Meet Lance.™
He was just diagnosed with diabetes...

People with diabetes are at higher risk of serious health complications.1

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., makers of the TRUE brand.
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**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.