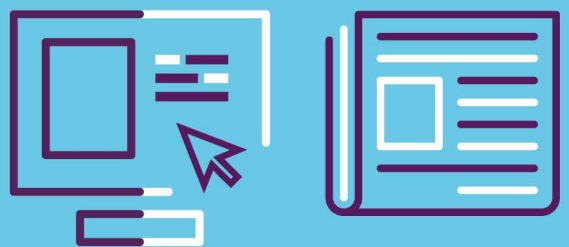
THE INFORMATION, MOTIVATION AND BEHAVIOURAL SKILLS MODEL FOR CHRONIC DISEASES

is a behavioural science concept that has been studied in diabetes self-management.[1–2]

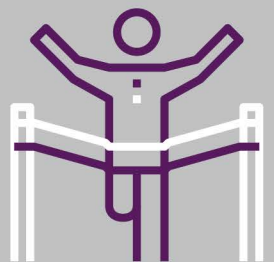
INFORMATION

People with diabetes require actionable information to support effective self-management. This information should be relevant to behaviour and easy to translate into diabetes self-management action.



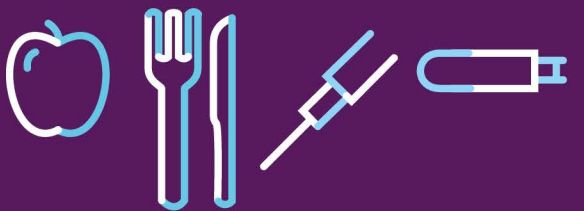
MOTIVATION

People with diabetes need to be motivated to act on information. Motivations can be personal, related to what they think will happen if they take self-management action, or social, due to the support or resistance from friends or family.



BEHAVIOURAL SKILLS

Individuals with diabetes need to have the skills to enable them to undertake diabetes self-management actions. These skills include knowing how to test, knowing how to understand blood glucose values and knowing how to change diet or count carbs.



STUDIES HAVE SHOWN THAT THE PRESENCE OF ALL THREE ELEMENTS MAY HELP PEOPLE WITH DIABETES

to optimise their blood glucose testing and improve self-management actions.[1–2]

1. Fisher WA, Kohut T, Schachner H, Stenger P. *The Diabetes Educator* (2011) 37;1:85-94
2. Mayberry LS and Osborn CY. Diabetes Care 2014;37:1246–1253

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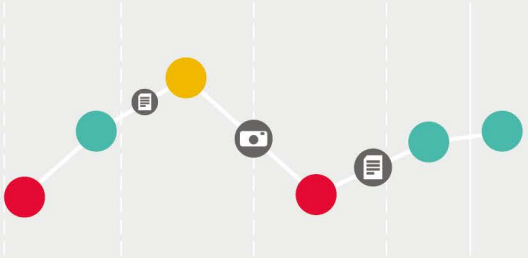
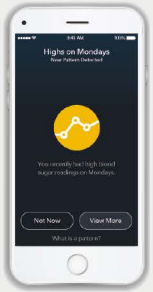
NEW FEATURES OF THE CONTOUR® DIABETES APP

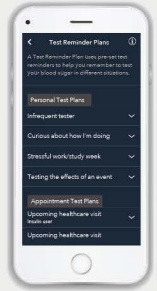
WHAT'S NEW IN THE CONTOUR® DIABETES APP?

- **My Patterns** – the app identifies patterns and trends in blood glucose readings and prompts users of the possible causes
- **Test Reminder Plans** – helps users to optimise their blood glucose testing
- **View Insulin and Carbs** – users can view their insulin doses and carb intake in one simple view alongside their blood glucose readings, to see how they correlate
- **Reporting** – users can view data in an 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 healthcare professionals
- **Data Export** - Data can be exported as a CSV file that can be viewed on multiple platforms





RECOGNISES 14 DIFFERENT PATTERNS



11 TEST REMINDER PLANS

NEW TEST REMINDER PLANS CAN:

- Optimise testing to provide results that give a more comprehensive overview of blood glucose patterns
- Help people with diabetes learn how diet, activities and medications affect blood glucose levels, and provide opportunities to make changes
- Enable people with diabetes to choose a testing schedule that suits them

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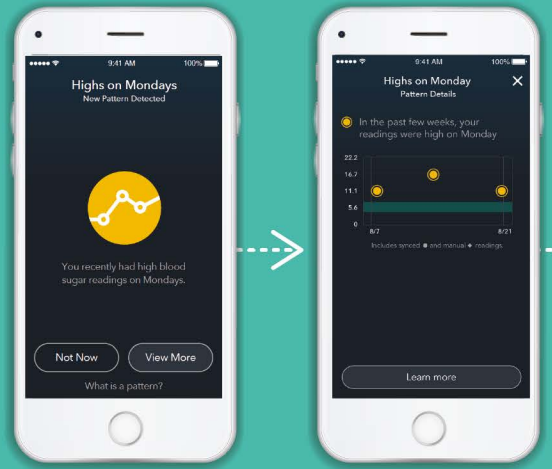
Contour next ONE

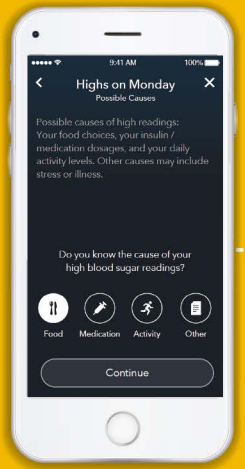
THE ‘MY PATTERNS’ FEATURE EXPLAINED

RECEIVE NOTIFICATIONS



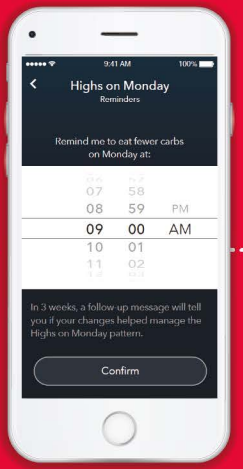
1. The app analyses results received from the meter and notifies users of sub-optimal patterns in their blood glucose readings

LEARN ABOUT POSSIBLE CAUSES



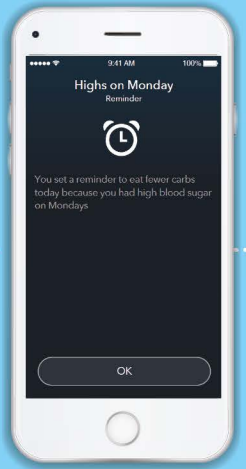
2. The app prompts users about the possible causes of the pattern

SET REMINDERS

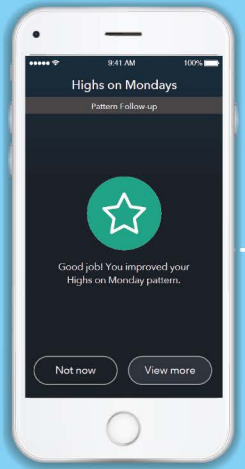


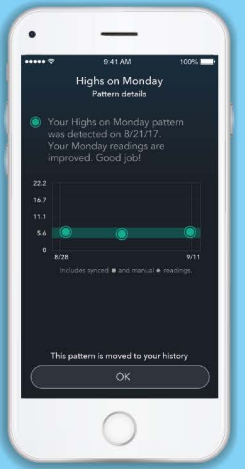
3. Users can set reminders to help improve sub-optimal blood glucose patterns

TAKE ACTION AND TRACK PROGRESS



4. Alerts on the app will remind users to take action





5. The app will track their progress to see if the pattern improves over time

Contour diabetes app

NOW AVAILABLE TO DOWNLOAD FROM THE APP STORE (IOS) AND GOOGLE PLAY (ANDROID)
REQUEST A METER AT: WWW.CONTOURNEXTONE.CO.UK (UK) WWW.CONTOURNEXTONE.IE (ROI)

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