BAYER

Contour®

BLOOD GLUCOSE MONITORING SYSTEM

NO CODING ✓®

QUICK REFERENCE GUIDE

Your CONTOUR® Meter:

- **Display**
- **Up/Down Scroll Buttons**
- **Memory Button** (On/Off, Memory Recall, Enter)
- **Test Strip Port**

Your CONTOUR® Test Strip:

- **Gray End:** Insert this end into the test strip port.
- **Sample Tip:** Blood sample pulled in here.

Basic Testing
Your lancing device may not be the one shown here. See your CONTOUR® User Guide and MICROLET®2 or Ascensia® MICROLET® insert for complete instructions.

Getting Ready to Test:

Remove the endcap from the MICROLET2 or Ascensia MICROLET lancing device.

Loosen the round protective cap on a lancet by rotating it ¼ turn, but do not remove it.

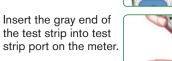Insert the lancet firmly to cock the device.

Twist off the lancet cap.

Replace the endcap.

Adjust the endcap dial to your preferred puncture depth setting.

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

No coding is required.

The meter will turn on and a test strip with a flashing blood drop will appear on your meter display letting you know the meter is ready to test.

Getting the Blood Drop:

Press the endcap firmly against the puncture site and press the blue release button with your thumb.

Stroke your hand and finger towards the puncture site to form a drop of blood.
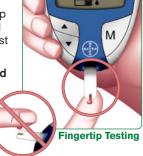
Testing Your Blood:

Touch the tip of the test strip to the drop of blood. The blood is pulled into the test strip.

Hold it in the blood drop until the meter beeps.

Fingertip Testing

Your result* is displayed after a 5 second countdown.

To turn your meter off, remove the test strip.

*Your meter is preset and locked to display results in mg/dL. If your result is in mmol/L, contact Bayer Diabetes Care Customer Service 1-800-348-8100.

Removing the used lancet:

In one hand, hold the lancing device with your thumb on the **grip indent,** and with your other hand, hold the **gray endcap dial** as shown. Gently snap off the endcap.

Place the round protective lancet cap on a flat surface with the Bayer logo facing down.

With the used lancet still in the lancing device, push the lancet needle completely into the middle of the exposed side of the cap.

Eject the lancet following the instructions in your lancing device insert.

Need Help?
Call toll free: 1-800-348-8100
www.bayerdiabetes.com/us

Using Advanced Mode
See your User Guide for complete instructions.

Setting Your Meter to Advanced Mode

To set your meter to Advanced Mode, and take advantage of meal markers and other available features:

1. Press **M** to turn your meter on.
2. Press and hold ▲ or ▼ for 3 seconds.
3. L-1 will flash.
4. Press ▲ or ▼ to change to L-2.
5. Press **M** to set.

Find out how these additional features can help you manage your diabetes. Go to www.bayerdiabetes.com/us or call Customer Service toll free:

1-800-348-8100

Using the Markers

See your User Guide for complete instructions.

🍎 **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 =** Marks any result as being unique or different in some way.

🕐)) **Alarm =** Sets an alarm to remind you to run a post-meal test.

After you perform a test and see your results on the display:

TO MARK RESULTS	YOU WILL SEE	TO SET	YOU WILL SEE	WHAT IT MEANS	USING THE ALARM
Pre-Meal Press ▲ or ▼	🍎 (Flashing)	Press **M**	93 mg/dL	Result is marked as a pre-meal test. Press **M** again to set an alarm.**	When the alarm sounds, the meter turns on, and you will see your pre-meal test result.
Post-Meal Press ▲ or ▼	🍴 (Flashing)	Press **M**	124 mg/dL	Result is marked as a post-meal test.	Press any button once to silence alarm and twice to turn the meter off.
Logbook Press ▲ or ▼	📖 (Flashing)	Press **M**	124 mg/dL	Result is marked in memory as unique. You should note this in your Clinilog® logbook.	Run another blood test and mark it with a 🍴 post-meal marker (see chart at left).

**Alarm is factory set at 2 hours. See User Guide for complete instructions on how to adjust alarm times.

Error Codes and Symbols

See your User Guide for a complete list of Error Codes.

E1 🌡	Temperature out of range.
E2	There was a problem completely filling the test strip. Retest using a new test strip.
E3	The meter is sensing a used test strip. Retest using a new test strip.
E11	Abnormal result. Retest using a new test strip.

Bayer HealthCare

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