**Fingertip Testing**

To use your Contour® next GEN meter:

1. Press the power button to turn the meter On. The meter turns On and displays your most recent reading.

2. Insert the grey square end of a new test strip firmly into the test strip port until the spring-loaded end clicks into place. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

3. If your Contour® next GEN meter is paired with an iPhone® or Android™ smartphone, you can select 
   - **Bluetooth®** 
   - **smartLIGHT**

4. Insert the lancing device into the meter’s lancing device slot. **CAUTION** Do not remove the strip.

5. Press the lancing device to extract a drop of blood.

6. Use your lancing device to get a drop of blood. Place your finger on the drop of blood.

7. The meter displays your blood glucose result and smartLIGHT® target range indicator.

8. SmartLIGHT® target range indicator: **In Target Range**

   - **<** Fasting
   - **<** Below Target Range
   - **<** Above Target Range

   **CAUTION** For instructions on removing the lancing insert, see the device insert.

Your Contour® next GEN meter is preset and locked to display blood glucose results in the range of 3.9 to 33.3 mmol/L (70 to 600 mg/dL). If your result is outside this range, your meter beeps. To see your latest reading, press the OK button. To exit the Logbook, press and hold the OK button for 3 seconds or until your meter turns Off.

**Fingertip Testing**

**WARNING** Do not remove the test strip from the meter before the test result displays. Do not remove the test strip from the meter until the test result displays. To prevent improper test results in a blood glucose monitoring device, never remove a test strip from the meter when it is blinking.

**NOTE:** Your meter comes with a pre-set time, date, and target range. You can change these features in Settings.

1. Press the power button to turn the meter On. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

2. Insert a new test strip into the meter. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

3. If your Contour® next GEN meter is paired with an iPhone® or Android™ smartphone, you can select
   - **Bluetooth®**
   - **smartLIGHT**

4. Insert the grey square end of a new test strip firmly into the test strip port until the spring-loaded end clicks into place. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

5. Press the lancing device to extract a drop of blood.

6. Use your lancing device to get a drop of blood. Place your finger on the drop of blood.

7. The meter turns On and displays your blood glucose result and smartLIGHT® target range indicator.

8. If your meter is being operated by a patient care assistant, press the power button while the meter is Off to turn the meter On. The meter displays your most recent result and **Ready to Test**.

**CAUTION** For instructions on removing the lancing insert, see the device insert.

Your Contour® next GEN meter comes with a pre-set time, date, and target range. You can change these features in Settings.

1. Press the power button to turn the meter On. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

2. Insert a new test strip into the meter. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

3. If your Contour® next GEN meter is paired with an iPhone® or Android™ smartphone, you can select
   - **Bluetooth®**
   - **smartLIGHT**

4. Insert the grey square end of a new test strip firmly into the test strip port until the spring-loaded end clicks into place. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

5. Press the lancing device to extract a drop of blood.

6. Use your lancing device to get a drop of blood. Place your finger on the drop of blood.

7. The meter turns On and displays your blood glucose result and smartLIGHT® target range indicator.

8. If your meter is being operated by a patient care assistant, press the power button while the meter is Off to turn the meter On. The meter displays your most recent result and **Ready to Test**.

**CAUTION** For instructions on removing the lancing insert, see the device insert.

Your Contour® next GEN meter comes with a pre-set time, date, and target range. You can change these features in Settings.

1. Press the power button to turn the meter On. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

2. Insert a new test strip into the meter. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

3. If your Contour® next GEN meter is paired with an iPhone® or Android™ smartphone, you can select
   - **Bluetooth®**
   - **smartLIGHT**

4. Insert the grey square end of a new test strip firmly into the test strip port until the spring-loaded end clicks into place. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

5. Press the lancing device to extract a drop of blood.

6. Use your lancing device to get a drop of blood. Place your finger on the drop of blood.

7. The meter turns On and displays your blood glucose result and smartLIGHT® target range indicator.

8. If your meter is being operated by a patient care assistant, press the power button while the meter is Off to turn the meter On. The meter displays your most recent result and **Ready to Test**.

**CAUTION** For instructions on removing the lancing insert, see the device insert.

Your Contour® next GEN meter comes with a pre-set time, date, and target range. You can change these features in Settings.

1. Press the power button to turn the meter On. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

2. Insert a new test strip into the meter. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

3. If your Contour® next GEN meter is paired with an iPhone® or Android™ smartphone, you can select
   - **Bluetooth®**
   - **smartLIGHT**

4. Insert the grey square end of a new test strip firmly into the test strip port until the spring-loaded end clicks into place. The meter displays **Ready to Test** and smartLIGHT® target range indicator is off.

5. Press the lancing device to extract a drop of blood.

6. Use your lancing device to get a drop of blood. Place your finger on the drop of blood.

7. The meter turns On and displays your blood glucose result and smartLIGHT® target range indicator.

8. If your meter is being operated by a patient care assistant, press the power button while the meter is Off to turn the meter On. The meter displays your most recent result and **Ready to Test**.

**CAUTION** For instructions on removing the lancing insert, see the device insert.
To exit from Settings and return to Home:

1. Press the OK button on the screen, press the OK button until On is blinking.
2. If you are in a Setting such as Date and Time, press the OK button until the symbol you want is blinking.
3. Press the OK button. When the symbol is blinking, then press the OK button until On is blinking.
4. Press the OK button.

NOTE: If your meter does not display a value and displays the LO indicator (Yellow=Below Target), do not remove the test strip. Add more blood to the test strip and repeat the test with the same meter strip.

Turn Reminder Feature On

1. When the Setting is On, you can set a Reminder. The meter displays the Last Reminder in this guide.
2. Press the OK button to select a different Reminder.
3. To set the blinking symbol, press the OK button.
4. To scroll to the symbol you want, press the OK button over the symbol.
5. Press the OK button on the OK button.

NOTE: You must do a blood glucose test before setting a Reminder. You cannot select a different Reminder in this guide.

Select a Reminder during a Blood Glucose Test

1. To select a Reminder, press the OK button.
2. To set the blinking symbol, press the OK button.
3. To select a different Reminder, press the OK button.
4. Press the OK button.
5. Press the OK button.

When the Meal Marker symbol is blinking, press the OK button.

Meal Marker Symbols

Symbol What It Means
Red=Below Target
Green=In Target
Blue=Above Target

NOTE: If you do not select a Meal Marker within 10 minutes, the meter looks for your blood glucose reading in the Notebook of a new Reminder. The meter displays the Last Reminder in this guide.

Set a Reminder

1. Make sure the Reminder is On before setting a Reminder. You must test your blood glucose before setting a Reminder.
2. Press the OK button to select a Reminder.
3. To set the blinking symbol, press the OK button.
4. To scroll to the symbol you want, press the OK button over the symbol.
5. Press the OK button.

Meal Markers

When you select a Meal Marker, press the OK button.

Symbol What It Means
Red=Before Meal
Blue=Before Meal
Green=After Meal
Blue=After Meal

NOTE: The meter displays the Last Reminder in this guide.

Turn Target Range Feature On

1. When the Target Range is On, you can set a Target Range. The meter displays your current Target Range in this guide.
2. Press the OK button.
3. Press the OK button.
4. Press the OK button.
5. Press the OK button.

NOTE: You must do a blood glucose test before setting a Target Range. You cannot select a different Target Range in this guide.

Select a Target Range during a Blood Glucose Test

1. To set the blinking Target Range, press the OK button.
2. To select a different Target Range, press the OK button.
3. Press the OK button.
4. Press the OK button.
5. Press the OK button.

When the Target Range symbol is blinking, press the OK button.

Target Range Symbols

Symbol What It Means
Red=Low Limit
Green=Hi Limit
Blue=On

NOTE: If you do not select a Target Range within 10 minutes, the meter looks for your blood glucose reading in the Notebook of a new Target Range.

Set a Reminder

1. Make sure the Reminder is On before setting a Reminder. You must test your blood glucose before setting a Reminder.
2. Press the OK button to select a Reminder.
3. To set the blinking symbol, press the OK button.
4. To scroll to the symbol you want, press the OK button over the symbol.
5. Press the OK button.

NOTE: You must do a blood glucose test before setting a Target Range. The meter displays the Last Reminder in this guide.

Select a Target Range during a Blood Glucose Test

1. To set the blinking Target Range, press the OK button.
2. To select a different Target Range, press the OK button.
3. Press the OK button.
4. Press the OK button.
5. Press the OK button.

When the Target Range symbol is blinking, press the OK button.