



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

NEW FILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- **Do you have any questions or concerns about your diabetes?**
- Have you met with a diabetes educator?
- **Have you been trained on using your blood glucose meter?**
- What are the diabetes management goals you and your physician discussed (set)?
- What are your daily testing goals (frequency)?

Testing Guidelines (General)

- In addition to taking your medications correctly and eating well, regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- **Blood glucose monitoring can help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor or pharmacist know when therapy needs to be adjusted.
- **Paired Testing – a test before a meal (or activity) and 2 hours after the same meal (or activity) – shows you what the meal/activity does to your blood sugar.**
- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Setting up a testing routine – based upon your physician's testing regimen – helps you stay on track and provides a good snapshot of your level of control.
- In addition to checking your blood sugar on your set schedule, you should also check your blood sugar whenever you feel like your blood sugar is too high or low because it can tell you if you need to have a carbohydrate snack or if you need medical attention.

Individual Testing Recommendations

- *Review their physician testing recommendation.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you get started in understanding the essentials of blood glucose monitoring.

Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes patient to help start the dialogue. You can ask as few or many questions as you would like.

If you have limited time, you may want to just focus on the highlighted information.

Based upon the direction your engagement question takes you, select diabetes management info from this section to help inform your diabetes patient on the importance of blood glucose management.

If there is limited time, you can keep it simple by using just the highlighted information.

It's important that your diabetes patient understands why their diabetes healthcare professional is recommending the testing regimen and what the numbers mean.

What should the customer be looking for and when?

For a newly diagnosed diabetes patient, the CONTOUR[®]NEXT EZ meter is a very good choice because of its ease-of-use and high accuracy.

Additionally, the CONTOUR[®]NEXT EZ meter provides both meal-markers and audible reminders, to help your patient get actionable information.



Only the CONTOUR[®]NEXT portfolio of meters offer both meal-markers and audible reminders.



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

REFILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- **How long have you had diabetes? (How long have you been on this medication?)**
- **How are you doing managing your diabetes? How are your numbers?**
- Do you have any questions or concerns?
- How are you tolerating your medication?
- Do you think it's working?
- Is there anything you would like to discuss regarding your diabetes management?
- What are the management goals you and your physician discussed (set)?
- When was the last time you reviewed your goals with your physician?
- Do you feel you are in control of your diabetes?
- Are you testing as often as you would like? If not – Why?
- What helps you manage your diabetes the most?
- **What stops your from managing effectively – any problems or obstacles?**

Testing Guidelines (General)

- **BG monitoring is supposed to help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor know when therapy needs to be adjusted.
- **Paired Testing – a test before a meal (or activity) and 2 hours after the meal (or activity) – shows you what the meal/activity does to your blood sugar.**
- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Do you have a routine testing schedule?
 - What is your current testing regimen?
 - How many times per day?
 - What times of day?

Individual Testing Recommendations

- *Review their physician testing recommendation, or*
- *Help patient set up a testing routine they can easily follow.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you take control of your diabetes.

Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes patient to help start the dialogue. You can ask as few or as many questions as you would like.

If you have limited time, you may want to just focus on the highlighted information.

Based upon the direction your engagement question takes you, select diabetes management info from this section to help inform your diabetes patient on the importance of blood glucose management.

If there is limited time, you can keep it simple by using just the highlighted information.

It's important that your diabetes patient understands why their diabetes healthcare professional is recommending the testing regimen and what the numbers mean.

What should the customer be looking for and when?

Help your patients get actionable information from their BG meter:

The CONTOUR[®]NEXT and CONTOUR[®]NEXT USB meters have an AUTOLOG feature that automatically prompts the patient to mark their BG result. Patients can add a note to their BG result – such as before or after exercise.

Additionally, patients can set an audible reminder to remind them to test afterwards.



Only the CONTOUR[®]NEXT portfolio of meters offer both meal-markers and audible reminders.



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

NEW FILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- **Do you have any questions or concerns about your diabetes?**
- Have you met with a diabetes educator?
- **Have you been trained on using your blood glucose meter?**
- What are the diabetes management goals you and your physician discussed (set)?
- What are your daily testing goals (frequency)?

Testing Guidelines (General)

- In addition to taking your medications correctly and eating well, regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- **Blood glucose monitoring can help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor or pharmacist know when therapy needs to be adjusted.
- **Paired Testing – a test before a meal (or activity) and 2 hours after the same meal (or activity) – shows you what the meal/activity does to your blood sugar.**
- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Setting up a testing routine – based upon your physician's testing regimen – helps you stay on track and provides a good snapshot of your level of control.
- In addition to checking your blood sugar on your set schedule, you should also check your blood sugar whenever you feel like your blood sugar is too high or low because it can tell you if you need to have a carbohydrate snack or if you need medical attention.

Individual Testing Recommendations

- *Review their physician testing recommendation.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you get started in understanding the essentials of blood glucose monitoring.



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

REFILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- How long have you had diabetes? (How long have you been on this medication?)
- **How are you doing managing your diabetes? How are your numbers?**
- Do you have any questions or concerns?
- How are you tolerating your medication?
- Do you think it's working?
- **Is there anything you would like to discuss regarding your diabetes management?**
- What are the management goals you and your physician discussed (set)?
- When was the last time you reviewed your goals with your physician?
- Do you feel you are in control of your diabetes?
- How often do you test each day?
- Are you testing as often as you would like? If not – Why?
- What helps you manage your diabetes the most?
- **What stops your from managing effectively – any problems or obstacles?**

Testing Guidelines (General)

- **Blood glucose monitoring is supposed to help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor know when therapy needs to be adjusted.
- **Paired Testing – a test before a meal (or activity) and 2 hours after the meal (or activity) – shows you what the meal/activity does to your blood sugar.**
- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Do you have a routine testing schedule?
 - What is your current testing regimen?
 - How many times per day?
 - What times of day?

Individual Testing Recommendations

- *Review their physician testing recommendation, or*
- *Help patient set up a testing routine they can easily follow.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you take control of your diabetes.