

See the difference in your blood glucose

The Test Reminder Plans feature of the CONTOUR®DIABETES app may help to increase your understanding of your personal blood glucose profile. This feature provides you with personalised testing schedules based around your daily activities and diabetes management plan.

We've created blood glucose challenges that you can use with the CONTOUR®NEXT ONE BGMS and CONTOUR®DIABETES app to help you learn how small changes in your lifestyle may affect your blood glucose readings. Pick a challenge below and if it makes a positive difference, try to keep it up long term!

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Snack swap challenge

Try swapping your usual daily snacks for something healthier with less sugar this week. Ideas may include rice cakes, vegetables with a low- fat dip, such as hummus, or a small handful of nuts, such as almonds. Consider low fat alternatives if weight management is important to you.

Select 'My Reminders' from the app menu -> choose the 'Test Reminder Plan' -> select 'Starting Diet/Exercise', to see how your blood glucose responds to this challenge.

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Consult your healthcare professional before making any changes to your lifestyle that may affect your blood glucose.

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Beat the bus challenge

Try to get 30 minutes of exercise into your day. Think about what small changes you could make to your daily routine. You could get off the bus a stop earlier, go for a walk at lunch time, or go to a new exercise class.

Select 'My Reminders' from the app menu -> choose the 'Test Reminder Plan' -> select 'Starting Diet/Exercise', to see how your blood glucose responds to this challenge.

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Drink discovery challenge

Having drinks that contain sugar regularly throughout the day may increase your blood glucose levels. Try swapping to water or sugar-free drinks* instead and see how this impacts your blood glucose. Herbal teas can also be a great hot alternative, as they taste naturally sweet without the need to add sugar.

Select 'My Reminders' from the app menu -> choose the 'Test Reminder Plan' -> select 'Testing the Effects of an Event' to see how your blood glucose responds to either swapping to a sugar-free alternative or correcting a hypoglycaemic event.

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* If you have a hypoglycaemic event, drinks containing sugar may be an appropriate treatment choice.

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