



**BlueCross BlueShield of Illinois**

*Experience. Wellness. Everywhere.®*

## It's All About Diabetes

Insulin is a hormone needed to change sugar, starches and other food into energy necessary for daily life. Diabetes is a condition in which the body does not make or correctly use insulin. The cause of diabetes continues to be unknown, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Living with diabetes can be a challenge. High blood sugar can damage your heart, eyes, feet and kidneys over time. Maintaining close-to-normal levels of blood sugar has been shown to reduce the risk of diabetes-related problems. So it is important for people with diabetes to monitor their blood sugar levels by using a blood glucose meter.



### Choosing a Blood Glucose Meter

Almost any meter will provide correct, fairly consistent results. 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, supply kit or purse?
- **How skillful are you** at handling those test strips? Are they so small that you can't get a good grip on them? You might want to try a meter that uses cartridges instead of individual strips.
- **How big a drop of blood** does the meter require? Smaller is better.
- **Do you want to be able to download results** to a home computer, or be able to e-mail them periodically 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

Blood glucose checks are one of the best ways to help you manage your diabetes. Regular checks and consistent record-keeping give you a good picture of where you are in your diabetes care.

One reason to do checks is to find out 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 blood glucose daily log book to record your levels.

The most important thing is to remember to write down your results every time you check. Then, take your log book with you when you go see your doctor, educator or other member of your diabetes care team. They will be able to help you answer questions about your diabetes from the information in the log book.

[bcbsil.com](http://bcbsil.com)

# Glucose Meters Are Available to You

Blue Cross and Blue Shield of Illinois (BCBSIL) offers glucose meters to members with diabetes at **no additional charge** to help you manage your condition.

Please review the following options and ask your doctor which meter best fits your needs. To order a meter<sup>†</sup>, call the phone number listed, identify yourself as a BCBSIL member and provide the group number on your ID card.

## Roche, the Makers of ACCU-CHEK® Products

To order an ACCU-CHEK meter, call **1-888-355-4242**. For more detailed descriptions, visit [accu-chek.com](http://accu-chek.com)

### ACCU-CHEK® Aviva™ System 1

- ACCU-CHEK Multiclix lancing device – proven least painful\*
- Easy-to-handle, quick-fill test strip makes sampling easier
- Small, 0.6 microliter sample size means less blood
- Fast, accurate results in five seconds
- The only meter and strip combination manufactured in the U.S.A.\*\*
- Discovery tools included so you can discover how to best use your numbers



### ACCU-CHEK® Compact Plus® System

- Load-and-go drum of 17 preloaded test strips
- Detachable, least painful lancing device\*
- No coding
- Bright, easy-to-read display
- Discovery tools included so you can discover how to best use your numbers



The Aviva and Compact Plus meter 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.

\* Least painful, when compared to leading competitive systems. Data on file.  
\*\* Manufactured in U.S.A., using U.S. and imported materials.

## Bayer's Blood Glucose Monitoring Systems

To order a Bayer meter, call **1-877-229-3777**.

For more detailed descriptions, visit [simplewins.com](http://simplewins.com)



### Simple to learn and use.

- Identify trouble spots with personalized HI/LO target range and test result summary
- See effect of food choices with pre-meal and post-meal markers
- The audible testing reminder feature helps you remember to test after meals
- No Coding™ technology



### Eliminates handling individual strips.

- Easy to use with 10-test disc
- 94% of BREEZE®2 meter users like the disc because they do not have to handle individual strips<sup>1</sup>
- Both the BREEZE®2 meter and the 10-test disc received the Ease-Of Use Commendation from the Arthritis Foundation
- Results in just 5 seconds
- No Coding™ technology



**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.

<sup>1</sup>Data on file. TNS Healthcare Survey, April-May 2009

This offer is available from  
April 1, 2011,  
through March 31, 2012.

<sup>†</sup>The meters may be replaced by the vendor with newer models. This offer is available only to current Blue Cross and Blue Shield of Illinois members through March 31, 2012. Members who do not have a glucose meter or need a replacement can request one meter a year. If you prefer a different glucose meter, check your health plan's benefits. Generally, you can purchase one and submit a medical claim for durable medical equipment and be reimbursed according to your plan's benefits.