Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Contour® Next One Video: Doing Your First Test

This video explains how to set up your Contour® Next One meter to test your blood glucose (sugar) for the first time.

Visit www.msk.org/pe/contour-setup to watch this video.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Contour® Next One Video: Doing Your First Test - Last updated on October 15, 2025
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