



BLMK preferred blood and ketone meters.

- **Category 1a & 1b** - Meters and strips which are suitable for most people with type 1 and ketosis prone type 2 diabetes. Most people with T1DM (especially if at risk of DKA) will need a meter with a ketone testing functionality even if using a CGM device. Also included in this category are those who may have received structured education on additional functionality such as carbohydrate counting **or require voice/speaking enabled meters.**
- **Category 2** - Meters and strips which are suitable for most people with Type 2 diabetes (~ 90% of eligible T2DM patients will be suitable for these meters)
- **Category 3** - Meters and strips which are suitable for people with Type 2 diabetes that **require a blood glucose testing meter** with additional functionality.

| Group | Meter | Strips: Cost per pack | Lancets | Cost per pack | Customer Support and meter recycling information |
|-------|------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 4Sure Smart Duo | 4SURE test strips £7.99 /50 strips 4SURE B-ketone test strips £9.92 /10 strips | 4SURE (0.32mm/30G & 0.195mm/33G) | £2.90/ 100 | Tel: 0800 08 588 08 (free of charge) Email: diagnostics-uk@nipro-group.com Meters can be sent back for recycling - contact Customer care. |
| | Care Sens Dual | CareSens PRO Test Strips £9.95 /50 strips KetoSens Test Strips £9.95 /10 strips(ketones) | CareSens (0.36mm/28G & 0.31mm/30G) | £2.95/ 100 | Tel: 0800 881 5423 Email: cs@spirit-healthcare.co.uk Recycling programme for used meters available-contact customer care. |
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| 2 | Finetest Lite Finetest Lite Smart | Finetest Lite Test Strips £5.15 /50 strips | Greenlan(28G) Greenfine (0.35mm/28G) | £3.00/ 100 £1.79/ 100 | Freephone Helpline: 0800 0093378 Email: info@neondiagnostics.co.uk Webpage: www.neondiagnostics.co.uk |
| | CareSens S Fit BT | CareSens S Test Strips £5.45 /50 strips | CareSens (0.36mm/28G & 0.31mm/30G) | £2.95/ 100 | Tel: 0800 881 5423 Email: cs@spirit-healthcare.co.uk |
| | Contour Plus Blue | Contour Plus Blue Test Strips £5.95 /50 strips | Microlet (0.5mm/28G) | £2.99/100 | Tel: 0345 600 6030 or 0800 170 1060 Email: diabetessupport@ascensia.com Recycling programme for used meters available-contact customer care. |

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| | Glucorx Q | Glucorx Q Test Strips £5.45 /50 strips | Glucorx (0.31mm/30G) | £4.50/ 200 | E-Mail: info@glucorx.co.uk Orders: orders@glucorx.co.uk Tel: 01483 755133 / 0800 007 5892 (freephone) Users can request a jiffy bag to recycle their used meter - contact Customer care team (orders@glucorx.co.uk) |
| | Palmdoc 2 Palmdoc Smart** | Palmdoc Test Strips Price £5.90 /50 strips | Palmdoc (0.38mm/30G) | £2.85/ 100 | Tel: 0800 994 9995 Email: hello@palmdoc.co.uk |
| 3 | Wavesense Jazz(wireless) | £8.74 /50 strips | Agamatrix Ultra-Thin (0.2mm/33G & 0.35mm/28G) | £5.43/ 200 | Tel: 0800 093 1812 (Freephone) Email: customercare@agamatrix.co.uk Recycling programme for used meters available-contact customer care. |
| | Palmdoc 2 - for multilingual/speaking features Palmdoc Smart** (available from October 2025) | Palmdoc Test Strips Price £5.90 /50 strips | Palmdoc (0.38mm/30G) | £2.85/ 100 | Tel: 0800 994 9995 Email: hello@palmdoc.co.uk |
| | Glucorx Nexus Voice (2 nd line option speaking meter registered blind/visually impaired) | £8.50 /50 strips | Glucorx 0.31mm/30G | £4.50/ 200 | E-Mail: info@glucorx.co.uk Orders: orders@glucorx.co.uk Tel: 01483 755133 / 0800 007 5892 (freephone) Users can request a jiffy bag to recycle their used meter - contact Customer care team (orders@glucorx.co.uk) |

Key-  Included in the NHSE recommendations.
 Not included in the NHSE recommendations