

Diabetes Wellness

Improving Outcomes ... Creating Savings



1. Enroll on-line with 4G Biometrics.
2. You will receive a new glucometer which uploads your blood sugars to a desktop application. You will no longer have to keep a handwritten logbook of your daily blood sugars. This new e-logbook records the date and time of your test, along with activities such as meals, snacks or exercise.
3. If you choose to fully participate in the wellness program you may also register for our online service, which uploads your blood glucose readings to the 4G Biometrics Diabetes Wellness. The 4G Biometrics program also allows you to keep your family members or your physicians up-to-date on how you're doing in managing your diabetes.
4. Your blood sugars will be monitored on a daily basis and if your readings are dangerously high or low; you, your family members, or caregivers, including physicians, you may be contacted by phone, email, instant messaging, or text message; whichever method you select.
5. Managed Care nurses are also available to assist you in bringing your dangerous blood sugar levels back into a more normal range.
6. A secure web site is available for you, which will allow you to review your blood glucose levels as often as you wish. You may also track your testing frequency along with your check-ups and exams.
7. You can also create and monitor your diabetes management plan, which you may share with your family members and physicians, if you wish to add them. This allows you to share your progress with those who care most about you.