



First Nations Health Authority  
Health through wellness

# Blood Glucose Testing Strips



## Have you or a loved one been recently diagnosed with diabetes?

You may have been told by your care provider to start checking your blood sugar. Information about your blood sugar can help guide your health and wellness decisions. For most people with type 2 diabetes, occasional checking is usually enough. More frequent checking may be needed if you are taking certain medications (such as insulin) to manage your diabetes. Talk to your healthcare provider about your diabetes treatment and how often you should check your blood sugar.

## Learning about your diabetes is important.

Exercise, food, stress, medications, and illness can all affect your blood sugar. Checking your blood sugar can help you make decisions that keep you at a balanced sugar level. Maintaining balanced blood sugar levels is important for your wellness as it helps prevent complications of low blood sugar and protects your heart, eyes, kidneys, feet and blood vessels from damage related to consistently high blood sugar.

*Did you know?  
Blood glucose test strips are covered by First Nations Health Benefits.*



*Did you know?  
If you are using insulin to manage your diabetes, you may be eligible for a continuous or flash glucose monitor (such as the DexCom G6®, DexComG7® or FreeStyle Libre 2®) Talk to your prescriber about this option.*

## Frequently Asked Questions

### How do I activate coverage for test strips?

You or your healthcare provider can activate lifetime coverage for test strips by calling First Nations Health Benefits (FNHB) at 1-855-550-5454. Additionally, test strips coverage can be activated after attending an education session at designated Diabetes Education Centre.

### How many test strips am I eligible per year?

The number of test strips you are covered for is based on the diabetes treatment you are receiving. In the event of an exceptional circumstance where you need additional test strips, your prescriber may be able to request approval through the Special Authority process.

### Do I have to buy my own glucose monitor?

No, you do not have to buy your own glucose monitor. Monitors are free when you receive test strips.

### What other products are available to support blood glucose checking?

In addition to test strips and glucose monitors, you will also find lancets, sharps containers, alcohol swabs, and ketone strips at your local pharmacy. Talk to your pharmacist to access coverage for these products.



For more information about the items covered by your drug plan, contact your local pharmacy or speak with a First Nations Health Benefits pharmacy assessor at 1-855-550-5454. For more information about Health Benefits coverage of diabetes medications and supplies, scan the QR code above.