

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.
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.

	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