**Blood Glucose Monitoring Strips – Changes for people with diabetes not on insulin**

People with type 2 diabetes who do not need insulin injections are about to see a big change in the way they can buy blood glucose monitoring (BGM) strips for their blood glucose monitor in Australia.

The Commonwealth Government, from 1st July 2016, want to make sure blood glucose monitoring (BGM) is used to give you the best results for the cost of the strips.

**People with diabetes not treated with insulin will see the following changes:**

1. From 1st July 2016, you can get your BGM strips from the NDSS like you have in the past.
2. Then 6 months after your first purchase of BGM strips after 1st July, you will need to see your diabetes educator, doctor or nurse practitioner for a diabetes check-up. They will see if you are eligible to continue to get blood glucose monitoring strips for the next 6 months.
3. To be **eligible for ongoing BGM strips** you will need to have one or more of the following issues:

* An illness that may affect blood glucose control
* Be taking a medicine that may affect blood glucose control e.g. steroid or anti-psychotic
* Your diabetes is not under control
* There is a clinical need for you to monitor your blood glucose levels e.g. before or after surgery / investigation / procedure, wound management etc.
* Your diabetes management has changed within the previous three (3) months.

1. If you have one or more of these issues, your diabetes educator or doctor will be able to sign the form you will need so you can purchase another 6 months of BGM strips through the NDSS.
2. If your diabetes numbers are on target for good health and you do not have any of the other issues in point 3 above, you will not be able to get BGM strips from the NDSS.
3. This will give you a break from your BGM. Your doctor will continue to check your long term blood test (HbA1c) to keep an eye on things.
4. Whenever you fit one of the points in 3 above, then your diabetes educator or doctor can sign the form for you to get another 6-month supply of BGM strips.
5. You will **only** be able to get your BGM strips and other NDSS supplies from NDSS pharmacy outlets. Diabetes South Australia will no longer be an outlet supplies won’t be posted anymore.
6. BGM strips will be taken off the Pharmaceutical Benefits Scheme on 1st July 2016. This means you can’t buy the strips using a prescription – they will only be available on the NDSS.
7. The only other way to buy strips will be at the pharmacy but this would be as a full-price purchase. This is quite a costly exercise so check the cost with your pharmacist.

**Make an appointment with diabetes educator Jayne Lehmann to discuss your BGM needs. Jayne will show you how to make your bottle/packet of strips last longer but still provide quality BGM results. As a Credentialled Diabetes Educator, Jayne is authorised to approve BGM strips under the NDSS for people with type 2 diabetes according to clinical need.**