



# 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.

Click here to watch this video: [Contour® Next One Video: Doing Your First Test](#)

Visit [www.msk.org/pe/contour-setup](http://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.

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](http://www.mskcc.org/pe) to search our virtual library.

*Contour® Next One Video: Doing Your First Test - Last updated on October 30, 2024*

*All rights owned and reserved by Memorial Sloan Kettering Cancer Center*

## Last Updated

Wednesday, October 30, 2024