

All WellDyneRx prescription plan members are eligible to receive a **free OneTouch<sup>®</sup> glucose meter.**

**To order a OneTouch<sup>®</sup> System at no charge:**

Visit [www.OneTouch.orderpoints.com](http://www.OneTouch.orderpoints.com) and enter order code number **739WDRX01**.

Alternatively, you may call 1-888-883-7091 and provide order code number **739WDRX01**.

You may also be eligible to receive OneTouch Ultra Blue and OneTouch Verio Test Strips at a lower copay through WellDyneRx Prescription Delivery Service.

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).
- Mail your prescription to WellDyneRx at the following address to obtain a 90 day supply of test strips to **WellDyneRx, P.O. Box 90369, Lakeland, FL 33804**

If you have not used WellDyneRx Prescription Delivery Service previously, you will need to register online at [www.WellDyneRx.com](http://www.WellDyneRx.com) (click the "Members" link).

Or you may take your prescription to a participating retail pharmacy to obtain a 30 day supply of test strips.

**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 4 to 8 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.