



Take control

Simple ways to manage your diabetes





Take care of you

Check your blood sugar levels

If you have diabetes, it's best to check your blood sugar levels regularly. You may save money if you use a test strip that is preferred under your pharmacy plan. Plus, you may be eligible for one no-cost blood glucose monitor every 365 days.*

Make it easier with a monitor

Here's how you can get one:

1. To find out which test strips are preferred under your pharmacy plan, and how to order a monitor, call **1-844-286-2174 (TTY: 711)**.
2. Talk with your health care provider to be sure which monitor and test strips are right for you.
3. Ask for a prescription for the test strips.

Easily ask for more test strips

To get a prescription for more test strips, just ask your doctor. Then, choose to do any of the following:

- Get a 30-day supply at a network retail pharmacy.
- Get up to a 90-day supply using your home delivery pharmacy.**
- Use a durable medical equipment (DME) supplier in the Aetna® network.***

To find a network pharmacy or supplier, log in at **aetna.com**. Or call the number on your member ID card.

*Blood glucose monitors are provided by the manufacturer. Choice of monitors is subject to change.

**Check your plan for details. Not all pharmacy plans offer mail-order delivery. Under some plans, retail pharmacies can dispense up to 90-day supplies, but there may be limitations.

***There may be limitations. Not all medical plans offer a DME benefit. Check the materials that come with your plan for details.

Managing your diabetes may be easier than you think.

To find out how you may save on testing supplies, call

1-844-286-2174 (TTY: 711).

Aetna Pharmacy Management administers but does not offer, insure or otherwise underwrite the prescription drug benefits portion of your health plan and has no financial responsibility therefor. See coverage policy documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. The information in this flyer applies to both Aetna commercial and joint venture plans.

