



PROHEALTHY

Education for our patients and families

Diabetes Tips for Older Adults

Buying a Blood Sugar Meter

- Most insurance companies will cover the cost of a meter to test your blood sugar. You will need a prescription from your doctor or nurse.
- Medicare covers 80% of the cost of a meter, test strips, and lancets. You need a prescription that includes:
 - The diagnosis code (your doctor or nurse has this)
 - How often you check your blood sugar
 - How many test strips and lancets you need for one month
- Be cautious with suppliers that mail diabetes testing supplies to your home.
- For more information, go to www.medicare.gov and search for publication ID 11022. This is a free booklet entitled “Medicare Coverage of Diabetes Supplies & Services”.

Things to look for when buying a meter:

- Is the screen large enough so I can read it?
- Do I need a meter that talks to me?
- Do I need special features that track my food and exercise intake?
- Ask your diabetes educator for help picking out a meter.

Other Helpful Tips:

- Check your feet everyday. Call your healthcare provider immediately about any sores, cuts, or cracks.
- Eat your meals and take your medicine for diabetes at about the same time every day.
- Eat fresh fruit more often than cookies, cakes, or pies for dessert.
- Try to drink 8 glasses of water or calorie-free beverages each day.
- Try to be physically active 6 days a week.
- ProHealth Care’s Diabetes Center offers diabetes education. Call (262) 928-4695 for more information.

For more information contact:
The Diabetes Center: 262-928-4695



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*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.
This educational material was developed by a team of experts from throughout ProHealth Care.*

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