



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.

Be sure to write down your results every time you check. Take your log when you visit your doctor or other member of your diabetes care team. The information in the log will help them answer your questions.

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

Blue Cross and Blue Shield of Texas (BCBSTX) offers members a choice of preferred blood glucose meters at no additional charge. See other side for details.



Glucose Meters Are Available to You

BCBSTX is offering you the choice of a preferred blood glucose monitoring system at no additional charge for a limited time to help you manage your condition. **This offer is available through December 31, 2013.**

Currently, ACCU-CHEK® Nano SmartView, ACCU-CHEK Aviva Plus and Bayer's CONTOUR® NEXT EZ and BREEZE® 2 blood glucose monitoring systems are available at the preferred copay level under BCBSTX benefit plans. Other meters and test strips† are typically identified at the non-preferred copay level.

Please review the following options and ask your doctor which meter best fits your needs. To order a meter, call the phone number listed by the meter descriptions, and identify yourself as a BCBSTX member.

Roche, the Makers of ACCU-CHEK Products

To order an ACCU-CHEK meter, call **1-877-436-9864**. For more detailed descriptions or to order an ACCU-CHEK system online, visit meters.accu-chek.com. Use order code BCBSTX12.

ACCU-CHEK Nano SmartView System

- Advanced accuracy with ACCU-CHEK SmartView test strips – as tested against a 23 percent tighter specification¹
- 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.²



ACCU-CHEK Aviva Plus System

- Improved accuracy – as tested against a 23 percent tighter accuracy specification¹
- Easy to use right out of the box
- Includes ACCU-CHEK FastClix lancing device – proven least painful and overall easiest to use³
- Meter and strips manufactured in the U.S.A.²



Bayer's Blood Glucose Monitoring Systems

To order a Bayer meter, call **1-877-229-3777**. For more detailed descriptions, visit bayercontour.com.

CONTOUR NEXT EZ blood glucose monitoring system

- The easy-to-use features you want with the accuracy you expect
- Ready to test, right out of the box
- Next Generation CONTOUR NEXT test strips deliver closer-to-lab results that give you greater confidence when you test
- No Coding® technology eliminates errors due to miscoding
- Tiny sample size (0.6 microliter)



BREEZE 2 blood glucose monitoring system

- Convenient, easy-to-use 10-test discs, which eliminate individual test strip handling
- No Coding technology eliminates inaccurate results due to miscoding
- Results in 5 seconds
- Small sample size (1.0 microliter)
- Ease-of-Use Commendation from the Arthritis Foundation



The ACCU-CHEK Nano SmartView and ACCU-CHEK Aviva Plus systems are compatible with all ACCU-CHEK data management tools, including the ACCU-CHEK 360[®] diabetes management system. You also may download data to your PC with the ACCU-CHEK Smart Pix Device Reader; no additional software required.

¹ Specifications based on current International Organization of Standardization (ISO) 15197: 2003.

² Using U.S. and imported materials.

³ Ranked first most often versus leading competitors. Data on file.

[†] Coverage and copayment levels for test strips may vary depending on the plan.

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.