

# CONTOUR®DIABETES App Media Factsheet

MEDIA CONTACT: Joseph Delahunty | + 41 79 422 9286  
joseph.delahunty@ascensia.com | www.ascensia.com



## The CONTOUR®DIABETES App



The CONTOUR®NEXT ONE wireless-enabled smart meter seamlessly connects to the CONTOUR®DIABETES App on a compatible Android or iOS device, via Bluetooth™ connectivity, to capture blood glucose readings from the meter.

The app collects, stores and analyses patient blood glucose measurements received from the meter. This enables patterns and trends to be revealed that can give context and meaning for patients, which may help with diabetes management.

People with diabetes can find it difficult to make and maintain changes that could benefit their health. The CONTOUR®DIABETES app uses evidence-based principles and behavioural science to provide personalised ongoing support, learning and skills.

## CONTOUR®DIABETES App Features:

- Highly intuitive user-centred mobile app - easy-to-use, simple navigation, easy to use
- Automatically syncs with the remarkably accurate CONTOUR®NEXT ONE meter to capture blood glucose results via a compatible Android or iOS device (view [here](#))
- Ability to record events such as meals, activities and medications. Users can also add photos, notes or voice memos to help put their blood glucose results in context
- Optional CONTOUR® Cloud account for management and storage of data
- List view and modal day view, activated by changing orientation of device screen
- Ability to set meal markers on the app or meter
- Alerts and messages for critical low and critical high readings
- Adjustment of meter settings via the app including all user settings and targets



## NEW FEATURES

- **My Patterns:** Delivers actionable information at the right time to help users manage their diabetes using 14 blood glucose patterns
  - My Patterns identifies patterns in blood glucose results that could affect the health of people with diabetes, prompts them to think about the causes, and offers easy-to-follow advice and helpful reminders
- **Testing Reminder Plans:** 11 different test reminder plans that can help users optimise testing to provide a more meaningful and comprehensive overview
- **View Insulin and Carbs:** Ability to view insulin doses and carb intake alongside blood glucose readings in one simple view
- **Reporting:** Easy-to-read Blood Sugar Diary that includes 1, 2, 4 or 12 weeks of blood glucose values, carbs and insulin, enabling more informed discussions with HCPs
- **Data Export:** Data can be exported as a CSV file for use on multiple platforms



## Informational-Motivation-Behavioural Skills Model

The Information, Motivation and Behavioural Skills Model is a behavioural science concept that has been studied in chronic diseases, including diabetes. It identifies that people with diabetes need actionable information, motivation to act and the right behavioural skills in order to make successful changes to self-management behaviours<sup>1</sup>. The IMB model has been used to develop the My Patterns feature.