



CONTOUR® NEXT ONE Glucose Meter
Quick Start Guide

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with the features and operations before using the unit.

- 1. Do not allow other people to use your blood glucose meter. The meter is specifically assigned to you and you only. Allowing other people to use your meter can mislead your provider.**
2. All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after cleaning and disinfected all parts.
3. Do not place the device in liquid or put it where it could fall into the liquid.
4. Use of this device is only for the intended use described in this manual.
5. Only use CONTOUR® NEXT testing strips supplied by RCP.
6. Do not allow the device to contact surfaces that are too hot to touch.
7. Do not use the device where aerosol sprays are in use.
8. Do not use the device if it is not working correctly or if it is damaged.
9. Read the entire manual before using the product to test your blood glucose.

CAUTION: Your Contour next ONE meter works ONLY with Contour next test strips and Contour next control solution

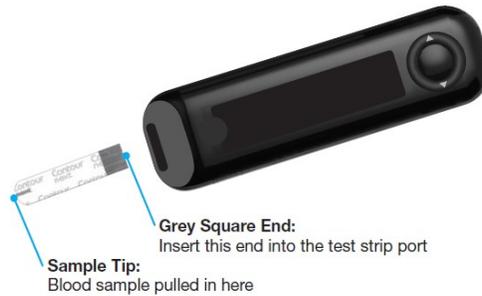
QUICKSTART

Prepare: Wash your hands with soap and water. Dry thoroughly.

Gather supplies: Lancing device, lancet, tissue (for blotting blood from your finger after the puncture).

Prepare the lancing device: Unscrew the cap, push the lancet firmly into the device, remove the rounded end of the lancet by turning (save this piece), screw the cap back on, and adjust the puncture depth (usually 3).

Prepare the meter: Insert a test strip into the meter.



Push the strip into the meter until it stops, and the meter beeps.

Perform the test: Place the lancet device on the finger you wish to use and press the release button. Place a drop of blood into the absorbent hole of the test strip. Use a tissue to absorb any extra blood from your finger. The reading will display in the LCD window within 5 seconds.

Cleanup up: Unscrew the lancet device cap, eject the lancet into a sharps container or stab the lancet into the rounded end piece that was saved. Pull out the testing strip from the meter and throw it away.

Understanding the Results

Reference value:

Time of day	People without diabetes
Before breakfast (fasting)	<100 mg/dL
Two hours after meals	<140 mg/dL

Source: American Diabetes Association. Standards of Medical Care in Diabetes-2012. Diabetes Care 2012,35 (Suppl.1) S11-S63. Please work with your provider to determine a target range that works best for you.