



# 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. That's why monitoring your blood sugar levels with a blood glucose meter is important for 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.

For more information about diabetes, go to [bcbsmt.com](http://bcbsmt.com), log in to Blue Access for Members<sup>SM</sup> and click the 'My Health' tab.

## 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.

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

# Glucose Meters Are Available to You

BCBSMT 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, 2017.**

If you have BCBSMT prescription drug coverage, CONTOUR<sup>®</sup>NEXT test strips for the meters below are listed as preferred brands on your drug list (also known as a formulary). Coverage and payment levels for non-preferred brand test strips may vary, depending on your pharmacy benefit plan.

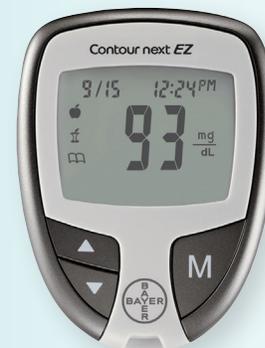
Please review these options and ask your doctor which meter best fits your needs.

## CONTOUR<sup>®</sup>NEXT Blood Glucose Monitoring Systems

To order a CONTOUR NEXT meter to be shipped directly to you, call **800-401-8440**. Be sure to identify yourself as a BCBSMT member and mention ID code "BDC-MT." Or you can visit [ContourNextFreeMeter.com](http://ContourNextFreeMeter.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 or 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



Visit [contournext.com](http://contournext.com) for more detailed descriptions on these meters.