

Me and my diabetes

This form will help you when talking with your doctor.

When completing it, think about how you have benefited from using the CONTOUR[®]NEXT ONE meter or CONTOUR[®]PLUS BLUE and CONTOUR[®]DIABETES app.

About your diabetes

Have you been prescribed insulin? Yes No

Why do you test your blood glucose?

Dose adjusting Carb count adjusting Before I drive or use machinery
Understanding the effect of food on my glucose Avoiding hypos Checking why I feel 'off'?
Understanding the effect of exercise on my glucose

Do you drive a car? Yes No

Does your job involve operating machinery? Yes No

How many times each day do you test your blood glucose?

1-2 2-4 4-8 more often (if so, how often?)

If you test frequently, mention this as you need a meter that's fast and easy to use.

Have you ever had a hypo? (symptoms include feeling dizzy or hungry, difficulty concentrating, sweating trembling or sensing a change in your mood, for example with a blood glucose result less than 4mmol/L)

Yes No

If yes, when was your last hypo?

If yes, how often do you have hypos?

Weekly Monthly Every few months Less frequently

Both the CONTOUR NEXT ONE and CONTOUR[®]PLUS BLUE meters are amongst the most advanced – and accurate – meters available. smartLIGHT[™] and smartCOLOUR[™] technology tell you instantly if your levels are high, low or right. When used with the CONTOUR[®]DIABETES app, smartALERTS[™] may help to reduce the risk of a hypo by quickly warning you if your levels are becoming critically high or low.

Would you or anyone else be put at serious risk if you had a hypo at work? Yes No

If your job requires you to actively self-manage your diabetes (eg to help avoid hypos), you should tell your doctor. The fast, accurate readings your CONTOUR[®]NEXT ONE or CONTOUR[®]PLUS BLUE provide could be an important factor in your ability to stay safe in the workplace.

Are there any other reasons why you need to monitor your blood glucose closely?

Eg if you exercise regularly, drive a lot, or if you're self-adjusting your dose Yes No
Generally, is your HbA1C within the target range specified by your doctor? Yes No I'm not sure

Your HbA1c measurement gives your GP a good overview of your average blood sugar levels over a certain period of time (usually the last 3 months). HbA1c gives an indication to the risk of developing complications as a result of your diabetes. A meter you feel confident using can make a real difference when trying to keep your diabetes in control and your HbA1C in range.

About your new meter

Why did you choose the CONTOUR®NEXT ONE or CONTOUR®PLUS BLUE meter?

tick as many as apply

- Fast, accurate testing every time
- Integration with smartphone app
- The smartLIGHT™/smartCOLOUR™ feature for instant feedback on your BG readings
- Second-Chance™ sampling in case you don't get enough blood on the strip at first
- Automatic sync and log of BG readings
- 90-day blood sugar readings summaries to share with your doctor
- Test reminder alerts
- Being able to add events such as diet, activities and meds to put your results in context
- Personalised pattern reports showing the impact of daily activities on your readings
- Being able to add /share photos of your food choices
- Being able to set appointment reminders
- Receiving smartALERTS™ when your BG levels are critically high or low
- Being able to share results with your healthcare professional before your appointment
- Recommended by my HCP

How do these help you in your day-to-day blood glucose management?

Eg "it's easy to use" or "I find it really convenient" or "I waste fewer strips" or "the diabetes management features in the app are really useful"

How would your diabetes management be affected if you were no longer able to use these features in the future?

Do you use the CONTOUR®DIABETES app

Yes

No

You might want to show the app to your healthcare professional. It will help them understand how it helps you.

If yes, how is the app helping with your blood glucose management?

Eg “I can review my readings to check my progress” or “it alerts me if my readings are too high or too low” or
“I am eager to share my reports with my healthcare team before we next meet”

When talking with your doctor...

- If it's the case, let your doctor know that you are committed to controlling your blood glucose levels.
- Explain why you chose the meter eg. because it fits your lifestyle.
- Ask your doctor to continue supporting you in this by changing your prescription.
- Remind your doctor that you have outlined lots of reasons why the CONTOUR®NEXT ONE or CONTOUR®PLUS BLUE is the right meter for you.
- If your blood glucose levels are within target, tell your doctor how your meter is helping with this.

Your doctor should also be aware of the NHS “no decision about me without me” principle, which is part of their drive towards more individualised care.

Is there anything else you would like to tell your doctor about how your chosen meter is helping you manage your diabetes?