Monitor your blood glucose level
By checking your blood glucose level, you know how well you are managing your diabetes. Use this information to help you maintain or improve your diabetes control.

Have a hemoglobin A1c (HbA1c) blood test
The HbA1c blood test gives you a longer-term picture of your diabetes control by measuring the amount of glucose attached to the protein in your red blood cells.

The greater the amount of glucose in your blood, the higher your HbA1c will be. If your HbA1c results are near the target set by your doctor, you are managing your diabetes. If your results are higher, you are at greater risk for developing diabetes complications. Every percentage point drop in HbA1c results – for example, from 8 percent to 7 percent – significantly lowers your risk of developing microvascular complications to your eyes, kidneys and nerves.

Generally, the HbA1c blood test is done every three to six months, depending on your diabetes treatment and level of control. Ask your doctor how often you need the HbA1c test, especially if you haven’t had one in the last year.

Test your blood glucose every day
You can easily and quickly check your blood glucose with a glucose meter, a small device that measures the glucose level with a drop of blood. Typically, you should check your glucose level at the same time each day.

The normal range of fasting blood glucose – taken each morning before eating or taking medications – is between 80 and 120 mg/dL.

Ask your doctor about the target range for you and how often you should test your blood. Then, keep a record of your results so you can see how well you are controlling your diabetes. Many glucose meters keep a record of your results.

Use your results to help manage your care
Your doctor can advise you about adjusting your diet and activities when your results are higher or lower than targeted. Learn to recognize how certain foods, activities, medicines and stress affect your blood glucose level. Eating too much food, feeling stressed or being sick can raise your blood glucose. Exercising can decrease your blood glucose level.

- If your blood glucose is occasionally too high or low, adjust your diet and activities on that particular day to get back to the target range.
- If your blood glucose is regularly outside of the target range, your meals, medications and exercise are not working together to control your diabetes. Call your doctor to discuss changing your diet, activities or medications.

Diabetes resources
Many resources are available to help you manage your diabetes:

- Ask your doctor for diabetes materials.
- Contact the American Diabetes Association at 800-232-3472 or www.diabetes.org.

Be informed about diabetes care!

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 contrary to the information contained in this flyer, follow the doctor’s advice. See your doctor if you are experiencing any diabetes symptoms or health problems.
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. Take control of your diabetes by regularly monitoring your blood glucose level and keeping it in or near the normal range. If you are newly diagnosed with diabetes or do not have a meter, you are especially encouraged to take advantage of this special offer.

To order a meter: Order a meter from either Abbott or Roche – a prescription is not needed. Review these meter descriptions† and ask your doctor which meter best suits your needs. Then, call the phone number listed by the meter descriptions. Identify yourself as a BCBSIL member and provide the group number on your ID card. You should receive the meter, instructions and a sample kit of supplies within three weeks.

FreeStyle® and Precision meters from Abbott
Call 866-224-8892 toll free to order one of these meters. For more detailed descriptions, please log on to www.abbottdiabetescare.com.

- **FreeStyle® Lite**: Very small blood sample size needed makes testing easier and more comfortable. Test in fingers, hands, arms and legs, with results in 5 seconds. Easy to read with strip port light and backlight display.

- **FreeStyle Freedom® Lite**: No coding means one less step. Large numeric display provides easy-to-read results in an average of 5 seconds. Very small blood sample needed makes testing easier and more comfortable.

- **Precision Xtra™**: Tests for blood glucose and blood ketones in one meter. Large, brightly lit display is easy to read. Results in 5 seconds.

ACCU-CHEK® meters from Roche
To order an ACCU-CHEK meter, call 888-355-4242 toll free. For more detailed descriptions, please log on to www.accu-chek.com.

- **ACCU-CHEK® Compact Plus®**: All-in-one convenient drum of 17 preloaded test strips. Bright, easy-to-read display. No coding with results in 5 seconds.

- **ACCU-CHEK® Aviva™**: Convenient “load-and-go” drum of six preloaded lancets for more comfortable testing. Test in fingers, palms, arms and legs, with results in 5 seconds.

†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 June 30, 2010. 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.