

THE INFORMATION, MOTIVATION AND BEHAVIORAL SKILLS MODEL FOR CHRONIC DISEASES

is a behavioral science concept that has been studied in diabetes self-management.¹⁻²

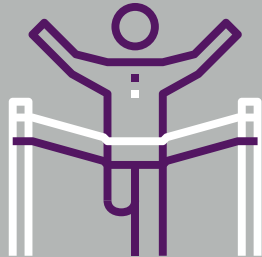
INFORMATION

People with diabetes require actionable information to support effective self-management. This information should be relevant to behavior and easy to translate into diabetes self-management action.¹⁻²



MOTIVATION

People with diabetes need to be motivated to act on information. Motivations can be personal, related to what they think will happen if they take self-management action, or social, due to the support or resistance from friends or family.¹⁻²



BEHAVIORAL SKILLS

Individuals with diabetes need to have the skills to enable them to undertake diabetes self-management actions. These skills include knowing how to test, knowing how to understand blood glucose values and knowing how to change diet or count carbs.¹⁻²



STUDIES HAVE SHOWN THAT THE PRESENCE OF ALL THREE ELEMENTS MAY HELP PEOPLE WITH DIABETES
to optimize their blood glucose testing and improve self-management actions.¹⁻²

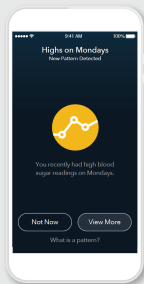
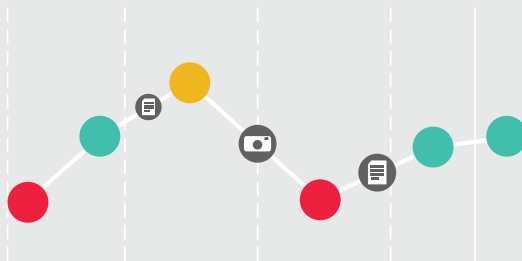
1. Fisher WA, Kohut T, Schachner H, Stenger P. Understanding self-monitoring of blood glucose among individuals with type 1 and type 2 diabetes: An Information-Motivation - Behavioural Skills Analysis. The Diabetes Educator (2011) 37;1:85-94

2. Mayberry LS and Osborn CY. Empirical validation of an Information - Motivation - Behavioural Skills model of diabetes medications adherence: Framework for Intervention. Diabetes Care 2014;37:1246-1253

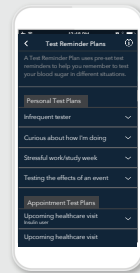
NEW FEATURES OF THE CONTOUR® DIABETES APP

WHAT'S NEW IN THE CONTOUR® DIABETES APP?

- **My Patterns** – the app identifies patterns and trends in blood glucose readings and prompts users of the possible causes
- **Test Reminder Plans** – helps users to optimize their blood glucose testing
- **View Insulin and Carbs** – users can view their insulin doses and carb intake in one simple view alongside their blood glucose readings, to see how they correlate



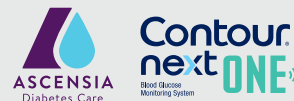
RECOGNIZES
14
DIFFERENT
PATTERNS



11
TEST
REMINDER
PLANS

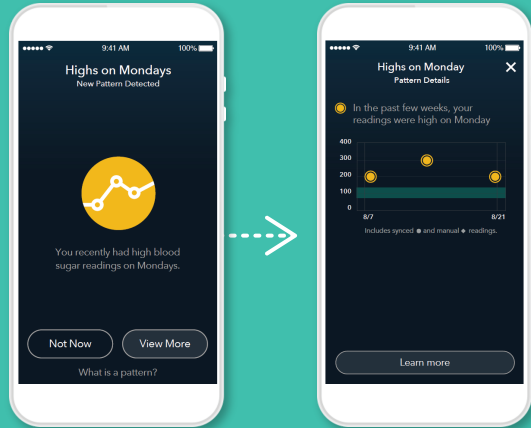
NEW TEST REMINDER PLANS CAN:

- Optimize testing to provide results that give a more comprehensive overview of blood glucose patterns
- Help people with diabetes learn how diet, activities and medications affect blood glucose levels, and provide opportunities to make changes
- May enable people with diabetes to choose a testing schedule that suits them

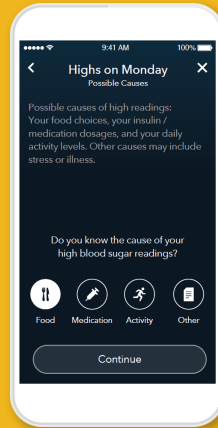


THE 'MY PATTERNS' FEATURE EXPLAINED

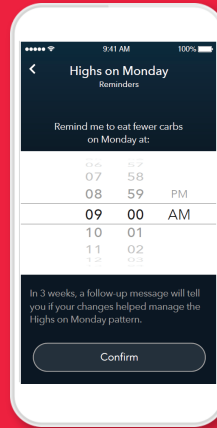
RECEIVE NOTIFICATIONS



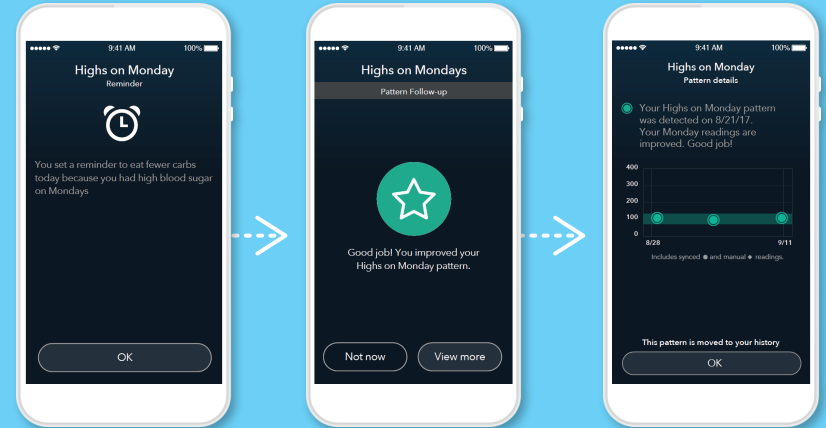
LEARN ABOUT POSSIBLE CAUSES



SET REMINDERS



TAKE ACTION AND TRACK PROGRESS



1. The app analyzes results received from the meter and notifies users of patterns in their blood glucose readings

2. The app prompts users about the possible causes of the pattern

3. Users can set reminders to help improve blood glucose patterns

4. Alerts on the app will remind users to take action

5. The app will track their progress to see if the pattern improves over time

Contour
diabetes app

NOW AVAILABLE TO DOWNLOAD FROM THE APP STORE (iOS) AND GOOGLE PLAY (ANDROID)

