



## Over 50 Percent of People With Diabetes Struggle to Pay for Supplies *Putting their Health in Jeopardy*

WESTPORT, Conn., Nov. 23, 2010 — The American economy is struggling— and people living with [diabetes](#) are feeling the brunt of the rising prices of medical supplies and doctor visit co-pays. In a recent poll by dLife.com, more than 400 people living with diabetes revealed they struggle when it comes to paying for [diabetic supplies](#).

Forty-nine percent said they had been able to make ends meet between health insurance and personal income. But said that the stress, especially during certain months of the year, was overwhelming.

Over 30 percent reported having to cut back on prescription drugs, supplies, and medical care to survive and 16 percent claimed they took assistance from community or government programs that subsidize medical care and supplies.

Diabetes can be an expensive disease to manage, especially if you have inadequate health insurance. And even though it's tempting to skimp on buying test strips, testing less frequently is not a good way to economize. Here's how to make your healthcare dollars stretch a little further:

- Shop around for meters. Virtually every [blood glucose monitor](#) manufacturer offers rebates for a free or significantly discounted meter.
- Ask for samples from your doctor or CDE.
- Buy in bulk, shop warehouse stores for better prices whenever possible. If you're shopping regular stores, stock up during sales.
- Sign up for diabetes programs at your pharmacy. Most major chains offer rewards, points, or coupons on diabetes products.
- Don't pass up the chance to visit a healthcare fair or a diabetes expo if one comes to your town. You'll find plenty of product freebies and rebates.
- Ask your employer if they offer a cafeteria plan (also called a [flexible spending account](#), or FSA) to pay for supplies with pre-tax dollars.
- Go generic. In some cases, lower-cost generic or store brand test strips may be an option. You can also talk to your doctor about generic options for your prescription drugs.

For more information and tips on stretching your diabetes dollars go to [dLife.com](#). To set up an interview with one of our diabetes educators or experts, contact Mary Anglade at [anglade@dlife.com](mailto:anglade@dlife.com) or (203) 221-3443.

### **About dLife — For Your Diabetes Life**

dLife is the number-one diabetes community network with over 1.2 million registered members. By providing information, inspiration, and connection to people with diabetes and those who care for them, dLife uniquely engages this growing population in positive and proactive self-care. Its award-winning media outlets include: dLife.com, the leading online destination for diabetes consumers and caregivers, attracting over one million unique visitors each month and featuring the widest and

deepest variety of diabetes content resources anywhere; *dLifeTV*, the only lifestyle TV series for people with diabetes, airing every Sunday on CNBC (7 PM ET/ 4 PM PT); and other consumer and professional programs designed to promote active diabetes self-management for better health outcomes.