



**BlueCross BlueShield of New Mexico**

*Experience. Wellness. Everywhere.®*

## It's All About Diabetes

Diabetes is a condition in which the body does not make or correctly use insulin. Insulin is a hormone needed to change sugar, starches and other food into energy necessary for daily life. 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. Therefore, 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 fairly consistent, true results. When choosing a meter, it often comes down to the details 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? 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 check results to a home computer, or be able to email 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, then you stick to the schedule and check at those times each day. Keep a blood glucose daily log book recording 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.

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

# Glucose Meters Are Available to You

Blue Cross and Blue Shield of New Mexico (BCBSNM) 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.

Currently, ACCU-CHEK® Aviva, ACCU-CHEK Compact Plus and Bayer's CONTOUR®<sup>™</sup> and BREEZE®<sup>™</sup> 2 blood glucose monitoring systems are available at the preferred copay level under BCBSNM benefit plans. Other meters and test strips<sup>†</sup> 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 BCBSNM member.

## Roche, the Makers of ACCU-CHEK Products

To order an ACCU-CHEK meter, call **1-877-436-9891**.

For more detailed descriptions, visit [accu-chek.com](http://accu-chek.com).

### ACCU-CHEK Aviva System<sup>1</sup>

- 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
- Accurate results in 5 seconds
- The only meter and strip combination manufactured in the U.S.A.\*\*
- Discovery tools included so that 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 that 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<sup>®</sup> 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 [bayercontour.com](http://bayercontour.com).

### CONTOUR blood glucose monitoring system

- No Coding<sup>™</sup> technology eliminates inaccurate results due to miscoding
- Trusted accuracy with features that reduce common sources of error<sup>1</sup>
  - Sip-in Sampling technology automatically draws the sample into the test chamber to help you test correctly
  - Underfill detection indicates if the sample size is too small, which helps prevent inaccurate readings
- Results in 5 seconds
- 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



<sup>1</sup>Harrison B, Leazenby C, Halldorsdottir S. Accuracy of the CONTOUR<sup>®</sup> blood glucose monitoring system. J Diabetes Sci Technology. 2011;5(4):1009-1013.

<sup>†</sup>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.

This offer is available  
through December 31, 2012.