



Your Plan for Life.™

[www.BCBSRI.com](http://www.BCBSRI.com)

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4/06 MM-2065 • 8718BR

## *Glucose Meter Training and Trade-In Program*



Your Plan for Life.™

## Monitoring Your Blood Sugar Protects Your Health

If you have diabetes, many factors can affect your blood sugar (glucose): what you eat, when you eat, medication and dosage schedules, stress, illness, exercise, physical activity, and travel. Since your body can no longer check and adjust blood glucose levels on its own, it becomes your job.

When your blood sugar is within the target ranges recommended by your doctor, you reduce your risk of diabetes complications, such as eye disease, cardiovascular disease, kidney disease, or nerve damage. To help ensure that you have an accurate and reliable glucose meter, Blue Cross & Blue Shield of Rhode Island (BCBSRI), along with LifeScan, Inc. and Vanguard Home Medical Equipment, is sponsoring the Glucose Meter Training and Trade-in Program.

### Who is eligible to participate in this program?

Anyone with diabetes, regardless of their health coverage, can receive a new glucose meter if their present meter is:

- broken
- more than three years old
- was not manufactured by LifeScan

When you attend the program, you need to bring your old meter or a note from your doctor, stating that you need a new meter.

### What will I learn during the program?

Certified diabetes educators and dietitians will teach you how to use your new glucose meter and interpret the results. You'll also receive instructional materials to take home. These materials will help you learn about the link between blood sugar levels and food intake, mood, and exercise. You'll also learn about important tests and exams you need to keep current.

### What if I cannot attend any of the program sessions?

As a BCBSRI member, you are eligible to receive the resources offered through the Glucose Meter Training and Trade-in Program whether you attend the program sessions or not. Simply call Vanguard Home Medical Equipment at (401) 468-1300 or 1-800-696-3000 to request your new meter and guide.

**Please note:** You must mention this program when you call in order to be eligible to participate in the free meter exchange program.

## 2006 GLUCOSE METER TRAINING AND TRADE-IN PROGRAM SCHEDULE



In order to accommodate our members, we have set up programs at various locations throughout Rhode Island:

DATE	LOCATION
<b>Friday, June 9</b> 9:00 a.m. – 12:00 p.m.	<b>Vanguard Home Medical Equipment</b> 155 Jefferson Boulevard Warwick, Rhode Island
<b>Friday, July 14</b> 9:00 a.m. – 12:00 p.m.	<b>Newport Public Library</b> 300 Spring Street Newport, Rhode Island
<b>Monday, September 18</b> 4:00 p.m. – 7:00 p.m.	<b>Pawtucket YMCA</b> 20 Summer Street Pawtucket, Rhode Island
<b>Monday, October 16</b> 4:00 p.m. – 7:00 p.m.	<b>South County YMCA</b> 165 Broad Rock Road Peace Dale, Rhode Island
<b>Saturday, November 4</b> 9:00 a.m. – 12:00 p.m.	<b>Warwick Public Library</b> 600 Sandy Lane Warwick, Rhode Island

*If you have questions about our Glucose Meter Training and Trade-in Program, please call our diabetes helpline at (401) 459-5683 or 1-888-725-8500. For more information on diabetes or other disease management programs, please visit [BCBSRI.com](http://BCBSRI.com).*

