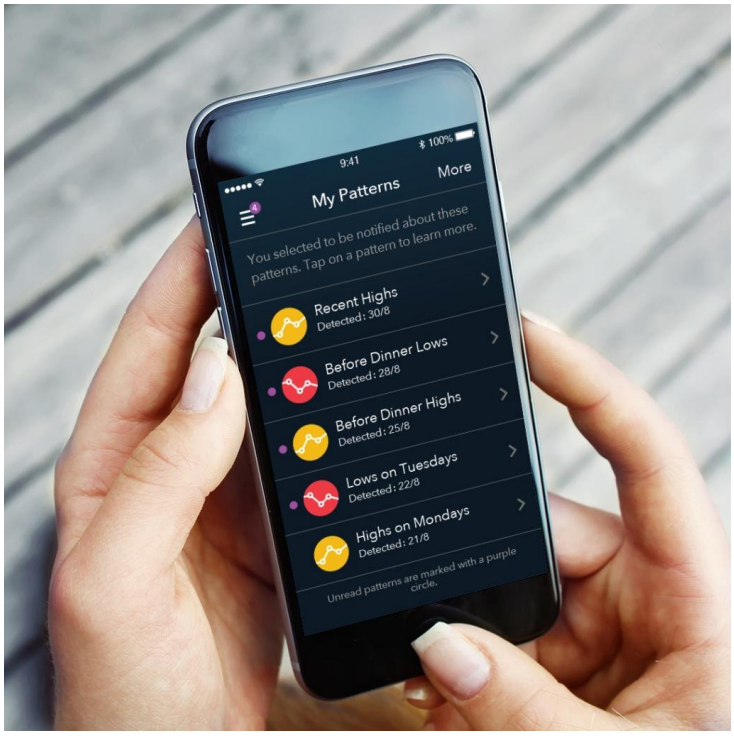
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# Ascensia Diabetes Care Launches Smarter Version of CONTOURÃ?Â®DIABETES App

May 9, 2018 | News

**App will improve patients' diabetes self-management and maintain positive lifestyle changes**




Ascensia Diabetes Care has launched its upgraded version of the CONTOUR®DIABETES app in 24 countries worldwide.

This latest version includes the new My Patterns feature, which uses innovative algorithms to more intelligently analyze blood glucose results received from the CONTOUR®NEXT ONE meter, and delivers personalized meaningful feedback to patients.

This feedback is designed to help patients improve diabetes self-management and maintain positive lifestyle changes.

The upgraded CONTOUR®DIABETES app has recently been launched worldwide including India. This new release is now available in the Apple App Store (iOS) and Google Play (Android).

The CONTOUR®DIABETES app was first launched in 2016 and is designed to seamlessly connect to the CONTOUR®NEXT ONE meter*.

The My Patterns feature on the upgraded CONTOUR®DIABETES app analyzes data received from the meter to identify and notify the user of sub-optimal patterns in their blood glucose readings.

Once it has notified the user that a pattern has been identified, the CONTOUR®DIABETES app will prompt users about the possible causes of the pattern and provide guidance to help address it.

It allows patients to set reminders or use testing plans to help improve their blood glucose patterns, and will track their progress to see if the pattern improves over time.

The latest version of the app includes the ability to recognize 14 different patterns and use 11 different structured testing plans.

The app will continue to evolve in the future to include additional patterns and testing plans, as well as adding new features and functionality.

My Patterns has been developed using evidence-based behavioral science concepts from the Information, Motivation and Behavioral Skills (IMB) model of health behavior change, pioneered by health psychologists Dr. William Fisher and Dr. Jeffrey Fisher.

This well-researched model shows that people with diabetes need actionable information, motivation to act on that information and a set of specific behavioral skills, in order to make changes to improve the self-management of their diabetes.

The My Patterns feature of the CONTOUR®DIABETES app is designed to help the user in these three areas and support more effective self-management, enabled by technology.

Published study data has shown the CONTOUR®NEXT ONE BGMS to be remarkably accurate, meeting accuracy criteria in both the laboratory and clinical setting.

*Please check device compatibility list at http://compatibility.contourone.com/to confirm your device will pair with the CONTOUR®DIABETES app.