be shown starting with the most recent. Each result will show the date and time the test was taken.

You can press ▲ or ▼ to scroll forward or backward through the results.

When **End** appears on the display, you have viewed all of the results in the memory.



Viewing Advanced Mode Averages:

Press **M** to turn your meter on. Press **M** again to view the **14 day average** including the number of results used to obtain the average.

Press ▲ to view the 7 day high and low summary.

At the top of the display you will see the number of HI and LO results. In the center of the display is the total number of results.



Press ▲ to view the 7 day average.

You will see the average in the center of the display and the number of results along the top.



Press ▲ to view the 30 day average.

This will display the average in the center and the number of readings along the top.



Press ▲ again to view the 30 day average of results marked with a **pre-meal** marker.



Press ▲ again to view the 30 day average of results marked with a **post-meal** marker.



Press ▲ again and you will see **End**.

Press **M** to turn the meter off, or it will automatically turn off after 3 minutes.









Need Help? Contact Customer Service.
See the back cover for contact information.




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Error Codes and Symbols:

If you do not resolve the problem, contact information.

WHAT YOU SEE	WHAT IT MEANS	WHAT YOU SHOULD DO
 (will flash for 10 seconds and then the meter will turn off)	Dead batteries.	Replace the batteries. Contact Customer Service for the Free Batteries for Life program.
 (will remain on the display)	Low batteries.	Replace the batteries as soon as possible.
E1 	Temperature out of range.	Move to an area that is within the operating range for the meter: 41°F–113°F. Let the meter adjust to this temperature for 20 minutes before performing a test.
E2 	The test strip has not filled enough for an accurate test. Insufficient blood drop.	Remove the test strip and retest using a new test strip. Wait until you see the flashing blood drop on the display before testing.
E3 	The meter is sensing a used test strip.	Remove the test strip and retest using a new test strip. Wait until you see the flashing blood drop on the display before testing.
E4 	Test strip not inserted correctly.	Remove and reinsert the test strip properly (see page 8).
E5 E9 E6 E12 E8 E13	Potential software or hardware issue.	Remove the test strip and retest using a new test strip. If you continue to have problems, contact Customer Service.



Customer Service. See the back cover for contact

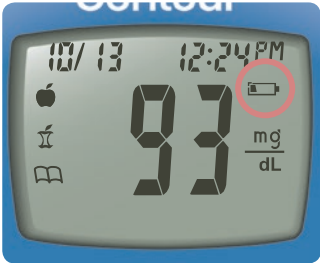
WHAT YOU SEE	WHAT IT MEANS	WHAT YOU SHOULD DO
E7 	Incorrect sensor type.	Remove the test strip and retest using a new test strip. Make certain that you are using a <i>CONTOUR®</i> test strip.
E10	Invalid date or time.	This error occurs only in Communication mode. See page 21 to reset the date or time. If you continue to see this error, please contact Customer Service.
E11	Abnormal result.	Remove the test strip and retest using a new test strip. Be sure you wash and dry your hands and carefully follow instructions in this user guide.
HI 	Test result is above 600 mg/dL.	<ul style="list-style-type: none"> Wash and dry your hands and the test site. Repeat the test using a new test strip. If your result still flashes "HI," contact your physician or health-care professional immediately.
CAUTION: Glucose levels above 250 mg/dL may indicate a potentially serious medical condition.		
LO 	Test result is below 10 mg/dL.	<ul style="list-style-type: none"> Repeat the test using a new test strip. If your result still flashes "LO," contact your physician or health-care professional immediately.
CAUTION: Glucose levels below 50 mg/dL may indicate a potentially serious medical condition.		

If you do not resolve the problem, contact Customer Service. See the back cover for contact information.

WHAT YOU SEE	WHAT IT MEANS	WHAT YOU SHOULD DO
Control test result is out of range (too high or too low).	<ul style="list-style-type: none"> Test strip or control solution is past the expiration date or is past the discard date. Test strip is deteriorated due to heat or exposure to moisture. Control solution is not at room temperature or may not be mixed well. Incorrect control solution was used. Meter could be damaged. 	<ul style="list-style-type: none"> Check all expiration dates and discard dates. Do not use expired testing materials. Run another control test with a new test strip and control solution. Gently rock the control bottle to ensure the control solution is mixed well. Make sure you are using <i>CONTOUR</i>[®] control solution. If result is still out of range, contact Customer Service.
Some display segments do not appear when the meter initially turns on.	Possible meter electronics failure.	Compare meter display with the illustration on page 3. If the display is not correct, contact Customer Service.
Results are not displayed in expected units of measure (mg/dL).	This may affect the way you see your results.	Contact Customer Service.

Changing the Batteries:

Batteries should be replaced when the meter continually displays  or the meter briefly shows  and then turns off (**See Error Codes and Symbols, page 34**).



Turn off your meter before changing your batteries.
Press firmly on the battery cover and slide in the direction of the arrow.



NOTE: If you put the new batteries in the meter within 5 minutes of taking the old ones out, all your settings and results will be saved. If you take more than 5 minutes, you will need to reset the date and time although your other settings and results will be saved.

Remove the old batteries by pressing the top of the battery which will raise the bottom of the battery up.



Place new batteries under the prongs and into the battery compartment with the “+” side up. (Battery part numbers are DL2032 or CR2032.)



Slide the battery cover back into place, lining up with the open slots, and close firmly.



WARNING: Keep batteries away from children. Lithium batteries are poisonous. If swallowed, immediately contact your physician or poison control center. Discard batteries according to your local environmental regulations.

Ascensia Diabetes Care offers the Free Batteries for Life program. When your batteries are low, contact Customer Service for your free batteries. See back cover for contact information.

Caring for the System:

- Store meter in the carrying case provided whenever possible.
- **Wash hands and dry them thoroughly before handling to keep the meter and test strips free of oils and other contaminants.**
- Handle the meter carefully to avoid damaging the electronics or causing other malfunctions.
- Avoid exposing meter and test strips to excessive humidity, heat, cold, dust, or dirt.
- The exterior of the meter can be cleaned using a moist (not wet) lint-free tissue with a mild detergent or disinfectant solution, such as 1 part bleach mixed with 9 parts water. Wipe dry with lint-free tissue after cleaning.

CAUTION: Do not allow cleaning solution to run in or around the buttons or battery cover. Do not allow fluids of any kind to enter any of the openings on your meter. Doing so may cause a malfunction.

Technical Information:

Accuracy: The accuracy of the *CONTOUR*[®] blood glucose monitoring system has been assessed in a correlation study conducted by health-care professionals. In this study, 108 fresh capillary blood specimens were tested with the *CONTOUR* blood glucose monitoring system by 108 untrained people with diabetes using three test strip lots. The reference measurement was done on the YSI Glucose Analyzer. *CONTOUR* data compare well with the results from the YSI method.

Regression Statistics (Plasma/Serum Reference):

plasma reference glucose range: 75 to 397 mg/dL

Lot	y =	Correlation Coefficient (r)
1	1.02x – 0.12 mg/dL	0.972
2	1.03x – 4.34 mg/dL	0.963
3	0.95x – 0.41 mg/dL	0.974

Precision: A study was conducted with the *CONTOUR* blood glucose monitoring system with five heparinized whole blood specimens with glucose levels from 40 to 325 mg/dL. Multiple replicates (n=100) were tested using multiple *CONTOUR* blood glucose meters and one lot of *CONTOUR* blood glucose test strips. The following precision results were obtained:

Plasma/Serum:

Mean	SD	Coefficient of variation
38 mg/dL	1.9 mg/dL	4.8%
101 mg/dL	5.1 mg/dL	5.1%
118 mg/dL	4.4 mg/dL	3.7%
205 mg/dL	6.8 mg/dL	3.3%
326 mg/dL	11.7 mg/dL	3.6%

Your *CONTOUR* blood glucose meter is specific for glucose and has been referenced to plasma/serum values. Methods calibrated to plasma/serum can be 9 to 15% higher than the results of whole blood glucose assay methods.

Need Help? Contact Customer Service.
See the back cover for contact information.

Potential Biohazard

All products or objects which come in contact with human blood, even after cleaning, should be handled as if capable of transmitting viral diseases.

Specifications:

Test Sample: Whole blood

Test Result: Referenced to plasma/serum glucose

Sample Volume: 0.6 µL

Measuring Range: 10–600 mg/dL

Measuring Time: 5 seconds

Memory Feature: Stores most recent 480 test results

Battery Type: Two 3-volt lithium batteries
(DL2032 or CR2032)

Battery Life: Approximately 1000 tests (1 yr. average use)

Operating Temperature Range: 41°–113°F

Humidity: 10–93% RH

Dimensions: 77 mm (H) x 57 mm (W) x 19 mm (T)

Weight: 1.7 oz. (47.5 grams)

Alarm: A beep sounds when the meter is turned on, a test strip is inserted, when a test strip is filled with blood, or when a test result appears on the display. Two beeps sound when the meter turns off or to indicate an error. Twenty beeps will sound when a programmed alarm goes off.

Warranty:

Manufacturer's Warranty: Ascensia Diabetes Care warrants to the original purchaser that this instrument will be free from defects in materials and workmanship for 5 years from the date of original purchase (except as noted below). During the stated 5-year period, Ascensia Diabetes Care shall, at no charge, replace a unit found to be defective with an equivalent or current version of the owner's model.

Limitations of Warranty: This warranty is subject to the following exceptions and limitations:

1. A 90-day warranty only will be extended for consumable parts and/or accessories.
2. This warranty is limited to replacement due to defects in parts or workmanship. Ascensia Diabetes Care shall not be required to replace any units that malfunction or are damaged due to abuse, accidents, alteration, misuse, neglect, maintenance by someone other than Ascensia Diabetes Care, or failure to operate the instrument in accordance with instructions. Further, Ascensia Diabetes Care assumes no liability for malfunction of or damage to Ascensia Diabetes Care instruments caused by the use of test strips or control solution other than the appropriate products recommended by Ascensia Diabetes Care (i.e., CONTOUR® test strips and CONTOUR® control solutions).
3. Ascensia Diabetes Care reserves the right to make changes in the design of this instrument without obligation to incorporate such changes into previously manufactured instruments.
4. Ascensia Diabetes Care has not validated the performance of the CONTOUR® blood glucose meter when used with any test strips other than CONTOUR test strips, and therefore does not warrant the performance of the CONTOUR meter when used with any test strips other than CONTOUR test strips or when the CONTOUR test strip is altered or modified in any manner.

5. Ascensia Diabetes Care makes no warranty regarding the performance of the CONTOUR® meter or test results when used with any control solution other than CONTOUR® control solution.
6. Ascensia Diabetes Care makes no warranty regarding the performance of the CONTOUR meter or test results when used with any software other than the CONTOUR™DIABETES APP (where supported) or the GLUCOFACETS®DELUXE diabetes management software (where supported) from Ascensia Diabetes Care.

ASCENSIA DIABETES CARE MAKES NO OTHER EXPRESS OR IMPLIED WARRANTY FOR THIS PRODUCT. THE OPTION OF REPLACEMENT, DESCRIBED ABOVE, IS THE ONLY OBLIGATION OF ASCENSIA DIABETES CARE UNDER THIS WARRANTY.

IN NO EVENT SHALL ASCENSIA DIABETES CARE BE LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES, EVEN IF ASCENSIA DIABETES CARE HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.

Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from State to State.

For warranty service: Purchaser must contact Ascensia Diabetes Care Customer Service for assistance and/or instructions for obtaining service of this instrument. See the back cover for contact information.

Service Information:

If you have a problem and none of the problem solving steps in this user guide help, contact Customer Service. See the back cover for contact information. We have trained specialists to help you.

Important:

- Speak to a Customer Service Representative before returning your meter for any reason. He/she will give you the information needed to get your problem handled correctly and efficiently.
- Have your *CONTOUR*® blood glucose meter and *CONTOUR* test strips available when you phone. It would also be helpful to have a bottle of *CONTOUR* control solution nearby.

Check List

This check list may be helpful when speaking with Customer Service:

1. Locate the serial number (A) and model number (B) on the back of the meter.

2. Locate the *CONTOUR* test strips' expiration date on the bottle.

3. Check the battery icon on the display. (See page 37, Changing the Batteries.)



Supplies:

When calling or writing to Customer Service for supplies, be sure to include the name of the replacement part or accessory item. See the back cover for contact information.

REPLACEMENT PARTS

Item

Two 3-volt Lithium Batteries DL2032 or CR2032 (Free Batteries for Life program. Call 1-800-348-8100.)

CONTOUR® User Guide

Serial Data Cable

USB Data Cable

REFERENCES

1. American Diabetes Association, www.diabetes.org
2. American Diabetes Association. Standards of medical care in diabetes—2015. *Diabetes Care*. 2015;38(supplement 1):S10.

Distributed by:
Ascensia Diabetes Care US, Inc.
5 Wood Hollow Road
Parsippany, NJ 07054

www.diabetes.ascensia.com

Customer Service: 800-348-8100
Available Monday through Sunday,
from 8:00 am through 12:00 Midnight,
Eastern Time.



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