



It's All About Diabetes



Living with diabetes can be a challenge. But you can lower the risk of problems with diabetes. This can be done by keeping your blood sugar levels close to normal. Checking your blood sugar levels is important for managing diabetes. You can do this with a blood glucose meter.

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 do you want to email them to your provider's office?
- Interested in alternative site testing? There are meters that can test samples from a number of places on the body.

For more information about diabetes, go to bcbsnm.com/medicaid, log in to **Blue Access for MembersSM** and click the 'My Health' tab. To reach Member Services, call **1-866-689-1523 (TTY: 711)**.

Checking Your Blood Glucose

Check your blood glucose on a regular basis. Also, keep consistent records to get 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 health care provider. 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 provider or other members of your diabetes care team. The information in your log will let them know how you are doing. It will also help them answer your questions.

The blood glucose meters on the following page are covered under the Blue Cross Community Centennial health plan. These are available to members at no charge.

Choose Your Glucose Meter

You can choose one of the blood glucose meters below to help you manage your condition. The meters below are covered on the Blue Cross Community Centennial drug list (or formulary). If you would like to get a new machine, you may contact the company directly and request a meter at no charge to you or the health plan.

This offer is available through December 31, 2018.

Test strips for the meters below are on the Blue Cross Community Centennial drug list. Coverage and copayment levels for non-preferred brand test strips may vary depending on your plan.

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

CONTOUR® NEXT Blood Glucose Monitoring Systems

Choose from one of the two CONTOUR NEXT meters listed below. To order a CONTOUR NEXT meter to be shipped directly to you, call **800-401-8440** (TTY: **711**). Be sure to identify yourself as a BCBSNM member and mention ID code "BDC-NM." Or you can visit 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 ONE BLOOD GLUCOSE MONITORING SYSTEM

- Easy to use and most accurate meter yet¹*
- Receive immediate results on your Bluetooth®-connected smart phone or tablet
- Second-Chance® technology gives you 60 seconds to reapply blood to the same strip which may help prevent wasted strips

Download the CONTOUR® DIABETES app at no cost to get your results right on your smartphone or tablet.

- Seamlessly connects to your Android or iOS smartphone
- Electronic log book to keep all your data in one place
- Review easy-to-read, color-coded trends
- Easily share your info with your health care professional



Visit contournext.com for more detailed descriptions on these meters.

¹ Christiansen M et al. Accuracy and user performance evaluation of a new blood glucose monitoring system in development for use with CONTOUR@NEXT test strips. Poster presented at the 15th Annual Meeting of the Diabetes Technology Society (DTS); 22-24 October, 2015; Bethesda, Maryland, USA.

* Ad hoc analysis demonstrated 95% of results fell within ± 8.4 mg/dL or $\pm 8.4\%$ of the laboratory reference values for glucose concentrations < 100 mg/dL or ≥ 100 mg/dL, respectively, when tested via subject-obtained capillary fingertip results (patients).

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

If you are speech- or hearing-impaired, call 711 for TTY service.

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

The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Benefits, formulary, pharmacy network, and/or copayments/coinsurance are subject to change. Limitations, copayments, and restrictions may apply.

Such services are funded in part with the State of New Mexico.

Blue Cross and Blue Shield of New Mexico complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínizin: Díí saad bee yáńítł'go Diné Bizaad, saad bee áká'ánida'áwo'déé', t'áá jik'eh, éí ná hóíó, kóji' hódíilnih 1-855-710-6984 (TTY: 711).

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