

choosing your **blood glucose meter**

Accuracy. It's important for you to know that the meters are not as precise as the results of blood tests taken at the lab. Your meter will likely measure your blood glucose within 20 percent of your usual lab test numbers. This is considered the acceptable range.

Alternate site testing. If you want to get blood from a site other than your fingers, make sure the meter you buy is approved for what's called alternate site testing.

Ease of use. Take the meter for a "test drive" to make sure you feel comfortable using it. Your Walgreens pharmacist or your diabetes educator can help you do this. Some

meters are more difficult to handle than others. Also, see if you can read the results from the machine easily. The screens on some meters are larger than others.

Portability. If you carry your meter with you, make sure it is small and portable. Most meters come with a carrying case in which there is room for your testing supplies.

Speed. If you check your blood glucose several times a day, you may want a quick test.

Results upload. Most meters allow you to upload results to your computer and analyze them electronically. This feature can help you and your health care provider make more sense of your blood glucose numbers.

METERS AVAILABLE AT WALGREENS

Meter Box	Meter	Memory	Test Time	Sample Size (µL)*	Features and Comments
		500 tests, 7-, 14- & 30-day avg.	As fast as 4 sec. Very	Small 0.5 µL	Advanced performance, no-coding system for easy, accurate testing. Strip release button eliminates handling of strips. Lifetime meter warranty. Data uploading capability. Alternate site testing. Ketone testing reminders.
Walgreens TRUEresult					
		99 tests	As fast as 4 sec. Very	Small 0.5 µL	World's smallest meter. Meter easily attaches to the top of a vial of TRUEtest strips for true on-the-go convenience. No coding simplifies testing. Comes in Red, Purple or Blue.
Walgreens TRUE2go					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.6 µL	Easy to handle and use, with two simple steps. Large, wide test strip fills quickly and easily. Over 150 quality checks to detect and prevent unreliable results. Alternate site testing.
Accu-Chek Aviva					
		480 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.6 µL	Easy and accurate testing starts here. Large, easy-to-read display. Fast 5-second test time. No Coding™ technology eliminates inaccurate results due to miscoding.
Bayer Contour					
		400 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.3 µL	Small, compact meter with backlight display and test strip port light. No coding. Very small sample size. Use with FreeStyle Lite® Blood glucose test strips with ZipWik™ tabs for easier application and fast uptake.
FreeStyle Lite					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Small 1 µL	Helps you see if your food and portion choices are working so you stay in range. Two-way scrolling buttons and a backlight make it easy to read and operate. Download ports for data management. Alternate site testing.
OneTouch Ultra2					

* µL = microliters