

HOW TO CHOOSE A BLOOD GLUCOSE METER

Consider all factors when selecting a meter such as:

- Accuracy
- Cost of meter and strips
- Amount of blood needed for each test
- How easy it is to use
- Pain associated with using the product
- Testing speed
- Overall size
- Ability to store test results in memory
- Likelihood of interferences
- Ability to transmit data to a computer
- Doctor's recommendation
- Technical support provided by the manufacturer
- Special features such as automatic timing
- Error codes
- Large display screen or spoken instructions or results.

Your physician or diabetes educator can help you select a meter. Realize that your insurance may require a certain brand for lowest co pay. If you have no insurance you may find out that you are paying as much as \$1 or more for just one strip. If you are testing your blood sugar 4 times a day this may amount to more than \$100 per month!

Tips on lowering the cost of strips

- Look for a discount card that might have been included with your meter. When you use this card you may save as much as \$35 for 50 strips.
- If the discount is not an option consider purchasing different meter. Start with your pharmacy. Ask the pharmacy about the meter they stock that uses the least expensive strips. Check out other pharmacies. You may find a meter that cost no more than \$20 that uses strips that cost less than 10 cents per strip!