

# Meet Lance.™

He was just diagnosed with diabetes...



People with diabetes are at higher risk of serious health complications.<sup>1</sup>

Blood glucose monitoring is a critical part of every diabetes management plan.

When testing blood glucose levels, it is important to get a proper blood sample. Lance's healthcare team gave some useful tips for reducing the discomfort of pricking his finger.



Brought to you by Trividia Health, Inc., the makers of the TRUE brand.

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. NICO-3886 © 01/18 Trividia Health, Inc. Meet Lance and TRUEplus are trademarks of Trividia Health, Inc.



MANUFACTURER'S COUPON

EXPIRES 12/31/2018

## 50¢ OFF

Health Mart® TRUEdraw® Lancing Device or TRUEplus® Lancets, 100 ct. (any gauge)



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## Helpful Testing Tips


When testing, it is important to get a proper blood sample. Lance's healthcare team gave some useful tips for reducing the discomfort of pricking his finger.

### Tip 1




Read instructions. Learn how to properly use a lancing device.

### Tip 2



Adjust depth setting on the lancing device to comfortably get a usable sample on first try.

### Tip 3



Use a new lancet every test to prevent infection and reduce discomfort.




Old lancets become dull, making fingers sore.  
Use a new lancet every test.

## Types Of Lancets

Lancets come in different gauges (diameters) and with various tip designs and angles to make getting a blood sample more comfortable.


### Lancets



Single-use lancets are made for one use and should be disposed of in a sharps container according to local regulations.

**Tip:** Look for lancets that have a universal fit with most lancing devices.

### Safety Lancets



Safety lancets are spring-loaded and auto-retract, and are meant for single-use. Healthcare professionals usually use safety lancets to reduce the risk of infection between patients.

**Tip:** Safety lancets are also convenient for travel.