Free OneTouch® Glucose Meter

All WellDyne prescription plan members are eligible to receive a **free** OneTouch® glucose meter.

To order a OneTouch® System at no charge:

Visit https://www.onetouch.orderpoints.com and enter order code number **739WDRX01**. Alternatively, you may call 1 (888) 883-7091 and provide order code number **739WDRX01**.

To take advantage of this offer:

Ask your healthcare provider to write a new prescription for either OneTouch Ultra Blue or OneTouch Verio Test Strips (select the appropriate strips for your new glucose meter).

Tracking Your Blood Sugar

Monitoring blood sugar levels is a critical component of any successful diabetes treatment plan. Optimize your health by tracking this important information.

Why should I check my blood sugar levels?

- To know with absolute certainty whether they are too high or too low. No guessing!
- To understand how diabetes medications affect your body.
- To appreciate how various factors, such as illness or diet, can affect blood sugar levels.

When should I check my blood sugar levels?

- Test your blood sugar before meals and snacks, before and after exercise, and approximately four to eight times per day, particularly if you have type 1 diabetes.
- Test two or more times a day if you have type 2 diabetes.

How do I check my blood sugar levels?

- After washing your hands, insert a test strip into your meter.
- Use a lancing device to extract a drop of blood from your fingertip.
- Touch and hold the edge of the test strip to the drop of blood and wait for the results. Your blood sugar level will appear on the meter's display.

For questions about your pharmacy benefits, visit our member portal at **www.WellDyne.com** and click "For Members." Or call Member Services at the number listed on your ID card.