

# “The Point”

## ZSFG Diabetes Newsletter - February 2018

*Making diabetes care easier, better, less frustrating and more fun since 2008*



### TOPICS:

#### Focus on meters and more!

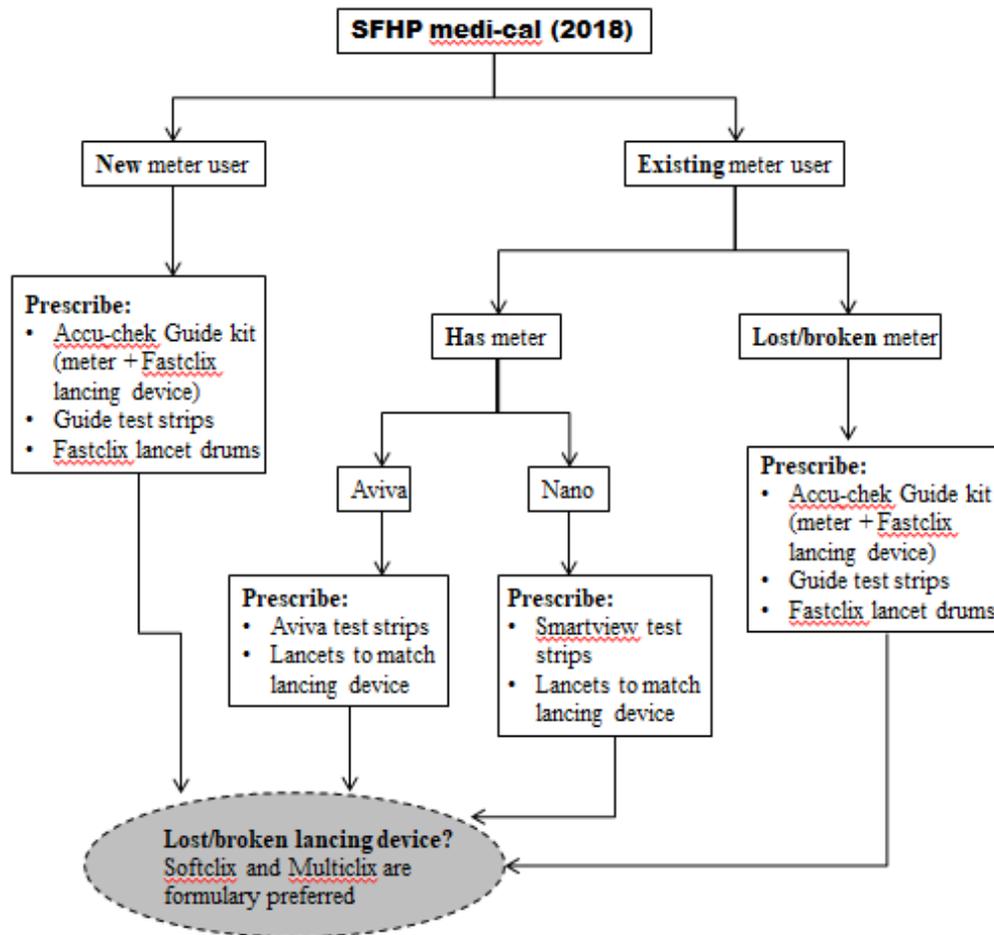
- SFHP Medi-Cal changes preferred meter
- Selecting a lancing device
- Tips on data management
- Tips for eCW users

#### Accu-chek Guide meter is now preferred by SFHP Medi-Cal

As of January 1, 2018, SFHP Medi-Cal’s formulary (including Healthy Worker) prefers the **Accu-chek Guide meter** and the associated **Guide test strips**. New Accu-chek Guide **kits** will ship with a Guide meter and FastClix lancing device in the box. **FastClix lancet drums** are on formulary and must be prescribed separately. (Note: the FastClix lancing device itself is not currently formulary, so if the device is lost or broken, the patient will need to change to the Softclix or Multiclix lancing device or call Roche customer service at 1-800-858-8072 to request a replacement).

For **existing users** of the Accu-chek Aviva or Nano meters, SFHP Medi-Cal will continue supplying the Aviva and Smartview test strips respectively, but not the meters. If the Aviva or Nano meter is lost/broken, patients will have to change to the new Guide meter. **New users** should be started on the Guide meter.

Confusing, right? To help make sense of the changes, we’ve put together this flowchart.



Remember: **Healthy San Francisco** continues to cover the Accu-chek Aviva meter + Aviva test strips + Softclix lancing device + Softclix lancets.

A few other tips:

- Multiclix and FastClix lancets drums contain 6 preloaded lancets and the whole drum is inserted into the lancing device. This reduces the chance of accidental needlesticks. For prescriptions, there are 102 lancets/box (6 lancets/drum, 17 drums/box).
- The new Guide test strip accepts a drop of blood anywhere on the end of the test strip, potentially making it easier for some patients when applying the blood sample.
- The new Guide test strips vial ejects 1 test strip at a time, potentially making it easier to remove a test strip.

## Selecting a lancing device

	<b>Pros</b>	<b>Cons</b>
<b>Softclix lancing device</b> 	Most familiar to staff and patients Device and Softclix lancets are covered by SFHP Medi-Cal/Healthy Worker and HSF	Must load individual lancets Potential for needlestick when removing lancet Takes 2 separate steps to do the fingerstick
<b>Multiclix lancing device</b> 	Lancet drums contain 6 preloaded lancets so no chance of needlestick injury Device and Multiclix lancet drums are covered by SFHP Medi-Cal/Healthy Worker	Takes 2 separate steps to do the fingerstick Requires twisting action (not intuitive) to advance to the next lancet Manufacturer has discontinued this product but supply is still available
<b>FastClix lancing device</b> 	Lancet drums contain 6 preloaded lancets so no chance of needlestick injury Takes only 1 step to do the fingerstick Takes only 1 step to advance to the next lancet FastClix lancet drums are covered by SFHP Medi-Cal/Healthy Worker	Lancing device not covered by SFHP Medi-Cal/Healthy Worker but it is shipped with the new Guide kit

## Data management for the new Accu-chek Guide meter

Just like the Accu-chek Aviva and Nano meters, the Accu-chek Guide meter still allows you to see 7, 14, 30 day averages as well as individual blood glucoses with a time/date stamp. There are a few additional features that may be handy for some patients:

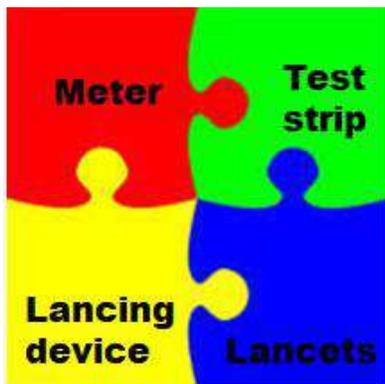
- At the point of the blood sugar check, before removing the test strip, the patient will see an option to “Add comment”, for example, to save the blood sugar as **pre-meal** or **post-meal**. Since pre-meal and post-meal blood sugar targets are different and would be evaluated differently, it’s important to know when your patient is checking his/her blood sugars. (The Aviva and Nano meters have a similar function, but use icons--whole apple vs. apple core--and the patient is not prompted to do this.)

- For patients with a smartphone (Android or iOS), the free Connect app wirelessly syncs to the Guide meter. Health care providers have an additional option to pre-set insulin:carb ratios, correction factors, or fixed dose boluses for meals so that patients can receive **bolus advice** through the app. Bolus advice removes the burden of doing complicated math calculations and would be most useful for patients on basal-bolus insulin regimens. Bolus advice can only be set-up with a HCP activation code.
- To download Accu-chek Guide, Aviva and Nano meters and view blood sugar data as a 24-hr trend, averages and logbook entries, clinics can create a **free, secure, online account** at: <https://www.accu-chek.com/data-management/connect-online-portal>. Otherwise, it's still possible to scroll through the memory manually.

For more questions about advanced functions, please contact Charlotte ("Mimi") Kuo at [charlotte.kuo@sfdph.org](mailto:charlotte.kuo@sfdph.org) or go to <https://www.accu-chek.com/meters/guide-meter>

### Tips for eCW users

If you're still reading, congratulations! Getting the prescription right the first time will reduce frustration for your patient as well as clinic staff. **Make sure you order the correct meter + test strips + lancing device + lancets for your patient's insurance.** The Diabetes OS in eCW now includes the Accu-chek Guide meter, Guide test strips, Multiclix lancet drums along with all the previously covered meters and testing supplies. These items can also be free texted and searched under **+Add** function.



## Diabetes Resource Website:

<http://in-sfghweb01/DMresource/DiabetesMain.htm>

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