



Diabetes Management Program

For members with BlueOptions® PPO

Blue Cross and Blue Shield of Oklahoma (BCBSOK) is dedicated to helping members with chronic conditions maintain a higher quality of life. You can save money on your out-of-pocket prescription drug costs by participating in a condition management program through Blue Care Connection®. If you (or a covered family member) are affected by diabetes, you can help improve your health and save money on prescription drug copayments by participating in a Condition Management Program.



How does it work?

- Enroll in the Condition Management Program for diabetes by calling 866-670-6681.
- They primarily help members:
 - Take medications properly
 - Get recommended preventive health screenings and services
 - Understand how to manage their condition
 - Prevent unnecessary emergency room visits
- A Blue Care® Advisor (registered nurses and other health care professionals) will work with you and your physician to help identify the best way to manage diabetes more effectively. Advisors will make regularly scheduled telephone calls to promote healthy behaviors, self-care techniques, preventive care and appropriate treatment.

What are the benefits?

- Reduced costs of diabetes and hypertension prescription drugs and over-the-counter drugs and supplies, such as blood glucose testing strips, lancets and syringes
- Reduced retail pharmacy and mail order copayments

	RETAIL PHARMACY (30-DAY SUPPLY)		MAIL ORDER (90-DAY SUPPLY)	
	Regular Copayments	Reduced Copayments	Regular Copayments	Reduced Copayments
Generic	\$4.00	\$4.00	\$10.00	\$8.00
Preferred Brand Name	\$50.00	\$10.00	\$125.00	\$20.00
Non-Preferred Brand Name	\$100.00	\$100.00	\$250.00	\$250.00

This is a voluntary program that offers reduced costs to enrolled members. To enroll in the Diabetes Management Program, please call 866-670-6681.

bcbsok.com

[Order a glucose meter >>>](#)



Glucose Meters Are Available to You

Blue Cross and Blue Shield of Oklahoma (BCBSOK) is offering you a 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[™] and BREEZE[™] 2 blood glucose monitoring systems are available at the preferred copay level under BCBSOK benefit plans. Other meters and test strips[†] 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 BCBSOK member.

Roche, the Makers of ACCU-CHEK Products

To order an ACCU-CHEK meter, call **877-436-9864**.

For more detailed descriptions, visit accu-check.com.

ACCU-CHEK Aviva System 1

- 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
- Fast, 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[®] 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 **877-229-3777**.

For more detailed descriptions, visit simplewins.com.

CONTOUR blood glucose monitoring system

- No Coding[™] technology eliminates inaccurate results due to miscoding
- 5-second test time
- Tiny sample size (0.6 microliter)
- Pre- and post-meal markers allow tests from before and after meals to be saved



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



[†]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.