

The Newfoundland and Labrador Prescription Drug Program (NLPDP) has a new Blood Glucose Test Strip Policy starting on July 1, 2016.

If you manage your diabetes through the use of **a short acting insulin you will not be affected by these changes.**

Research relating to the use of Blood Glucose Test Strips shows that many patients with Type 2 diabetes can test blood sugar less often while continuing their diabetes control.

Please see Testing for a Reason. This information will help people with Type 2 diabetes understand when testing is needed most.

The number of test strips you will be able to access per year (without special authorization) under the new policy is as follows:

- A maximum of 700 test strips per year if you are receiving long acting insulin (with or without non-insulin diabetes medications and NOT using short acting insulin).
- A maximum of 100 test strips per year if you are receiving only non-insulin diabetes medications, and
- A maximum of 50 test strips per year if you are receiving no insulin or other diabetes medications.

It is important to discuss your testing routine with your healthcare provider. Access to additional test strips may be requested by your healthcare provider if your medical situation requires it.

If you have any questions regarding this matter, please call (709) 729-6507 or toll free 1-888-222-0533.