

# 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<sup>®</sup>NEXT ONE meter and CONTOUR<sup>®</sup>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

The CONTOUR<sup>®</sup>NEXT ONE meets DVLA/DVA requirements

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

Your CONTOUR<sup>®</sup>NEXT ONE is amongst the most advanced – and accurate – meters available. Its smartLIGHT<sup>™</sup> technology tell you instantly if your levels are high, low or right while its smartALERTS<sup>™</sup> will 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<sup>®</sup>NEXT ONE provides 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 CONTOUR<sup>®</sup>NEXT ONE

### Why did you choose the CONTOUR<sup>®</sup>NEXT ONE?

tick as many as apply

- Fast, accurate testing every time
- Integration with smartphone app
- The smartLIGHT<sup>™</sup> feature for instant feedback on your BG readings
- Second-Chance<sup>™</sup> 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 add voice memos
- Being able to set appointment reminders
- Receiving smartALERTS<sup>™</sup> 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®NEXT ONE mobile 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 CONTOUR®NEXT ONE 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 is the right meter for you.
- If your blood glucose levels are within target, tell your doctor how your CONTOUR®NEXT ONE 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 CONTOUR®NEXT ONE is helping you manage your diabetes?**