



It's All About Diabetes

Living with diabetes can be a challenge. But maintaining close-to-normal levels of blood sugar has been shown to reduce the risk of diabetes-related problems. Therefore, monitoring your blood sugar levels with a blood glucose meter is important in managing diabetes.

Choosing a Blood Glucose Meter

When choosing a meter, it often comes down to the features you're looking for. Here are a few things to consider when making your choice:

- How does the meter score for accuracy? Does it come with a control solution or test strip to check for accuracy?
- Does the meter fit in your backpack, supplies kit or purse?
- How skillful are you at handling those test strips? You might want to try a meter that uses cartridges instead of individual strips.
- How much blood does the meter require? Less is better.
- Do you want to download results to a computer, or email them to your doctor's office?
- Interested in alternative site testing? There are meters that can test samples from various places on the body.

Checking Your Blood Glucose

Regular blood glucose checks and consistent record-keeping give you a good picture of where you are in your diabetes care.

Checks tell you how often your blood glucose levels are in your target range. Your target range is a personalized blood glucose range that you set with your doctor.

Once you know how often and when to check, stick to the schedule and check at those times each day.

Keep a daily log recording your levels. Then take your log with you when you visit your doctor or other members of your diabetes care team. The information in your log will let them know how you are doing.

For more information about diabetes, go to bcbsok.com, log in to Blue Access for MembersSM and click the 'My Health' tab.

Blue Cross and Blue Shield of Oklahoma (BCBSOK) offers certain blood glucose meters to members with diabetes at no additional charge. See other side for details.



Glucose Meters Are Available to You

BCBSOK is offering you a choice of the blood glucose meters below at no additional charge for a limited time to help you manage your condition. **This offer is available through December 31, 2016.**

Members with BCBSOK prescription drug coverage should check the prescription drug list (also known as a formulary) to see which test strips for the meters below are listed as preferred brands. For example, Bayer test strips are listed as preferred brands on the Generics Plus Drug List. Coverage and payment levels for test strips may vary depending on your pharmacy benefit plan.

Please review these options and ask your doctor which meter best fits your needs.

Roche, the Makers of ACCU-CHEK® Products

To get an ACCU-CHEK meter voucher, call **888-355-4242** or visit meters.accu-chek.com. When you call, identify yourself as a BCBSOK member. Your meter voucher can be redeemed at your local pharmacy with a valid Accu-Chek meter prescription.

ACCU-CHEK Nano SmartView System

- Advanced accuracy with ACCU-CHEK SmartView test strips
- Small, sleek design to fit in the palm of your hand
- Brilliant backlit display makes reading your numbers easy anytime, anywhere
- No coding
- Meter and strips manufactured in the U.S.A.¹
- Offers the ACCU-CHEK Fastclix Lancing Device, proven least painful and easy to use²



ACCU-CHEK Aviva Plus System

- Advanced accuracy with ACCU-CHEK Aviva Plus test strips
- Easy to use right out of the box
- Large test strip for easier handling by people of all ages
- No coding
- Includes ACCU-CHEK Softclix lancing device, with simple, one-handed operation
- Meter and strips manufactured in the U.S.A.¹



Bayer CONTOUR® NEXT Blood Glucose Monitoring Systems

To order a Bayer meter to be shipped directly to you, call **877-229-3777** and identify yourself as a BCBSOK member. For more detailed descriptions, visit contournext.com.

CONTOUR NEXT EZ blood glucose monitoring system

- The easy-to-use features you want with the proven accuracy you expect
- Ready to test, right out of the box
- Easy-to-read display
- No Coding™ technology makes testing easy by automatically setting the correct code each time a test strip is inserted into the meter
- Proven accuracy: CONTOUR NEXT test strips deliver results close to those obtained in a professional lab



CONTOUR NEXT blood glucose monitoring system

- Use AutoLog to see the effect of food choices on your blood sugar levels with pre-meal, post-meal and fasting markers
- Set audible reminders to help you remember to test after eating
- Personalize high/low target settings to identify trouble spots and get clear summaries and patterns
- View 7-, 14-, 30- and 90-day trends to get more tracking knowledge and an overview of averages
- Set your meter to English, Spanish or any of 12 other languages



¹ Using U.S. and imported materials.

² Ranked high among leading competitors. Data on file.

Disclaimer: This information is not intended to be a substitute for professional medical advice. If you are under the care of a doctor and receive advice different from the information contained in this flier, follow the doctor's advice. See your doctor if you are experiencing any diabetes symptoms or health problems.