

# Blood Glucose Test Strip Quantity Limits Across Canada

Research has suggested that frequent monitoring of blood glucose for patients who do not take insulin to manage their diabetes is not considered clinically beneficial and may even lead to decreased quality of life and well-being.

Provincial governments across Canada have implemented blood glucose test strip (BGTS) quantity limits to encourage proper testing practices for optimal patient outcomes. See below a provincial list of implementation details as of May 2017.

Province/ Payer	Implementation Date	Details	Link
Alberta	July 1, 2012	Insulin users only – Coverage to a maximum of \$600 per person each benefit year for eligible diabetic supplies.	<a href="#">Government of Alberta</a>
British Columbia*	January 1, 2015	Insulin users – 3,000 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year	<a href="#">Government of British Columbia</a>
Manitoba	Not available.	Up to 4,000 strips per year.	<a href="#">Government of Manitoba</a>
New Brunswick*	April 1, 2013	Insulin users or pregnant – Individualized (no limit) Type 2 diabetes oral medication users – 100 strips per year Newly diagnosed type 2 diabetes no medications – 50 strips per year	<a href="#">Government of New Brunswick</a>
Newfoundland and Labrador	July 1, 2016	Insulin users – 2,500 strips per year High Hypoglycemic risk medication users – 700 strips per year Low Hypoglycemic risk medication users – 100 strips per year No medications – 50 strips per year	<a href="#">Government of Newfoundland and Labrador</a>
Nova Scotia	No limits in place.	Limit to the amount prescribed.	
Ontario*	August 1, 2013	Insulin users – 3,000 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year	<a href="#">Ontario Ministry of Health and Long-Term Care</a>
Prince Edward Island	November 13, 2008	Insulin users only – 100 strips every 30 days (1,200 Annual Limit) if registered with the Diabetes Drug Program and/or Catastrophic Drug Program and have taken insulin within the past 5 months. The patient is responsible for an \$11.00 co-pay per box of strips.	<a href="#">Government of Prince Edward Island</a>
Québec	May 3, 2017	Insulin users – 3,000 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year	<a href="#">Government of Québec</a>
Saskatchewan*	October 15, 2015	Insulin users – 3,650 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year	<a href="#">Government of Saskatchewan</a>
Yukon	Not available.	Insulin users only – 10 strips per day	
Non-Insured Health Benefits (NIHB)	November 4, 2013 (Atlantic) January 6, 2014 (ON) March 3, 2014 (Northern) April 7, 2014 (AB) June 2, 2014 (SK) July 7, 2014 (MB) September 2, 2014 (QC) January 15, 2015 (BC)	Insulin users – 500 strips per 100 days High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year	<a href="#">NIHB Program</a>

\*Province will cover additional 100 strips per year permitted in exceptional circumstances. In BC, broader overrides are permitted upon request.

## Last updated May 2017

Compiled by the Ontario Drug Policy Research Network for informational purposes only.

Amendments or errors can be sent to: [info@odprn.ca](mailto:info@odprn.ca)

For more information: <http://odprn.ca/research/core-themes/self-monitoring-of-blood-glucose/>