Need Help?

For more information, go to
www.diabetes.ascensia.com

Your meter is preset and locked to display results in mmol/L. If your result is in mg/dL, contact Customer Service.

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For in vitro diagnostic use.

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ASCENSIA
Diabetes Care

90012921
Rev. 05/24

Contour plus BLUE
Blood Glucose Monitoring System

Works with free CONTOUR®DIABETES app.

To check meter online registration availability, visit
www.diabetes.ascensia.com/registration

Second-Chance® sampling
NO CODING

Uses only CONTOUR®PLUS blood glucose test strips.

QUICK REFERENCE GUIDE

Your CONTOUR PLUS BLUE meter

- **Up Button ▲**
- **Down Button ▼**
- **OK Button**
- **Test Strip Port**
- **Grey Square End:** Insert this end into the test strip port
- **Sample Tip:** Blood sample pulled in here
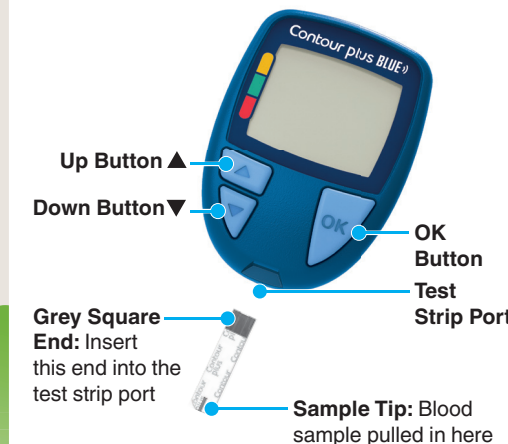
NOTE: Your meter comes with a pre-set time, date, and target range. You can change these features in **Settings**.

NOTE: Your CONTOUR PLUS BLUE meter works only with CONTOUR PLUS test strips and CONTOUR PLUS control solution.

📖 Read your CONTOUR PLUS BLUE user guide for the *Intended Use* of the meter and a list of *Important Safety Information*, Warnings, Limitations, and Precautions.

Turn the Meter On and Off

- Press and hold the **OK** button for about 3 seconds until your meter turns On or Off.
- Inserting a test strip into the meter will also turn the meter On.
- Removing the test strip will turn the meter Off.

Home Screen

The Home screen has 2 options: **Logbook** and **Settings**.

- Press the ▼ button until the option you want is blinking.
- To see your past readings and Averages, press the **OK** button while **Logbook** is blinking. See *Logbook* and *View Averages*.
- To change your Settings, press the **OK** button when **Settings** is blinking. See *Settings*.

For a table of symbols, see *Your Meter Display* on the second side.

NOTE: When a symbol is blinking, you can select it.

Logbook

Settings

Fingertip Testing

📖 Refer to your lancing device insert for detailed instructions on preparing the lancing device.

WARNING

Potential Biohazard

- Always wash your hands with soap and water and dry them well before and after testing or handling the meter, lancing device, or test strips.
- All blood glucose measuring systems are considered biohazardous. Health care professionals or persons using this system on multiple patients should follow the infection control procedure approved by their facility for the prevention of blood-borne transmissible diseases.
- The lancing device provided 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.

Small Parts

- Keep out of reach of children. This kit contains small parts that could cause suffocation if accidentally swallowed.
- Keep batteries away from children. Many types of batteries are poisonous. If swallowed, immediately contact your poison control centre.

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1. Prepare the lancing device. Refer to your lancing device insert for detailed instructions.
2. Insert the grey square end of a new test strip firmly into the test strip port until the meter beeps.

The meter turns On and displays the **Apply Blood** screen. The meter is now ready to test a blood drop.
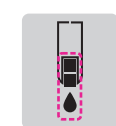
3. Use your lancing device to get a drop of blood from your fingertip.
4. Stroke your hand and finger toward the puncture site to form a drop of blood.
5. Immediately touch the tip of the test strip to the drop of blood.

Second-Chance sampling

If the meter beeps twice and the screen displays a blinking blood drop with a plus sign, the test strip does not have enough blood.

Do not remove the strip. You have 30 seconds to apply more blood to the **same** test strip.

00:30
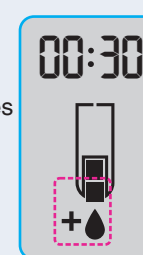
Meal Markers

When Meal Markers are On, you can mark readings as **Fasting** ⏱, **Before Meal** 🍴, or **After Meal** 🍴. See *Turn Meal Markers On.*

smartCOLOUR target range indicator

The meter displays your result with the units, time, date, and target indicator:

◄ Above Target Range (Yellow)

◄ In Target Range (Green)

◄ Below Target Range (Red)

An arrow points to the colour that indicates if your reading is above, in, or below your personal Target Range.

Logbook

1. To turn on your meter, press and hold the **OK** button for 3 seconds. The **Logbook** 📖 is blinking.
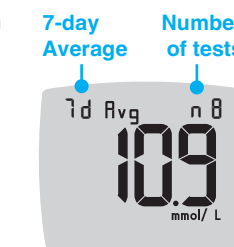2. To view your **Logbook** entries, press the **OK** button to enter the Logbook.
3. To scroll through the **Logbook**, press the ▲ or ▼ button. To scroll quickly through entries, press and hold the ▲ or ▼ button.
4. To exit the **Logbook** and return to the **Home** screen at any time, press the **OK** button.

View Averages

1. To enter the Logbook from the Home screen, press the **OK** button while the **Logbook** 📖 is blinking.
2. To view your Averages, press the ▲ button from the *first* Logbook screen.

---

3. To scroll through your 7-, 14-, 30-, and 90-day Averages, press the ▲ button.
4. To return to your readings, press the ▼ button on the **7 d Avg** (7-day Average).
5. To exit Averages and return to the **Home** screen at any time, press the **OK** button.

7-day Average   Number of tests

Settings

You can change the settings for:

- **Date**: Change format and date.
- **Time**: Change format and time.
- **Meal Markers** ⏱ 🍴 🍴: Turn Meal Markers On or Off.
- **Bluetooth wireless technology** ᛒ: Turn Bluetooth wireless functionality On or Off.
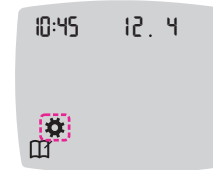- **Target Ranges** ⊘: View and change Target Ranges.

- **Sound** 🔊: Turn Sound On or Off.
- **Reminder** ⏰: Turn the Reminder feature On or Off.

NOTE: To change the meter time and date, see the user guide.

To change meter settings:

1. To highlight the **Settings** symbol ⚙ from the **Home** screen, press the ▼ button.
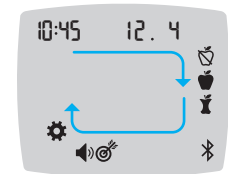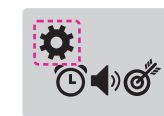2. When the **Settings** symbol is blinking, press the **OK** button to enter **Settings**.

Settings (continued)

3. To scroll through Settings options as shown in the image, press the ▲ or ▼ button until the symbol you want is blinking.

4. Press the **OK** button to select the blinking symbol.

5. To edit a Setting, press the ▲ or ▼ button. You can turn the Setting On or Off, or change the value.

6. To accept the change and return to the **Home** screen, press the **OK** button.

To exit from Settings and return to Home:

1. Press the ▲ or ▼ button until the **Settings** symbol ⚙ is blinking.

2. Press the **OK** button.

If you are in a Setting such as Date and you need to exit, press the **OK** button repeatedly until you get back to the **Home** screen.


Set Overall Target Range

> **WARNING**
>
> Talk to your health care professional before setting any **Target Ranges** in your meter or in compatible Ascensia Diabetes Care software.

If **Meal Markers** are Off, you can set only 1 **Target Range**. To set **Before Meal** and **After Meal Target Ranges**, see the CONTOUR PLUS BLUE user guide.

1. To highlight the **Settings** symbol ⚙ from the **Home** screen, press the ▼ button.

2. When the **Settings** symbol ⚙ is blinking, press the **OK** button to enter Settings.

3. To scroll to the **Target Range** symbol ◎, press the ▲ or ▼ button. When the symbol is blinking, press the **OK** button.

4. To set the blinking **Overall Low Target**, press the ▲ or ▼ button, then press the **OK** button.
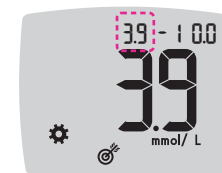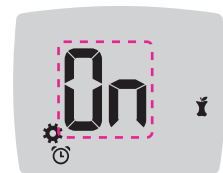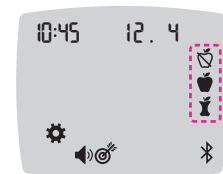
5. To set the blinking **Overall High Target**, press the ▲ or ▼ button, then press the **OK** button.

Turn Meal Markers On

If **Meal Markers** are Off, you can set only 1 **Target Range**. To set **Before Meal** and **After Meal Target Ranges**, see the CONTOUR PLUS BLUE user guide.

1. To highlight the **Settings** symbol ⚙ from the **Home** screen, press the ▼ button.

2. When the **Settings** symbol ⚙ is blinking, press the **OK** button to enter **Settings**.

3. To scroll to the **Meal Marker** symbols, press the ▲ or ▼ button.

4. When the **Meal Marker** symbols are blinking, press the **OK** button.

5. Press the ▲ or ▼ button until On is blinking, then press the **OK** button.

Turn Reminder Feature On

When **Meal Markers** are On, you can set a **Reminder** to test your blood glucose after you mark a reading as **Before Meal**. If **Meal Markers** are Off, see *Turn Meal Markers On* in this guide.

1. To highlight the **Settings** symbol ⚙ from the **Home** screen, press the ▼ button.

2. When the **Settings** symbol ⚙ is blinking, press the **OK** button to enter **Settings**.

3. To scroll to the **Reminder** symbol ⏰, press the ▲ or ▼ button.

4. When the **Reminder** symbol ⏰ is blinking, press the **OK** button.

5. Press the ▲ or ▼ button until On is blinking, then press the **OK** button.

NOTE: With **Meal Markers** On, you can set **Before Meal** and **After Meal Target Ranges** (see the CONTOUR PLUS BLUE user guide). You can also set a **Reminder**.

Select a Meal Marker During a Blood Glucose Test

Meal Marker Symbols	
🚫 Fasting	🍴 After Meal
🍎 Before Meal	✖ No Mark

NOTE: You must do a blood glucose test before you can select a **Meal Marker**. **You cannot select a Meal Marker in Settings.**

1. Test your blood glucose. See *Fingertip Testing* in this guide.

2. Do not remove the test strip until you select a **Meal Marker**. A **Meal Marker** blinks on the blood glucose result screen.

3. If the blinking **Meal Marker** is the one you want, press the **OK** button. To select a different **Meal Marker**, press the ▲ or ▼ button.

4. When the **Meal Marker** you want is blinking, press the **OK** button.


NOTE: If you do not select a **Meal Marker** within 3 minutes, the meter turns Off. Your blood glucose reading is stored in the **Logbook** without a **Meal Marker**.

Set a Reminder

1. Make sure the **Reminder** ⏰ feature is On in **Settings**.

2. Mark a blood glucose reading as a **Before Meal** reading, then press the **OK** button.

3. To scroll from 2 hours to 0.5 hours by half-hour intervals, press the ▲ or ▼ button.
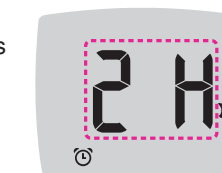
4. To set the **Reminder**, press the **OK** button.

The screen returns to the **Before Meal** reading. The **Reminder** symbol ⏰ displays to confirm the Reminder is set.
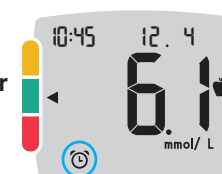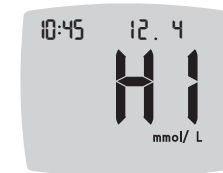

LO Results

If the meter beeps twice and displays the **LO** screen, your blood glucose reading is under 0.6 mmol/L.

Follow medical advice immediately. Contact your health care professional.

HI Results

If the meter beeps once and displays the **HI** screen, your blood glucose reading is over 33.3 mmol/L.

1. Wash and dry your hands well.

2. Retest with a new strip.

If results are still over 33.3 mmol/L, **follow medical advice immediately**.

To turn the meter Off, remove the test strip.

> **WARNING**
> - Always dispose of used test strips and lancets as medical waste or as advised by your health care professional.
> - Health care professionals should follow the biohazard disposal requirements for their facility.

Your Meter Display

Symbol	What It Means
📖	Your Logbook
⚙	Meter Settings
◎	A Target Range or Target Range setting
🍎◄	Blood glucose test result is **above** Target Range
🟩◄	Blood glucose test result is **in** Target Range
🟥◄	Blood glucose test result is **below** Target Range

Symbol	What It Means
🚫	**Fasting** marker; used when testing after fasting (no food or drink for 8 hours, except water or non-caloric beverages)
Ε	Indicates a meter error
🍎	**Before Meal** marker; used when testing within 1 hour before a meal
🍴	**After Meal** marker; used when testing within 2 hours after the first bite of a meal
✖	No Meal marker selected
⏰	Reminder feature
🔊	Sound feature

Symbol	What It Means
❋	Indicates the **Bluetooth** wireless setting is On; the meter can communicate with a mobile device
🔋	Batteries are low and need to be changed
7d Avg	7-, 14-, 30-, and 90-day averages
n	Total number of blood glucose readings used to calculate averages
🧪	Control solution test result
✚💧	Add more blood to **same** test strip

📱 The CONTOUR DIABETES app allows you to transfer results from your meter to your compatible smartphone or tablet. See the meter user guide for instructions and features.